

# Attitudes and Sociocultural Factors Influencing Vaginal Douching Behavior Among English-Speaking Latinas

Natalie De La Cruz, MPH; Disa L. Cornish, MS; Renicha McCree-Hale, MA;  
Lucy Annang, PhD; Diane M. Grimley, PhD

---

**Objectives:** To describe the practice/correlates of douching among a national sample of English-speaking Latinas. **Methods:** Three hundred twenty-five (325) computer-assisted telephone interviews were completed. Analyses compare ever douchers to never douchers and identify correlates of douching. **Results:** Of respondents, 50% had ever douched; 15% douched at least monthly. Douching practices among respondents were similar to those of other groups. Age at sexual debut was

the strongest correlate of ever douching. Regular douching significantly increased as the perceived benefits of douching and the number of sources recommending douching increased. **Conclusions:** Interventions to prevent douching and to support cessation should be tailored to characteristics and perceptions of Latinas. Targeting secondary audiences may prove valuable.

**Key words:** vaginal douching, Latinas, reproductive health

*Am J Health Behav.* 2009;33(5):558-568

---