

# Community Access Scan

Massachusetts Abortion Study Findings

May 2024

Research  
for:

*Tides*  
*for*  
*Reproductive*  
*Freedom*



# Background

# Research Details



## Objectives

The aim of this project is to inform Tides for Reproductive Freedom's (Tides) holistic practical support program and illuminate the current state of abortion access for important stakeholders. Tides partnered with Southpaw Insights to conduct a comprehensive, state-wide survey on abortion knowledge, perceptions, and experiences (including access and barriers to support) with their community members.



## Methodology

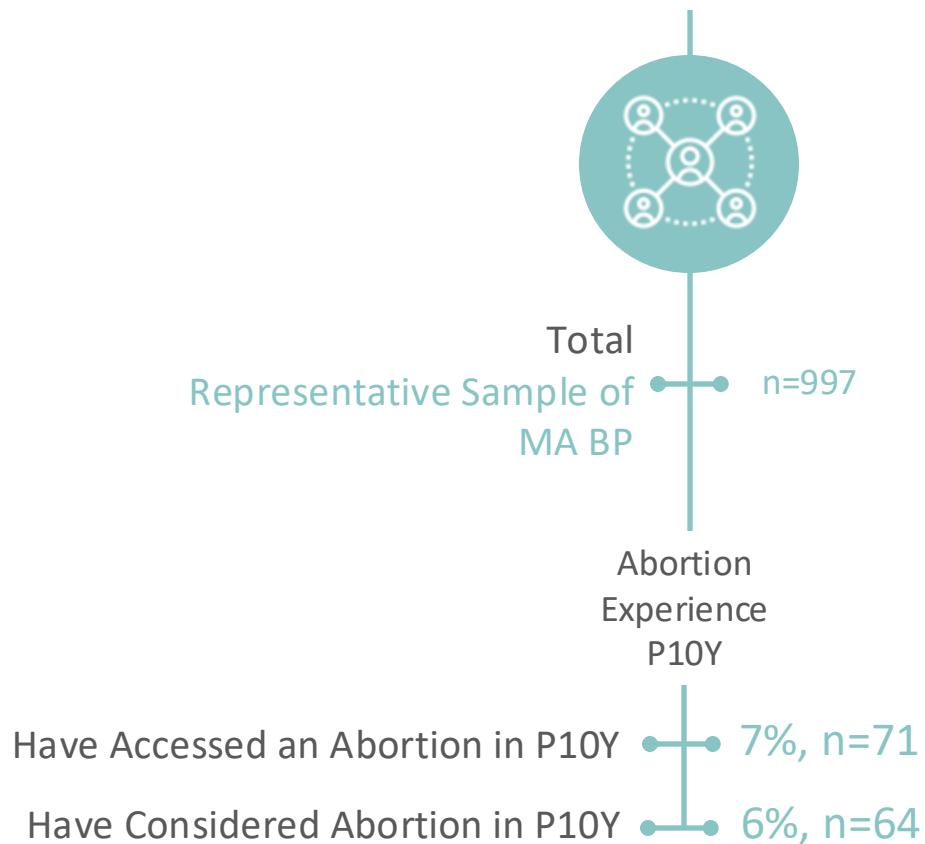
Southpaw Insights conducted a 10-minute online survey with 997 birthing people (BP) ages 16-54 across the state of Massachusetts (MA) in Spring 2024.

Stratified sampling was employed to ensure the sample is representative of MA on age, race/ethnicity, region, education, and income.



# Who we Spoke to

## SAMPLE SIZES



### Acronyms Used in this Report

Household= HH

Birthing People= BP

Past 10 Years= P10Y

Healthcare Provider= HCP

Primary Care Provider= PCP

Obstetrics/Gynecologist= OB/GYN

Crisis Pregnancy Center= CPC

# Statistical Testing

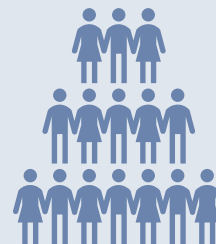
All statistical testing is performed at 95% confidence and is denoted in the following way:

Next to the number that has a significant difference, there is a letter of the group that it is statistically greater than.

As an example, for this report, BP who accessed/considered abortion in P10Y are compared to BP who have no abortion experience in P10Y.

In this example shown here, since this chart has an **A** in column C, MA BP who accessed abortion in P10Y are significantly more likely at 95% confidence to say that public funding should be available for abortion compared to those with no abortion experience in P10Y.

Agreement with Abortion Statements <i>Somewhat/Strongly Agree NET</i>	Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
Public funding should be available to those seeking abortions in Massachusetts.	64%	62%	73%	76% <b>A</b>



# Demographics



# Demographics

See slide notes for questions asked

		Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
Age	16-17	2%	3%	1%	0%
	18-24	20%	19%	40% A C	15%
	25-34	28%	26%	33%	41% A
	35-44	26%	26%	17%	37% B
	45-54	24%	26% B C	9%	7%
Gender	Woman	97%	97%	100%	100%
	Nonbinary/genderqueer	2%	2%	0%	0%
	Man (FTM)	1%	1%	0%	0%
Race/Ethnicity	Not of Hispanic or Latinx origin or descent	85%	87% B C	76%	77%
	Hispanic or Latinx origin or descent	15%	13%	24% A	23% A
	White or Caucasian	79%	79%	74%	80%
	Black or African American	12%	12%	14%	11%
	Asian	8%	8%	11%	3%
	Indigenous or Native American	2%	1%	3% A	0%
	Native Hawaiian or Pacific Islander	1%	1%	3% A	0%
	I prefer not to identify	3%	3%	3%	1%
	Two or more races	5%	5%	6%	1%
Sexuality	Heterosexual	73%	73%	70%	73%
	LGBTQ+ (NET)	23%	23%	27%	24%
	Prefer not to say	4%	4%	3%	3%

## Demographics, cont.

		Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
State Regions	Boston Area	22%	21%	33% A	21%
	Western	14%	14%	17%	9%
	Central	12%	12%	11%	14%
	Northeast	33%	34% B	22%	35%
	Southeast	19%	19%	17%	21%
Urbanicity	Urban	31%	31%	36%	32%
	Suburban	53%	54%	52%	54%
	Rural	16%	15%	12%	14%
Political Affiliation	Independent	38%	38%	41%	31%
	Democrat	36%	36%	42%	37%
	Republican	10%	9%	11%	16%
	Not registered to vote	15%	16% B	6%	16%
	Another political party	1%	1%	0%	0%
Insurance Status	<b>HAS INSURANCE [NET]</b>	<b>91%</b>	<b>96%</b>	<b>95%</b>	<b>90%</b>
	<i>Insurance through a current or former employer or union</i>	35%	42%	36%	34%
	<i>Medicaid</i>	22%	24%	26%	22%
	<i>Insurance through my spouse or partner</i>	15%	13%	18%	15%
	<i>Insurance through my parents</i>	11%	3%	27% A C	10% A
	<i>Insurance purchased directly from an insurance company or insurance exchange</i>	9%	14%	12%	8%
	<i>State health insurance/Mass Health</i>	3%	8%	3%	2%
	<i>Medicare</i>	2%	0%	0%	2%
	<i>I don't know</i>	6%	3%	5%	7%
	<i>I do not have health insurance</i>	3%	1%	0%	3%

See slide notes for questions asked

Of those who are uninsured top reasons include: cannot afford the cost, signing up was too time-consuming /difficult/confusing, and waiting for an employer to pay for it



# Demographics, cont.

See slide notes for questions asked

		Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
Place of Birth	In the US or US territory	89%	89%	91%	94%
	Outside the United States	9%	10%	6%	6%
Employment Status	Work full-time (more than 30 hours per week)	47%	47%	44%	61% A
	Work part-time (30 hours or less per week)	16%	16%	15%	15%
	Homemaker	10%	10%	5%	8%
	Full-time student	11%	11%	20% A C	4%
	Part-time student	2%	2%	3%	0%
	Unemployed	10%	10%	11%	8%
Income	Less than \$35K	22%	23%	16%	18%
	\$35K or more	71%	69%	81% A	82% A
	Prefer not to answer	7%	8% C	3%	0%
Education	Less than any college	27%	28% B	16%	27%
	Some college or more	72%	71%	83% A	73%
	Rather not answer	1%	1%	1%	0%
Household Size	Average Household Size	3.1	3.1	3.2	3.6 A
Marital Status	Married	36%	36%	27%	49% B C
	Single, never married	31%	32% C	42% C	11%
	Living with a partner	16%	16%	17%	23%
Parental Status	Parent	36%	35%	34%	46%
	Non-Parent	64%	65%	66%	54%
# of Children in HH by Age	5 years old and younger	0.46	0.43	0.52	0.73 A
	6-9 years old	0.36	0.33	0.45	0.59 A
	10 years old and older	0.87	0.94 B C	0.59	0.49

Of those with children under 18 in HH, n=444



## Detailed Findings

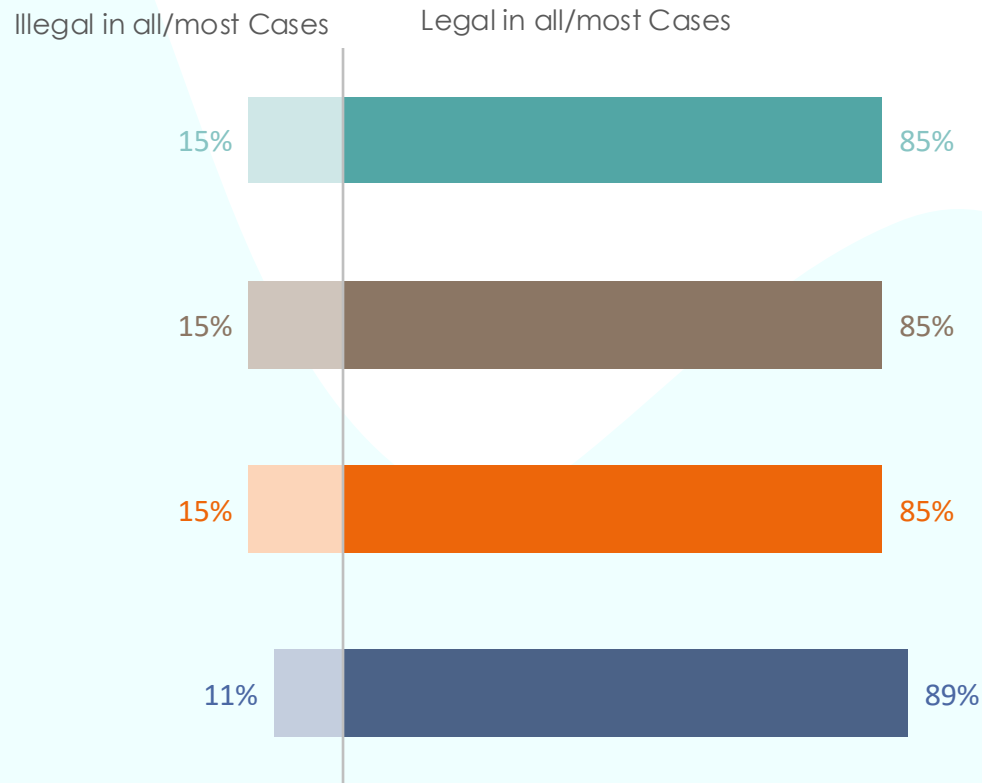


# MA Abortion Landscape: General Knowledge



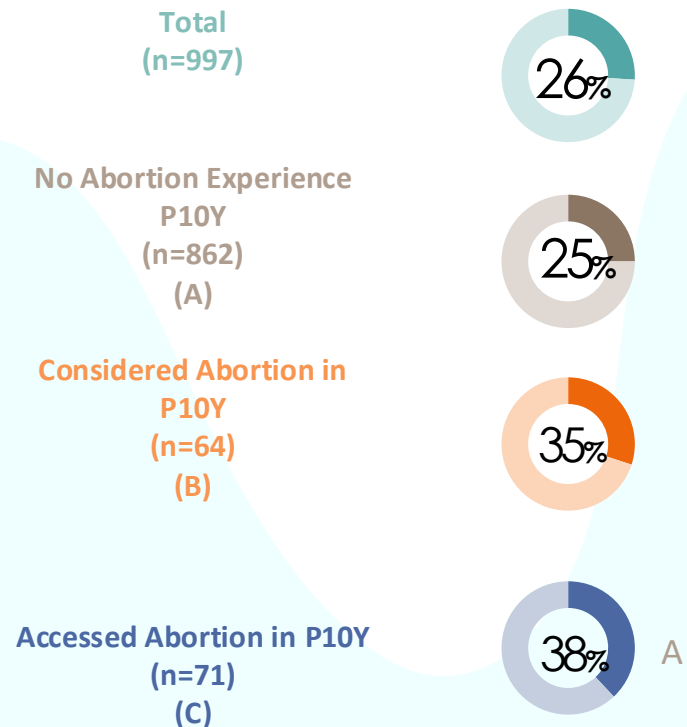
# MA BP overwhelmingly support the legality of abortion regardless of experience with abortion; only one in four are knowledgeable about Dobbs vs. Jackson

## MA BP's Opinion on Legality of Abortion



## Knowledge about Dobbs vs. Jackson

Somewhat/Very Knowledgeable NET



A2: How knowledgeable would you say you are about Dobbs vs. Jackson?; A5: Do you think abortion should be...

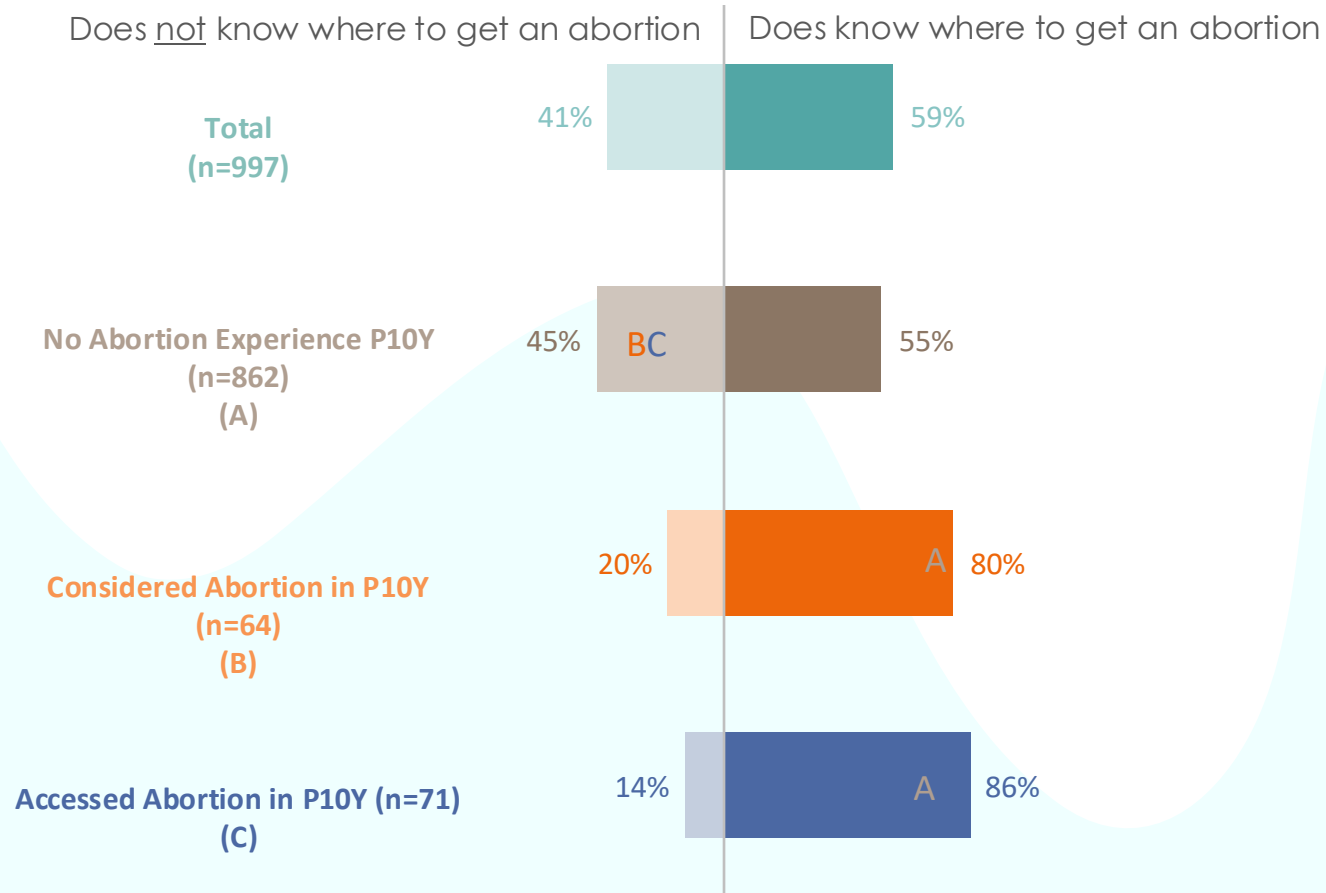
Access to abortion has major backing, while public funding is more divisive; support is significantly higher from BP who accessed abortion in P10Y

Agreement with Abortion Statements <i>Somewhat/Strongly Agree NET</i>	Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
People in Massachusetts should be able to access an abortion if the life of the fetus or birthing person is in danger.	86%	85%	88%	87%
Despite my views on abortion, people in Massachusetts should be able to access abortions.	81%	80%	85%	88%
Public funding should be available to those seeking abortions in Massachusetts.	64%	62%	73%	76% A
Minors should need parental approval to access abortions in Massachusetts.	45%	45%	44%	47%
People in Massachusetts should be criminalized for accessing abortion.	6%	6%	8%	7%

A6: How much do you agree or disagree with each of the following statements?

# Just over half of MA BP know where to access an abortion if they needed

## Knowledgeable about Accessing an Abortion



A7: Do you know where you could get an abortion if you needed to?



Three out of four BP in MA are aware of accessing abortion through an OB/GYN, while abortion via telemedicine is less known

Awareness of Abortion Resources Aware NET	Total (n=997)	No Abortion Experience P10Y (n=862) (A)	Considered Abortion in P10Y (n=64) (B)	Accessed Abortion in P10Y (n=71) (C)
Obstetrician-Gynecologist providing abortion	75%	72%	89% A	90% A
Primary Care Provider (PCP) providing abortion	68%	67%	77%	76%
Options counseling	66%	64%	76%	79% A
Doulas (people who provide physical and emotional support to patients during their abortion)	55%	53%	61%	69% A
Telemedicine providing abortion	42%	39%	55% A	56% A

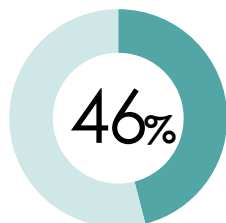
A9: What is your experience with the following abortion-related resources?

# Nearly half of BP in MA know about abortion funds; one in five who have accessed abortion in the P10Y have used funds

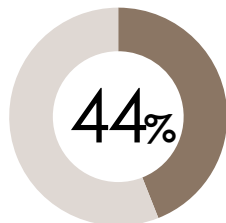
## Awareness of Abortion Funds

Aware NET

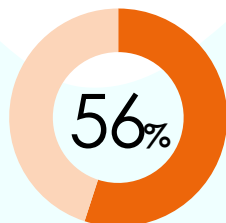
Total (n=997)



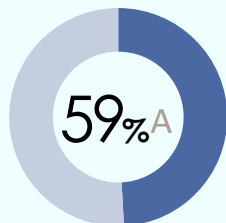
No Abortion Experience P10Y (n=862) (A)



Considered Abortion in P10Y (n=64) (B)



Accessed Abortion in P10Y (n=71) (C)



Aware of resource and have used

Aware of resource, but have not used

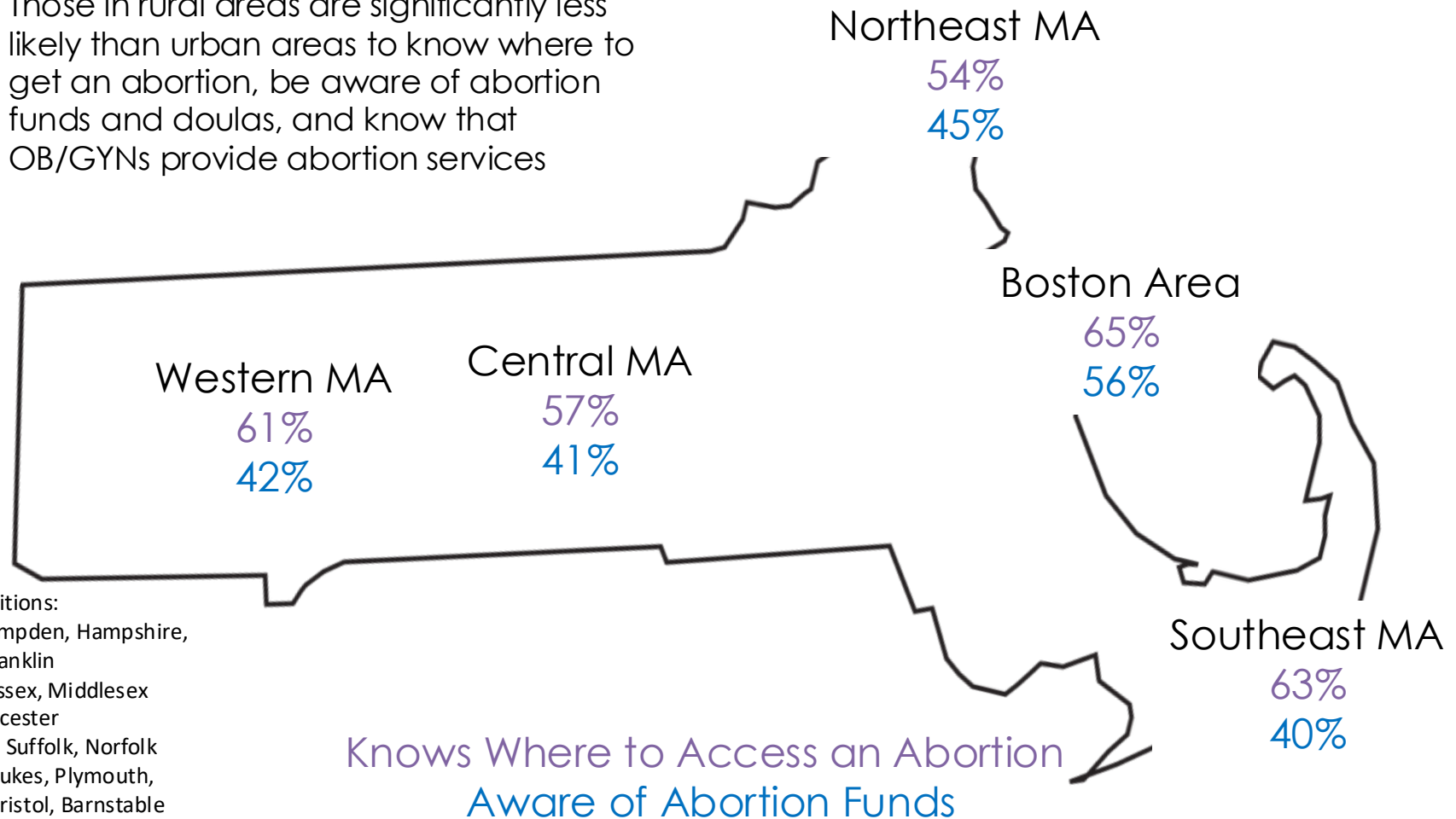
Unaware of resource



A9: What is your experience with the following abortion-related resources?

BP in the Boston area are directionally more prone to know where to access an abortion vs. other parts of the state; they are also significantly more likely to know about abortion funds

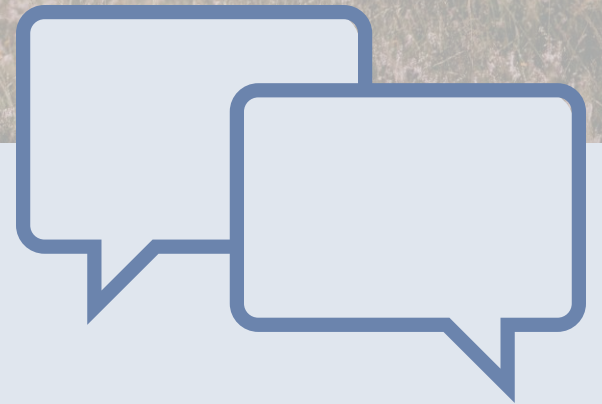
- Those in rural areas are significantly less likely than urban areas to know where to get an abortion, be aware of abortion funds and doulas, and know that OB/GYNs provide abortion services



A7: Do you know where you could get an abortion if you needed to?; A9: What is your experience with the following abortion-related resources? Base: Total Respondents, Western MA n=137; Central MA n=123; Northeast MA n=329; Boston Area n=220; Southeast MA n=188



# MA Abortion Landscape: Attitudes and Perceptions

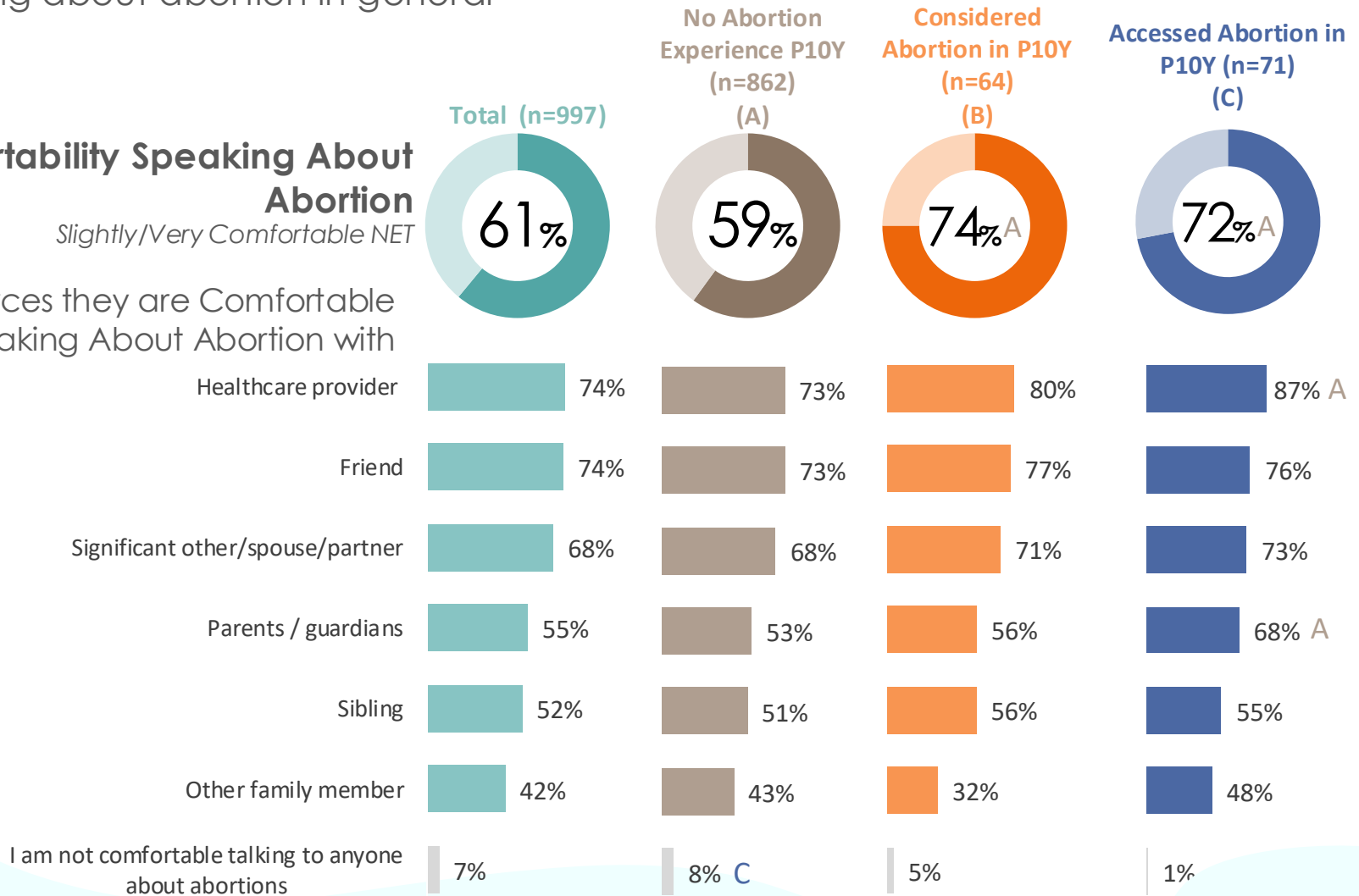


BP in MA are most comfortable speaking to HCPs and friends about abortions; BP who accessed abortion in P10Y are significantly more likely to be comfortable talking about abortion in general

## Comfortability Speaking About Abortion

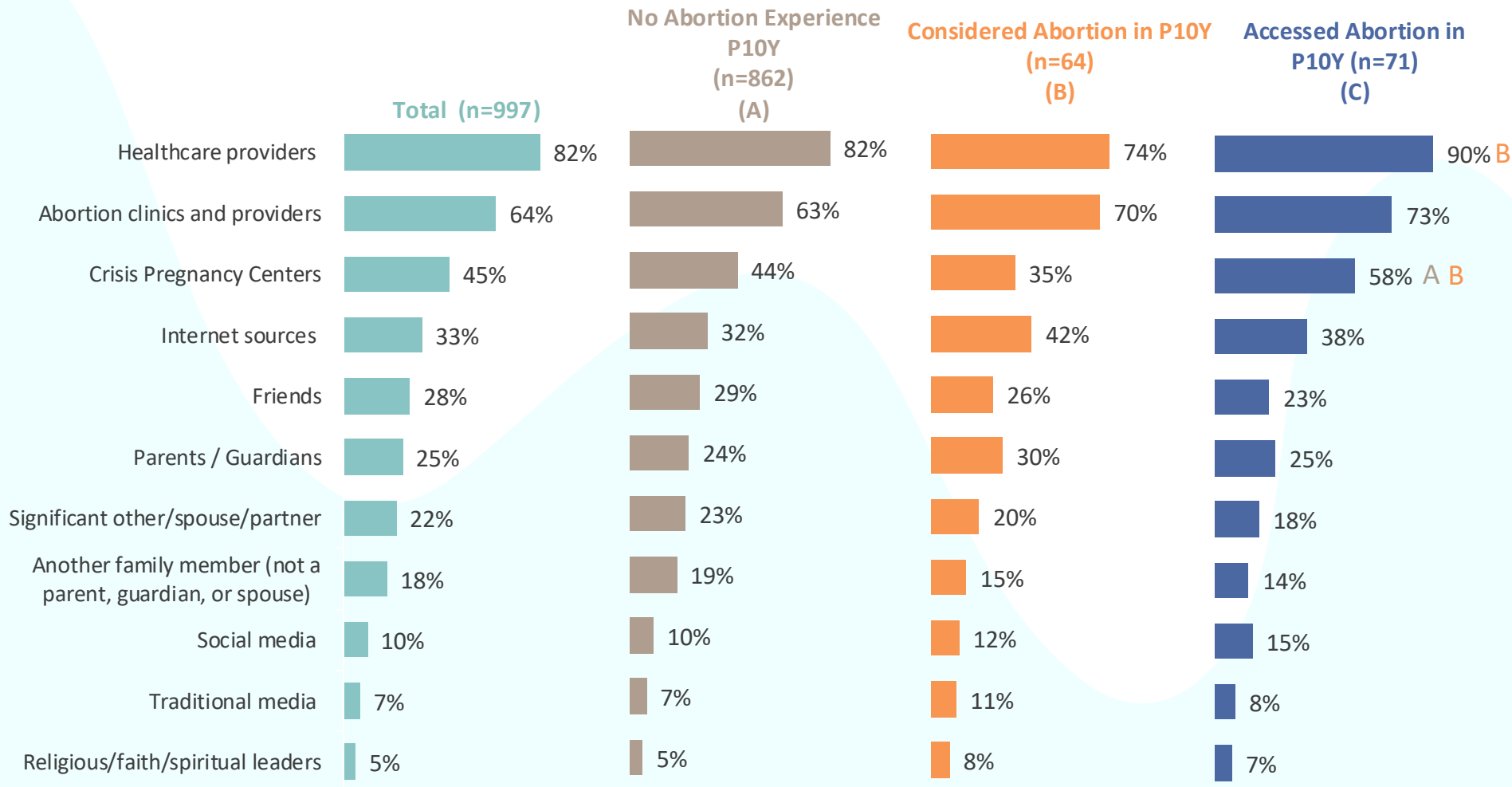
*Slightly/Very Comfortable NET*

Sources they are Comfortable Speaking About Abortion with



A3: In general, how comfortable are you discussing the topic of abortion?; A4: Who would you feel comfortable talking about abortions with?

HCPs and abortion providers are top trusted sources for abortion information; those who have accessed an abortion in P10Y are more likely to trust CPCs



A8: What sources do you trust for information on abortion?

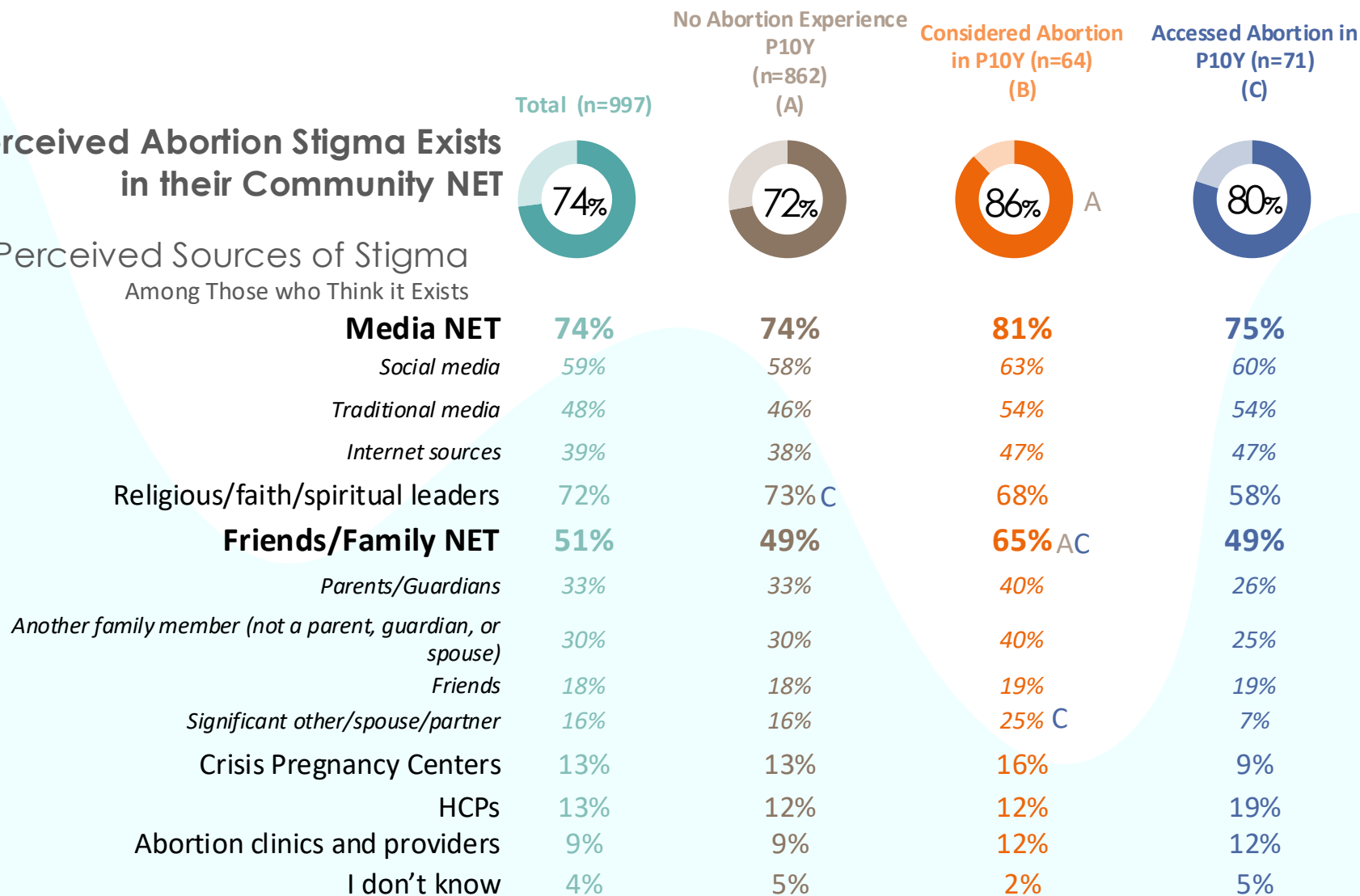


The presence of abortion stigma is widely recognized within MA communities, originating mainly from the media and religious leaders

## Perceived Abortion Stigma Exists in their Community NET

### Perceived Sources of Stigma

Among Those who Think it Exists

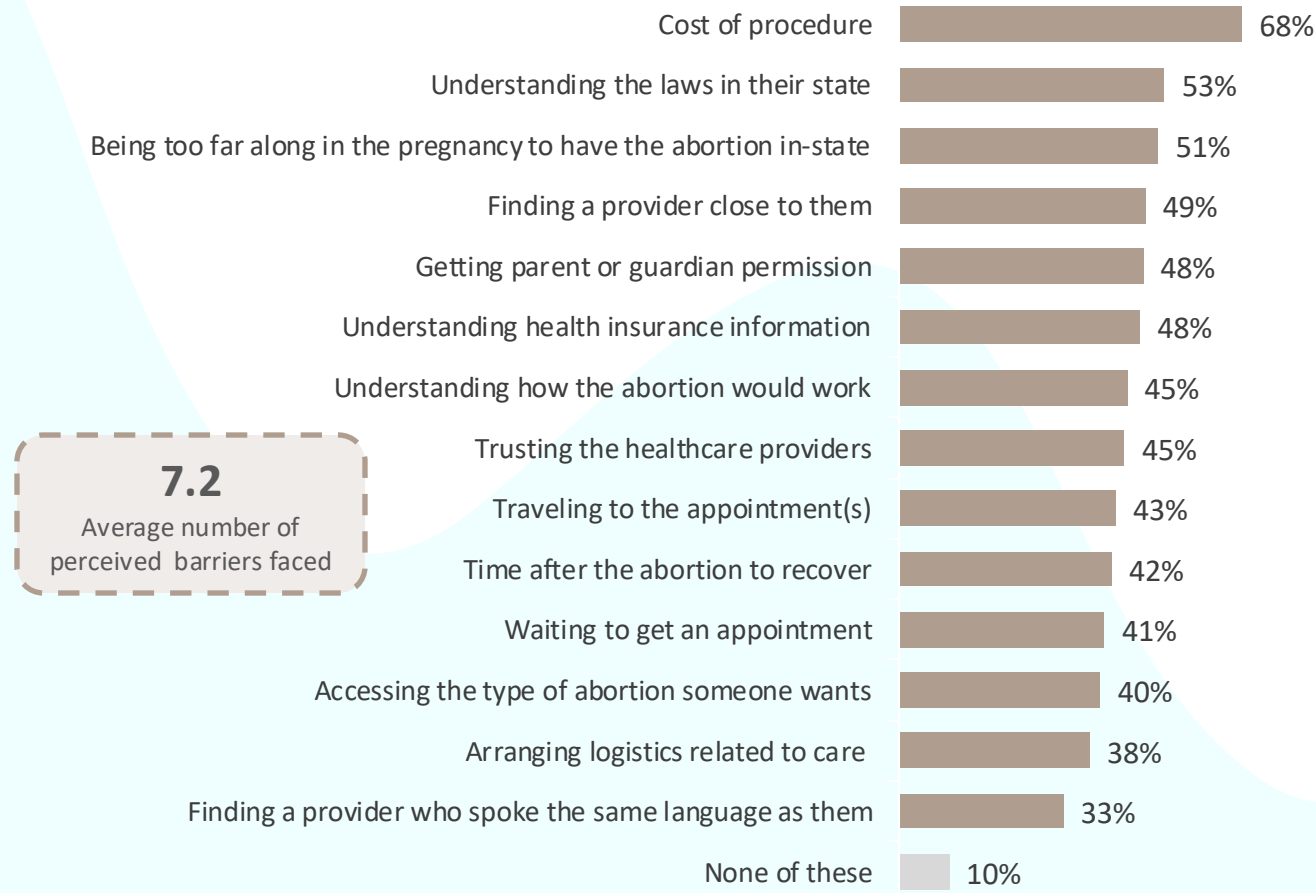


A10: Stigma is negative, and often unfair beliefs that society has about a group of people. To what degree did you think people in your community experience abortion stigma? Base: Total Respondents, n=997; A11: Where do you think abortion stigma comes from? Base: Thinks People in Community Experience Abortion Stigma, Total n=732, No Abortion Experience in P10Y n=618, Considered Abortion in P10Y n=57, Accessed Abortion in P10Y n=57

Nearly all MA BP with no abortion experience in P10Y hypothesize that there would be a multitude of barriers to access, primarily cost

### Perceived Barriers to Abortion Access

*Among those with no Abortion Experience in P10Y*



A13: People sometimes experience barriers while accessing an abortion. Which, if any, of the following barriers do you think people face accessing abortion? When we say barrier, we mean an obstacle or complication that negatively affected someone's experience. Base: No Abortion Experience in P10Y, n=862

Among those with no abortion experience in the P10Y, Boston area residents are more likely to perceive various barriers to abortion access

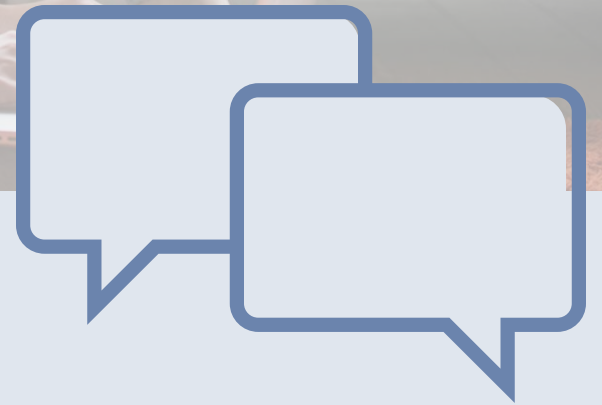
<b>Perceived Barriers to Abortion Access</b> <i>Among those with no Abortion Experience in P10Y</i>	<b>Total</b>	<b>Western MA (B)</b>	<b>Northeast (C)</b>	<b>Central (D)</b>	<b>Boston Area: Suffolk/Norfolk (E)</b>	<b>Southeast (F)</b>
Cost of procedure	68%	66%	70%	61%	74% <b>D F</b>	64%
Understanding the laws in their state	53%	49%	56% <b>F</b>	46%	60% <b>D F</b>	44%
Being too far along in the pregnancy to have the abortion in-state	51%	44%	53%	53%	57% <b>B F</b>	45%
Finding a provider close to them	49%	44%	50% <b>F</b>	46%	58% <b>B D F</b>	40%
Getting parent or guardian permission	48%	45%	48%	48%	55% <b>F</b>	44%
Understanding health insurance information	48%	43%	51% <b>F</b>	49% <b>F</b>	56% <b>B F</b>	35%
Understanding how the abortion would work	45%	43%	49% <b>F</b>	46%	48%	38%
Trusting the healthcare providers	45%	51%	44%	43%	47%	40%
Traveling to the appointment(s)	43%	41%	44%	45%	48% <b>F</b>	36%
Time after the abortion to recover	42%	43%	42%	38%	47%	40%
Waiting to get an appointment	41%	42%	42%	36%	46% <b>F</b>	35%
Accessing the type of abortion someone wants	40%	38%	44% <b>D F</b>	31%	45% <b>D</b>	35%
Arranging logistics related to care	38%	29%	42% <b>B</b>	33%	44% <b>B F</b>	33%
Finding a provider who spoke the same language as them	33%	25%	35%	33%	40% <b>B F</b>	26%
None of these	10%	10%	11%	13% <b>E</b>	6%	10%

A13: People sometimes experience barriers while accessing an abortion. Which, if any, of the following barriers do you think people face accessing abortion? When we say barrier, we mean an obstacle or complication that negatively affected someone's experience. Base: No Abortion Experience in P10Y, Total n=862; Western MA n=120; Central MA n=106; Northeast MA n=290; Boston Area n=184; Southeast MA n=162



# Experiences with Accessing Abortion

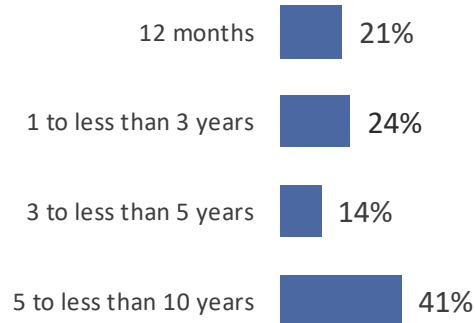
## In the Past 10 Years



# Logistical Experience

MA birthing people who accessed abortion most often did so in a medical setting during their first trimester between five and ten years ago

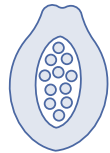
### Time Since Accessing Abortion



### Gestation at Time of Abortion



84%  
First Trimester

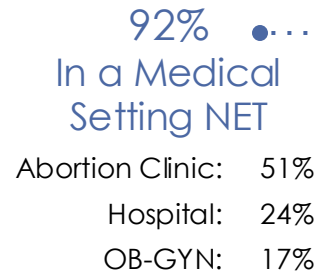


15%  
Second Trimester



1%  
Third Trimester

### Abortion Location



Mifepristone and/or misoprostol through an online provider: 4%  
Physical injury: 3%  
Physical exercise: 1%

A12:When did you have, or consider an abortion?; B6: Approximately how many weeks into the pregnancy were you when you had an abortion?; B1a/b: Where did you receive abortion care?; B1c: How did you end the pregnancy? Base: Accessed Abortion in P10Y n=71

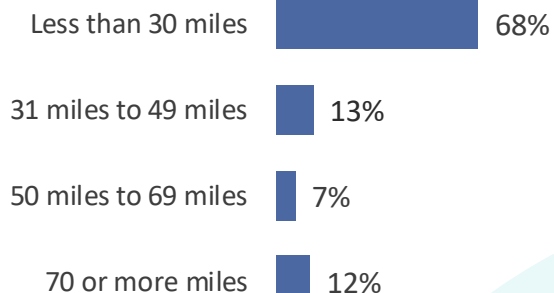


Travel time to access abortion is typically under 30 miles and 15-30 minutes using their personal car; the majority traveled within the same state they were living in at the time

### Miles Traveled to Access Abortion

41

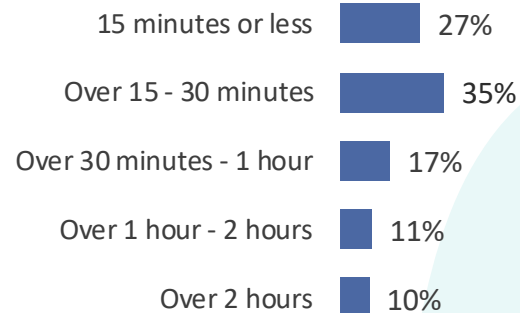
Average Miles Traveled



### Time Traveled to Access Abortion

47

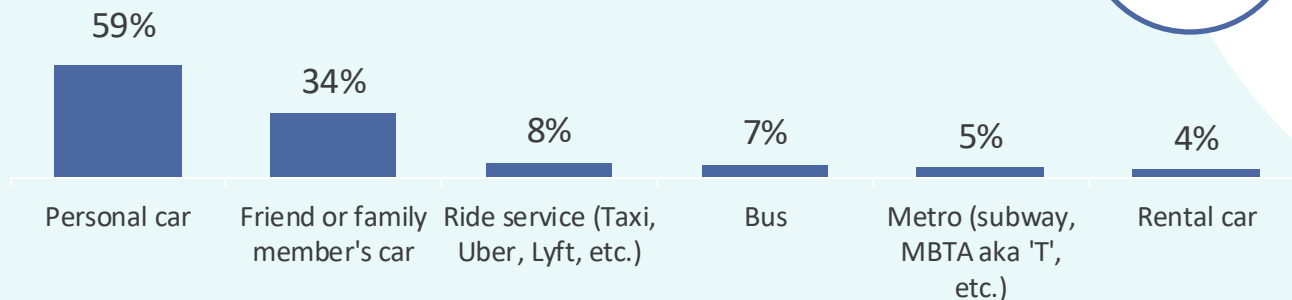
Average Min. Traveled



### Mode(s) of Transportation Used to Access Abortion

1.2

Average # of Modes Used



Accessed Abortion in the Same State they Were Living in

89% Yes

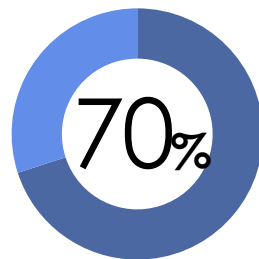


11% No

B3: How many miles did you travel to access an abortion?; B2: How long did you travel to access an abortion; B4: What type(s) of transportation did you use to travel to your abortion appointment(s)? B5: Did you receive an abortion in the same state that you were living in at the time? Base: Accessed Abortion in P10Y, n=71

# Barriers to abortion care are common; nearly two-thirds report arranging logistics as a barrier to care

Experienced Barrier(s) to Care NET\*



## Top Barriers to Abortion Access

\*Selected at least one barrier.

63%



### Logistical Barriers

(traveling, finding a provider close, time after to recover, cost, etc.)

31%



### Provider Barriers

(trusting the healthcare providers, etc.)

27%



### Knowledge Barriers

(understanding health insurance information etc.)

18%



### Regulatory Barriers

(understanding the laws, getting parent permission, etc.)

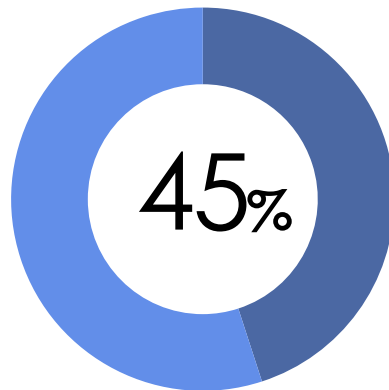
3

Average number of barriers faced

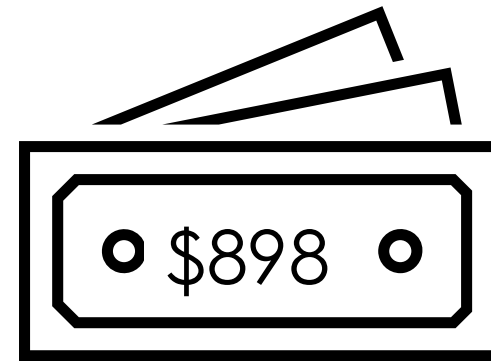
B12: People sometimes experience barriers while accessing an abortion. Which, if any, of the following were barriers to accessing your abortion? When we say barrier, we mean an obstacle or complication that negatively affected your experience. Base: Accessed Abortion in P10Y, n=71

Although nearly one in two MA BP received financial support for their abortion, the average total out-of-pocket costs for accessing care is close to a thousand dollars

Received Financial  
Support for their  
Abortion



Average Total Out-of-  
Pocket Costs for  
Accessing Abortion



	Lost Wages	Procedure	Childcare	Food	Lodging	Transport	Pet care
Average Spend	\$146	\$221	\$113	\$137	\$118	\$92	\$71

B10: Did you receive financial support for your abortion? This can include insurance, cash from a friend, etc. Base: Accessed Abortion in P10Y, n=71

Financial burden is significant, with transportation, procedure, and food being the most common out of pocket costs; lost wages are a top stressor

SORTED BY  
FINANCIAL STRESS



**Lost  
Wages**



**Procedure**



**Childcare**



**Food**



**Lodging**



**Transport**



**Pet care**

% Paid Any  
Amount out of  
Pocket with  
Associated  
Abortion Cost

**53%**

**56%**

**32%**

**56%**

**38%**

**73%**

**28%**

% Reported Cost  
as Stressful  
Somewhat/Very Stressful  
NET

**53%**

**51%**

**43%**

**28%**

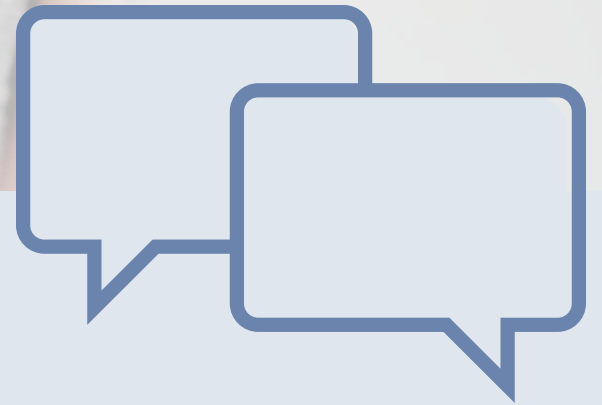
**26%**

**20%**

**15%**

Other costs people mentioned: pain medication, pads, new underwear, companion, gifts for nurses, etc.

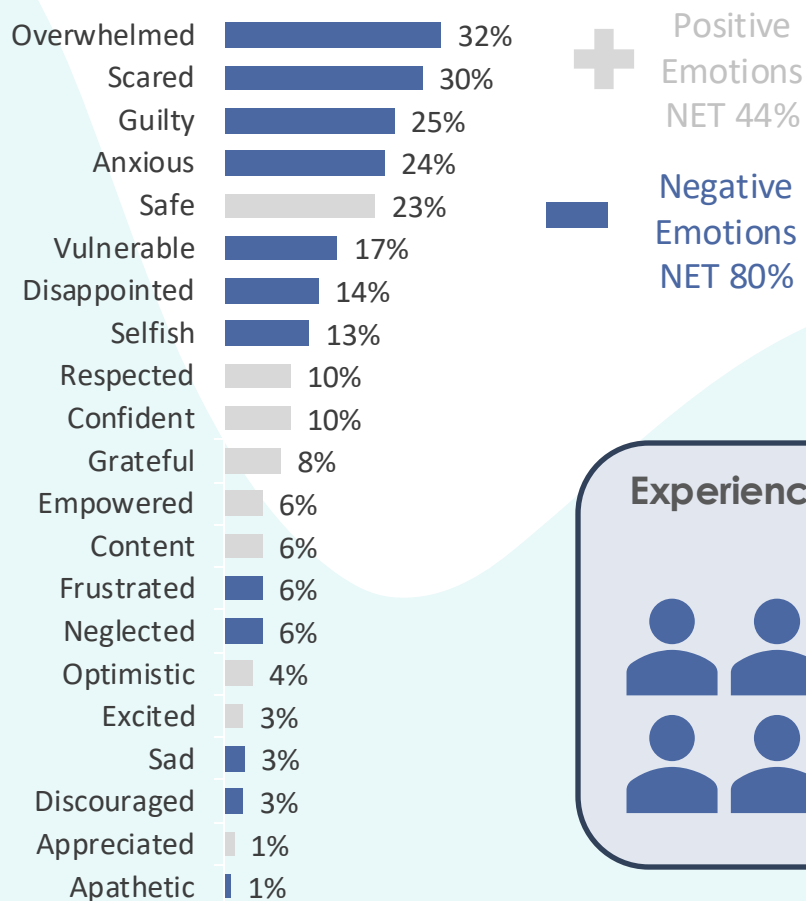
B9: We would like to know how much you paid for the entire abortion experience. To the best of your knowledge, please tell us how much the following cost you, out of pocket. Base: Accessed Abortion in P10Y, n=71; B11: Sometimes people experience financial stress. How stressful, if at all, were the following? Base: Paid out-of-pocket for item, n varies per item=20-52



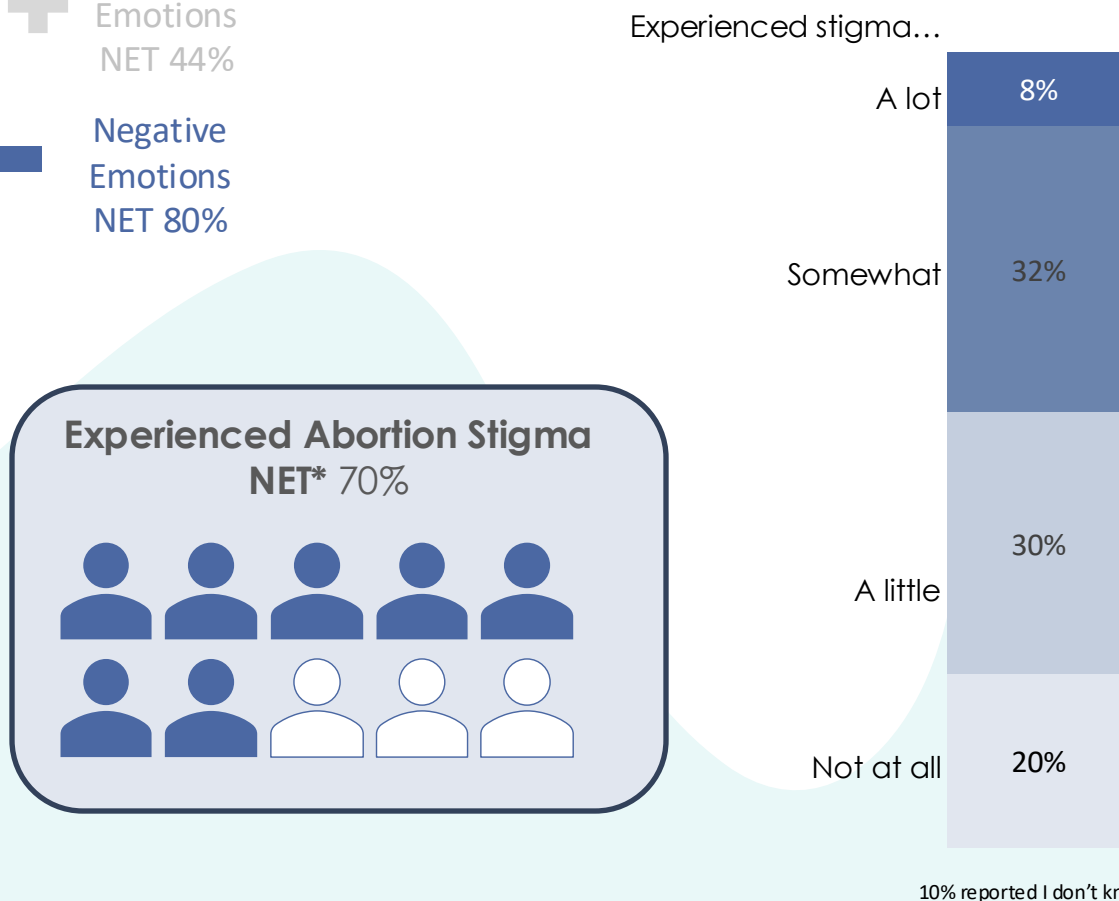
## Emotional Experience

# Seven in ten MA BP with abortion experience report abortion stigma; they felt overwhelmed, scared, and guilty

## Emotions about Abortion



## Experience with Abortion Stigma

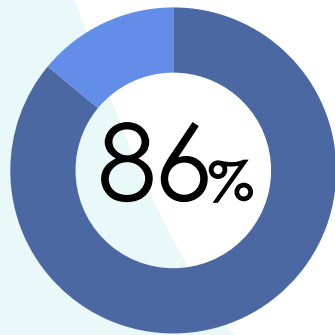


B14: What words would you use to describe how you felt about your abortion experience?; B13A: Stigma is negative, and often unfair beliefs that society has about a group of people. To what degree do you experience abortion stigma? Base: Accessed Abortion in P10Y, n=71



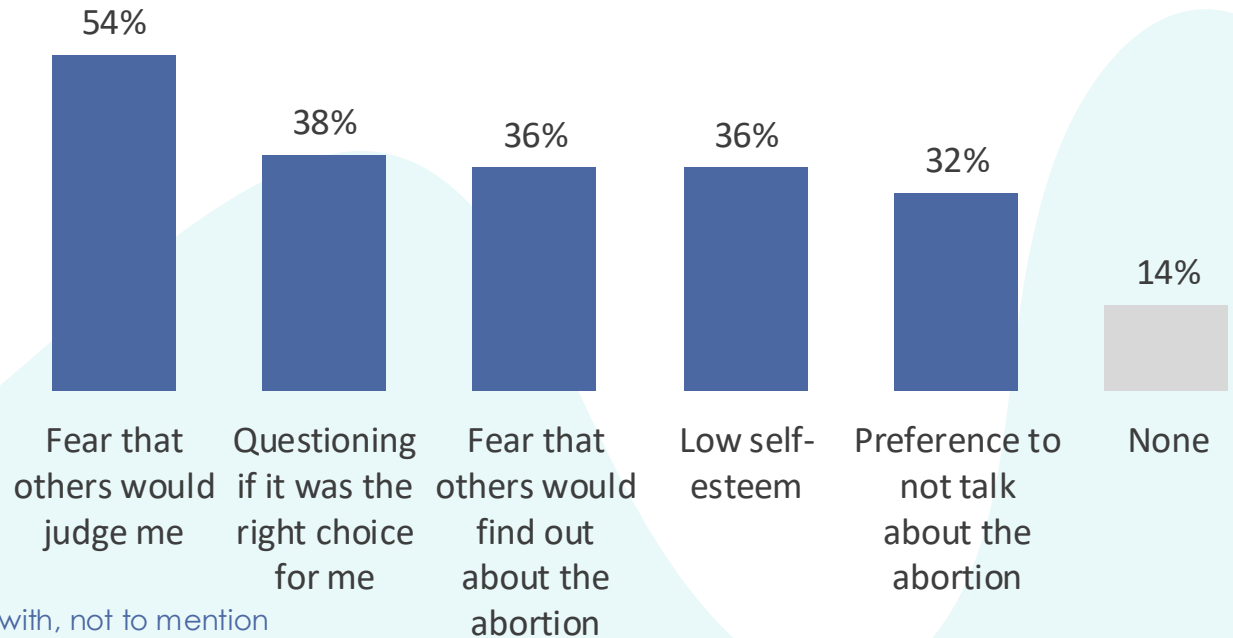
Nearly nine out of ten people who experience abortion stigma report a negative effect, mostly notably a fear of judgment

Stigma Carries ANY  
Effect NET\*



## Effects of Abortion Stigma

*Among Those Who Experienced Stigma Accessing Abortion*



\*Selected at least one lasting effect.

"It's just really scary to be pregnant to begin with, not to mention what choice you're going to make without anyone else judging you."


- 40-year-old from Chicopee, accessed abortion 8 years ago

B13B: What, if any, effect(s) does abortion stigma have on you? Base: Experienced abortion stigma, n=50

B15: Is there anything else you would like to share about your experience of having an abortion? Please feel free to share what was supportive to you, or what support you wish you had. Base: Accessed Abortion in P10Y, n=71

A gap emerges in emotional support, particularly during the initial decision-making process and after the procedure

% Reported they Wanted More Support (of any kind) at This Time in their Abortion

 Deciding to have an abortion

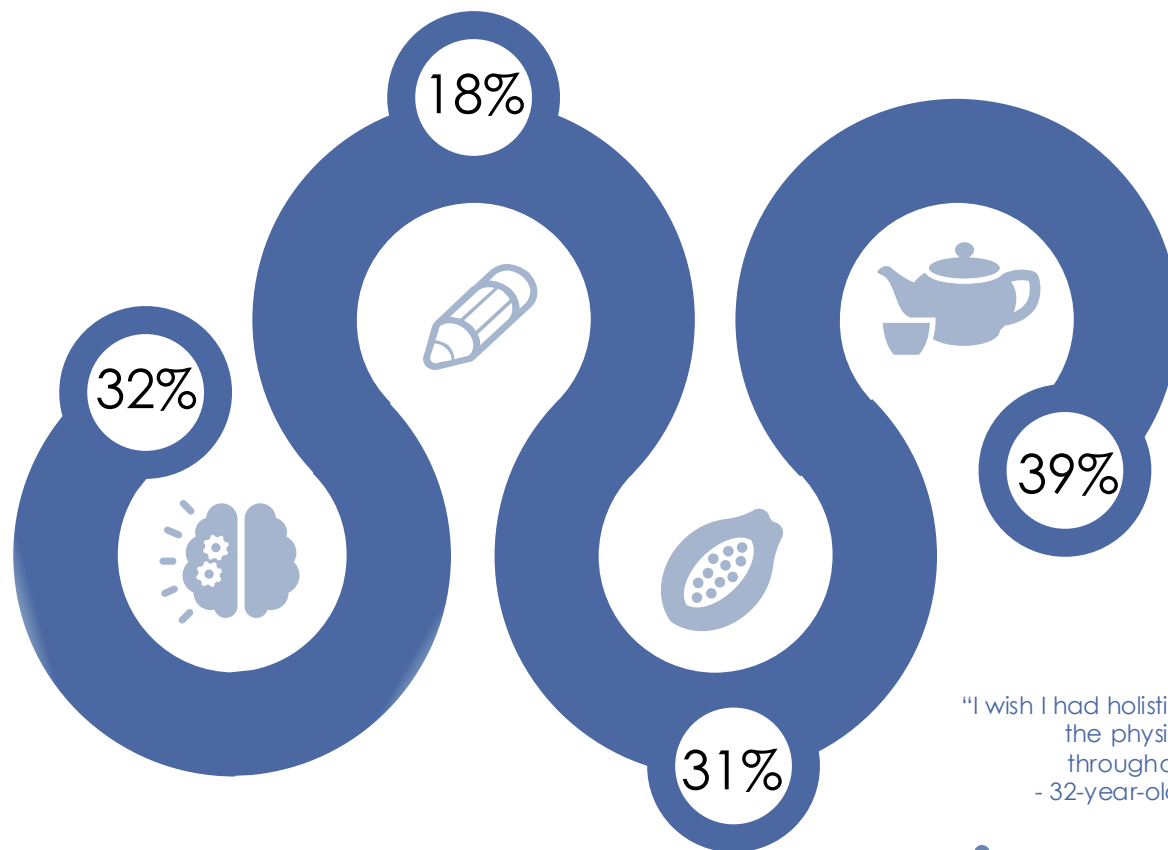
 Scheduling and preparing for an abortion

 During the abortion

 After the abortion



**Emotional support is the top request throughout the entire experience**



"I wish I had holistic support that addressed the physical and emotional needs throughout the abortion process."  
- 32-year-old from Franklin, accessed abortion 3 years ago

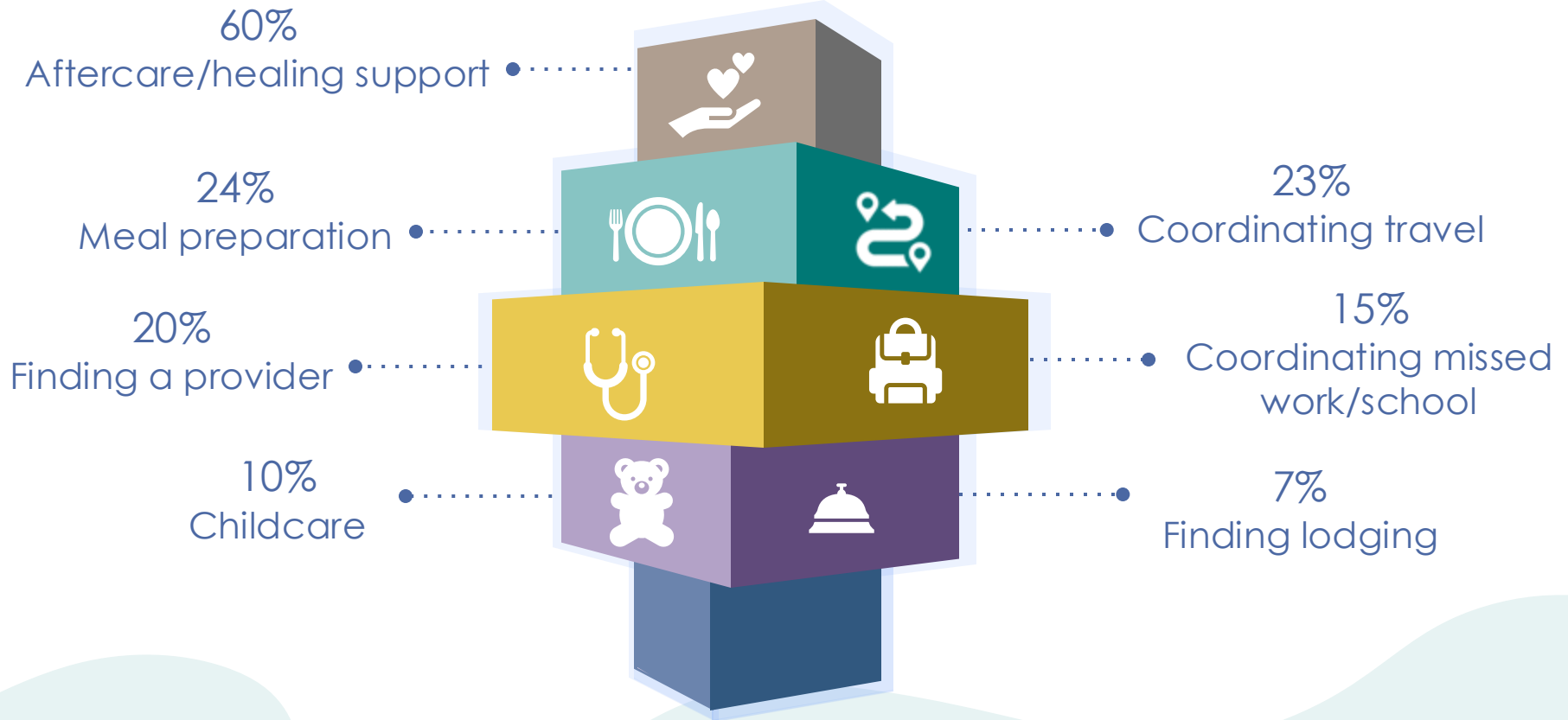
B7: Overall, how would you describe the level of support you received? When we say support, we mean medical, social, emotional, spiritual, or financial support. Base: Accessed Abortion in P10Y, n=71; B8\_1: You indicated you wanted more support [timeframe.] Which of the following types of support would have been helpful for you? Base: Wanted more support, n ranges=13-28

B15: Is there anything else you would like to share about your experience of having an abortion? Please feel free to share what was supportive to you, or what support you wish you had. Base: Accessed Abortion in P10Y, n=71

# Aftercare and healing support resonate as services that would be most helpful to those accessing abortions

## Holistic Care Opportunities

% Reported this Support would be Helpful  
80% indicated one or more of these



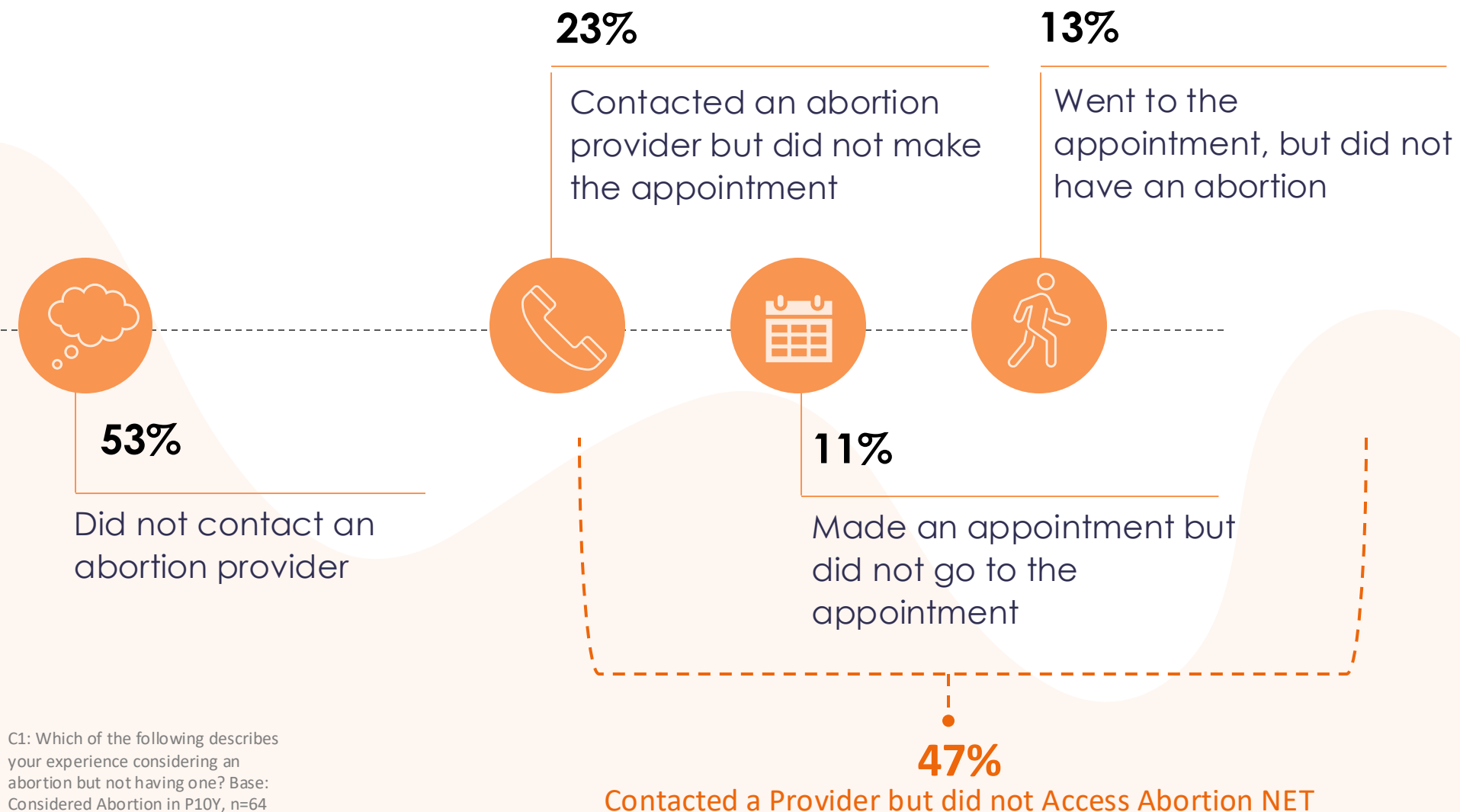
B8B: Which, if any, of the following types of support would have been helpful for you? Base: Accessed Abortion in P10Y, n=71



# Experiences Considering Abortion

## In the Past 10 Years

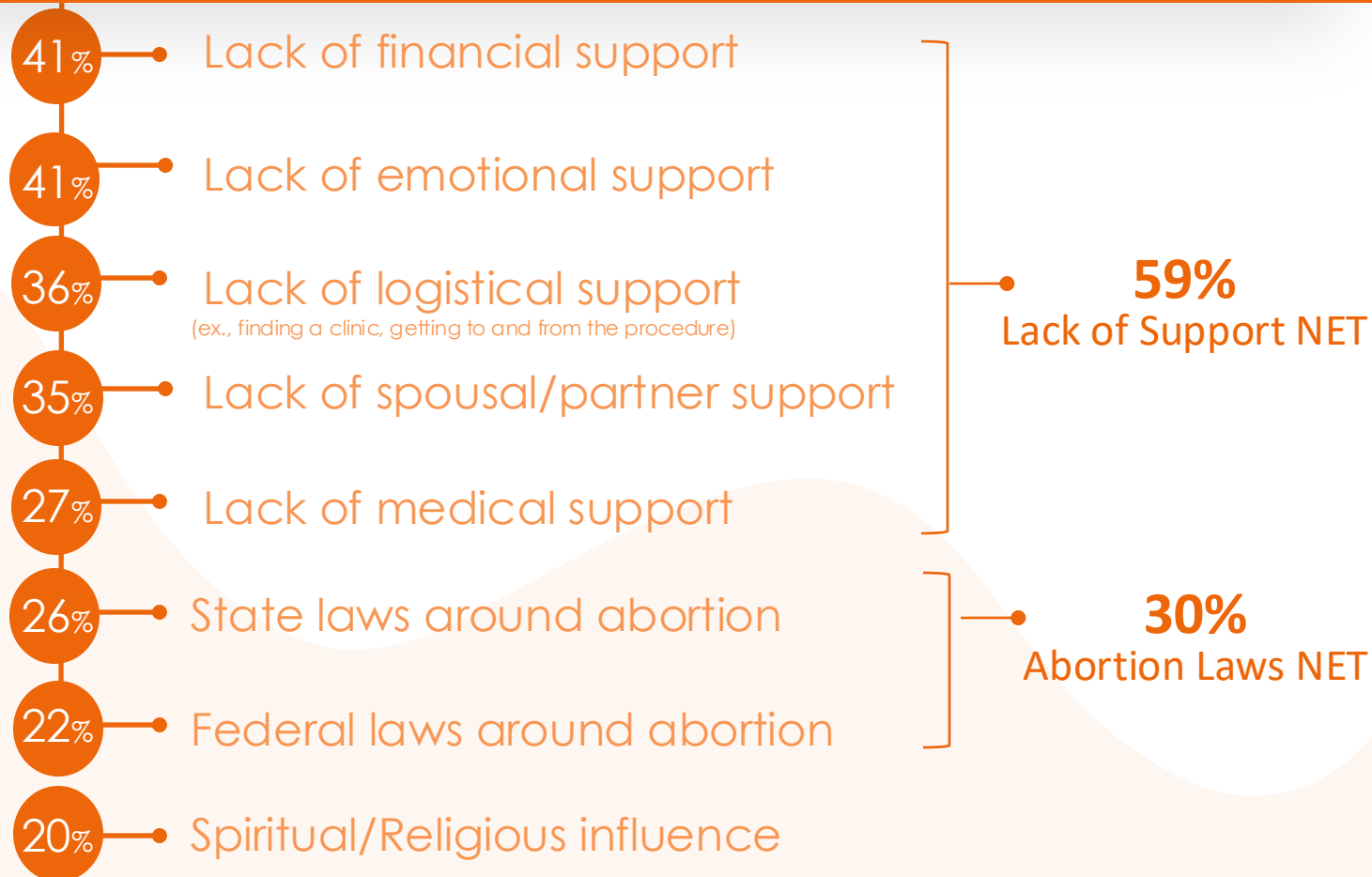
Nearly one in two MA BP who considered abortion started the process by contacting an abortion provider but ended up not having the procedure



Lack of financial and emotional support are the biggest influences in not having the procedure; one in three say state or federal laws influenced them as well

## Influences on the Decision Not to Have an Abortion

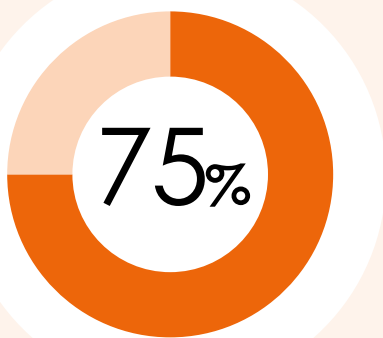
Had a lot of impact/Had some impact NET



C2: To what degree did the following impact your decision to not go through with the abortion? Base: Considered Abortion in P 10Y, n=64

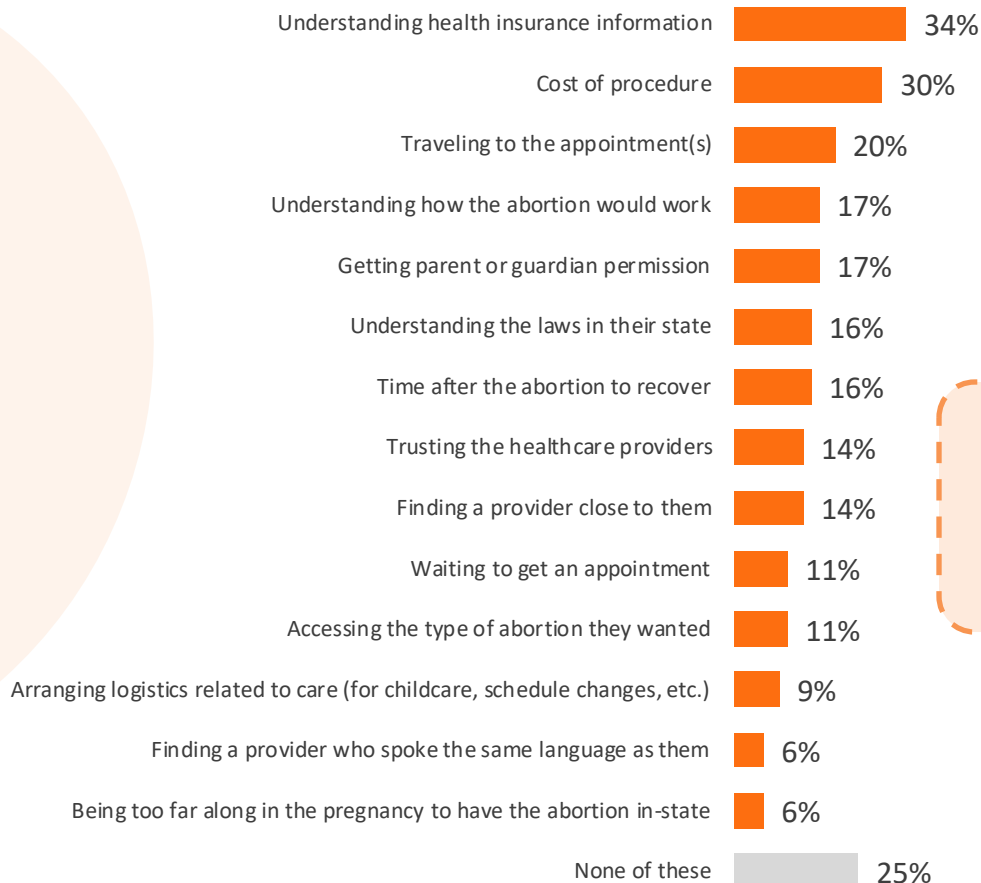
Understanding health insurance information and the cost of the procedure are primary barriers for those who considered abortion

Experienced Barrier(s) to Care NET\*



\*Selected at least one barrier.

## Barriers to Abortion Access



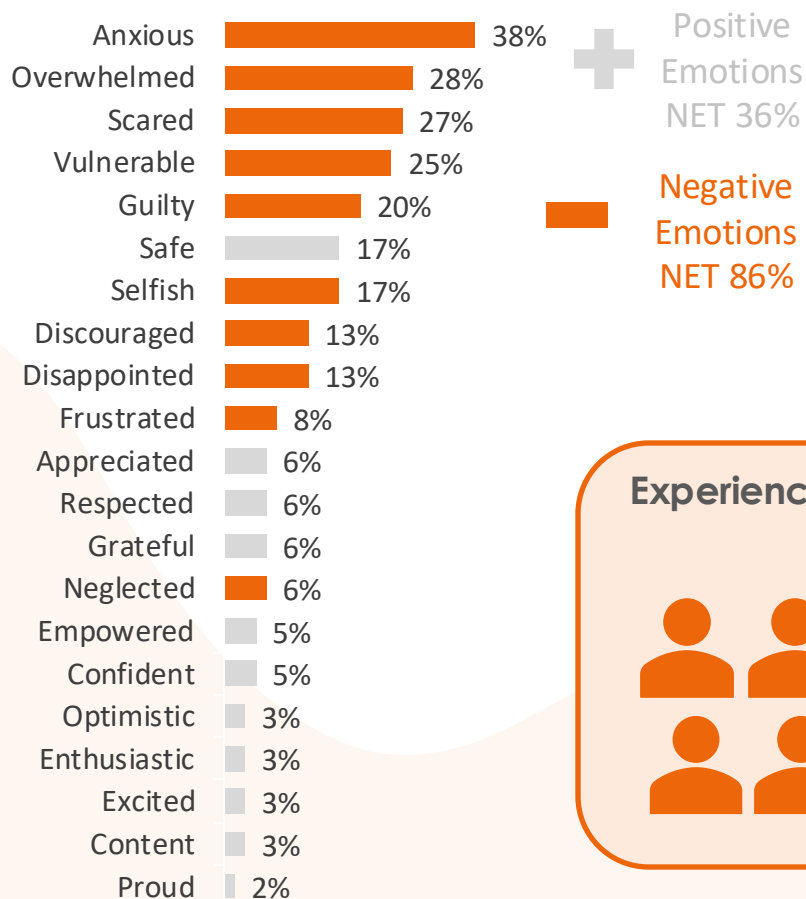
**3**  
Average  
number of  
barriers  
faced

C3: People sometimes experience barriers while accessing an abortion. Which, if any, of the following were barriers to accessing your abortion? When we say barrier, we mean an obstacle or complication that negatively affected your experience. Base: Considered Abortion in P10Y, n=64

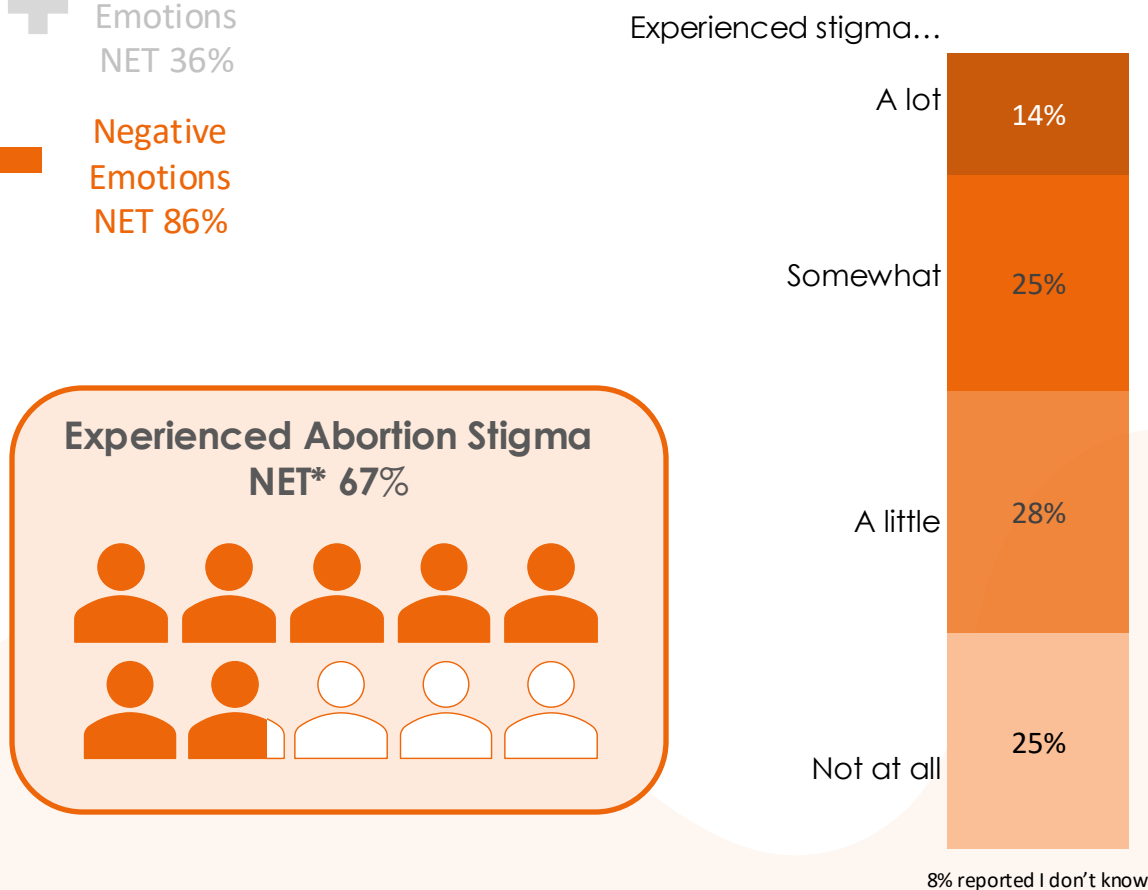


Over two-thirds of those considering abortion experienced stigma; emotions of anxiety, being overwhelmed, scared, and vulnerable prevail

## Emotions about Abortion

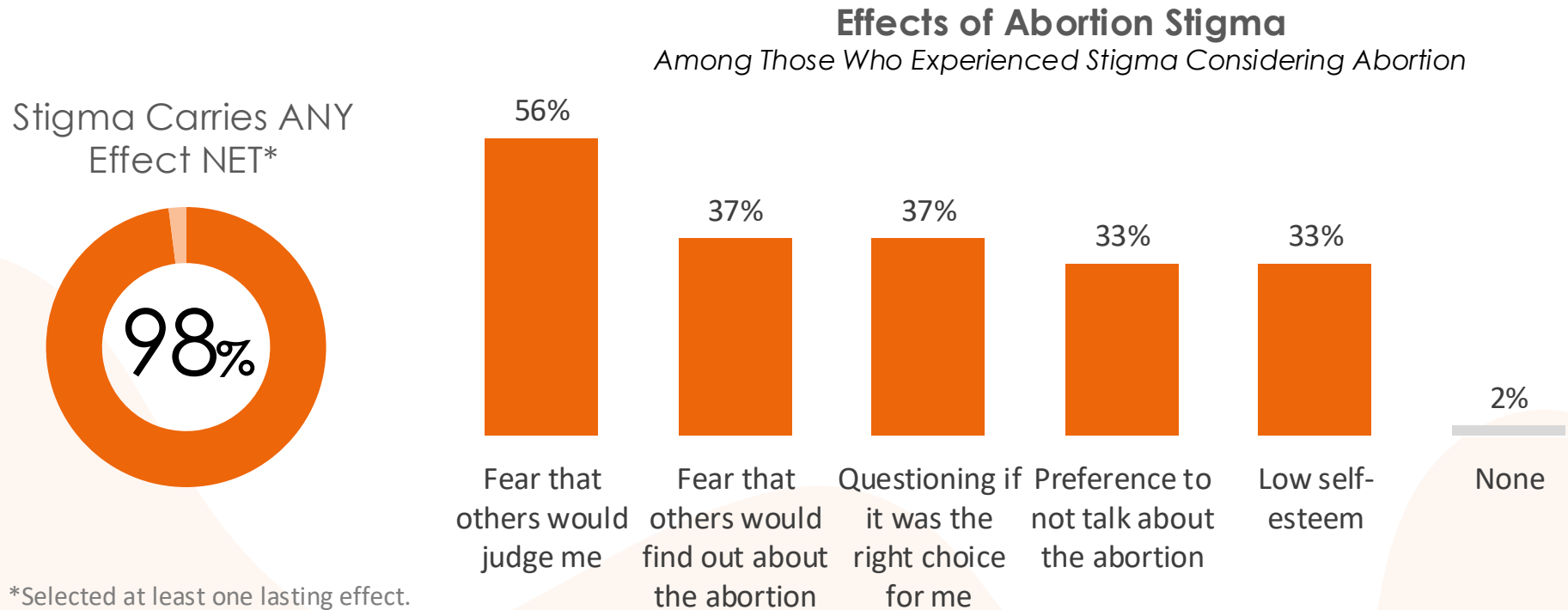


## Experience with Abortion Stigma



C5: What words would you use to describe how you felt about considering an abortion C4: Stigma is negative, and often unfair beliefs that society has about a group of people. To what degree do you experience abortion stigma? Base: Considered Abortion in P10Y, n=64

The effects of stigma on those considering abortion are stark; nearly all report negative impacts

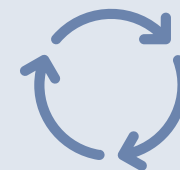


"People are way too judgmental and do not understand people who want or need an abortion. I'm lucky to have supportive people around me but that is not the same for everyone."

- 20-year-old from Plymouth, considered abortion 3 years ago

C4B: What, if any, effect(s) does abortion stigma have on you? Base: Experienced abortion stigma, n=43

C6: Is there anything else you would like to share about your experience considering an abortion? Please feel free to share what was supportive to you, or what support you wish you had. Base: Considered Abortion in P10Y, n=64



# Executive Summary

# Key Findings

## 1

### Views on Abortion

**Public support** for the legality and access to abortion is high, seen especially in the low agreement that abortion should be criminalized.

Nearly two-thirds agree public funding should be available. Parental approval for minors is more divisive.

## 2

### Abortion Information

With **over half of MA BP knowing where to access an abortion** if needed, obstetrics/gynecologists (OB/GYNs) and primary care providers (PCPs) are well-known providers; Telemedicine less so.

Healthcare providers (HCPs) and abortion clinics are top sources of trusted information. Crisis pregnancy centers (CPCs) are trusted by over half of those who accessed abortion in the past 10 years (P10Y).

**One in five MA BP who have accessed abortion in the P10Y have used an abortion fund.** Awareness of funding is higher in the Boston area and urban areas.

## Key Findings, cont.

### 3

#### Barriers to Abortion Access

Perceived barriers to abortion access differ from actual reported barriers. For example, while waiting for an appointment ranks 11<sup>th</sup> as a perceived barrier, in actuality, it is the top barrier that people accessing abortion face (nearly 1 in 3 experience this barrier).

Time after the abortion to recover ranks 10<sup>th</sup> as a perceived barrier, but is actually the second most common barrier while accessing abortion (1 in 4 face this barrier).

Cost of procedure, the top perceived barrier, falls to #6 for those accessing abortion, but is #2 for those considering an abortion. Two in five who considered abortion in P10Y indicate a lack of financial support as having some/a lot of impact on their decision to stop the abortion process.

Understanding health insurance information is understated- it ranks 6<sup>th</sup> in perceived barriers but is the #1 barrier that people considering abortion face.

### 4

#### Abortion Stigma

Nearly three in four MA BP recognize abortion stigma exists in their community. The majority of those who accessed or considered abortion have experienced abortion stigma.

The negative effects of the stigma are much greater among those who considered than those who accessed; almost all who considered abortion report negative effects, mainly a fear of judgment. Those who considered but did not access an abortion in the P10Y are more prone to indicate friends and family (specifically, significant others) as origins of abortion stigma.

Furthermore, almost half of those considering abortion contacted a provider but did not follow through. Over two in five say a lack of emotional support affected their decision to not follow through with the process.

This data could suggest that abortion stigma, in conjunction with a lack of support, is a key reason for withdrawing from the process.

# Key Community Statistics

% of BP in MA know what an abortion fund is

59%

% of BP in MA know where to access an abortion if they needed

46%

% of BP in MA who accessed abortion in P10Y who report experiencing barriers to care

70%

% of BP in MA who accessed abortion in P10Y who say aftercare/healing support would have been helpful

60%

% of BP in MA who accessed abortion in P10Y who report wanting more support post-procedure

39%

Average cost of the entire abortion experience

\$898

# Key Recommendations

## 1

Consider building out **logistical and emotional program structures, such as abortion doulas**.

Arranging logistics for the procedure is strikingly stressful for MA BP. One in three report wanting more logistical support before the procedure. One in five of those considering abortions say a lack of **logistical support** had a lot of impact on their decision not to have an abortion. Furthermore, three in five MA BP who accessed abortion in P10Y indicated **aftercare/healing support** would have been helpful for them.

## 3

Leverage Tides' community reach to **disseminate evidence-based and non-stigmatizing information** about what it's like to access abortion.

Increased knowledge, particularly around **understanding how the procedure will work** (reported as a barrier by nearly 1 in 5), might relieve anxiety (emotion reported by nearly 1 in 4).

## 2

Consider **childcare and/or wage reimbursement** support for patients. For about half of MA BP accessing abortions, the out-of-pocket costs are reported as highly stressful.

## 4

**Increase outreach in rural communities, particularly in Western, Central, and Southeast MA**, who have less awareness of where to access an abortion if they need to.

Consider communicating the availability of telemedicine and remote emotional/logistical support.



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