Disease Management and Disparities through Inter-professional Relationships
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DISCLOSURE STATEMENT

Speakers for this session have nothing to disclose. Any updates in disclosure will be made from the podium.
INTRODUCTION & OVERVIEW

Janel Bailey-Wheeler, PharmD
Oluwamuyiwa Adebayo, BSN, PhD
"Someone’s Going to See it and Someone Might Go Get Tested"

College Students’ Preferences for Sexually Transmitted Infection Testing Information: A Qualitative Study

OLUWAMUYIWA WINIFRED ADEBAYO, PHD, RN
ASSISTANT PROFESSOR OF NURSING
STIs Among Youth

Youth aged 15 - 24 account for a quarter of the sexually active population.

But makeup half of the 20 million new STIs that occur in the United States each year.

Persons aged 20 - 24 account for 80% of STIs among youth.
STI Vulnerability of College Students

- Alcohol and Substance Abuse
- Hook-up Culture (Casual Sexual Encounters)
- Peer Pressure
- Multiple Sexual Partners

CDC, 2019a; Cufie et al., 2016; Labrie et al., 2014
STI TESTING
TOOL TO COMBAT NEW STIs

IDENTIFY * COUNSEL *
LINK

TREATMENT AND PREVENTION
LOW RATES OF STI TESTING

STI Testing among Youth

- Tested: 88.50%
- Never Tested: 11.50%

Late or Undiagnosed STI
Increased STI Transmission
Poorer Sexual Health Outcomes

CDC, 2019b; Cuffe et al., 2016

DUPLICATION AND DISTRIBUTION PROHIBITED
REASONS FOR STI TESTING

HCP Requested/Self-Initiated
Routine Healthcare
Test Results by HCP
CHALLENGES OF CLINICIAN-INITIATED STI TESTING

- Clinician-Initiation
- Cost/Insurance
- Access
- Clinician Biases
- Fear/Stigma

Adebayo & Gonzalez-Guarda, 2017; Handel et al., 2016; Talib, Silver, Coupey, & Bauman, 2013
WHY SELF-INITIATED STI TESTING?

- Clinician-Initiation
- Self-Initiated

- Cost/Insurance
- Access
- Clinician Biases
- Fear/Stigma

Adebayo & Gonzalez-Guarda, 2017; Adebayo & Salerno, 2019
BARRIERS TO SELF-INITIATING STI TESTING

NOT KNOWING STI TESTING LOCATIONS
MISCONCEPTIONS ABOUT TESTING PROCEDURES
CONCERNS ABOUT TESTING SITE CONDITIONS
FEAR OF SEROPOSITIVE TEST RESULTS

STI TESTING INFORMATION?

Adebayo & Gonzalez-Guarda, 2017; Adebayo & Salerno, 2019
RESEARCH QUESTIONS

1) Do college students receive information on STI testing services?

2) What are the preferences of college students for delivery, content, and frequency of STI testing information?
METHODOLOGY

Qualitative Descriptive

Recruitment
- StudyFinder
- Health Promotion and Wellness
- University Health Services
- Student-Centered Settings

Sampling
- Purposive Sampling
- Sexually Active
- Aged 18 – 24 years

Data Collection
- Demographic and Sexual History Questionnaire
- STD Knowledge Questionnaire (STDQ)
- Individual In-depth Interview (~ 45 mins)
RIGOR

Credibility

Dependability

Transferability
Read and re-read transcripts

Divide transcript text into segments

Code segments with participant keywords

Group keywords into clusters

Collapse clusters into themes

Many pages of transcript text

Many segments of text

36 codes

10 clusters

4 themes

Adapted from Creswell, 2012

DATA ANALYSIS PROCESS
## DEMOGRAPHIC CHARACTERISTICS

<table>
<thead>
<tr>
<th>Variable</th>
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<th>%</th>
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<tbody>
<tr>
<td><strong>Types of STI testing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Initiated</td>
<td>13</td>
<td>37.1</td>
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<tr>
<td>Clinician Initiated</td>
<td>10</td>
<td>28.6</td>
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<tr>
<td>Never Tested</td>
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<td>34.3</td>
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<tr>
<td><strong>Age</strong></td>
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<td></td>
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<tr>
<td>18 – 19</td>
<td>11</td>
<td>31.4</td>
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<tr>
<td>20 – 21</td>
<td>16</td>
<td>45.7</td>
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<tr>
<td>22 - 24</td>
<td>8</td>
<td>22.8</td>
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<tr>
<td><strong>Gender</strong></td>
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<tr>
<td>Female</td>
<td>25</td>
<td>71.4</td>
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<tr>
<td>Male</td>
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<td><strong>Ethnicity</strong></td>
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<tr>
<td>Non-Hispanic</td>
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<tr>
<td><strong>Race</strong></td>
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<tr>
<td>White</td>
<td>22</td>
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<td>17.1</td>
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<tr>
<td>Asian</td>
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<td>17.1</td>
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### DEMOGRAPHIC CHARACTERISTICS

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<td>Straight/Heterosexual</td>
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<td>Gay/Homosexual</td>
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<td>Other (Bi – Curious)</td>
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<td><strong>Insurance</strong></td>
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# Sexual Health Characteristics

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<td>Low Knowledge (0 – 9)</td>
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<td>Medium Knowledge (10 – 18)</td>
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<td>High Knowledge (19 – 27)</td>
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<td><strong>STI Risk Perception</strong></td>
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<td>No</td>
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<td>28.6</td>
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<tr>
<td>Don’t Know</td>
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<td><strong>Condom Use During Last Sexual Encounter</strong></td>
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<td>No</td>
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<td><strong>Last STI Test</strong></td>
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<tr>
<td>Within the past 12 months</td>
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<tr>
<td>More than 12 months ago</td>
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THEMES AND SUPPORTING THEMES

The Need for Tailored STI Testing Information among College Students

Frequently Accessed Delivery Method

Actionable Information Content

Routine Information
OVERALL THEME

The Need for Tailored STI Testing Information among College Students

“I do think there’s a lack of knowledge amongst a lot of students. “ (Female, 20 years)

“We get emails all the time from the university and people. I don’t know why that’s not included in some of them because I think that sexual health is a big part of college life. “ (Male, 21 years)
Delivery

Frequently accessed delivery method

Effective

Confidentiality

Normalization

Penn State College of Nursing
“It might sound really cliché, but emails do really work. They are really helpful because that is something which at this time you do look at regularly. That is the most comfortable way to leisurely look up that information, and at your own ease I guess. That information’s always there on your hand, fingertips.” (Female, 23 years)

“I check it frequently, and it’s a little more private than a text message. You get a text alert on your phone, if you’re with somebody, they could read it. …” (Female, 18 years)

“…the unsubtle approach and put posters around the HUB, make it more blatant, because then that would normalize it a bit more, not hide it in the bathroom, kind of like how some women hide their periods and they just don’t talk about it. Doing that, I feel like it would help erase the stigma against it” (Female, 20 years)
CONTENT

- Actionable Information Content
- Attention-Grabbing Statistics
- Compelling Statistics
- Stigma Reduction
- Resources
### Attention-Grabbing

“Something that catches your eye, like, "Are you infected?", or something, and then something like that...I would read it and then be like, all right, let's do it. Let's get tested. I think something like, "Would you like to ..." Something basic, that would probably cause people to be like ... erase ". (Male, 21 years)

### Compelling Statistics

“... a fact, a statistic to freak me out. "Did you know that one in two people have STIs and don't know?" Something to kind of. "Oh, crap. I should go get tested." Freak me out a little bit because then I’d be more incline to get tested. Or, " do you know people can have an STD for three months and not know it?" Something like that. Something to freak me out to be like, "Okay, I should definitely go." ". (Female, 21 years)

### Stigma Reduction

“I feel like they should just be more ... The information should be more encouraging, and you definitely shouldn't feel judged for your behavior. It should be like non-judgment like if you need this, you can get it here. No questions asked. We want to help you. ". (Male, 21 years)

### Resources

“Information on the different STIs, probably one just where to get tested, but it has to be convenient, for people to use it, so when they click it, maybe it shows them a list of places around them that they could go get tested, and then charge or if they’re always free.” (Male, 24 years)
FREQUENCY

- Targeted
- Reminder
- Just Enough
“It can't hurt to send out and say, "Hey. It's around the holidays." Or, "It's around Valentine's Day." Or whatever those main target areas are that people are more sexually active, I guess. It can't hurt to send something out and be like, "These are your resources where you can go. Don't be afraid to get tested." Stuff like that. Or like, "Here's some warning signs." Just an email that everyone gets sent to their ... blasted to their email. " (Female, 22 years)

“I would want to be reminded that even though I don't have symptoms, that doesn't mean that I don't have an STI because I think that's the biggest reason why I put it off is because I was like, "I don't have any symptoms." (Female, 21 years)

“Weekly or maybe once in 15 days is good enough to just remind you about it. It's that, you know, hey, it's important, and it's there for you. So even if it slips your mind, you're reminded of it about every month or so.” (Female, 23 years)
DISCUSSION

The lack of tailored STI information is a barrier to STI testing.

Effective STI testing interventions are not “one-size fits all”.

The stigma around STI testing could be reduced by normalizing STI testing information.

College settings are ideal for youth to develop health promotion behaviors.
Data was collected from students at one university campus.

The majority of the participants were White (62.9%), Female (71.4%), and identified as Heterosexual (91.4%).

This study did not explicitly examine culturally-tailored preferences for STI testing information.
IMPLICATION

College health settings can use these findings to structure sexual health information dissemination for students.

These findings are instrumental for subsequent research addressing sexual health disparities college students.

These findings can guide the development of low-cost STI testing/prevention interventions.

Future research should examine this findings quantitatively in multiple college settings.
CONCLUSION

“Because most of the time, people don’t usually search for that information until it’s too late…”

“Someone’s going to see it and someone might go get tested.”
ACKNOWLEDGEMENTS

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QUESTIONS
THANK YOU
Moderated Panel Discussion
Knowledge & Application Opportunities