

SEPTINTOJI TARPTAUTINĖ KONFERENCIJA

THE 7th INTERNATIONAL CONFERENCE

2026 m. liepos mėn. 7-10 d., Vilniaus universitetas, LIETUVA

7th-10th of July, 2026, Vilnius University, LITHUANIA

**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

Rengėjas:

Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

Organized by

the Doctoral School of Medicine and Health sciences
at Vilnius University, VU Faculty of Medicine

INTERNATIONAL SCIENTIFIC COMMITTEE

Karolis AŽUKAITIS (Vilnius University, Lithuania)
Noël CAMERON (Loughborough University, UK)
Janet CARTON (University College Dublin, Ireland)
Dalius JATUŽIS (Vilnius University, Lithuania)
Maria KACZMAREK (Adam Mickiewicz University, Poland)
Sylvia KIRCHENGAST (University of Vienna, Austria)
Lawrence M. SCHELL (University at Albany, S.U.N.Y, USA)
Wojciech ŚLUSARCZYK (Nicolaus Copernicus University in Torun, Poland)
Janina TUTKUVIENĖ (Vilnius University, Lithuania)
Aistis ŽALNORA (Vilnius University, Lithuania)

LOCAL ORGANIZING COMMITTEE

(Faculty of Medicine, Vilnius University)

Chair:

Janina TUTKUVIENĖ

Conference booklet coordinator:

Rūta MORKŪNIENĖ

Conference Secretary:

Eglė Marija JAKIMAVIČIENĖ

Members:

Justina ALČAUSKAITĖ
Arūnas BARKUS
Elvin Francišek BOGDZEVIČ
Ramunė ČEPULIENĖ
Airida DOSINAITĖ
Rasa JANULIONIENĖ
Kristupas KURMINAS
Rūta MORKŪNIENĖ
Laura NEDZINSKIENĖ
Juozapas RYLIŠKIS
Evita ŠERIKOVAITĖ
Mindaugas SMETANINAS
Eglė STUKAITĖ-RUIBIENĖ
Sofija ŠESTAK
Renata ŠIMKŪNAITĖ-RIZGELIENĖ
Rūta VOSYLIŪTĖ
Violeta ŽALGEVIČIENĖ

FACTORS INFLUENCING REPRODUCTIVE DECISION-MAKING AMONG YOUNG ADULTS: A LITERATURE REVIEW AND DIRECTIONS FOR FUTURE SURVEY RESEARCH

Vilte DONAUSKAITE¹, Egle Marija JAKIMAVICIENE²

¹Faculty of Medicine, Vilnius University, Vilnius, Lithuania

²Department of Anatomy, Histology and Anthropology, Institute of Biomedical Sciences, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

Contact e-mail: vilte.donauskaite@mf.stud.vu.lt

Background and Aim: The total fertility rate in the European Union has declined in recent years, decreasing from 1.53 live births per woman in 2021 to 1.34 in 2024, while the mean age of women at the birth of their first child has increased. This study aims to identify factors most strongly associated with reproductive decision-making among young adults.

Materials and Methods: A narrative literature review was conducted using a search strategy informed by the PRISMA 2020 guidelines in the PubMed and ScienceDirect databases, yielding 4236 records. Five additional studies were identified through manual reference screening. Eurostat and the National Center for Health Statistics provided supplementary data. Open-access articles published in English and Lithuanian between 2015 and 2026 were included. Twenty studies were selected for the final analysis.

Results: Most young women intend to have at least one child, with fertility intentions ranging from 1.82 to 2.47 children across European countries, although voluntary childlessness appears to be increasing, particularly in the United States, where around 40% of nulliparous young women report no intention to have children. Fertility decisions are influenced by interconnected health, relationship, socioeconomic, educational, and identity-related factors. Psychological and physical well-being, supportive partner relationships, and socioeconomic stability predict stronger childbearing intentions. These determinants often interact; for example, positive body image may promote parenthood intentions through its association with mental health and self-esteem. Concurrently, educational commitments and identity development may contribute to delayed parenthood. To further explore established and underexamined determinants, such as family size or libido, and fertility intentions, the present study will employ an original survey questionnaire alongside validated measurement instruments.

Conclusions: High relationship quality, good health, financial independence, and socioeconomic stability emerged as key factors influencing positive reproductive decision-making. Meanwhile, education and identity development were linked to delayed family formation.

Keywords: parenthood, reproductive intentions, young adults