

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
3. Where do you live? Oslo/Akershus Elsewhere in Norway In another country.
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/lower 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?

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

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

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 ...

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

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

1 2-5 6-10 11-20 21-30 31-40 41-50 >50

27. Which drugs have you used in connection with sex ('chemsex')? (You can tick several boxes)

Methamphetamine GHB/GBL/G Mephedrone 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)	Never	Seldom (<30%)	Sometimes (30-70%)	Usually (>70%)	Always
- chemsex as a <i>problem</i> ?					
- <i>physical</i> problems in connection with chemsex?					
- <i>mental</i> problems in connection with chemsex?					

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.

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

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:-)