

SCC1. CANADIAN SEXUAL HEALTH INDICATORS: SEXUAL BEHAVIOR CAPACITIES

USE WHEN YOU WANT TO EVALUATE:

Outcomes :

- ✓ Awareness and knowledge
- ✓ Skills / competency and capacity of individuals
- ✓ Healthy behavior

Intervention types:

- ✓ Targeted education activities for priority population
- ✓ Targeted awareness activities for priority population
- ✓ Skill building sessions to increase capacity to engage in risk mitigation behaviors
- ✓ Outreach to priority populations to increase their capacity to engage in risk mitigation behaviors
- ✓ Outreach to priority populations for awareness and education

Worked well with these populations:

- ✓ Youth

Interventions for:

- ✓ HIV
- ✓ STIs

DESCRIPTION

Section of a questionnaire developed for Canadian youth 16-24, assessing confidence in preventive sexual practices for HIV and STIs. Was developed through extensive qualitative and quantitative testing for Canadian youth

WHY THIS TOOL MIGHT BE USEFUL FOR COMMUNITY-BASED INTERVENTIONS

- ✓ Would be appropriate to use with other sexually active populations
- ✓ Suitable for before and after testing of a program's effects
- ✓ Questions fit together well and produce stable results (reliable)
- ✓ Short scale, easily completed and analysed
- ✓ Could easily be programmed to be given electronically

Developed in:

- ✓ English

ADMINISTRATION, DESIGN, SCORING and ANALYSIS CONSIDERATIONS

ADMINISTRATION

- This questionnaire should take about 10 minutes to fill out each time.
- Tell participants why you are using the questionnaire, being clear that it is to evaluate the intervention and not them, to help make it better.
- Participation should be voluntary, so tell participants that it is ok if they do not complete the questionnaire, and assure participants that there are no negative consequences if they don't want to complete it. Give them a way to do something else at the same time that is similar to completing the survey so that confidentiality of this decision is protected. (For further information on ethical considerations in carrying out evaluations, see [Ethics Resources](#))
- If used in a group setting, ensure that people feel safe and that the space is confidential; no one can see their answers (can see their screen or papers), and put completed questionnaires into a sealed envelope.



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DESIGN OPTIONS

Measuring before and after intervention (this is the best option because it measures real change)

1. **WHEN TO USE:** Have the questionnaires filled out before the intervention or at the very beginning of it, and again after, as close to the end as possible (often the very last session is not suitable because it may be a celebration, or have low attendance).
2. **LINKING RESULTS:** Include a way to match the same person's pre and post questionnaires while protecting confidentiality, for example using a [password](#) or unique identifier that respondents generate and remember.
3. **SCORING:** Create each person's total Sexual Health Indicators score by calculating his or her [average](#) of the 23 questions. Average scores can range from 1 to 5. The higher the score the greater the confidence.
4. **ANALYSIS:** Compare the pre and post scores for each individual, noting how many people improve, how many stay the same, and how many get worse.

Measuring change only after the end of an intervention: (this is the second best option, because people often think the intervention has had more effect than it really did)

1. Adapt all the questions so that they ask people what their answer is now and what it was before the intervention
For example, for question 1, ask, "*I feel confident in my ability to use protection on myself or my partner AND Before the workshop, I felt confident in my ability to use protection on myself or my partner.*" (see an [example](#))
2. **SCORING:** Create each person's total Sexual Health Indicators score by calculating his or her [average](#) of the 23 questions. Average scores can range from 1 to 5. The higher the score the greater the confidence.
3. **ANALYSIS:** Compare the pre and post scores for each individual, noting how many people say they improve, how many stay the same, and how many get worse.

SCC1. Sexual Health Indicators

	Strongly disagree				Strongly agree
1. I feel confident in my ability to use protection on myself or my partner	1	2	3	4	5
2. I feel confident I could purchase protection without feeling embarrassed	1	2	3	4	5
3. I feel confident I could stop to put protection on myself or my partner, even in the “heat of passion”	1	2	3	4	5
4. I feel confident that I would remember to use protection, even if I were high	1	2	3	4	5
5. I feel confident I would be able to go out with someone without feeling obligated to engage in sexual activity	1	2	3	4	5
6. I feel confident I would be able to choose when and where to engage in sexual activity	1	2	3	4	5
7. I feel confident I would be able to refuse sexual activity I’m not comfortable with	1	2	3	4	5
8. I feel confident in my ability to discuss protection usage with any partner I might have	1	2	3	4	5
9. If I or my partner didn’t have protection, I feel confident in my ability to suggest less risky activities, even in the “heat of passion”	1	2	3	4	5
10. I feel confident in my ability to suggest using protection with a new partner	1	2	3	4	5
11. I feel confident I could bring up the topic of protection with my health care provider	1	2	3	4	5
12. I feel confident I could easily ask my partner if s/he had protection (or tell them that I didn’t)	1	2	3	4	5
13. I feel confident I could ask a doctor or health care provider specifically for HIV testing	1	2	3	4	5
14. I feel confident I could ask my partner to get tested specifically for HIV	1	2	3	4	5
15. I feel confident that I could ask my doctor or health care provider specifically for STI testing (testing for sexually transmitted infections)	1	2	3	4	5
16. I feel confident I could ask my partner to get tested for STIs	1	2	3	4	5
17. I feel confident I would be able to say to someone how s/he can give me sexual pleasure	1	2	3	4	5
18. If I were regularly having problems becoming sexually aroused, I feel confident I could ask a doctor about it	1	2	3	4	5

19. If I were regularly experiencing pain during sexual activity, I feel confident I could ask a doctor about it	1	2	3	4	5
20. If I were regularly experiencing pain during sexual activity, I feel confident I could talk to my partner(s) about it	1	2	3	4	5
21. If I got a sexually transmitted infection, I feel confident I could tell my current partners about it	1	2	3	4	5
22. If I got a sexually transmitted infection, I feel confident I could tell my past partners about it	1	2	3	4	5
23. If I have questions about sexual health, I feel I could ask a teacher, health care professional (e.g., doctor or nurse), and/or other sexual health educator	1	2	3	4	5

Sources: CANADIAN SEXUAL HEALTH INDICATORS SURVEY —PILOT TEST AND VALIDATION PHASE, PHAC; <http://www.catie.ca/en/resources/canadian-sexual-health-indicators-survey-pilot-test-and-validation-phase-final-technical-r>; Smylie, L. et al. The development and validation of sexual health indicators of Canadians aged 16-24 years. [Public Health Rep.](#) 2013 Mar-Apr;128 Suppl 1:53-61.