

High-risk Sexual Behavior

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Introduction

- **Sexual behavior** encompasses all activities which gratify an individual's sexual needs.
- Sexual behaviors have been studied in the context of **sexual practices, sexual relationships, reproductive health, sexually transmitted infections (STIs), and contraception.**
- While sexual behavior and expression of sexuality are normal phenomena, **the context in which sexual behavior is expressed may make the behavior abnormal or risky.**

Definition

- **Risky sexual behavior** (which may be equated with the term “**high risk sexual behavior**”) has been defined by researchers as **sexual activities which expose the person to risk of contracting STIs including human immunodeficiency virus (HIV), thus affecting their health.**
- The focus of researchers in this context has mainly been on **unprotected sexual intercourse** and **involvement in sexual activities with multiple sexual partners.**
- **Substance-use disorders have often been associated with HRSB.**

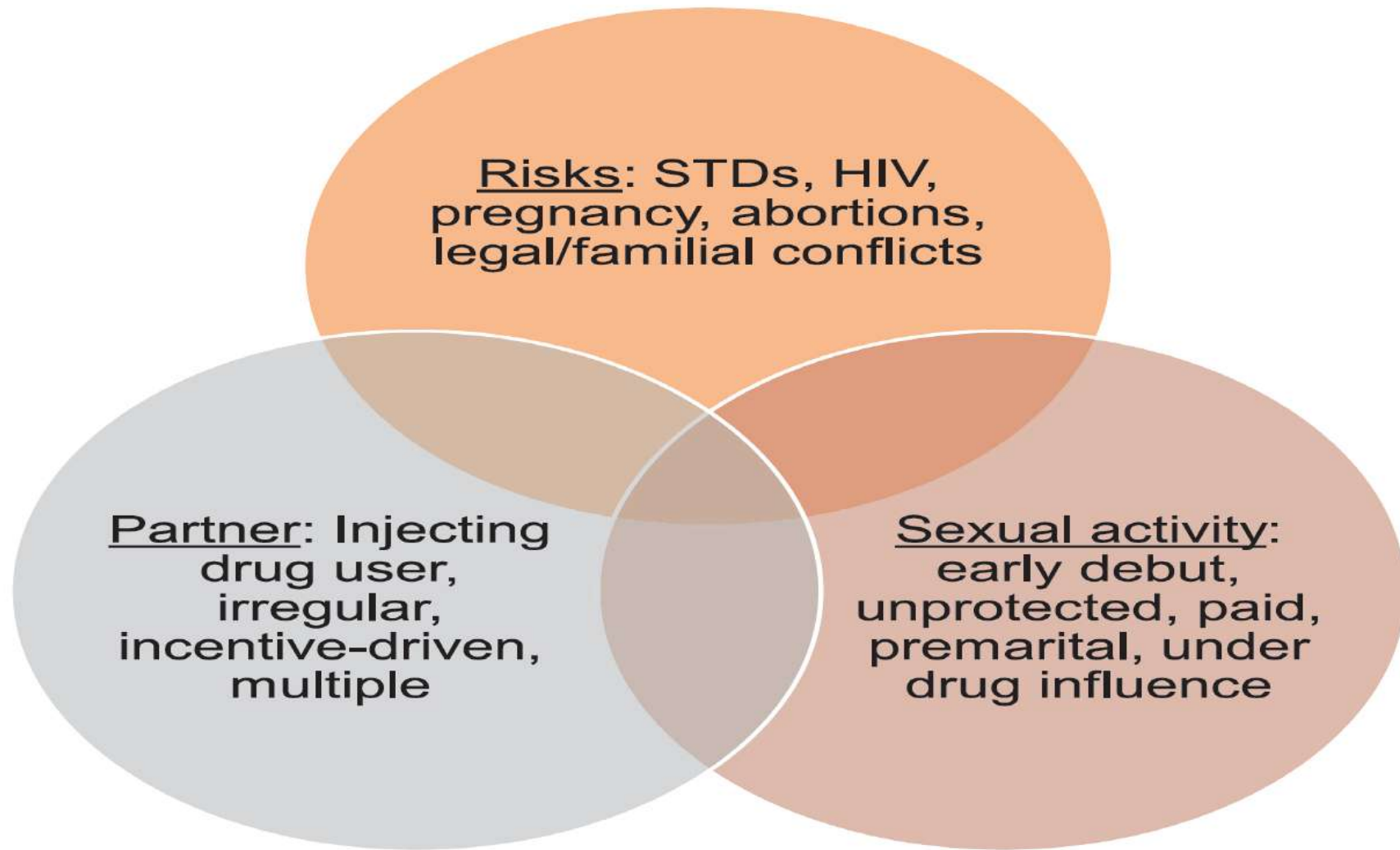


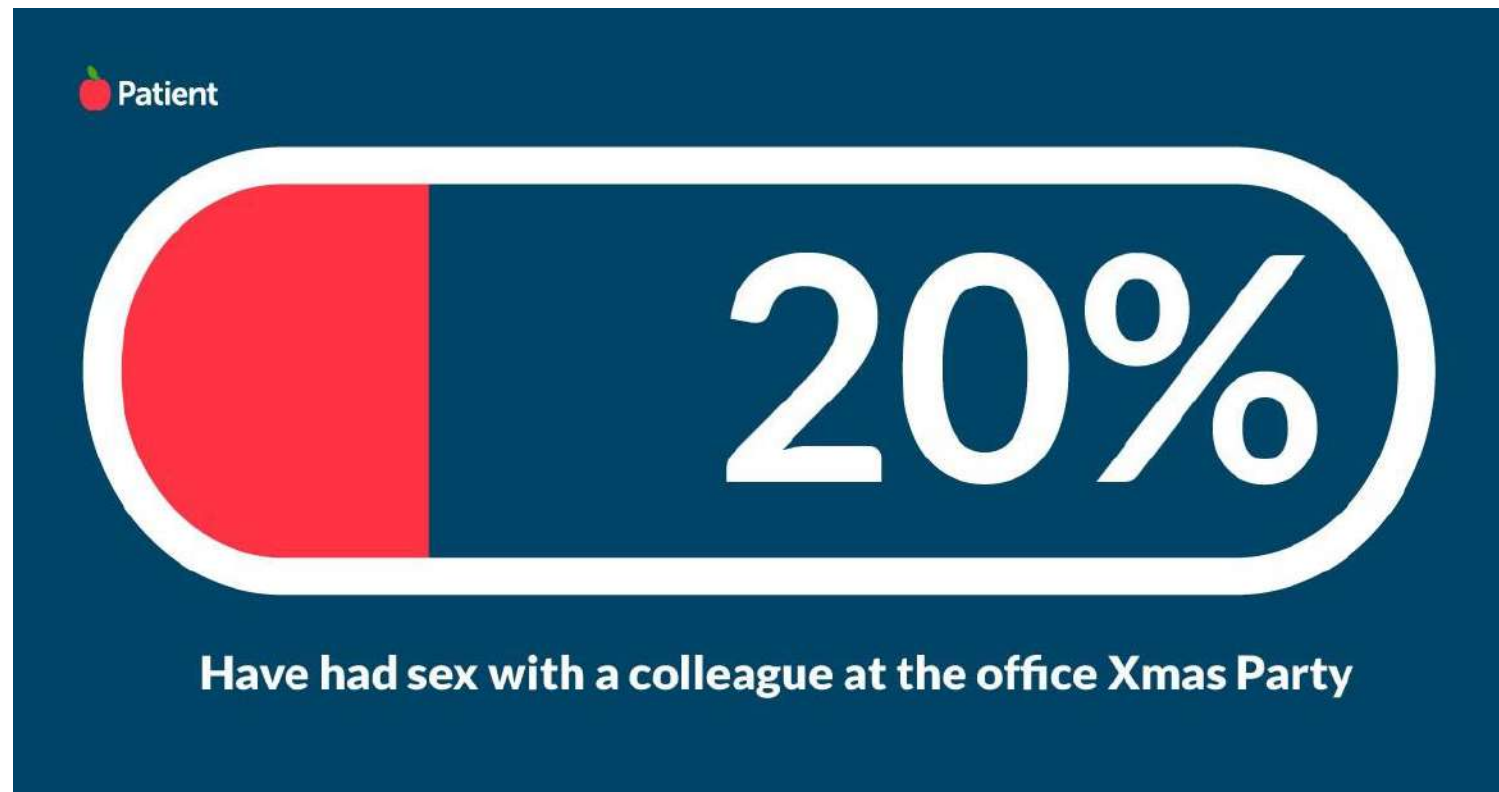
Figure 1. Factors that Have Defined High-risk Sexual Behavior

Table 1. Different Definitions of High-risk Sexual Behavior

Authors	Definitions of HRSB
Strunin et al ¹	Sexual behavior as a behavior that increases likelihood of contracting sexually transmitted infections
Dublin et al ²⁰	Anal/oral sexual intercourse, or vaginal intercourse without condom or other contraception.
Cooper ²¹	Having multiple/casual partners, not using condom during sexual intercourse, having intercourse under influence of alcohol.
IIPS (NFHS-3) ²²	Sexual intercourse, within last 12 months, with someone who is neither a spouse nor a cohabiting partner.
Kumari and Nair ²³	Sexual intercourse with two or more partners with improper or inconsistent condom use and sexual relations of unmarried people in an exclusive relationship.
Imaledo et al ²⁴	Early age of sexual debut, premarital sex without protection, sex in exchange of gifts.
Chikovani et al ²⁵	Occasional or paid sexual partners, unprotected sexual intercourse.
Chanakira et al ²⁶	Sexual behavior which increase the chances of sexual diseases and sometimes unwanted pregnancy.
Ritchwood et al ¹⁹	Unprotected intercourse, having multiple sexual partners, and having intercourse with an intravenous drug user (IVDU).
Mirzaei et al ²⁷	Sexual behavior that increases the chance of a negative outcome. Negative consequences have been defined in the form of family conflicts, damage to relationships, legal disputes or financial problems.
CDC ²⁸	Sexual intercourse with multiple partners, without using condom, under the influence of drugs, alcohol, or being forced to have sex. They impose them at risk of contracting sexually transmitted diseases, HIV, or unintended pregnancy.

- WHO data: globally **more than one million people worldwide are suffering from STIs**, and around **60%** of those affected are young individuals.
- **One of the important risk factors is injecting drug use.**
- WHO recommends targeting the high-risk population, which includes injecting drug users among others, for preventive measures.

survey of 2,000 UK office workers revealed that nearly 20% of Brits have had a sexual encounter with a colleague at the office Christmas party. 1 in 10 admitted they have caught an STI, or know someone who has, from a co-worker.



several reasons why affairs are so common at Christmas.

- "First of all there's more alcohol, so people are disinhibited and don't respond in the same rational way they do when they're sober. Secondly there's that **party atmosphere**. People are full of joy, and sometimes you can misinterpret that to mean more than it actually does, especially if home life is difficult,"

Infidelity/Extramarital affaire

Divorce

Hurting Both Parties

Sexual transmitted infections

Being Blamed for a Failed Relationship



Gender Role Discrepancy Stress, High-Risk Sexual Behavior, and Sexually Transmitted Disease

- men have demonstrated much greater risk for contraction of and mortality from STDs perhaps because they tend to engage in a number of risky sexual activities.
- Research on masculinity suggests that **gender roles influence males' sexual health** by encouraging risk-taking behavior, discouraging access to health services, and narrowly defining their roles as partners.
- despite the propensity of highly masculine men to engage in high-risk sexual behavior, there is reason to suspect that men at the other end of the continuum may still be driven to engage in similar high-risk behaviors as a consequence of gender socialization.
- ***Discrepancy stress*** is a form of gender role stress that occurs when men fail to live up to the ideal manhood derived from societal prescriptions (i.e., *Gender Role Discrepancy*).

Prevalence of high-risk sexual behavior among Iranian young people

- Sex out of marriage is considered to be illegal, non-religious, immoral, and taboo in Iran.
- Risky sexual behaviors, such as condomless sex, multiple sexual partners, starting sex at an early age, adversely affect young people's health and expose them to **sexually transmitted infections** and **unwanted pregnancy** to females.
- These behaviors could lead to deleterious health, social and economic consequences.

- Prevalence of **life-time extra/premarital sex was estimated at 24%** (95% CI: 17–30) overall, **33%** (95% CI: 25–40) in male and **14%** (95% CI: 8–19) in female.
- Moreover, the prevalence of high-risk sexual behaviors such as having **condomless sex (12.8% to 89.6%)**, **multi-sex partners (7.7% to 62.9%)**, **sex in return for payment (1.3% to 7.0%)**, and **starting sexual activity at under 15 years (24.0% to 60.5%)** was varied between studies.
- **Relatively high extra/premarital sex and unsafe sex behaviors** among young people and the need for **targeted, appropriate sex education programs.**

Sexualized Drug Use (Chemsex)

- **Drug use with the intention of enhancing sexual relations is known as sexualized drug use .**
- mephedrone and crystal methamphetamine, which have the effect of increasing sexual arousal and stamina, along with γ -hydroxybutyrate (GHB)/ γ -butyrolactone (GBL) and ketamine, which have disinhibiting properties.
- SDU (**chemsex**) was defined as the intentional use of mephedrone or similar cathinones, 3,4-methylenedioxy-N-methylamphetamine (MDMA), **methamphetamine, amphetamines, GHB/GBL, ketamine, or cocaine.**
- Patients who practiced chemsex were more likely to engage in high-risk sexual behaviors and were more frequently diagnosed with an STI

Adolescent substance use and sexual risk-taking behavior

- Earlier age of onset to sexual activity,
- more sexual partners,
- less consistent use of condoms,
- more sexually transmitted diseases (STDs),
- Sexual abuse,
- Youth identified with substance problems are more likely to engage in risky sexual behaviors during adolescence and to continue risky sexual behaviors to the extent that substance problems persist.
- **Health literacy**

Thanks for your attention

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