Do As We Say, Not As We Do

Experiences of Unprotected Intercourse Among SFP Fellows

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Disclosures

- No conflicts of interest or disclosures

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Study Objectives

Document Society of Family Planning fellows’ experiences with four main types of unprotected intercourse both ever and in the past year:

1. Vaginal intercourse using no method of contraception when not intending pregnancy **(Risk of unintended pregnancy)**

2. Vaginal, anal, or oral intercourse using no method of protection when self STI-free and partner’s STI status unknown **(Potential risk of STI to self)**

3. Vaginal, anal, or oral intercourse using no method of protection when own STI status unknown and partner STI-free **(Potential risk of STI to partner)**

4. Vaginal, anal, or oral intercourse using no method of protection when self STI-free and partner known to have an STI **(Known risk of STI to self)**
Methods

- Email invitation sent to all current Society of Family Planning fellows (n=477)

- Anonymous 5-10 minute online survey designed and administered using Qualtrics survey software

- Asked questions about lifetime and past year incidence of different types of unprotected intercourse including circumstances, number of times and age at first time. Basic demographics also collected

- Responses obtained from 73% of fellows (347/477). Of these, 6 declined to participate and 1 declined to answer any of the questions. Overall response rate = 70% (340/477)
Participant Characteristics

- 89% Female, 10% Male, 1% Gender Queer
- 89% Heterosexual, 5% Gay or Lesbian, 5% Bisexual, 1% Other
- 80% White, 7% Asian American, 5% Latina, 5% South Asian, 4% African American, 1% Native American, 2% Other
Results: Percentage of SFP Fellows Ever Experiencing Different Types of Unprotected Intercourse (n=340)

- Risk of Unintended Pregnancy (Full): 46%
- Risk of Unintended Pregnancy (Any): 62%
- Risk of Unintended Pregnancy (Inc. withdrawal): 76%
- Potential Risk of STI to Self (Full): 60%
- Potential Risk of STI to Self (Any): 63%
- Potential Risk of STI to Partner (Full): 8%
- Potential Risk of STI to Partner (Any): 11%
- Known Risk of STI to Self (Full): 4%
- Known Risk of STI to Self (Any): 4%
Results: Percentage of SFP Fellows Experiencing Different Types of Unprotected Intercourse in the Past Year (n=340)

- Risk of Unintended Pregnancy (Full): 7
- Risk of Unintended Pregnancy (Any): 9
- Potential Risk of STI to Self (Full): 12
- Potential Risk of STI to Self (Any): 13
- Potential Risk of STI to Partner (Full): 3
- Potential Risk of STI to Partner (Any): 3
- Known Risk of STI to Self (Full): 1
- Known Risk of STI to Self (Any): 1
## Results: Age at First Time

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Mode</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk of Unintended Pregnancy</td>
<td>21</td>
<td>18</td>
<td>14-47</td>
</tr>
<tr>
<td>Potential Risk of STI to Self</td>
<td>21</td>
<td>19</td>
<td>14-40</td>
</tr>
<tr>
<td>Potential Risk of STI to Partner</td>
<td>23</td>
<td>25</td>
<td>14-33</td>
</tr>
<tr>
<td>Known Risk of STI to Self</td>
<td>27</td>
<td>25</td>
<td>18-45</td>
</tr>
</tbody>
</table>
Results: Percentage of SFP Fellows in Each Lifetime Frequency Category for Each Type of Unprotected Intercourse

<table>
<thead>
<tr>
<th>Unintended Pregnancy (n=156)</th>
<th>Potential Risk of STI to Self (n=202)</th>
<th>Potential Risk of STI to Partner (n=28)</th>
<th>Known Risk of STI to Self (n=14)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Risk Frequency</td>
<td>Percentage</td>
<td>Percentage</td>
<td>Percentage</td>
</tr>
<tr>
<td>Once</td>
<td>13%</td>
<td>10%</td>
<td>7%</td>
</tr>
<tr>
<td>2 to 9 times</td>
<td>53%</td>
<td>24%</td>
<td>29%</td>
</tr>
<tr>
<td>10 to 24 times</td>
<td>23%</td>
<td>21%</td>
<td>14%</td>
</tr>
<tr>
<td>25 to 49 times</td>
<td>6%</td>
<td>18%</td>
<td>25%</td>
</tr>
<tr>
<td>Over 50 times</td>
<td>6%</td>
<td>43%</td>
<td>43%</td>
</tr>
</tbody>
</table>

Risk of Unintended Pregnancy (n=156)
- Once: 13%
- 2 to 9 times: 53%
- 10 to 24 times: 23%
- 25 to 49 times: 6%
- Over 50 times: 6%

Potential Risk of STI to Self (n=202)
- Once: 10%
- 2 to 9 times: 51%
- 10 to 24 times: 24%
- 25 to 49 times: 25%
- Over 50 times: 6%

Potential Risk of STI to Partner (n=28)
- Once: 7%
- 2 to 9 times: 29%
- 10 to 24 times: 21%
- 25 to 49 times: 18%
- Over 50 times: 43%

Known Risk of STI to Self (n=14)
- Once: 14%
- 2 to 9 times: 29%
- 10 to 24 times: 14%
- 25 to 49 times: 14%
- Over 50 times: 14%

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Results: Percentage of SFP Fellows in Each Past-Year Frequency Category for Each Type of Unprotected Intercourse

- **Risk of Unintended Pregnancy (n=21)**
  - Once: 33
  - 2 to 4 times: 24
  - 5 to 9 times: 5
  - Over 10 times: 5

- **Potential Risk of STI to Self (n=43)**
  - Once: 52
  - 2 to 4 times: 23
  - 5 to 9 times: 19
  - Over 10 times: 7

- **Potential Risk of STI to Partner (n=9)**
  - Once: 56
  - 2 to 4 times: 11
  - 5 to 9 times: 22
  - Over 10 times: 11

- **Known Risk of STI to Self (n=4)**
  - Once: 75
  - 2 to 4 times: 25
  - 5 to 9 times: 11
  - Over 10 times: 11
Results: Circumstances of Lifetime Unprotected Intercourse

- Heat of the moment
- No contraception to hand
- Alcohol/drugs
- Too young to know better
- Preferred method: no method
- Partner preferred: no method
- Perception of low risk
- Non-consensual sex

- Risk of Unintended Pregnancy (n=156)
- Potential Risk of STI to Self (n=202)
- Potential Risk of STI to Partner (n=28)
- Known Risk of STI to Self (n=14)
Conclusions

- Ever having taken a risk with respect to pregnancy and STIs is common among SFP fellows

- However, risk taking in the past year is uncommon (but not zero)

- Most common reasons include getting swept away in the heat of the moment, alcohol and drugs, not having any contraception around, and personal preference

- Measurement of unprotected intercourse is not straightforward

- We are more like our patients/study populations than we think…😊