



# Assessing Sexual Health Awareness Among Chapman Students

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## Abstract

Undergraduates on college campuses often experience new or increasing sexual experiences which can increase the spread of sexually transmitted diseases (STDs). Students experiencing sexual health problems are often faced with multiple concerns regarding obtaining knowledge regarding STDs as well as treatment options. This project aims to easily connect Chapman University students to information concerning sexual health by creating an extension to the Chapman Experience App. A preliminary survey was performed addressing STDs and STIs on a college campus and was formulated and sent to a sample group in Chapman University to gain insight on the needs and knowledgebase of the students at Chapman University. The results of the survey have been analyzed and used to better understand the practices, concerns, and areas of improvement for sexual health of students. The results helped determine what the extension would include. While this extension is still in development, the design flow of the extension is presented in this poster. This extension will contain information on STDs and STIs as well as connects students to places to get tested as well as the price ranges of the tests. The extension hopes to minimize the negative impacts STDs have on adolescents.

## Introduction

Today, the nation's youth (15-24 years old) bear the biggest increasing trend in STIs (sexually transmitted infections) amongst other age brackets (Nicoletti, 2008). The problem now is understanding the factors that influence this trend, and how an understanding of STIs/STDs can be improved. There have been efforts to try and increase testing and treatment for STI/STDs, however none of them have been successful. In order to reduce the high rates of STIs in the US and come across a solution, it is important to consider access to information and education on STIs (Eng et al., 1997).

## Methods

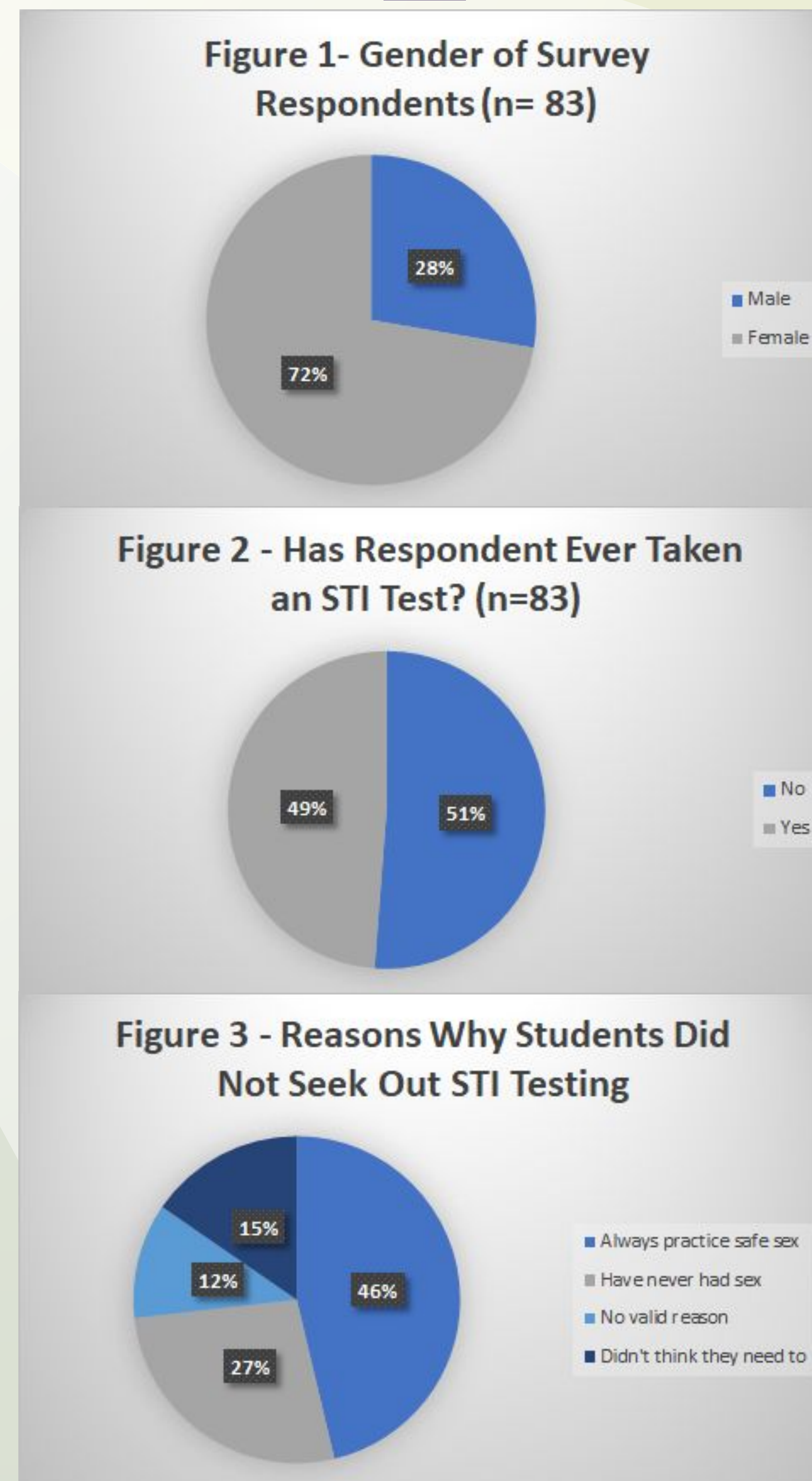
An online, anonymous survey was created and distributed to Chapman University students aged 18-22.

Users can expect to see extensive information on STDs, locations and pricing of STD/STI testing services, and references to health professionals.

The survey helped to identify the areas that the app needed to focus on.

The survey asked about gender, testing history for STD/STI, methods for safe sex, pregnancy scares, and forms of contraceptives preferred.

## Data



- Figure 1: Pie chart showing gender ratio among survey respondents (n = 83). It is likely that different proportions of genders would yield different results.
- Figure 2: Pie chart illustrating that slightly over half of survey respondents had never taken an STI test.
- Figure 3: Pie chart depicting reasons as to why respondents did not seek out STI testing. Shows that education can help protect the sexual health of roughly 27% of respondents

## Templates for App

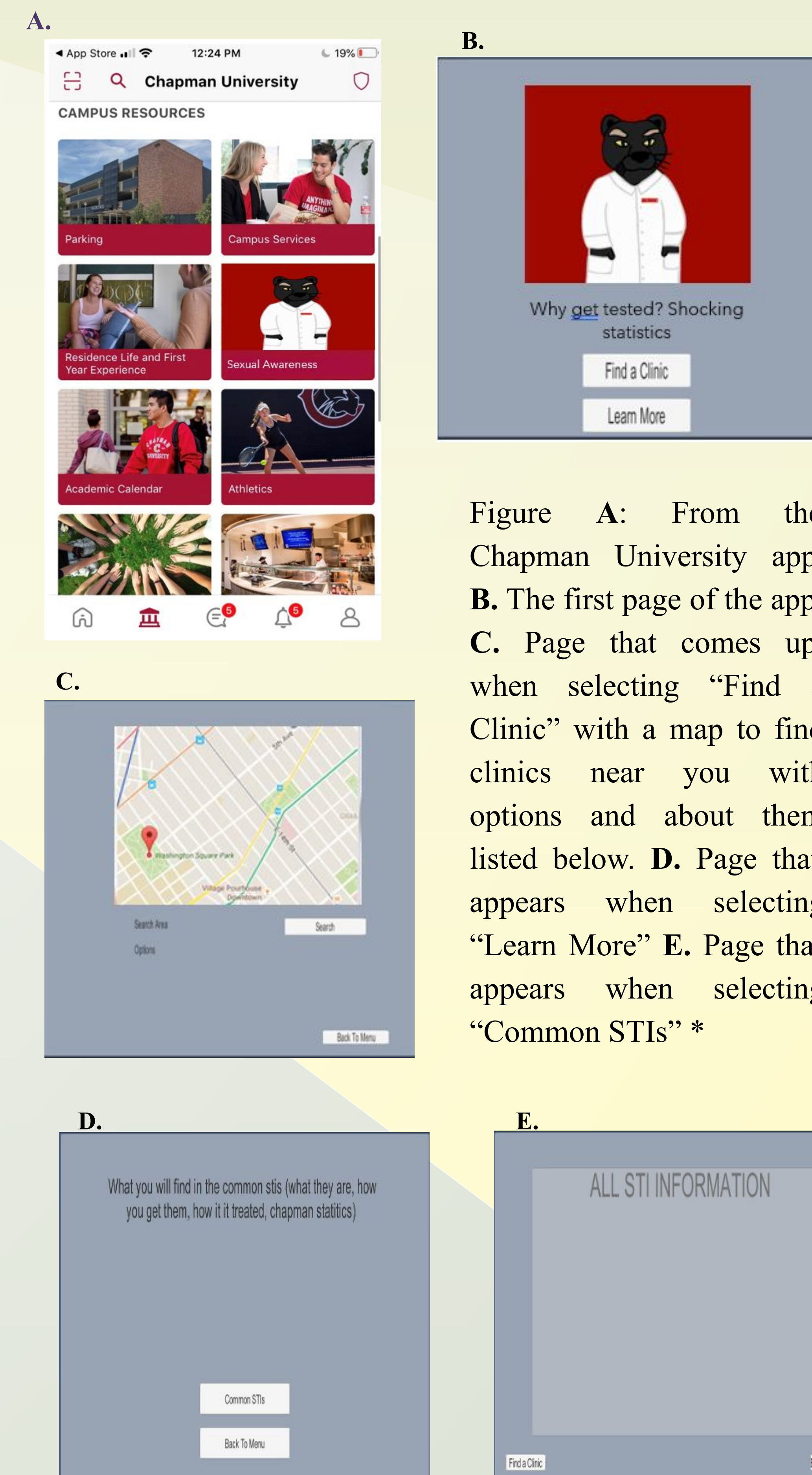


Figure A: From the Chapman University app. B. The first page of the app. C. Page that comes up when selecting "Find a Clinic" with a map to find clinics near you with options and about them listed below. D. Page that appears when selecting "Learn More" E. Page that appears when selecting "Common STIs" \*

Now, look at attachment 1 to see the preliminary steps of the app's pages connections. The next steps will be coloring, inserting information that can be scrolled through, and inserting a working map with GPS.

Based on these results, the building of an app prototype as an extension in the Chapman University app began. In this app, a user is able to find information on STDs, location and pricing of STD testing and treatments, and credible references to healthcare professionals. In this app, a user can select between "Find a Clinic" or "Learn More", which then leads the user to a map with clinic options, or a page with information on common STDs and symptoms.

\*All graphics were generated using the Unity software.

## Results

In this study, a survey was performed gathering information about STD and STI awareness on Chapman University's college campus. The results of this study help better understand the extent to which college students are aware of sexual health, which includes practicing safe sex as well as education about STDs. Through this information, the specific practices, concerns, and areas of improvement for sexual health in students were identified. The study found that:

- 51.2% of respondents haven't been tested for an STI.
- 46% of respondents claim to always practice safe sex.
- 27% of respondents have no reason for being tested.

## Discussion

This extension aims to eliminate the stigma associated with STD/STI testing and help students gain better access to information. It is important to recall that the sex bias represented in the sample could mean that different proportions of sexes among respondents would yield different data. The main hope of this app is to dispel the stigmas behind advocating for one's own sexual health. This will be accomplished by empowering students with accurate and reliable information about their health, bodies, and the various sexual health resources they have available as Chapman University students and, more broadly, residents of Orange County.

## Future Directions

Looking forward, it would be beneficial to implement this app extension to other college campuses and spread awareness on STD/STI testing. With the implementation of this app, college students will have access to sexual health information in a safe, private, and credible way.

## References

- Eng TR, Butler WT. The hidden epidemic: confronting sexually transmitted diseases. Washington, D.C.: National Academy Press; 1997.
- Nicoletti A. Rising STD Rates. Journal of Pediatric and Adolescent Gynecology. 2008;21(6):371-372. doi:10.1016/j.jpag.2008.01.069

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