



**Investigation of Sexual
Health Behaviour Changes
in Participants of a
Peer Sexuality Support Programme
in Auckland, New Zealand**

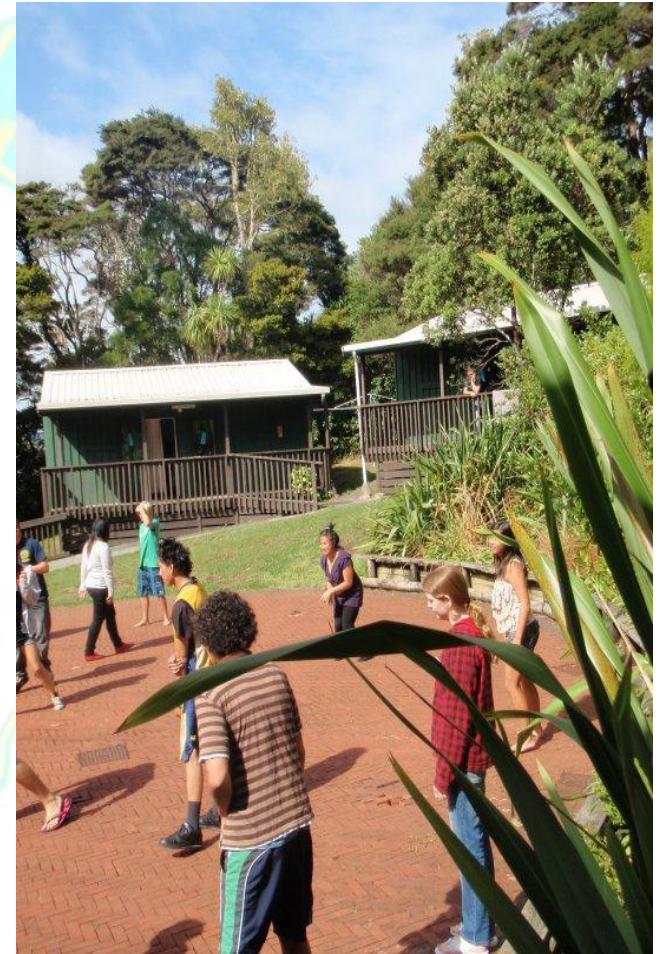
Hayley Pritchard



Nathan Lachowsky, University of Guelph

PSSP Background

- Running for 17 years
- Programme aims to reduce teenage pregnancy and STI's
- 125 students per year are selected and trained on a 3 ½ day Hui
- Peer education/ support programme based on social learning theory - existing peer networks can be utilised.
- Students also run health promotion events



SHIS Aim

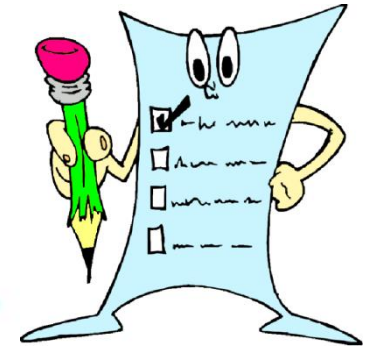
- Prior to this research, research in PSSP has been focussed on the reach, and usage of the programme, rather than the students involved directly.
- Nationally and Internationally, there is little research to show if involvement in programmes such as PSSP have any influence on behaviour change of participants – most is about short term peer education programmes
- This research aimed to measure if there are were any significant behavioural changes as a result of attending the training Hui, and being involved in the PSS Programme.

SHIS Methodology

- During 2011, 129 PSSP recruits were trained at Hui.
- Socio-behavioural surveys were completed by students on the first morning of Hui, then again at three and six month follow up points.
- Survey questions were based on the Adolescent Health and Research Groups Youth 2007 survey, with their permission, and ADHB ethics was gained.
- Descriptive statistics were prepared as well as univariate analyses for paired data (e.g. McNemar's test).

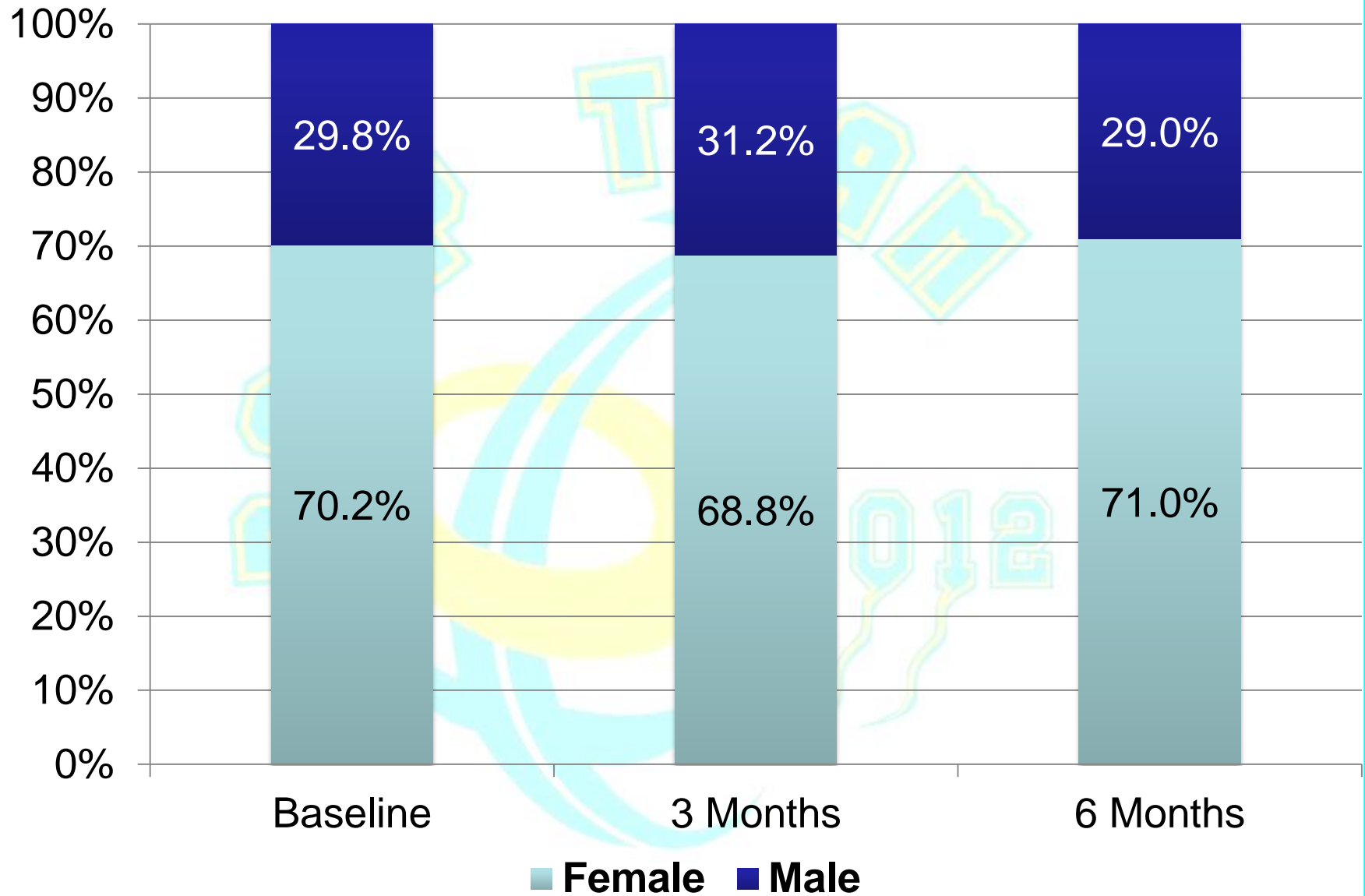


Results

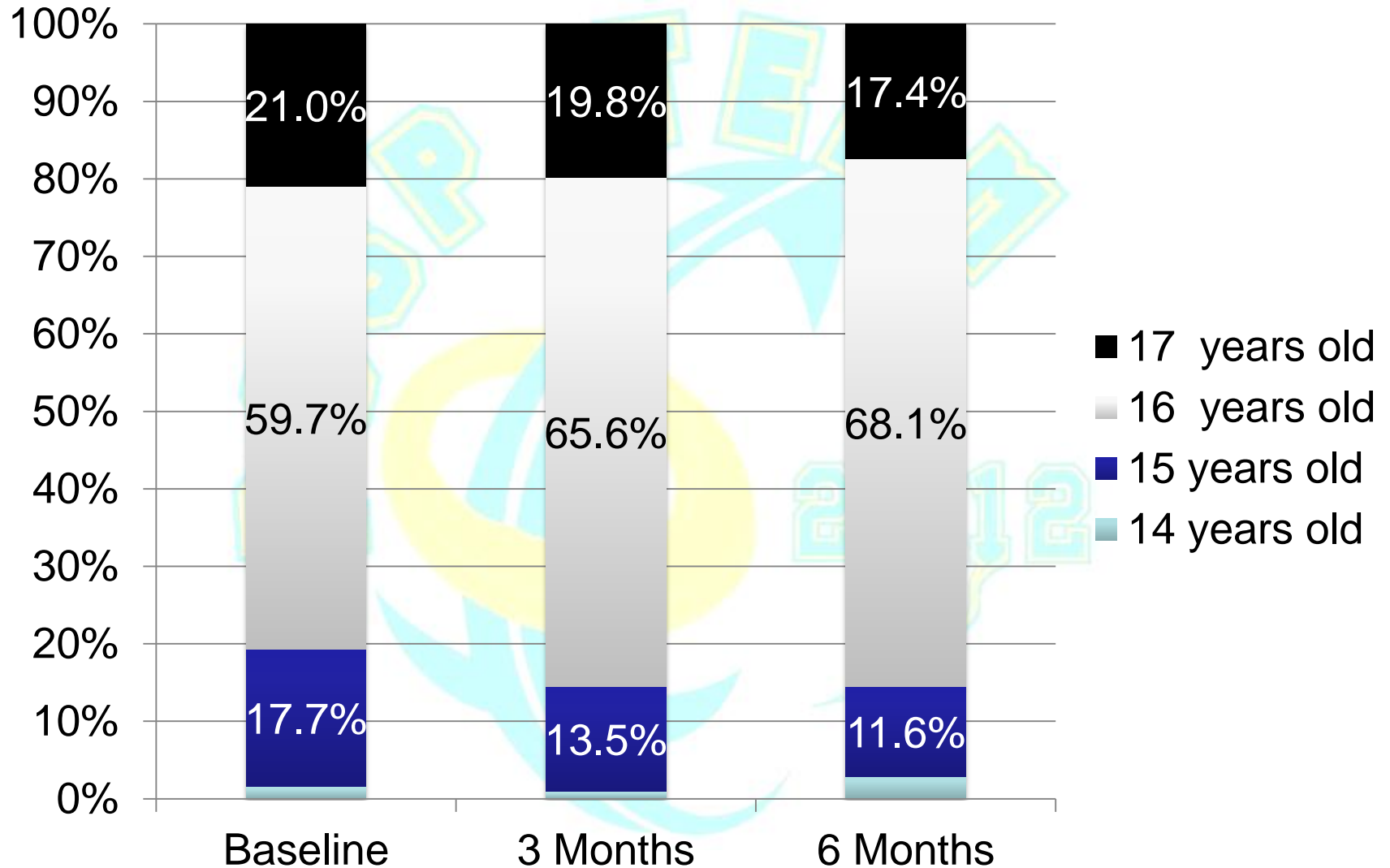


- Number of Participants
 - Baseline: n=124
 - 3-month: n=96 (22.6% loss to follow-up)
 - 6-month: n=69 (44.4% loss to follow-up)
- Participants only had one chance to complete the follow-up surveys, which was during a school visit. Hence the larger than desired loss to follow-up.

Gender of Study Participants



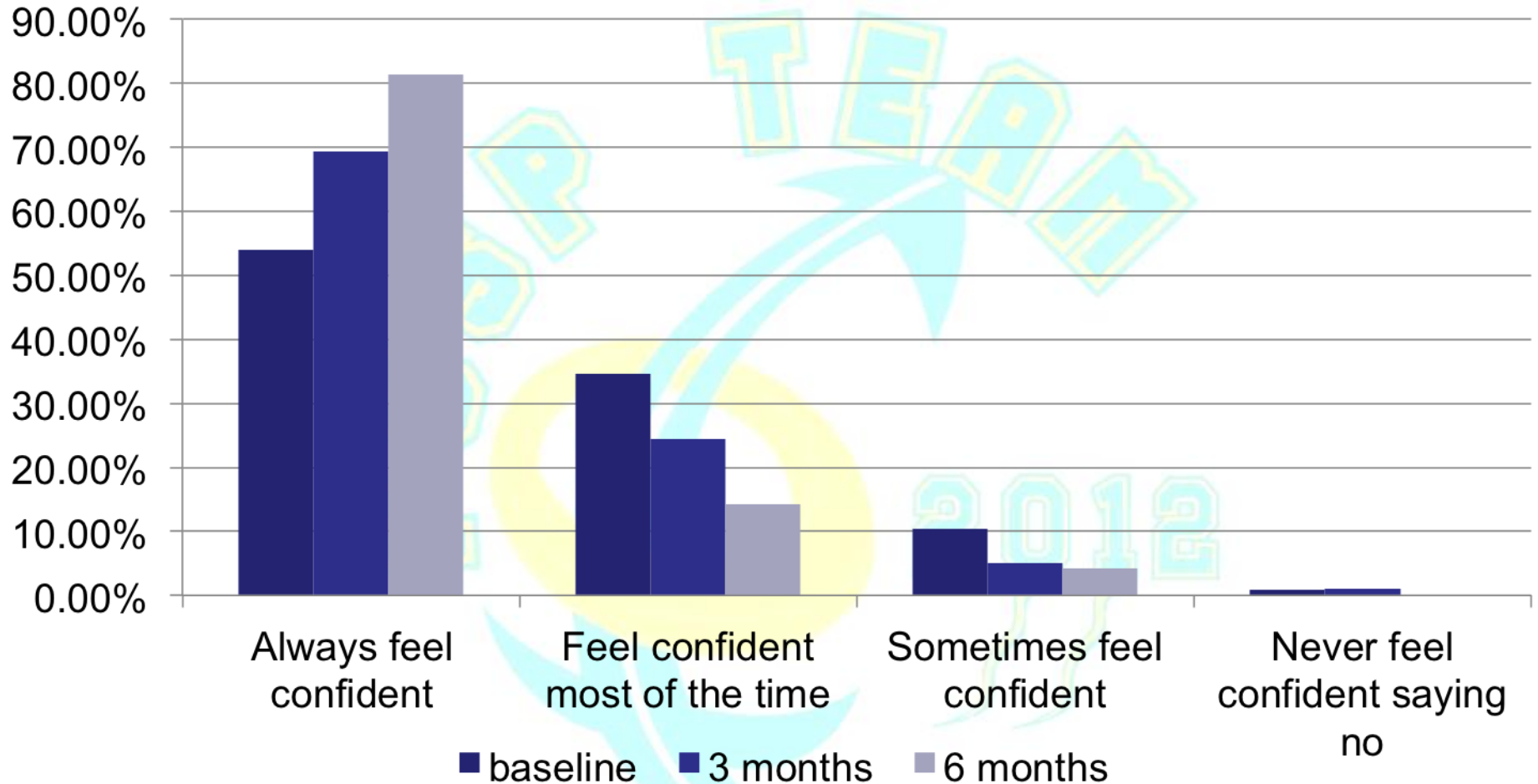
Age of Study Participants



Results

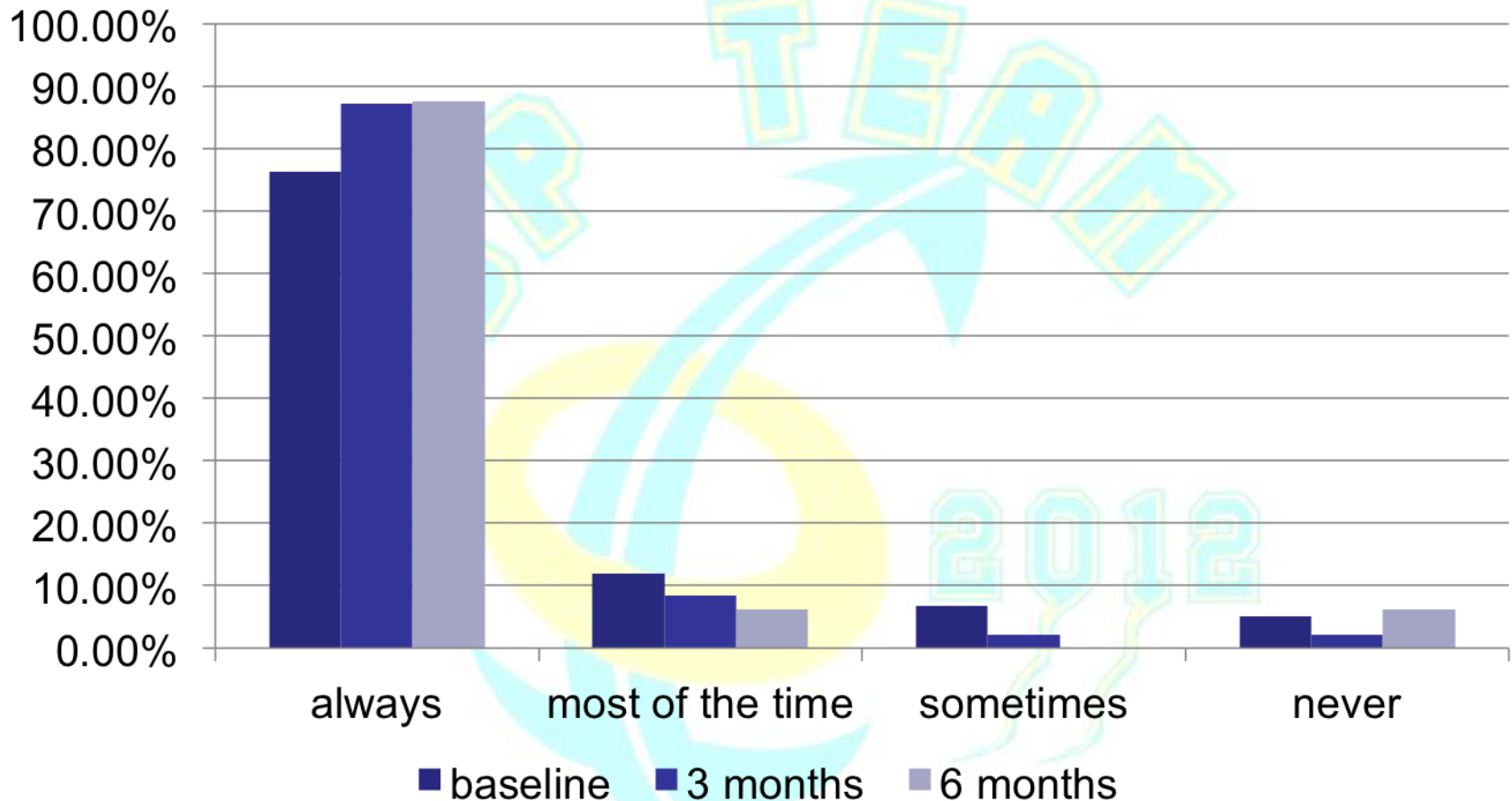
- For participants reporting having had sex at baseline (50.0%), the average age of first sex was 14.85 years (sd=1.04).
- The proportion of students at baseline who reported having had sex (50.0%) did not change at 3-months (49.0%, $p=0.56$) or 6-months (45.6%, $p=0.88$).

How confident do you feel saying 'no' to someone who wants to do something sexual with you?



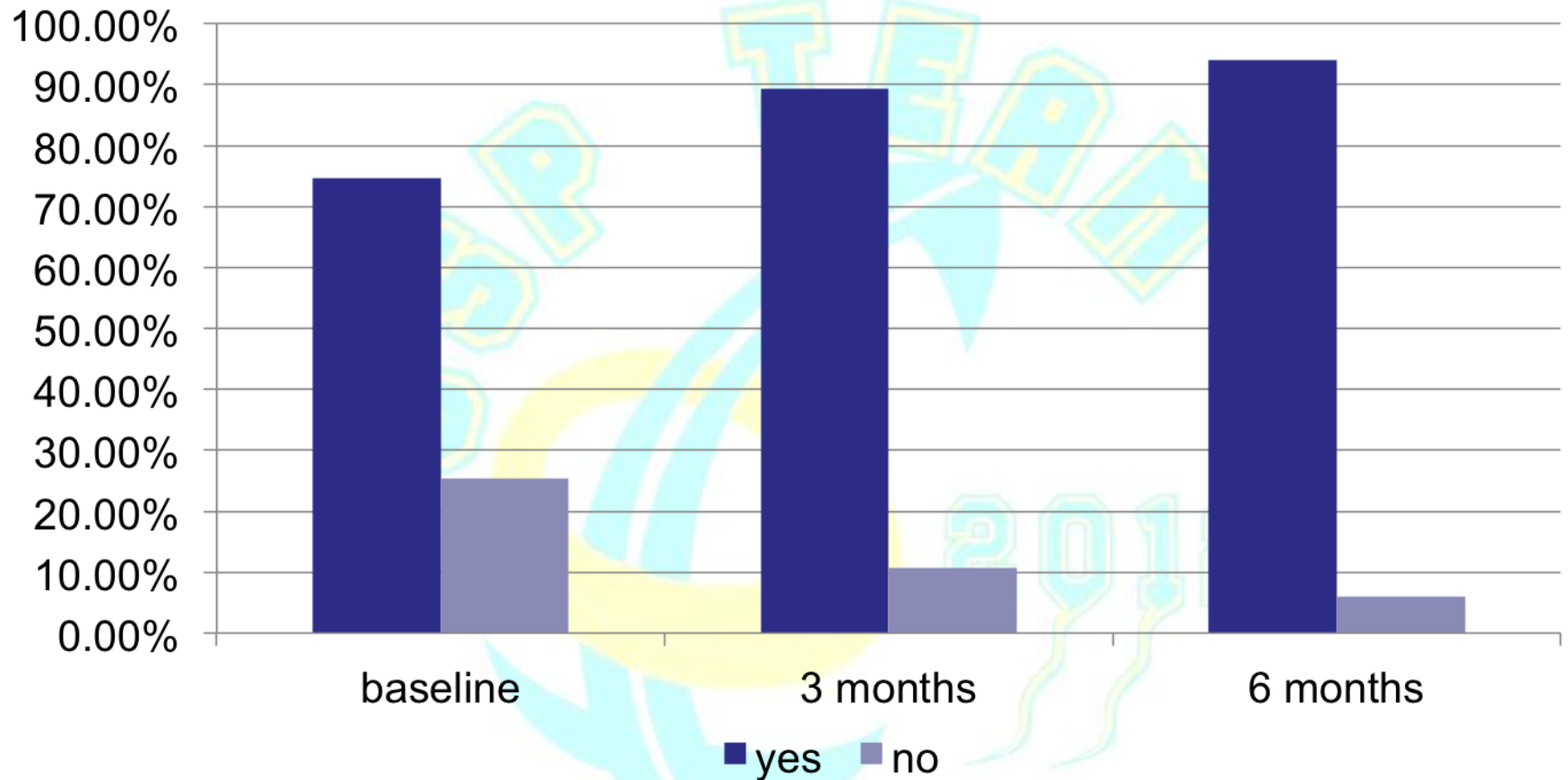
Students generally reported increased confidence to turn down sex after 3-months (93.8%, $p=0.29$) and 6-months (94.2%, $p=0.21$) compared to baseline (88.7%).

Do you feel comfortable talking to your partner(s) about using condoms/contraception?



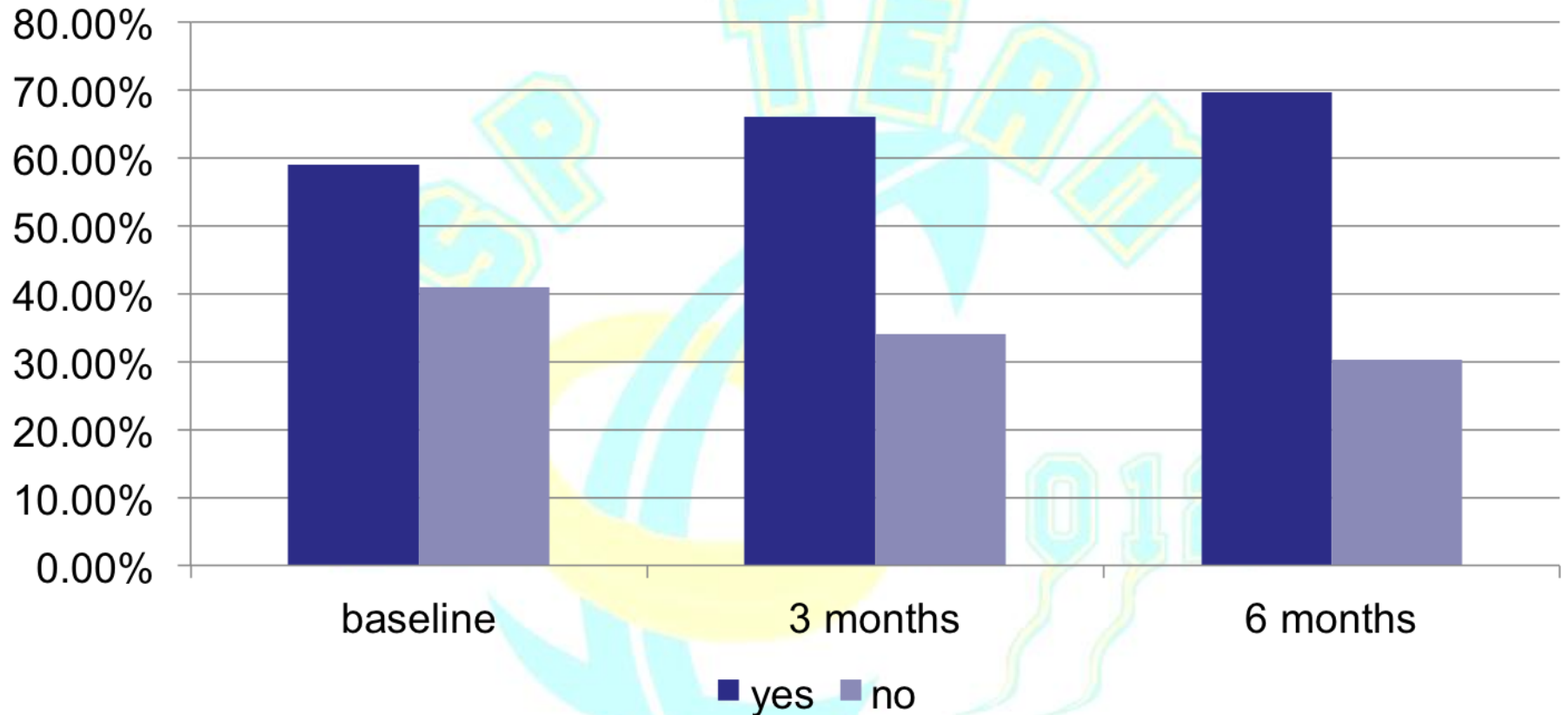
Students tended to be more comfortable talking with their partner about using condoms/contraception at 6-months (87.1%, $p=0.21$) compared to baseline (76.3%).

The last time you had sex did you use any form of contraception?



At last sex, more students tended to report using some method of contraception: 74.6% at baseline compared to 89.4% at 3-months ($p=0.13$) and 93.8% at 6-months ($p=0.25$).

The last time you had sex, did you use condoms as protection against sexually transmitted disease or infection?

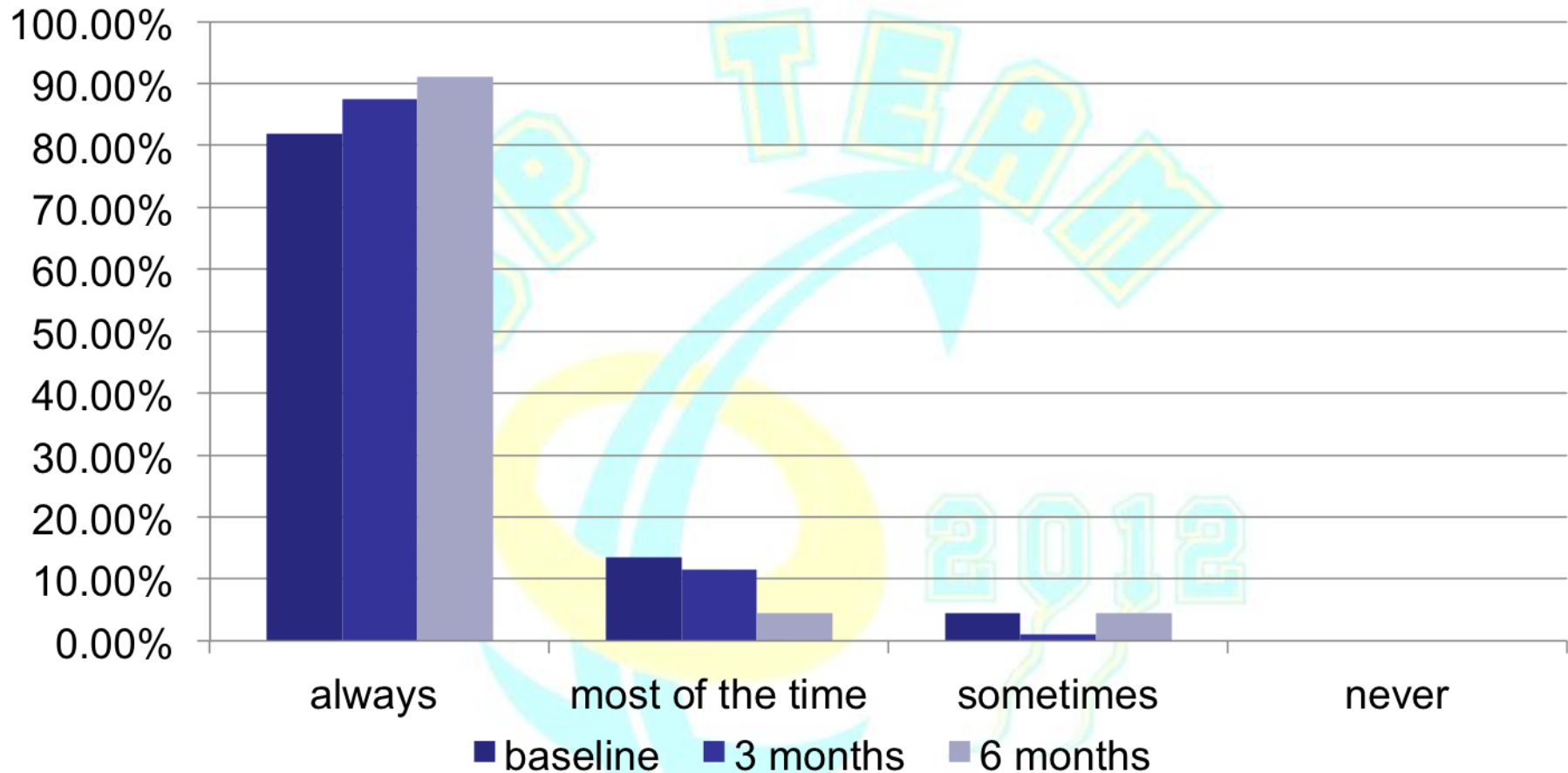


Prior to PSSP only 59% of students reported using a condom at last sex, which increased to 66.0% at 3-months ($p=0.26$) and 71.9% at 6-months ($p=0.26$).



- Baseline only 34% had tested, 78% were sure they had never had an STI – highlights the need for continued education with youth.
- Since baseline, 23.4% of students reported having had a sexual health check-up.

How often do you feel comfortable being the sexual orientation that you are?



Students also tended to feel more confident in their sexuality, and if relevant (n=17), report being “out” following Hui (88.2%, n=15) compared to baseline (56.3%) (p=0.25).

Conclusion

- Limited statistical power
 - due to small initial sample size,
 - loss to follow-up,
 - but also limited sexual experience
- Regardless, participants' self-reported individual behaviour changes tended to support the PSSP objectives.

Conclusion

- Future research:
 - Increase sample size by recruiting in another cohort of PSSP participants
 - Investigate outcomes related to the broader goal of the programme, which is to reduce unplanned pregnancies and STIs among participants' peers.

Questions?

Hayley Pritchard

