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## Testing *The Kinsey Institute® Homework Intervention Strategy (KIHIS)* among men who have sex with men

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Roberta E. Emetu, M.S., Dept of Applied Health Science, Indiana University, US  
 Alexandra Marshall, PhD, Dept of Health Sciences, University of Central Arkansas, US  
**The Kinsey Institute's Condom Use Research Team**  
 Stephanie A. Sanders, PhD, The Kinsey Institute & Dept of Gender Studies, Indiana University, US  
 William L. Yarber, HSD, Dept of Applied Health Science, Indiana University, US  
 Richard A. Crosby, PhD, Dept of Health Behavior, University of Kentucky, US  
 Cynthia A. Graham, PhD, Dept of Psychology, University of Southampton, UK  
 Robin R. Milhausen, PhD, Dept of Family Relations & Applied Nutrition, University of Guelph, CA

A Joint Project of:

The Kinsey Institute for Research in Sex,  
 Gender, and Reproduction, Indiana  
 University, Bloomington  
 and  
 Rural Center for AIDS/STD Prevention,  
 Indiana University, Bloomington



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RURAL CENTER FOR  
AIDS/STD PREVENTION  
*A Joint Project of*  
INDIANA UNIVERSITY, UNIVERSITY OF KENTUCKY,  
AND UNIVERSITY OF WYOMING

### Over a Decade of Research

- In 2000, a team of five researchers affiliated with The Kinsey Institute for Research in Sex, Gender and Reproduction (KI) and the Rural Center for AIDS/STD Prevention (RCAP), both at Indiana University, Bloomington, began internally and federally funded studies on condom-use errors and problems.
- CURT has published more than 30 empirical articles pertaining to application errors and use problems among condom users during penile-vaginal and penile-anal intercourse.
- For some CURT studies, other researchers collaborated with the five-member, core condom research team.  
 See the KI ([www.kinseyinstitute.org](http://www.kinseyinstitute.org)) and RCAP ([www.indiana.edu/~aids](http://www.indiana.edu/~aids)) websites for a listing of CURT articles which cite the collaborating authors on the various CURT studies.

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### Research Rationale

- The *Kinsey Institute® Homework Intervention Strategy (KIHIS)* was designed and tested by KICURT.<sup>1-2</sup>
- Half of the new HIV infections in the U.S. are among men who have sex with men (MSM) between the ages of 13 and 24 years.<sup>3</sup>
- College-aged MSM are more likely than older MSM and men who only have sex with women to be infected with HIV.<sup>4</sup> Therefore, there is a need to explore ways of increasing condom use in this population.

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### Purpose

The purpose of this study was to test the feasibility and efficacy of the KIHIS in terms of:

- helping men to learn to find condoms that fit and feel good for them
- improve condom use self-efficacy and attitudes toward condoms
- reduce risk behaviors among men who have sex with men (MSM).

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### Description of the KIHIS:

- KIHIS incorporates elements from PLISSIT and sensate focus
- KIHIS was based on three premises:
  - Self-practice of condoms use in a no pressure situation
  - Experimenting with diverse brands of condoms and lubricants
  - Encouragement to focus on the physical sensations while using condoms
- KIHIS integrates a rating scale for participants to utilize after each condom-use event

#### A novel, self-guided, home-based intervention to promote condom use among young men: a pilot study

Robin R. Milhausen, Jessica Wood, Stephanie A. Sanders, Richard A. Crosby, William L. Yarber and Cynthia A. Graham

**Abstract**  
**Background:** Current HIV prevention programs are often expensive to implement and require significant commitment on the part of participants and staff. These factors limit widespread implementation. Thus, there is an increasingly recognized need to develop and test brief interventions designed to promote safer sex.  
**Methods:** This study tested the potential efficacy of a brief, self-guided, home-based intervention to promote consistent and correct condom use among young men by focusing on condom use skills, enjoyment, and self-efficacy. The central focus of *The Kinsey Institute® Homework Intervention Strategy (KIHIS)* is that men practice applying, using, and removing condoms alone in "low pressure" situations using various condoms and lubricants. A repeated measures evaluation compared 2-week, 4-week, 8-week and 4-month (n = 17) follow-up evaluations to baseline (pre-intervention).  
**Results:** Despite the limited sample size, significant post-intervention improvement was found for condom use experiences, confidence in the ability to use condoms, self-efficacy for condom use, and condom comfort as well as a reduction in breakage and erection problems.  
**Conclusions:** Our findings suggest that the KIHIS, with its inherent potential for easy translation to public health sexually transmitted infection (STI) clinics (requiring only little clinic resources), may have lasting and positive effects on subsequent condom use attitudes, skills, and behaviors. © 2011 Elsevier GmbH. Published by Elsevier Ireland Ltd.

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### The Ditty Bag



DVD was not included for the current study.

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### Methods

**Inclusion Criteria:**

- a male that has used a male condom for penile-anal intercourse (PAI) with a male partner at least once in the past 30 days
- 18 to 29 years of age
- living in Bloomington, IN or the surrounding area
- has used condoms inconsistently
- has regular access to the Internet
- consent to participate in the study

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### Methods

- **T1:** A pre-test questionnaire was administered on Day 1.
- **KIHIS:** Participants were given ditty bags that included condoms and lubrication, and were asked to rate 6 condoms within a 2 week period.
- **T2:** An online post-test questionnaire was administered on Day 15.
- **T3:** An online follow-up questionnaire was given on Day 45.

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### Methods

- After the completion of condom ratings and questionnaires, participants were given the option to complete a face to face evaluation.
  - Which involved one of the researchers asking questions.
  - For the purpose to receive feedback about:
    1. their experience
    2. what they liked about the program
    3. how the program could be improved

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### Results

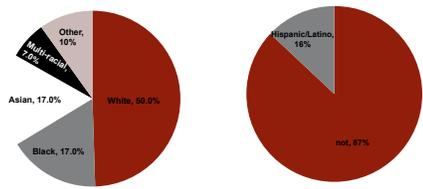
**Participants:**

- 30 men completed through T3
- Age: mean(sd) = 21.5(2.6), range 18-29
- 26 gay, 4 bisexual
- 90% were single, and 10% were living with a partner

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### Results

**Participants:**



Race	Percentage
White	59.0%
Black	17.0%
Asian	17.0%
Multiracial	7.2%
Other	9.0%

Sexual Orientation	Percentage
Gay	87%
Bisexual	13%

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### Data Analysis

- Changes at T2 were sustained for T3, data are presented comparing T3 data to T1 data.
- As hypotheses were directional, one-tailed p-values are reported.
- Descriptive statistics were used for sample description and dependent variables for T1 and T3.
- The Wilcoxon Signed Rank Test was used to examine the change in frequency of unprotected IPAI events.
- Paired t-tests were used to compare continuous data (overall scale scores and post-hoc analyses of items).

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### Condoms Use Self-Efficacy - Increased

How easy or difficult would it be for you to ...

Task	T1 (Mean)	T3 (Mean)	p-value
wear a condom from start to finish of sex?	~3.5	~4.0	p<.05
keep a condom on when withdrawing after sex (pulling out)?	~3.5	~4.0	p<.05
to keep an erection (stay hard) while using a condom?	~3.5	~4.0	p<.05
keep a condom from breaking during sex?	~3.5	~4.0	p<.001
keep a condom from drying out during sex?	~3.5	~4.0	p<.001
put on a condom correctly?	~3.5	~4.0	p<.05

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### Condoms Attitudes - Less Negative

Statement	T1 (Mean)	T3 (Mean)	p-value
Condoms decrease my sensation too much.	3.43	2.9	p<.05

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### Motivation to Use Condoms - Increased

Statement	T1 (Mean)	T3 (Mean)	p-value
I am highly motivated to use condoms correctly.	3.69	4.28	p<.05

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### Significant Proportion of Men Reported Less Unprotected Insertive Penile-Anal Intercourse at T3

Response	Percentage
less	45%
same	45%
more	10%

Related-Samples Wilcoxon Signed Rank Test p<.05

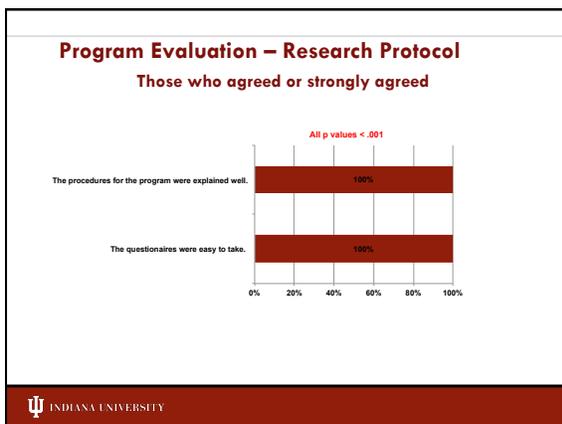
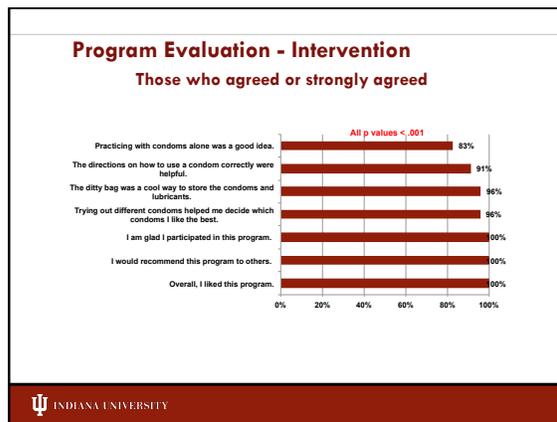
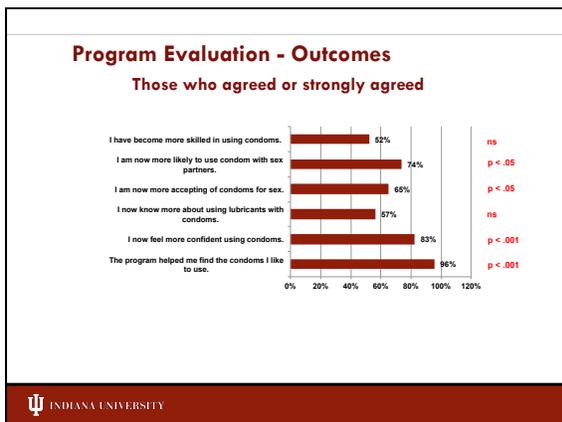
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### Consistency of Condom Use for Insertive PAI - increased

Assessment	Percentage
T1	60%
T3	73%

p<.05

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### Program Evaluation - Qualitative Results

Please tell us what you liked about the program.

- "I have always used condoms, but never had so many at my disposal. This helped me in terms of which ones I liked versus the ones I did not think so highly of. It helped me become more comfortable and confident with condom usage".
- "The educational value of using condoms. Never been taught from a programmatic perspective. Made me feel more comfortable with condoms, and took away from the awkwardness".
- "I never thought about using condoms on my own before, but it's a good way of finding out which ones are right for you".
- "It was a good way to reinforce how to correctly wear a condom, or an appropriate way to put on a condom".

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### Conclusion

- Men who practiced more often with condoms were more likely have decrease frequency of unprotected IPAL.
- This change in behavior was supported by favorable increases in the hypothesized psychosocial mediators
  - ✓ motivation to use condoms
  - ✓ condom attitudes
  - ✓ condom use self-efficacy
- All the men indicated that overall they liked the program, were glad they participated, and that they would recommend the program to others.
- More than nine out of ten YMSM agreed that KIHIS helped them find the condoms they like to use and that they felt more confident using condoms.

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### Future Goals and Projects

<b>Other Pilot Studies:</b>	<b>Planned Future Studies</b>
<ul style="list-style-type: none"> <li>• <b>Clinic based:</b> <ul style="list-style-type: none"> <li>-Sexual health clinic in the Midwest</li> </ul> </li> <li>• <b>Community based:</b> <ul style="list-style-type: none"> <li>-University in the South among African American YMSM</li> </ul> </li> <li>• The KIHIS has also been implemented in conjunction with psychophysiological study</li> </ul>	<ul style="list-style-type: none"> <li>• Heterosexual couples</li> <li>• Females</li> </ul>

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