

SCC3. CONDOM USE SKILLS SELF-EFFICACY

USE WHEN YOU WANT TO EVALUATE:

Outcomes :

- ✓ 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 reduction behaviors

Worked well with these populations:

- ✓ African American men and women

Interventions for:

- ✓ HIV
- ✓ STIs

DESCRIPTION

Self-efficacy is the level of confidence people have that they can perform healthy behaviors or make healthy choices. Tool developed by combining items from Ruben's observational measure with the scale format used by Bingham (who does not provide the scale items); it assesses participants' level of confidence that they can use condoms correctly.

WHY THIS TOOL MIGHT BE USEFUL FOR COMMUNITY-BASED INTERVENTIONS

- ✓ Condom self-efficacy is associated with more frequent and regular condom use.
- ✓ Appropriate to use with all priority populations.
- ✓ Suitable for before and after testing of a program's effects.
- ✓ 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 program and not them, to help make the program 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 questionnaire 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 scores while protecting confidentiality, for example using a [password](#) or unique identifier that respondents generate and remember.

3. **SCORING:** Create each person's total Condom Skills Self Efficacy Score by calculating the [average](#) of the questions they answered. Scores can range from 1 to 3, 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 it will not measure change.).

1. **SCORING:** Create each person's total Condom Skills Self Efficacy Score by calculating the [average](#) of the questions they answered. Scores can range from 1 to 3, the higher the score the greater the confidence.

2. **ANALYSIS:** Compare the scores for each individual, to the total possible of 42 for 'very confident' throughout, noting how many people have that score and how many do not.

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How confident or sure are you that you can:	Not at all confident/sure	Somewhat confident/sure	Very confident/sure
1. Choose a latex condom	1	2	3
2. Choose a water-based lubricant	1	2	3
3. Check the expiration date on the package	1	2	3
4. Open the package carefully	1	2	3
5. Check the condom for damage	1	2	3
6. Determine the direction the condom rolls	1	2	3
7. Add lubricant to the inside tip of condom or penis	1	2	3
8. Roll condom the correctly downward	1	2	3
9. Roll the condom to the base of penis	1	2	3
10. Remove air from the condom	1	2	3
11. Leave a space at the tip of condom	1	2	3
12. Turn to the side and withdraw the condom	1	2	3
13. Take care to avoid spilling	1	2	3
14. Tie off the condom and dispose of it in trash	1	2	3

Sources:

Adapted from: Bingham, T. A., Harawa, N. T., & Williams, J. K. (2013). **Gender role conflict among African American men who have sex with men and women: Associations with mental health and sexual risk and disclosure behaviors.** *American Journal of Public Health, 103*(1), 127-133; Rubens, M., McCoy, V., Shehadeh, N. PhD, **Proficiency in Condom Use Among Migrant Workers.** *Journal of the Association of Nurses in AIDS Care, 2014, 25, 233-242.*