Exhibit

Health Protective Sexual Communication Scale

Instructions: Now I am going to read a list of things that people talk about before they have sex with each other for the first time. How often in the past 12 mos. have you . . . (read each). Would you say always, almost always, sometimes, or never?

1 = Never   2 = Sometimes   3 = Almost always   4 = Always   6 = Don’t know   7 = Declined to answer

1. Asked a new sex partner how (he/she) felt about using condoms before you had intercourse.
2. Asked a new sex partner about the number of past sex partners (he/she) had.
3. Told a new sex partner about the number of sex partners you have had.
4. Told a new sex partner that you won’t have sex unless a condom is used.
5. Discussed with a new sex partner the need for both of you to get tested for the AIDS virus before having sex.
6. Talked with a new sex partner about not having sex until you have known each other longer.
7. Asked a new sex partner if (he/she) has ever had some type of VD, like herpes, clap, syphilis, gonorrhea.
8. Asked a new sex partner if (he/she) ever shot drugs like heroin, cocaine, or speed.
9. Talked about whether you or a new sex partner ever had homosexual experiences.
10. Talked to a new sex partner about birth control before having sex for the first time.

Note. Items 1, 2, and 4 were used in the original short version. Items 9 and 10 are excluded for gay men and lesbians.

Safe Sex Behavior Questionnaire

COLLEEN DIORIO, Emory University

The Safe Sex Behavior Questionnaire (SSBQ) was designed to measure frequency of use of recommended practices that reduce one’s risk of exposure to, and transmission of, HIV.

Description

An information pamphlet sent in May and June of 1988 to all U.S. households by the Surgeon General’s office, Understanding AIDS, was used as a guide to select items that reflect safe-sex practices (DiIorio, Parsons, Lehr, Adame, & Carlone, 1992). All references to safe-sex practices within the pamphlet were identified and classified into one of the following categories: (a) protection during intercourse, (b) avoidance of risky behaviors, (c) avoidance of bodily fluids, and (d) interpersonal skills. Based on these statements, 27 items were written and selected for review by content experts. Experts were asked to evaluate each item for meaning, clarity, and correspondence to the definition of safe-sex behaviors, which were defined as “sexually-related practices, which avoid or reduce the risk of exposure to HIV and the transmission of HIV.” Based on their reviews, all 27 items were retained for the final version, with some minor changes in wording. Following factor analysis, three items were deleted from the scale.

Response Mode and Timing

Each of the 24 SSBQ items is rated on a 4-point scale from 1 (Never) to 4 (Always). The SSBQ takes about 5 to 10 minutes to complete. The items do not usually require explanation.

Scoring

Of the 24 SSBQ items, 15 are worded positively and 9 negatively. The 15 positively worded items are 1, 3, 4, 5, 6, 8, 9, 10, 11, 12, 16, 17, 18, 19, 21. The original items 6, 7, and 16 were deleted from the scale because of the results of factor analysis.

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The negatively worded items are reverse coded prior to summing the items. A total score is found by summing responses to the 24 individual items. Total scale scores range from 24 to 96, with higher scores indicating greater frequency of use of safer-sex practices.

**Reliability**

Initial reliability of the 27-item SSBQ based on responses from a sample of 89 sexually active college students was .82 (coefficient alpha), indicating a moderate degree of internal consistency reliability. Test-retest reliability was assessed using responses from a sample of 100 sexually active college students who completed the scale twice, 2 weeks apart. The correlation was .82, indicating moderate stability. Internal consistency reliability was assessed using a second sample of sexually active college students (N = 531). The alpha coefficient for the 24 items was .82. Based on data collected from a sample (N = 584) of sexually active college students in 1994, the estimated reliability coefficient (Cronbach’s alpha) for the SSBQ 24-item instrument was .82 (DiIorio, Dudley, Lehr, & Soet, 2000).

**Validity**

Construct validity of the scale was assessed using hypothesis testing and factor analysis. The SSBQ correlated in the predicted directions with the concepts of risk taking and assertiveness (DiIorio, Parsons, Lehr, Adame, & Carlone, 1993). Factor analysis revealed five factors with eigenvalues greater than 1.0: risky behaviors, assertiveness, condom use, avoidance of bodily fluids, and avoidance of anal sex. Three weak items (6, 7, and 16) were identified and dropped to form the 24-item SSBQ.

**Other Information**

The format of the scale can be modified to use with computer-assisted interview (CAI) programs or face-to-face interviews.

**References**


**Exhibit**

*Safe Sex Behavior Questionnaire*

**Directions:** Below is a list of sexual practices. Please read each statement and respond by indicating **your degree of use of these practices**.

<table>
<thead>
<tr>
<th>1 = Never</th>
<th>2 = Sometimes</th>
<th>3 = Most of the Time</th>
<th>4 = Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I insist on condom use when I have sexual intercourse.</td>
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<tr>
<td>2. I use cocaine or other drugs prior to or during sexual intercourse.</td>
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<tr>
<td>3. I stop foreplay long enough to put on a condom (or for my partner to put on a condom).</td>
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<td>4. I ask potential sexual partners about their sexual histories.</td>
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<td>5. I avoid direct contact with my sexual partner’s semen or vaginal secretions.</td>
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<tr>
<td>6. I ask my potential sexual partners about a history of bisexual/homosexual practices.</td>
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<td>7. I engage in sexual intercourse on a first date.</td>
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<tr>
<td>8. I abstain from sexual intercourse when I do not know my partner’s sexual history.</td>
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<tr>
<td>9. I avoid sexual intercourse when I have sores or irritation in my genital area.</td>
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<tr>
<td>10. If I know an encounter may lead to sexual intercourse, I carry a condom with me.</td>
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<tr>
<td>11. I insist on examining my sexual partner for sores, cuts, or abrasions in the genital area.</td>
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<td>12. If I disagree with information that my partner presents on safer sex practices, I state my point of view.</td>
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<tr>
<td>13. I engage in oral sex without using protective barriers such as a condom or rubber dam.</td>
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<td></td>
<td></td>
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<tr>
<td>14. If swept away in the passion of the moment, I have sexual intercourse without using a condom.</td>
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</table>
The instrument was developed to document behaviors that put individuals at risk for infection with the Human Immunodeficiency Virus (HIV). A companion instrument, the Risk Behavior Follow-up Assessment (RBFA), is available in 3-month and 6-month versions. The RBA-RBFA system was originally designed to measure intervention effects in the National Institute on Drug Abuse (NIDA) Cooperative Agreement for HIV/AIDS Community-Based Outreach/Intervention Research program (CA).

Description

The instrument was developed by the Community Research Branch of NIDA along with principal investigators in the NIDA CA. The original RBA was revised twice with the final version consisting of the following sections: preliminary data, such as ID number, and interview date and time (Section P); demographics (A); drug use (B); C is only for those respondents who have injected drugs in the 30 days prior to interview (C); recent drug use in the last 48 hours (D); drug treatment history (E); sexual risk behavior with separate subsections for men who have sex with men, men who have sex with women, men who have sex with both men and women, women who have sex with women, women who have sex with men, and women who have sex with both men and women (F); sex trading (G); health-related conditions (H); arrest and incarceration (I); economic questions (J); and interviewer’s impressions of interviewee’s understanding, honesty, and accuracy (K).

Response Mode and Timing

The RBA takes from 18 to 60 minutes to administer depending upon the interviewer’s skill and the interviewee’s responses. Most items are responded to as a single-, a double-, a triple-, or a quadruple-digit answer. There are a few yes/no and categorical questions, and some questions, such as other race or country of origin, require word responses. All items have the capability of being coded Don’t Know/Unsure or Refused. Skip patterns are included in most sections to expedite completion of the interview.

Scoring

As all items are self-report of behavior, no scoring is required. A data entry package, NOVA-DE, is available, which produces a raw ASCII file. This file is readable by either SAS or SPSS code, includes labels and formats, and can be saved as either a permanent SAS dataset or an SPSS SAV file.