

General Sexual knowledge Questionnaire

This questionnaire looks at your understanding of sex and sex related topics.

Some of the questions are quite difficult, and you are not expected to know all the answers. If you do not know the answer to a question you can say 'I don't know' and I will move to the next question. Just answer the questions as best you can.

Screening question

1. Have you ever have any sex education, or had a discussion about sex-related matters with anyone? Who? (parents/ school or education establishment/ group/ TV/ other: define)

1.a. Physiology: Pictures

I am now going to show you a picture of a man. I would like you to put a cross on the part or parts of the body I describe.

[LD¹: If you are not sure about the word I am using please tell me. There are lots of words used to describe parts of the body, and you may use a different word to describe that part of the body.]

| <u>Label man:</u> | <u>Score 1 for each correct part identified.</u> [Max 8] |
|-----------------------------------|---|
| Head | |
| Chest | |
| Stomach/ Tummy | |
| Belly button/ Tummy button/ Navel | |
| Penis/ Willy/ Dick etc. | |
| Testicles/ Balls | |
| Legs | |
| Feet. | |

* Use participants labels where given.

I am now going to show you a picture of a woman. I would like you to put a cross on the part or parts of the body I describe.

[LD: If you are not sure about the word I am using please tell me. There are lots of words used to describe parts of the body. You may use a different word to describe that part of the body.]

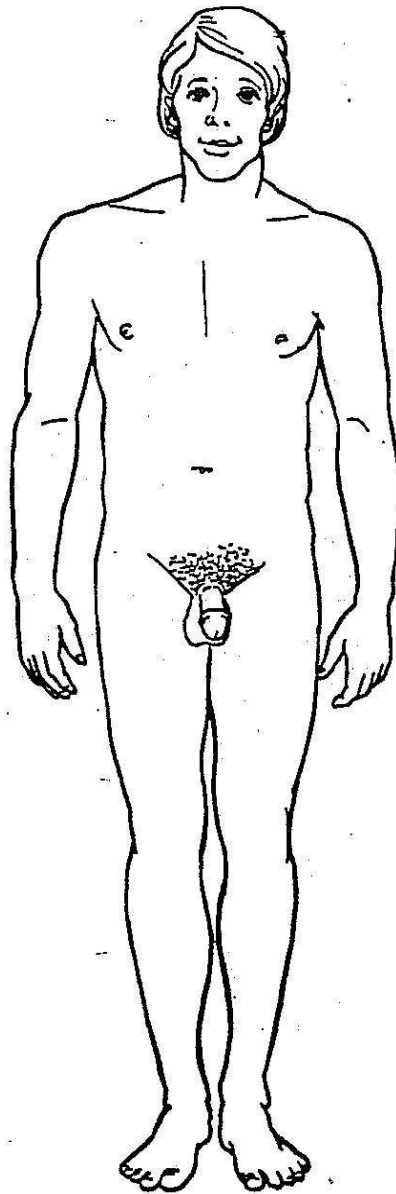
| <u>Label woman:</u> | <u>Score 1 for each correct part identified.</u> [Max 8] |
|--|---|
| Head | |
| Breasts/ Bosoms/ Boobs/ Tits | |
| Stomach/ Tummy | |
| Belly button/ Tummy button/ Navel | |
| Vagina/ Fanny | |
| Legs | |
| Feet. | |
| [Also women have organs inside their bodies called ovaries]. (LD) Can you show me where the woman's ovaries would be? | |

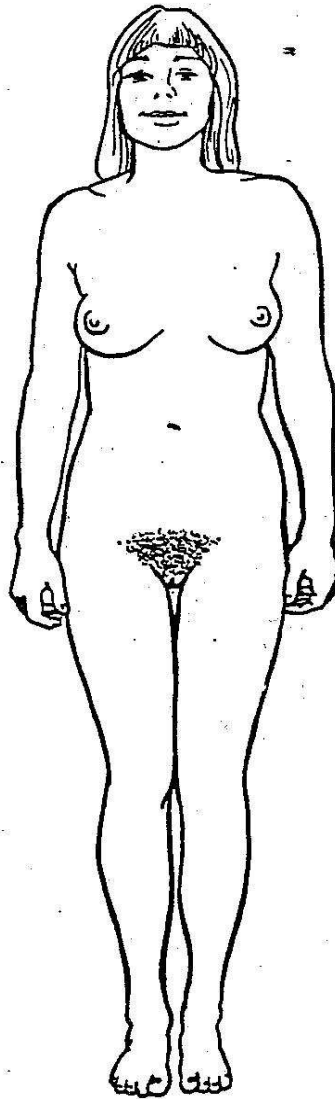
* Use participants labels where given.

PAGE TOTAL:

Maximum 16

¹ LD – Learning disability – additional instruction in bracket to be given to this group.





1.b. Physiology: Questions

These are some questions about men and women. Answer them as best you can.

Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|-----|---|---|---|---|
| 1. | Where are men's sperm stored/ kept? | In the Testes/ balls | 1 | |
| 2. | How many sperm might fit on a pinhead? | Thousands/ lots | 1 | |
| 3. | Are men born with all their sperm, or are they made? | They are made | 1 | |
| 4. | What is puberty/ adolescence? <i>If no answer, explain: 'people experience changes in their bodies and themselves as they grow up' [& go to 6]</i> | Development of body/ sexual maturity | 1 | |
| 5. | What age do boys reach puberty/ adolescence? | 10-18 [usually 13-14] | 1 | |
| 6. | Can you name three things that happen to boys when they reach puberty [adolescence/ teenage years/ 13-14]? | 1. Increase in testosterone 2. Penis/ scrotum enlarge [sexual maturity] 3. Growth in height/ muscle/ bone 4. Voice breaks 5. Hair on body 6. Mood swings | 3 | |
| 7. | Can you name three things that happen to girls when they reach puberty [adolescence/ teenage years/ 13-14]? | 1. Uterus/ ovaries/ uterine tubes reach maturity [sexual maturity] 2. Breasts develop/ enlarge 3. Hair on body 4. Growth in height 5. Mood swings | 3 | |
| 8. | What is a period/ monthly/ time of the month? | 1. when the ovum is not fertilised / when the lining of the womb changes 2. discharge of blood | 2 | |
| 9. | How old are women when they start their periods? | 10-18 | 1 | |
| 10. | How often do women have periods? | Approx once a month/ Every 26-30 days usually [this can vary more/ less] | 1 | |
| 11. | Where are women's eggs [ova] stored? | The ovaries | 1 | |
| 12. | How many ovaries are there? | 2 | 1 | |
| 13. | Are women born with all their eggs or are they made? | Born with them | 1 | |
| | | | | Maximum 18 |

2.a. Sexual intercourse

These are some questions about sexual intercourse or having sex. Answer them as best you can.

Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|-----|--|---|---|---|
| 14. | <u>SCREEN:</u> Can you tell me what intercourse/ having sex is? | When the penis is put inside the vagina Also include: anal / oral sex | 1 | |
| 15. | What is a virgin? | Someone who has not had intercourse/ sex | 1 | |
| 16. | Can you have intercourse/ sex when a woman is having a period? | Yes | 1 | |
| 17. | What is an erection/ hard on? | Penis becoming rigid through/ during sexual excitement | 1 | |
| 18. | What is ejaculation/ coming? | Expulsion of semen/ when a man 'comes' [during sex/ night/ masturbation] | 1 | |
| 19. | What is impotence? | Inability to achieve an erection | 1 | |
| 20. | What is a prostitute/ lady or man on the streets? | A person who has intercourse/ sex for money/ Sex industry worker | 1 | |
| 21. | What is incest? | Intercourse/ sex with an immediate relative | 1 | |

2.b. Masturbation

| | | | | |
|-----|---|----------------------------------|---|--|
| 22. | <u>SCREEN:</u> What is masturbation/ wanking/ jerking off/ play with self? | Self-stimulation of the genitals | 1 | |
| 23. | Does masturbation/ wanking/ jerking off/ playing with self have any negative/ bad side effects for your health? | No | 1 | |

PAGE TOTAL:

Maximum 10

3. Pregnancy

These are some questions about pregnancy. Answer them as best you can.

Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|-----|---|---|------------|---|
| 24. | SCREEN: Can you tell me what being pregnant means? | When a woman is going to have a baby | 1 | |
| 25. | How do women become pregnant? | 1. By having intercourse/ sex 2. Sperm fertilises egg [includes IVF] | 2 | |
| 26. | How long does it take from getting pregnant to having the baby? | 9 months 266 days | 1 | |
| 27. | How does a woman know that she is pregnant? | 1. No periods/ periods stop [amenorrhoea] 2. Pregnancy test/ GP 3. Morning sickness/ nausea 4. Heavy/ tender breasts 5. Vaginal irritation/ discharge 6. Cravings 7. Stomach bigger 8. Hormone changes [mood swings/ temp changes] 9. Increased tiredness 10. Sense of 'knowing' | 1 9 | |
| 28. | When is the risk of pregnancy least during a woman's monthly cycle? | When they are having a period [approx 2% chance] | 1 | |
| 29. | From what part of a woman does the baby come out? | Vagina Stomach/ womb/ uterus [caesareans] | 1 | |
| 30. | What is the belly button/ tummy button/ navel? | Remains of the cord connecting mother and baby. | 1 | |
| 31. | When is the risk of pregnancy highest during a woman's monthly cycle? | On days 7 to 14 of her cycle [this depends on length of woman's cycle (10-20)] | 1 | |

Maximum 18

4. Contraception²

These are some questions about contraception. Answer them as best you can.

Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|--------------------|---|---|----|---|
| 32. | <u>SCREEN:</u> Can you tell me what contraception/ birth control is? | Method of stopping fertilisation/ having babies | 1 | |
| 33. | Can you name three types of contraception? • <i>Score 1 point for each type of contraception named.</i> | 1. | | |
| | | 2. | | |
| | | 3. | | |
| 34. | Can you tell me how a ----- works? [Insert 1-3 from above] • <i>Score 1 for each answer given indicating some understanding of what each contraceptive does. [see descriptions sheet, Appendix 1].</i> • <i>A total score of only 1 point is given if the answer 'stops baby' (or similar) is produced.*</i> | 1. | | |
| | | 2. | | |
| | | 3. | | |
| 35. | Can you name three places where you might buy/ be given contraceptives? | 1. Family Planning Clinic 2. Health Centre 3. Other clinic 4. GP 5. Hospital 6. Private Hospital/ Clinic/ GP 7. Chemist/ Pharmacy 8. Other Shop/ garage/ pub 9. Community Health Worker 10. Friend/ Relative/ Care worker | 3 | |
| 36. | Can you name any other forms of contraception? • <i>Add 1 point for each additional form of contraceptive named.</i> • <i>13 methods are listed. Three should already have been given by participant [Q. 33], therefore additional points only available for remaining 10.</i> | 1. Abstinence/ not have sex 2. Cap/ Diaphragm 3. Coil/ IUD/ Loop 4. Condom 5. Contraceptive pill 6. Foam (tablets, aerosol)/ Jelly/ Cream 7. Injection/ Depo-Provera 8. Implant 9. Natural/ Rhythm/ Safe days 10. Oral sex/ anal sex 11. Sterilisation – female 12. Sterilization - male 13. Withdrawal | 10 | |
| PAGE TOTAL: | | | | Maximum 20 |

* A total of 1 point is given for this section regardless of whether this answer (or similar) is given 1, 2 or 3 times

² See Appendix 1 for additional information and descriptions.

5. Sexually Transmitted diseases³

These are some questions about STD's/ Sexually transmitted infections [STI's]/ Venereal Diseases. Answer them as best you can. Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|-----|---|---|----|---|
| 37. | <u>SCREEN:</u> What is an STD/ STI/ Venereal disease? [What does STD/ STI/ Venereal disease mean]? | Infection or disease that has been transmitted through [unprotected] intercourse/ sex By having unprotected intercourse/ sex <i>[not just penetrative sex, includes anal/ oral].</i> | 1 | |
| 38. | Can you name five STD's? | 1. Chlamydia 2. Herpes simplex 3. Gonorrhoea/ clap 4. Trichomoniasis 5. Syphilis/ pox 6. Genital warts <i>Not just STD's:</i> 7. HIV [AIDS virus] 8. Hepatitis B & C 9. Thrush 10. Crab/ Lice | 5 | |
| 39. | Can you name any symptoms you might get if you had an STD? | 1. Damage to immune system 2. Soreness 3. Itching 4. Blisters/ sores/ warts 5. Pain when passing urine 6. Pain when having sex 7. Discharge [smell] 8. flu like symptoms 9. Death 10. Don't always have symptoms | 10 | |
| 40. | Which contraceptive can help prevent sexually transmitted diseases? [STD/ VD/ STI] | Condom when used correctly | 1 | |

HIV/ AIDS

| | | | | |
|-----|---|---|---|--|
| 41. | What is HIV? | Human immunodeficiency virus/ Virus that attacks the immune system | 1 | |
| 42. | What is the difference between HIV and AIDS? | A person has AIDS when HIV weakens the body so much that certain illnesses develop | 1 | |
| 43. | How might someone become infected with HIV? | 1. Sexual intercourse [vaginal/ anal/ poss oral] 2. Exposure to blood [injection/ transfusion] e.g. non sterile equipment 3. Mother to baby [womb/ breast milk – increase risk] | 3 | |
| 44. | How can you help protect yourself from the risk of getting HIV? | 1. Sex using a condom 2. Non-penetrative sex 3. Sterile needles | 3 | |

PAGE TOTAL:

Maximum 25

³ See Appendix 2 for additional information and descriptions.

6. Sexuality

These are some questions about sexuality. Answer them as best you can. Some of the questions are quite difficult, so do not worry if you do not know the answer.

| | <u>Question:</u> | <u>Answer:</u> | | <u>Verbatim answer/ Score:</u> |
|--------------------|--|--|---|---|
| 45. | SCREEN: What is a homosexual [Gay male/ lesbian]? | Someone who is attracted to people of the same sex | 1 | |
| 46. | What is a heterosexual [straight]? | Someone who is attracted to people of the opposite sex | 1 | |
| 47. | What is a bisexual? | Someone who is attracted to people of the same sex or opposite sex | 1 | |
| PAGE TOTAL: | | | | Maximum 3 |

That is the end of the questionnaire. Thank you.

Do you have any questions or would you like for any information on any of the topics we have talked about today?

Scoring

| <u>Participant no:</u> | | <u>Group:</u> | LD-SO | LD-Controls |
|-------------------------------|--|----------------------|--------------|--------------------|
| | | | | |

| | <u>Sub-section</u> | <u>Maximum</u> | <u>Score</u> | |
|---------------------|--|-----------------------|---------------------|-----------|
| 1a. | Physiology: Pictures | 16 | | |
| 1b. | Physiology: Questions | 18 | | |
| 2. | Sexual intercourse/ Sex/ Masturbation | 10 | | |
| | <i>Screening question [sex] – explanation required?</i> | | <i>Yes</i> | <i>No</i> |
| 3. | Pregnancy | 18 | | |
| | <i>Screening question [pregnancy] – explanation required?</i> | | <i>Yes</i> | <i>No</i> |
| 4. | Contraception | 20 | | |
| | <i>Screening question [contraception]– explanation required?</i> | | <i>Yes</i> | <i>No</i> |
| 5. | Sexually transmitted diseases/ HIV AIDS | 25 | | |
| | <i>Screening question [std's] – explanation required?</i> | | <i>Yes</i> | <i>No</i> |
| 6. | Sexuality | 3 | | |
| TOTAL SCORE: | | Max = 110 | | |

Appendix 1: Explanations for contraceptives listed

| | |
|---|---|
| Abstinence | Not having sex |
| Cap/ Diaphragm | A rubberised device that goes inside a woman to cover the cervix & stop sperm meeting the egg Should be used with spermicidal jelly/ cream |
| Condom [male/ female] | Male: Fits over mans penis, made of very thin rubber Female: Put inside the vagina [lines it] made of very thin rubber Barrier method – stop sperm reaching egg |
| Contraceptive pill [combined] | Tablet that <i>stops</i> ovulation Thickens mucus from cervix, makes it less easy for sperm to get through Makes lining of the womb thinner so it is less likely to accept a fertilised egg. |
| Contraceptive pill [Progestogen only] | Thickens mucus from cervix, makes it less easy for sperm to get through <i>Sometimes</i> stops ovaries releasing an egg Makes lining of the womb thinner so it is less likely to accept a fertilised egg. |
| Foam (tablets, aerosol)/ Jelly/ Cream | Spermicide – should be used alongside diaphragm/ condom |
| Injection/ Depo-Provera/ implants | <u>Injection:</u> hormone [progestogen] injected into muscle & released slowly How it works: see progestogen pill. <u>Implant:</u> Similar to above, soft rubber tube inserted into upper arm. How it works: see progestogen pill – <i>may</i> stop ovaries releasing an egg |
| <u>IUD</u> / Loop/ Coil | Small plastic/ copper device with two threads on end. Threads come through the opening at the neck of womb [cervix] into vagina Stop sperm reaching the egg May also: Make egg move slower along the fallopian tube Stop egg from settling in the womb |
| IUS [Intrauterine system] | T shape device contains progestogen Releases hormone How it works: see progestogen pill |
| Natural/ Rhythm/ Safe days | Not having intercourse when fertilization is likely |
| Other forms of sex: Oral/ anal Sex without penetration | Genital – mouth/ Penis – anus [therefore no sperm reach egg] Masturbation |
| Sterilisation – female | Operation to prevent fertilisation Tie fallopian tubes Hysterectomy - Removal of the womb |
| Sterilisation – male Vasectomy | Operation to prevent fertilisation [prevent sperm being ejaculated] |
| Withdrawal | Removing the penis before ejaculation/ coming |

Appendix 2: Basic explanations for STDs listed

Primarily STDs

| <u>STD</u> | <u>Description</u> | <u>[Possible] symptoms</u> |
|--|--|--|
| Chlamydia/ NSU [Non-Specific Urethritis] | Is a germ that infects the genitals Common cause of NSU NSU – inflammation of the mans urethra Can happen to women [less common] More common for the infection to cause inflammation of the cervix | <u>Female:</u> May have no symptoms Discharge/ burning or stinging when passing urine <u>Male:</u> May have no symptoms Cloudy discharge/ burning or stinging when passing urine |
| Gonorrhoea [clap] | Caused by bacteria Can affect the vagina, cervix, urethra, rectum & throat Can often have no symptoms | <u>Female:</u> May have no symptoms Change in moisture of vagina/ discharge/ burning or stinging when passing urine/ sore throat <u>Male:</u> May have no symptoms Cloudy discharge/ burning or stinging when passing urine/ itching discharge from anus/ sore throat |
| Genital warts | Small fleshy growths on skin Caused by human papilloma virus | Can see them May itch/ may be painless |
| Herpes simplex/ genital herpes | Viral infection Comes in many forms Two types of herpes simplex [1. cold sores 2. sores in genital/ anal/ mouth] | <u>Female & Male:</u> Stinging/ tingling/ itching in genital/ anal area Unwell – flu like symptoms Blisters – vagina/ cervix/ anus Passing urine may be painful |
| Syphilis/ Syph/ Pox | Bacterial infection Through vaginal/ anal/ oral sex | 1. Sores [chancres] 2. Rash/ fever/ sore throat/ hair loss/ swollen glands |

Not just STDs

| | | |
|--------------------------|---|---|
| HIV/ AIDS | HIV - Human immunodeficiency virus/ Virus that attacks the immune system AIDS - Acquired Immune Deficiency Syndrome A person has AIDS when HIV weakens the body so much that certain illnesses develop | HIV – may experience no symptoms/ may experiences initial symptoms – flu like that disappear within week/ month. May then lie dormant for years. Continues to weaken immune system - lead to AIDS & die of AIDS related complications |
| Thrush/ candidiasis | Caused by organism living in skin/ mouth/ gut Yeast Normally under control, but sometimes grows multiples | <u>Female:</u> Itching/ soreness/ redness around vagina/ vulva/ anus/ Discharge/ Swollen vulva/ pain when have sex/ pain when passing urine <u>Male:</u> Similar to above/ incl. Redness on penis/ difficulty in pulling foreskin back |
| Trichomoniasis/ TV | Infection caused by tiny parasite sometimes found in vagina/ urethra | Discharge/ soreness itching around vagina |
| Crab/ Lice | Parasite affecting humans Infests parts of body where hair grows – particularly pubic region. Common areas: Abdomen/ anus/ groin | Rash/ run down/ inflamed skin/ itchiness/ irritability/ mild fever |
| Hepatitis B/ Hepatitis C | Viral Contaminated blood/ blood related products | May have no symptoms Fever/ headache/ muscle ache/ fatigue/ loss of appetite/ vomiting/ diarrhoea |

Talbot, T.J. & Langdon, P.E. (2006). A revised sexual knowledge assessment tool for people with intellectual disabilities: is sexual knowledge related to sexual offending behaviour? *Journal of Intellectual Disability Research*, 50(7), 523-531.