Questionnaire study for men at the Olafia Clinic

We wish to map the extent of recreational drugs primarily used during sexual activity (often referred to as ‘chemsex’) and mental health among our male patients over sixteen years of age who have had sex during the last 12 months.

The questionnaire study is **100% anonymous**. It is not possible to link the form or responses to you personally or to your patient record. We will only use the responses in the questionnaire to gain better knowledge of the use of chemsex, and thereby improve the services offered by the clinic. The information may also be used in the training of health personnel and/or publication in medical journals.

The form takes about **5–10 minutes to complete**. Please leave the completed or partly completed form (if you do not have time to complete it) in a secure postbox on the wall (green postbox beside the screen in the waiting room). If you do not wish to answer, please put the form in the same postbox. If you like, you can give your reason for not answering here:

………………………………………………………………………………………………………………………………………

Thank you in advance for your time! If you want to talk to anyone about the topics in the questionnaire, please mention this to the nurse who sees you.

Best regards Åse Haugstvedt, senior consultant at the Olafia Clinic.

**Please note:** If you filled in the form during a previous visit, you must **not** fill it in again!

**BACKGROUND**

1. How old are you? ________ years
2. How many years have you lived in Norway? ________ years
   Country:…………………………

4. Did you come to Norway as an asylum seeker/refugee? □ Yes □ No

5. What is the highest level of education you have completed or are currently engaged in? (Tick one box)
   □ Primary/secondary education □ University or university college degree
   □ Upper secondary school □ Master’s degree or PhD degree
6. Which of the following alternatives best describes your current situation? (Tick one box)
   □ Full-time or part-time work    □ Student    □ Unemployed    □ Pensioner, disabled or other

7. Are you in a steady relationship at present? (In this study, we define a steady relationship as having a boy/girlfriend or partner or spouse, meaning that you do not describe yourself as single). (Tick one box)
   □ Yes, with a man    □ Yes, with a woman    □ No, I am single    □ Other:………………

8. Which of the following alternatives describes you best? (Tick one box)
   □ Bisexual    □ Heterosexual
   □ Homosexual    □ Other/no specific term

9. Who do you have sex with? □ Women    □ Both men and women    □ Men

10. Were you born as a female but now define yourself as a man (trans)? □ Yes □ No

HEALTH INFORMATION

11. During the last 12 months, how many times have you received one or more of the following diagnoses? (Note the number of times you have received each diagnosis)
   ___LGV        ___Gonorrhoea        ___Syphilis        ___Chlamydia        ___Other diagnoses

12. Have you ever been diagnosed with hepatitis C? □ Yes □ No □ Don’t know

13. When were you last tested for HIV? □ Never been tested □ >12 mths. ago □ 3-12 mths. ago □ Last 3 mths.

14. What was the result of your last HIV test?
   □ Never been tested    □ HIV positive    □ HIV negative    □ Don’t know

15. How often have you used PEP/post-exposure prophylaxis (taken HIV medicines after possible risk of HIV infection)?
   □ Never taken PEP    □ 1–3 times    □ More than 3 times

16. PEP/pre-exposure prophylaxis entails taking HIV medicines to avoid being infected with HIV. Would you like to use such medicines if they become available in Norway?
   □ Yes □ No □ Uncertain □ Not relevant (I am HIV positive)

SEXUAL HABITS in the last 12 months (Tick the appropriate box for each question)

17. How many sexual partners have you had in the last 12 months?
   □ 1    □ 2–5    □ 6–10    □ 11–20    □ 21–30    □ 31–40    □ 41–49    □ ≥50

18. How often have you used the internet or a mobile app to find sexual partners in the last 12 months?
   □ Never □ Seldom (<30%) □ Sometimes (30–70%) □ Usually (>70%) □ Always

19. During the last 12 months, have you participated in group sex (had sex with 2 or more persons at the same time)?
   □ Yes □ No □ Don’t remember

20. During the last 12 months have you participated in an organised sex party?
   □ Yes □ No □ Don’t remember

21. How often (approximately) have you used a condom during vaginal sex with your steady female partner during the last 12 months?
22. How often (approximately) have you used a condom during anal sex with your steady male partner during the last 12 months? (If you have had more than one steady partner during the last 12 months, base this on your most recent steady partner).

☐ No steady male partner during the last 12 months  ☐ Have not had anal sex
☐ Never  ☐ Seldom (<30%)  ☐ Sometimes (30-70%)  ☐ Usually (>70%)  ☐ Always

23. How often (approximately) have you used a condom during vaginal sex with casual female partners during the last 12 months?

☐ Have not had sex with casual female partners during the last 12 months  ☐ Have not had vaginal sex
☐ Never  ☐ Seldom (<30%)  ☐ Sometimes (30-70%)  ☐ Usually (>70%)  ☐ Always

24. How often (approximately) have you used a condom during anal sex with casual male partners during the last 12 months?

☐ Have not had sex with casual male partners during the last 12 months  ☐ Have not had anal sex
☐ Never  ☐ Seldom (<30%)  ☐ Sometimes (30-70%)  ☐ Usually (>70%)  ☐ Always

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**USE OF ALCOHOL AND RECREATIONAL DRUGS**

25. When did you last use the following recreational drugs? (State the last time you did so, even if it was not typical of you. Tick one option for each drug used): During the …

<table>
<thead>
<tr>
<th>Drug</th>
<th>Last week</th>
<th>Last mth.</th>
<th>Last 6 mths.</th>
<th>Last 12 mths.</th>
<th>&gt;12 mths. ago</th>
<th>Never used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td></td>
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<td></td>
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<tr>
<td>Poppers (amyl nitrite)</td>
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<tr>
<td>Viagra, Cialis, Levitra or similar for erection</td>
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<tr>
<td>Cannabis (hash, marijuana)</td>
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<tr>
<td>Ecstasy (E, XTC, MDMA)</td>
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<tr>
<td>GHB/GLB/G (liquid ecstasy)</td>
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<tr>
<td>Amphetamine (speed)</td>
<td></td>
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<tr>
<td>Methamphetamine (crystal meth, Tina)</td>
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<tr>
<td>Heroin or similar drugs (fentanyl)</td>
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<tr>
<td>Mephedrone (4-MMC, meow, methylone)</td>
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<tr>
<td>Ketamine (K/Special K)</td>
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<tr>
<td>LSD (acid)</td>
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<tr>
<td>Cocaine / crack cocaine</td>
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<tr>
<td>Other drugs…………………………………….</td>
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</tbody>
</table>

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The next questions concern ‘chemsex’.

If you have NOT had ‘chemsex’ during the last 12 months, go to Question 39.

**USE OF DRUGS IN CONNECTION WITH SEX (‘CHEMSEX’) during the last 12 months**

26. During the last 12 months, how often have you taken drugs in connection with sex (i.e. had chemsex)? By ‘drugs’ we mean in particular methamphetamine, GHB/GBL/G, mephedrone, cocaine, ketamine
27. Which drugs have you used in connection with sex (‘chemsex’)? (You can tick several boxes)

- □ Methamphetamine
- □ GHB/GBL/G
- □ Mepheodone
- □ Cocaine
- □ Ketamine
- □ Other:...

28. Have you injected drugs in connection with chemsex? □ No □ Yes Which?

29. If ‘Yes’ to Question 28, did you/do you ever share syringes with others?

- □ Never □ Sometimes (30–70%) □ Often (>70%)

30. What are your reasons for having (had) chemsex? (You can tick several boxes)

- □ Increased sexual performance
- □ Increased sexual pleasure
- □ Increased arousal
- □ Pressure from sexual partners
- □ Low self-esteem/self-confidence
- □ Other reasons:

31. Where did/do you get in touch with your chemsex partners? (You can tick several boxes)

- □ Cruising site
- □ Sauna
- □ Website
- □ Dark room/Sex club
- □ Other:...

32. Where did/do you have chemsex? (You can tick several boxes)

- □ Cruising site
- □ Sauna
- □ Dark room/Sex club
- □ Sex party in private home
- □ Private home
- □ Hotel
- □ Other:...

33. During the last 12 months, have you been admitted to a medical ward because of chemsex?

- □ Never □ 1–3 times □ More than 3 times

34. During the last 12 months, have you been admitted to a psychiatric ward because of chemsex?

- □ Never □ 1–3 times □ More than 3 times

35. Do you want to stop having chem-sex? □ Yes □ No □ Don’t know □ Have stopped in the last 12 mths.

36. During the last 12 months, how often have you experienced ...

(Tick one option for each statement)

<table>
<thead>
<tr>
<th>Never (&lt;30%)</th>
<th>Seldom (30-70%)</th>
<th>Sometimes (&gt;70%)</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>- chemsex as a problem?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- physical problems in connection with chemsex?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- mental problems in connection with chemsex?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

37. How often (approximately) have you or your partners used a condom during anal or vaginal sex when you had/have chemsex?

- □ Never □ Seldom (<30%) □ Sometimes (30-70%) □ Usually (>70%) □ Always

38. Have you participated in a sexual activity during chemsex that you have later regretted?

- □ No □ Don’t know/Uncertain □ Yes - give more information:.................................
MENTAL HEALTH

39. Below you will find a list of different problems. Assess how great each problem has been for you during the last 14 days. Circle the number that best describes your situation in terms of these problems.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not affected</th>
<th>Slightly affected</th>
<th>Quite affected</th>
<th>Badly affected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sudden fear for no reason</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Feeling frightened or anxious</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Weakness or dizziness</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Feeling tense or stressed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Overly self-critical</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Sleeping problems</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Depressed, sad</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Feeling of being useless, of little value</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Feeling that everything is an ordeal</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Feeling of hopelessness about the future</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

40. Have ever been diagnosed as having ADHD? □ Yes □ No

41. During the last 12 months, have you been admitted to a psychiatric ward? □ Yes □ No

42. During the last 12 months, have you had specific plans to take your own life? □ Yes □ No

43. During the last 12 months, have you tried to take your own life? □ Yes □ No

44. Are you receiving therapy at present? (Conversations with a psychologist, psychiatrist, therapist) □ Yes □ No

If you ONLY have sex with women, you need not answer any more questions.
Please leave the form in the green postbox in the waiting room. Many thanks for your help!

QUESTIONS FOR MEN WHO HAVE SEX WITH MEN and men who have sex with men and women

45. When you think about everyone who knows you (family, friends, colleagues or fellow students), how many of them know that you are attracted to men?
□ Everyone or almost everyone □ More than half □ Less than half □ A few □ No one

46. If you define yourself as bisexual, how did you experience ‘coming out’ as bisexual?
□ Easy □ Neither easy nor difficult □ Difficult □ Too difficult: have not ‘come out’ yet

47. If you define yourself as homosexual; how did you experience ‘coming out’ as homosexual?
□ Easy □ Neither easy nor difficult □ Difficult □ Too difficult: have not ‘come out’ yet

48. To what extent do you regard being homosexual or bisexual as something intrinsically negative (independently of the prejudices of others)?
□ Not negative at all □ Slightly negative □ Very negative □ No opinion/uncertain

Many thanks for your help! Please leave the form in the green postbox in the waiting room:-)