



Tervise Arengu Instituut
National Institute for Health Development

STI prevalence and knowledge, attitudes, behavior and perception of STIs among conscripts

Study report

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EXECUTIVE SUMMARY

Background: It is a widely held belief that military personnel engage in behaviors that can increase the risk of contracting sexually transmitted infections (STIs) and decrease health outcomes. These activities include unprotected sexual activity and substance misuse, such as alcohol overuse. Consequently, militaries implement policies on testing for various infectious diseases and create education and prevention programs for both conscripted and professional forces. The procedures derived from these policies enable the military to determine methods to best address personnel infected with an infectious disease. The education and prevention programs are utilized to provide support in mitigating risky behavior by increasing knowledge, thereby improving health. Effective policies are best developed when the prevalence of disease and risk behaviors are systematically studied. This report outlines the findings from the first such study among the Estonian Defense Forces (EDF).

Purpose: This project was designed to determine the prevalence of STIs including HIV among the conscripted forces and to measure the occurrence of risk behaviors.

Findings: 584 young men participated in the study, comprising 18.6% of the total 2012 conscripted forces. The findings indicate that the conscripted forces of the Estonian Defense Forces have an occurrence of STI, including HIV and drug use equal to or lower than their same age cohort.

STIs, this project identified: 18 cases of Chlamydia, 5 cases of gonorrhea, 5 cases of trichomoniasis, 1 preliminary positive Hepatitis C (requires confirmatory test) and no cases of Hepatitis B or HIV.

Risk behaviors included: illicit drug use, condom use during sexual intercourse, and HIV/STI testing were also equal to or less than the expected rates compared to the same age group in Estonia.

Conclusion: While it is possible these behaviors could change over time and since conscripts were evaluated at the beginning of their service, effective education and prevention programs could serve to preserve these rates consistently over time.

INTRODUCTION

Military personnel engage in high risk behaviours including high risk sex, drug abuse and alcohol dependency [1, 2]. Each of these factors has been shown to contribute to the destabilization of security by its impact on society [3, 4]. Since STIs are acquired through voluntary behaviour, reducing the high risk behaviours through targeted healthy lifestyle education programs would help improve the health of defence forces. Despite increased frequency of risky behaviours, STI education and prevention programs may be more common in the general population compared to military populations [5].

The prevalence of blood borne pathogens in deployed troops could be of interest related to biohazard issues and potential for field transmission in occupational exposure. In nations with compulsory military service, it is expected that the conscripted service members would be similar to a representative sample of the population from which they are derived. However, the number of research projects conducted on military forces is very limited with additionally limited number of published findings.

In Estonia there have been no special studies on HIV-prevalence among general population young men or military personnel and conscripts. Prevalence data has been collected from risk groups like injecting drug users, commercial sex workers or men who have sex with men. Data on knowledge and risk behaviours among Estonian youth aged 10–29 has been collected in youth studies conducted by National Institute for Health Development (NIHD) in 2003, 2005, 2007 and 2010 [6–9].

The primary objective of this study was to determine the STI (including HIV, HCV and HBV markers) prevalence among conscripts. There is no routine STI or HIV testing in the defence forces or health commissions (Government Order No 282). These findings will provide input to the Ministry of Defence and Estonian Defence Forces for planning STI testing among conscripts in the future. Another goal of the study is to estimate the risk-behaviours, attitudes and knowledge related to STIs among conscripts. This information would provide input for Estonian Defence Forces for planning respective education and prevention strategy.

STUDY METHODOLOGY

A cross sectional study using convenience sampling among men who started military service in July 2012 was conducted. All participants were male as the compulsory military service does not include women.

Eligibility criteria included age at least 18 years old, a military conscript and able to provide consent.

In 2012, 3141 young men started compulsory military service, out of them 1564 in July (in ten different military bases). A minimum of 500 participants were planned to be

recruited. The number of conscripts to be recruited in each site was planned to be proportional to the total number of military conscripts in these sites.

Participants were recruited in four military bases in three cities (Tallinn, Võru and Tapa). Conscripts are assigned to a base randomly, not taking into consideration their living place or first language. In choosing the study sites the following issues were taken into consideration: 1) number of military conscripts in each base; 2) presence of medical unit, work load of the personnel of the medical unit, and transportation issues of biological samples.

Participation in this study was voluntary. Data and biological sample collection took place during July 13–30, 2012. Conscripts received a chocolate bar (approximate cost 1.8 euros), ten condoms and information materials about HIV and STIs as incentives for the participation.

Ethical Board Review

This study was reviewed and approved by the Tallinn Ethical Review Board and the University of South Carolina Institutional Review Board.

Study personnel

Participants were recruited and study procedures were conducted by the medical personnel of each military base medical unit, under the supervision of NIHD. Personnel received training before the data collection started on study methodology, securing informed consent, and privacy and confidentiality of the participants.

Study procedures

1. Recruitment. Information about the study was distributed orally and in a written form (leaflets in Estonian and Russian). Conscripts were invited to participate during health lessons. Each consecutive conscript was approached for participation until the minimum sample size in each site was obtained. People who consented to participate, were provided with informed consent (these were available in both Estonian and Russian) and described the study aims and methods. Study personnel answered the questions.

2. In order to ensure unique participation, all participants received a participant code (consisted of the first letter of the study site and serial number, for example T001, T002, etc for Tapa, V001, V002, etc for Võru). The code was used to identify and match the questionnaire, urine and blood samples.

3. Knowledge, Attitude, Behaviour, & Perception (KABP) assessment. After determining eligibility and obtaining consent, the participants completed a self-guided KABP questionnaire which was available in both Estonian and Russian (Appendix 1). The KABP used in this project was a modified version of the assessment administered

every two years to young adults in Estonia [6–9]. The modified version for this project contains 46 questions and requires approximately 30 minutes to complete. The KABP contained questions on sexual behaviours, drug use, attitudes and knowledge about STIs and testing.

4. Biological sample collection and testing. Study nurses instructed participants on how to collect urine and when to come back to give blood and return the urine sample. Participants were given a specimen cup to collect urine and small reminder card which included participant number and instructions for urine collection, as well as time and date for coming back to give blood. From every participant 10 ml of venous blood and 2 ml of urine was collected. HBV, HCV and HIV tests used blood while gonorrhoea, Chlamydia and trichomoniasis were urine based tests. Blood and urine specimens were analysed in Quattromed HTI Laboratories using the following methods to identify infection markers:

- HIV antibodies + antigen (HIV 1,2 Ab+Ag) – chemoluminescence
- HCV antibodies (HCV Ab) – chemoluminescence
- HBV antigen (HBsAg) – chemoluminescence
- Chlamydia (C trachomatis DNA) – PCR
- Gonorrhoea (N gonorrhoea DNA) – nested PCR
- Trichomoniasis (T vaginalis DNA) – PCR

HIV, HCV and HBV test were screening tests, for confirming the diagnosis additional test were required, which were organized through the EDF medical services.

5. Ordering the tests and reporting the results. Tests were ordered and results reported back to the medical units by web-based system. In case the participants were interested, they were able to receive the results of the tests based on their unique participation code. Receiving test results was voluntary. In case the test results for Chlamydia, gonorrhoea, or trichomoniasis were positive, participants were offered treatment by the military medical services. In case the test results for HIV, hepatitis B virus, or hepatitis C virus were positive, participants were offered additional testing, because in the study only screening tests were used and the final diagnosis had to be confirmed. Considering the aims of the study we did not collect any information on how many participants returned for their test results.

Data entry and management

Double data entry of the KABP into Microsoft Excel was conducted at the NIHD. These two files were imported into STATA for comparison. Discrepancies were resolved by referring to the source documentation. In the case that the source documentation was not clear, a determination was made by the Principal Investigators on this project with documentation on the method of data clarification.

Data were analysed using STATA 10.0. Descriptive statistics (mean, median, percentages) were used to characterize participants. In order to compare groups (age and nationality), depending on data type, either t-tests, chi square tests or one-way ANOVA were used.

RESULTS

Participants

Alltogether 584 men participated in the study (Table 1). This is 37% of all conscripts who started military service in July (n=1564) and 53% of all conscripts who started military services in study sites (four bases) (n=1098).

Table 1. Number and percentage of participants and conscripts who started military service in July 2012 by military bases (study sites)

	Study participants		Conscripts who started service in July	
	Number	Percentage among all study participants	Number	Percentage who participated in the study
Naval Base, Tallinn	70	12.0%	100	70.0%
Signal Battalion, Tallinn	82	14.1%	118	69.5%
Viru Infantry Battalion, Tapa, Lääne-Virumaa	263	45.0%	544	48.3%
Kuperjanov Infantry Battalion, Võru	169	28.9%	336	50.3%
Total	584	100.0%	1098	53.2%

Socio-demographic data

The mean age of the participants was 21.1 years (median 21 years, range 18–25 years). The majority of participants were Estonian (n=523; 89.9%), 9.8% of participants were Russian (n=57) and 0.3% other nationalities (n=2).

221 participants were from Harju county (38.0%), 4 from Lääne county (0.7%), 4 from Saare county (0.7%), 53 from Lääne-Viru county (9.1%), 79 from Tartu county (13.6%), 31 from Ida-Viru county (5.3%), 13 from Põlva county (2.2%), 15 from Valga county (2.6%), 12 from Jõgeva county (2.1%), 44 from Pärnu county (7.6%), 32 from Viljandi county (5.5%), 25 from Järva county (4.3%), 5 from Rapla county (0.9%), and 43 from Võru county (7.4%).

1.6% of participants had primary education or less (n=9), 88.1% of participants (n=513) had secondary or secondary-vocational education. 10.3% of participants (n=60) had higher education. Before military service 46.7% of the participants (n=273) had been working, 61.3% (n=358) had been studying, and 5.5% (n=32) had been unemployed (not working or studying).

5.3% of participants (n=31) evaluated their material welfare as very good, 57.6% (n=335) as good, 33.7% (n=196) as satisfactory, 2.9% (n=17) as poor and 0.5% (n=3) as very poor.

Sexual behaviour

90.6% of the participants (n=532) reported sexual activity (oral, vaginal or anal sex). Mean age at the first sexual intercourse was 17 years (median 17.0 years, range 12–24 years). Mean age did not differ by nationality, but men with higher education had started sexual life somewhat later than those with secondary or vocational education (17.8 vs 16.9 years).

The following data concern only those who reported a sexual history (n=532). 90.6% of them had had a regular partner and 55.1% had had a casual partner (46.1% had had both types of partners, the rest only either regular or casual partner). 7.1% of those who had ever had sex (n=38) had ever paid somebody for sex. 1.1% (n=6) had had sex with a partner of the same gender.

72.4% had used a condom during the first sexual intercourse (n=385). There were no differences based on education and nationality. Condom use during last sexual intercourse with different types of partners is presented in Appendix 2 (Table 1). 43.3% of men (n=229) considered condoms to be too expensive; 3.5% (n=18) too difficult to obtain. 49.6% of all participants who had ever had sex (n=263) had used alcoholic drinks and 4.2% (n=22) illegal drugs before the last sexual intercourse.

90.4% (n=485) reported sex in the 12 months before the study. 48.2% (n=234) had had one partner, 22.5% (n=109) had two partners, and 29.3% (n=142) had more than two partners. People with higher education were more likely to have one partner.

In the last 12 months 38.9% (n=189) of participants had not always used a condom because it was not possible to get one. 58.2% (n=110) said there was no place nearby and 11.4% (n=21) said condoms were too expensive.

Sexually transmitted infections (STI) and testing

14.7% of young men who had sex (n=78) had had suspicions in the last 12 months that they might have an STI. 34.6% (n=27) of them visited a doctor, 3.9% (n=3) asked for medication from a pharmacy, 7.8% (n=6) used medicines they had at home. 24.4% (n=19) told to their sexual partner about their problem, 6.4% (n=5) stopped having sex during the diseases and 23.1% (n=18) started using a condom during sex.

50.4% of all participants (n=289) had never felt a need to test for HIV. 31.4% (n=180) wanted to test but had not tested (people could indicate several reasons):

- 45% (n=81) did not know where to test,
- 21% (n=37) did not have money for testing,
- 24% (n=44) found the opening hours of the testing site unsuitable,
- 16% (n=29) was afraid that people would know that they had tested,
- 86% (n=155) did not have time for testing,

- 7% (n=13) was afraid to give blood,
- 31% (n=56) was afraid to learn the results,
- 26% (n=47) was afraid they might have a serious disease,
- 19% (n=35) considered the testing site to be too far away.

19.7% (n=115) of all participants had ever tested for HIV. 43.5% (n=50) reported testing within the last year, 33.0% (n=38) more than one but less than two years and 14.8% (n=17) more than 2 years ago. Locations of last testing varied: 13.0% (n=15) in AIDS counselling centre; 10.4% (n=12) in youth counselling centre; 11.3% (n=13) at a family doctor; and 12.2% (n=14) at a specialist doctor; and 23.5% (n=27) in blood centre. The result of the last HIV-test was negative in 95.7% of participants (n=110), the rest either did not get the result or did not remember.

Drug use and lifestyle

57.5% of the participants (n=329) reported illegal drug use. The proportion nor age of first use did not differ based on education or nationality. The mean age at first usage was 16.8 years (median 17 years, range 12–23 years). Four participants reported injection drug use, with zero reporting sharing injecting equipment (syringes or needles). 43.2% (n=252) used illegal drugs in the last 12 months. Of these 90.1% (n=227) used marijuana, 11.9% (n=30) used amphetamines, 5.6% (n=14) cocaine and 9.1% (n=23) ecstasy.

Lifestyle was assessed for the last four weeks before the military service. The results are presented in the Appendix 2 (Table 2). In the last four weeks 41.9% of all participants had smoked, 52.1% had drunk alcohol and 29.7% had been drunk in more than one day a week.

10.8% (n=63) of all participants had had a tattoo or piercing from a non-licensed professional.

HIV knowledge and attitudes

HIV related knowledge and attitudes were assessed with 14 statements and questions. Results are presented in the Appendix 2 (Table 3). The majority of the participants had positive attitudes towards condom use, correct knowledge of HIV transmission and accepting attitudes towards people with HIV.

Test results

Blood samples were suitable for testing for 584 participants and urine samples for 582 participants. Test results are presented in Table 2.

Table 2. Results of the tests

	Negative		Positive		Positives among those sexually active	
	N	%	N	%	N	%
HIV Ag+Ab	584	100.0	0	0	0	0
HCV Ab	583	99.8	1	0.2	1	0.2
HBsAg	584	100.0	0	0	0	0
Gonorrhea	577	99.1	5	0.9	5	0.9
Trichomoniasis	577	99.1	5	0.9	5	0.9
Chlamydia	564	96.9	18	3.1	18	3.4

All cases of gonorrhea, trichomoniasis and Chlamydia were diagnosed among those who reported sexual activity. One participant who had a positive Hepatitis C antibody test reported never injecting drugs, no tattoo or piercing from a non-licensed professional, and no blood transfusion before 1994 (self-reported data).

DISCUSSION AND CONCLUSIONS

The current project focused on the prevalence of HIV and other STIs among conscripts as well as their behaviours, attitudes and knowledge related to STIs. It was the first study of this kind in Estonia and one of the first in the region.

The study included 584 young men from four military bases who had recently started compulsory military service. As we used convenience sampling the results of this study cannot be generalized to all young men of the same age in Estonia and not to all Estonian conscripts.

The results of the study show that in general the knowledge conscripts have of HIV-transmission is very good. In comparing the results with Estonian youth study [9], we can see that the knowledge is comparable to young people in Estonia aged 19–24 years. For example in both studies there was a very high proportion of those who knew that HIV cannot be transmitted by hugging somebody (more than 90%), but much lower proportion of those who know that HIV is not transmitted by using the same toilet with HIV-infected person (approximately 65%).

Vast majority has positive attitudes towards condom use and people living with HIV. Once again, the results are comparable to the last youth study [9]. The study results are also comparable to the youth study when it comes to drug use, STI history and HIV testing. For example according to the youth study, among 19–24 year old people 22% have ever tested for HIV and 15% has suspected that they had an STI in the last 12 months (both among male and female) [9].

The prevalence of infections in our study was as expected and comparable to the other countries. Thus newly diagnosed HIV-cases among 15 to 24 year olds in Estonia have

decreased year after year [10]. UNAIDS estimates that in 2011 the cumulative HIV incidence in Estonia among 15–24 year old men was 200, which means a prevalence rate of 0.2% in this age group [UNAIDS, unofficial data; 11]. Considering, that only a few young men in our study had ever injected drugs, the low prevalence of hepatitis C antibodies is also veracious. Chlamydia is the most common bacterial STI in Europe, prevalence rates as high as 5–10% have been described among sexually active youth [12].

The limitations of our study are convenience sampling and recruitment in only a few military bases. We were not able to use random sampling because we wanted to ensure the confidentiality of the conscripts and because of the strict schedule of the military service. Behaviour in the last four weeks may have been influenced by the upcoming military service as well as by the season (summer, right after Midsummer day and high-school graduation) and may not reflect the usual lifestyle of these young men. Answering questions related to sexual behavior and illegal drug use may have been prone to recall and desirability bias. It was not possible to collect the very first morning urine from all conscripts, and this may have influenced the sensitivity of the PCR methodology. We did not collect and compare data on the urine sample collection time.

While it is possible these behaviours could change over time and since conscripts were evaluated at the beginning of their service, effective education and prevention programs could serve to preserve these rates consistently over time. HIV and STI educational programs for the conscripts should continually focus on developing positive attitudes towards condom use.

Based on the results and experiences during this study we recommend HIV and STI testing of conscripts according to the current Estonian guidance [13, 14]. Alternative would be development and implementation of national HIV/STI policies specific for the EDF.

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APPENDICES

Appendix 1. Data tables

Table 1. Condom use during the last sexual intercourse (B14)

	Yes		No		Has not had such intercourse	
	N	%	N	%	N	%
Regular partner	219	41.6	263	49.9	45	8.5
Casual partner	195	37.5	98	18.9	227	43.7
Partner who received money for sex	27	5.3	9	1.8	473	92.9
Partner of the same gender	9	1.8	9	1.8	490	96.5

Table 2. Lifestyle during the last four weeks before military service (D8)

	Never		Less than once a week		Once a week		Several times a week		Every day	
	N	%	N	%	N	%	N	%	N	%
Smoking	245	44.1	54	9.7	24	4.3	52	9.3	181	32.6
Drinking alcoholic drinks	18	3.2	95	16.6	161	28.1	262	45.8	36	6.3
Being drunk	61	10.7	170	29.8	170	29.8	153	26.8	17	2.9
Using illegal drugs	462	81.8	69	12.2	12	2.1	19	3.4	3	0.5
Doing sports	56	9.8	115	20.1	132	23.1	224	39.1	45	7.9
Spending leisure time in pub, bar, night club, etc	105	18.4	233	40.9	139	24.4	86	15.1	7	1.2

Table 3. Knowledge, attitudes and perceptions related to HIV (E1)

	Totally agree		Most likely agree		Most likely disagree		Totally disagree		Do not know	
	N	%	N	%	N	%	N	%	N	%
A HIV and AIDS is the problem only for drug-users	17	3.0	75	13.1	164	28.6	292	51.0	25	4.3
B Can it be that the healthy looking person is HIV-infected?	363	63.4	167	29.1	12	2.1	5	0.9	26	4.5
C You can get HIV-infection yourself if swimming in the same pool with HIV-infected person	9	1.6	25	4.4	118	20.6	341	59.6	79	13.8
D Maximum pleasure during the sexual intercourse is more important than using the condom	29	5.1	66	11.5	220	38.4	221	38.6	37	6.5
E If the person is HIV infected his life loses its meaning	25	4.4	106	18.5	194	33.9	191	33.3	57	9.9
F I'd agree to sit and eat at one table with HIV-infected person	197	34.4	196	34.3	96	16.8	34	5.9	49	8.6
G I'd rather stop the relations with my mate, friend, if I find out that he/she is HIV-infected	9	1.6	22	3.9	110	19.2	373	65.2	58	10.1

I One can get HIV-infection by hugging an HIV-infected person	8	1.4	14	2.4	57	9.9	457	79.8	37	6.5
J HIV/AIDS are problems related only with gays	8	1.4	20	3.5	82	14.3	421	73.5	42	7.3
K I'd rather agree to work in one team with HIV-infected person	202	35.3	205	35.8	78	13.7	27	4.7	60	10.5
L HIV is not so common in Estonia that I should use a condom in every casual sexual relationship	19	3.3	32	5.6	130	22.7	354	61.8	38	6.6
M One can get HIV-infection by eating from the same plate with an HIV-infected person	27	4.7	66	11.5	156	27.3	207	36.1	117	20.4
N HIV-infected teacher can continue working at school	168	29.4	171	29.9	89	15.5	49	8.6	95	16.6
O One can get HIV-infection by using the same toilet with HIV-infected person	20	3.5	75	13.1	172	30.0	197	34.4	109	19.0

Appendix 2. Questionnaires

English Questionnaire

UNIVERSITY OF SOUTH CAROLINA AND ESTONIAN NATIONAL INSTITUTE FOR HEALTH DEVELOPMENT

Health study 2012

Dear respondent!

Filling in this form is voluntary. It will not take much time to answer the questions and the questions are not difficult.

You should outline the number of the correct answer (it is placed before or after the answer) or write an answer in the separate space.

EXAMPLE 1

Mark your sex. ① male 2 female

EXAMPLE 2

Many questions in the form are given in the tables. In such case mark the correct answer for each line of the table separately. (Questions are also followed by the remark "Mark the correct answer in each line")

What is your current social status? *Mark the right answer in each line*

	yes	no
A employed, wage worker	①	
B unemployed	1	②
C student	1	②

Please also follow the attached instructions!

The questionnaire is anonymous; nobody will know your name!

All your answers are very important for us!

PART A

A1 How old are you (in full years)

..... Years

A2 What is your nationality?

- 1 Estonian
- 2 Russian
- 3 Other (*write*).....

A3 What is your highest level of education? Mark one most suitable answer.

- 1 Primary or less
- 2 Secondary
- 3 Secondary vocational
- 4 Bachelor's degree
- 5 Master's or PhD

A4 What was your current social status prior to military? Mark the right answer in each line.

	Yes	No
A employed, wage worker	1	2
B unemployed	1	2
C student	1	2
D other (<i>write</i>)		

A5 Prior to military in which region of Estonia you lived most time of the week?

- | | | |
|---------------|-----------------|----------------|
| 1 Harjumaa | 6 Läänemaa | 11 Saaremaa |
| 2 Hiiumaa | 7 Lääne-Virumaa | 12 Tartumaa |
| 3 Ida-Virumaa | 8 Põlvamaa | 13 Valgamaa |
| 4 Jõgevamaa | 9 Pärnumaa | 14 Viljandimaa |
| 5 Järvamaa | 10 Raplamaa | 15 Võrumaa |

A6 How do you evaluate your material welfare? Mark one correct answer.

- 1 Live in poverty
- 2 Nearly poor
- 3 Not very good, but I can cope with it
- 4 Good
- 5 Very good

PART B

B1 Have you ever had sex (anal, oral or vaginal)?

- 1 Yes
- 2 No → *If you have chosen this answer please go to question C1*

B2 What type of sex have you had? (select all that apply)

- 1 Anal
- 2 Oral
- 3 Vaginal

B3 How old were you when you first had sex? (in full years)

..... years old

B4 Did you and/or your partner use the condom during the first sexual intercourse?

- 1 Yes
- 2 No
- 3 Don't remember

B5 Have you had sex (vaginal or anal) during the last 12 months...

- 1 Yes
- 2 NO → *If you have chosen this answer please go to question B10*

B6 How many different sexual partners have you had during the last 12 months?

..... sexual partners

B7 How often have you used condoms during the last 12 months, when you had sex (vaginal or anal sex)... *Mark the correct answer in each line.*

	There were no sexual relations	Never	Seldom	In most of the cases	Every time
A with the regular partner(s)	1	2	3	4	5
B with casual partner(s)	1	2	3	4	5
C with partner(s) to whom you paid for sex	1	2	3	4	5
D With a partner who had injected drugs	1	2	3	4	5
E With a partner of the same sex as you	1	2	3	4	5
F With a partner with STI	1	2	3	4	5
G With a partner with HIV infection	1	2	3	4	5

B8 Did it happen during the last 12 months that you and/or your partner (either regular or casual) did not use condoms, because it was not possible to buy it?

- 1 Yes, often
- 2 Yes, sometimes
- 3 No, never → *if you have chosen this answer please go to question B10*

B9 Due to what reason there was no possibility to get a condom?

Mark several answers if necessary.

- 1 I did not know where I could buy the condom
- 2 There was no place nearby where I could buy condoms
- 3 I did not dare to buy condoms
- 4 Condoms are too expensive
- 5 Other reason (please specify).....

B10 How long were you with your most recent regular partner?

- 1 I have never had a regular partner → *if you have chosen this answer please go to question B14*
- 2 up to 6 months
- 3 7–12 months
- 4 1–2 years
- 5 3–5 years
- 6 more than 5 years

B11 Since you first had sex with your recent regular partner how many other people did you have sex with during this period?

..... people (if you had no other partner, please go to question B13)

B12 How often do you use condoms with other sexual partners during your most recent regular partnership?

- 1 Never
- 2 Seldom
- 3 Most of the time
- 4 Every time

B13 Did you go through HIV-test or other tests for any other sexually transmitted diseases before you stopped using the condom with your last regular partner?

- 1 We still use condoms
- 2 Yes I did testing and/or gave analysis
- 3 Yes, he/she did testing and/or gave analysis
- 4 Yes we both did test and/or analysis
- 5 None of us went through testing nor gave analysis
- 6 We never used condoms

B14 Did you use the condom during your last sexual intercourse....*Mark the acceptable answer in each line.*

	Yes	No	There were no such relations
A with regular partner	1	2	3
B with casual partner	1	2	3
C with partner to whom you paid for sex	1	2	3
D with a partner of the same sex	1	2	3

B15 Due to what reason you did not use the condom during the last sexual intercourse? Mark several answers if necessary.

	Regular partner		Casual partner	
	Yes	No	Yes	No
A We used the condom	1	2	1	2
B We want to have a child	1	2	1	2
C I have a permanent partner and we trust each other	1	2	1	2
D My partner does not want to use the condom	1	2	1	2
E I did not want to use the condom	1	2	1	2
F The condom decrease the pleasure	1	2	1	2
G It is not comfortable to put the condom on during sex	1	2	1	2
H I don't think that my partner has HIV or any other sexually transmitted disease	1	2	1	2
I None of us had the condom with us	1	2	1	2
J I did not dare to talk to partner about using the condom	1	2	1	2
K I don't know how to use the condom	1	2	1	2

L We used the method of sexual act interruption (the man does not let the sperm go into vagina)	1	2	1	2
M We used other contraceptives	1	2	1	2
N I did not think of the condom	1	2	1	2
O Other reason (<i>please specify</i>)	1	2	1	2

B16 Which contraceptives did you use during the last vaginal intercourse?

Mark several answers if necessary.

	Regular partner		Casual partner	
	Yes	No	Yes	No
A Did not use any	1	2	1	2
B Contraceptives (pills, plaster, ring, intrauterine device)	1	2	1	2
C Intruterine non-hormonal device (spirale)				
D Condom	1	2	1	2
E Spermicidal (vagina crèmes and corpuscles, destroying spermatozoids)	1	2	1	2
F Calendar method (planning the dangerous days)	1	2	1	2
G Interrupted intercourse	1	2	1	2
H Rinsing the vagina after sex	1	2	1	2
I After sex pills (SOS-pills)	1	2	1	2
J Do not know whether she used anything or not	1	2	1	2
K Other (please specify	1	2	1	2
.....)				

B17 Do you think that condoms are....? Please mark the correct answer in each line.

	Yes	No
A Too expensive	1	2
B Hard to get	1	2

B18 Who is supposed to have the condom?

- 1 Man
- 2 Woman
- 3 Both
- 4 Nobody

B19 Did you use alcohol before the last sexual intercourse (for example beer, wine, vodka)?

- 1 No
- 2 Yes
- 3 Don't remember

B20 Did you use illegal drugs before the last sexual intercourse (for example amphetamine, cocaine, ecstasy)?

- 1 No
- 2 Yes
- 3 Don't remember

B21 What is your sexual orientation?

- 1 Heterosexual
- 2 Bisexual
- 3 Homosexual
- 4 Not specified

B22 Have you ever had the sexual relations with a partner of the same sex as you?

- 1 Yes
- 2 No

PART C

C1 Did you have any suspicion in the last 12 months that you might have a sexually transmitted disease?

- 1 Yes
- 2 No → *if you have chosen this answer please go to question C3*

C2 What actions did you take if during the last 12 months you had suspicions that you might have a sexually transmitted disease?

- 1 Mark several answers if necessary.
- 2 I did not do anything
- 3 I visited a specialist doctor
- 4 I visited family doctor
- 5 I asked for medication in pharmacy shop
- 6 I took the medication which I had at home by myself
- 7 I talked about my concerns with my sexual partner
- 8 I stopped sexual relations with my partner during this period
- 9 I started using the condom while having sex
- 10 Did something else (please specify)

C3 Have you ever had an HIV-test?

- 1 No, never → *if you have chosen this answer please go to question C6*
- 2 Yes, during the last year
- 3 Yes, 1-2 years ago
- 4 Yes, more than 2 years ago
- 5 Don't remember

C4 Where were you HIV-tested for the last time?

- 1 In AIDS counseling centre (anonymous cabinet)
- 2 In youth counseling center
- 3 At the family physician
- 4 At the doctor-specialist's
- 5 Blood centre

- 6 In other place (please write)
- 7 Don't remember

C5 What was the result of your last HIV test?

- 1 Positive (infected with HIV)
- 2 Negative (not infected with HIV)
- 3 Inconclusive
- 4 Unknown
- 5 I did not receive test results

C6 Have you ever found yourself in the situation when you wanted to have an HIV-test, but due to some reasons you did not do it?

- 1 Yes
- 2 I don't have to go through testing → *if you have chosen this answer please go to question D1*
- 3 Test was completed → *if you have chosen this answer please go to question D1*

C7 What are the reasons why HIV-test was not completed?

Mark the right answer in each line.

	Yes	No
A I don't know where I can be tested for HIV	1	2
B I do not have money for testing	1	2
C Cabinet's working hours are not suitable for me	1	2
D I'm afraid that others will find out that I've been tested	1	2
E I did not have time for it	1	2
F I'm afraid of venous blood testing	1	2
G I'm afraid to know the test result	1	2
H I'm afraid I have a serious disease	1	2
I The place where I can be tested is too far from me	1	2
J Other reasons (please specify)		

PART D

D1 How old were you when you first tried some illegal drug?

- 1 Never tried → *if you have chosen this answer please go to question D8*
- 2 years old (full years)

D2 Have you ever injected drugs?

- 1 Yes
- 2 No → *if you have chosen this answer please go to question D6*

D3 When was the last time you injected drugs?

- 1 Less than 6 months ago
- 2 6–12 months ago
- 3 1–3 years ago
- 4 More than 3 years ago

D4 Have you ever shared injecting equipment/needles?

- 1 Yes
- 2 No → *if you have chosen this answer please go to question D6*
- 3 I do not know/I do not remember → *if you have chosen this answer please go to question D6*

D5 When was the last time you shared injection drugs?

- 1 Less than 6 months ago
- 2 6–12 months ago
- 3 1–3 years ago
- 4 More than 3 years ago

D6 In the last 12 months which of these methods of illicit drug use, have you tried (MARK SEVERAL ANSWERS IF NECESSARY):

- 1 Pills
- 2 Injecting
- 3 Inhaling

- 4 Smoking
- 5 Mixed in food or drink
- 6 I do not know/I do not remember

D7 In the last 12 months, which of the following, if any, have you used (MARK SEVERAL ANSWERS IF NECESSARY):

- 1 Amphetamine
- 2 Marijuana
- 3 Cocaine
- 4 China White or White Persian (3-methyl-fentanyl)
- 5 Ecstasy
- 6 Other (specify).....
- 7 I do not know/I do not remember

D8 Describe your life style during the last 4 weeks prior to military service.

Mark the right answer in each line.

	Never	Less than once a week	Once a week	Several times a week	Daily
A Smoked cigarettes	1	2	3	4	5
B Drank alcohol	1	2	3	4	5
C Was drunk	1	2	3	4	5
D Used drugs	1	2	3	4	5
E Was doing sports (training, running, etc.)	1	2	3	4	5
F Spent my leisure time in pub, bar, night club	1	2	3	4	5

D9 Have you had a piercing/tattoo from a non-licensed professional?

- 1 Yes
- 2 No
- 3 I do not know/I do not remember

D10 Have you had blood transfusion before 1994

- 1 Yes
- 2 No
- 3 I do not know/I do not remember

PART E**E1 Do you agree with the following statements?**

Mark the right answer in each line.

	Totally agree	Most likely agree	Most likely disagree	Totally disagree	Hard to say
A HIV and AIDS is the problem only for drug-users	1	2	3	4	5
B Can it be that the healthy looking person is HIV-infected?	1	2	3	4	5
C You can get HIV-infection yourself if swimming in the same pool with HIV-infected person	1	2	3	4	5
D Maximum pleasure during the sexual intercourse is more important than using the condom	1	2	3	4	5
E If the person is HIV infected his life loses its meaning	1	2	3	4	5
F I'd agree to sit and eat at one table with HIV-infected person	1	2	3	4	5
G I'd rather stop the relations with my mate, friend, if I find out that he/she is HIV-infected	1	2	3	4	5
I One can get HIV-infection by hugging an HIV-infected person	1	2	3	4	5
J HIV/AIDS are problems related only	1	2	3	4	5

with gays					
K I'd rather agree to work in one team with HIV-infected person	1	2	3	4	5
L HIV is not so common in Estonia that I should use a condom in every casual sexual relationship	1	2	3	4	5
M One can get HIV-infection by eating from the same plate with an HIV-infected person	1	2	3	4	5
N HIV-infected teacher can continue working at school	1	2	3	4	5
O One can get HIV-infection by using the same toilet with HIV-infected person	1	2	3	4	5

If you wish to add some comment concerning the questionnaire, you can write it here!

.....

.....

.....

.....

THANK YOU FOR FILLING IN THIS FORM! YOUR ANSWERS ARE REALLY HELPFUL!

Estonian Questionnaire

SOUTH CAROLINA ÜLIKOOL JA TERVISE ARENGU INSTITUUT

Terviseuuring 2012

Hea ankeedile vastaja!

Ankeedi täitmine on vabatahtlik, kuid seda on lihtne täita ning see ei võta kaua aega.

Palun tõmmake kõige sobivama vastuse ees või järel olevale numbrile ring ümber või kirjutage vastus tühjaks jäetud kohale.

NÄIDIS 1

Märkige oma sugu.

- ① mees
2 naine

NÄIDIS 2

Paljud küsimused ankeedis on esitatud tabelitena. Siis märkige sobivaim vastus igale tabeli reale eraldi. Küsimuste juurde on märgitud "Palun märkige sobiv vastus igale reale!"

Kes Te olete praegu? *Palun märkige sobiv vastus igale reale.*

	Jah	Ei
A Ettevõtja, palgatöötaja	①	2
B Töötu	1	②
C Õpilane	1	②
D Muu (<i>palun kirjutage</i>)		

Jälgige ka küsimuste juures olevaid juhiseid!

Ankeet on anonüümne, keegi ei saa teada Teie nime!
KÕIK TEIE ANTUD VASTUSED ON MEIE JAOKS VÄGA OLULISED!

A OSA

A1 Märkige oma vanus (täisaastates)

..... aastat

A2 Märkige oma rahvus

- 1 Eestlane
- 2 Venelane
- 3 Muu (palun kirjutage).....

A3 Milline on Teie kõige kõrgem lõpetatud hariduse tase? Palun märkige üks kõige sobivam vastus.

- 1 Põhiharidus lõpetatud (8 või 9 klassi) või alla selle
- 2 Keskkharidus lõpetatud (11 või 12 klassi)
- 3 Kutsekeskharidus lõpetatud (põhihariduse või keskkhariduse baasil)
- 4 Kõrgharidus lõpetatud (k.a rakenduslik)
- 5 Magistri- või doktorikraad

A4 Kes Te olite enne kaitseväeteenistuse alustamist? Palun märkige sobiv vastus igale reale.

	Jah	Ei
A Ettevõtja, palgatöötaja	1	2
B Töötu	1	2
C Õpilane, üliõpilane, kraadiõppur	1	2
D Muu (palun kirjutage)		

A5 Millises Eestimaa piirkonnas Te elasite enamik päevi nädalast enne kaitseväeteenistuse alustamist?

- | | | |
|---------------|-----------------|----------------|
| 1 Harjumaa | 6 Läänemaa | 11 Saaremaa |
| 2 Hiiumaa | 7 Lääne-Virumaa | 12 Tartumaa |
| 3 Ida-Virumaa | 8 Põlvamaa | 13 Valgamaa |
| 4 Jõgevamaa | 9 Pärnumaa | 14 Viljandimaa |
| 5 Järvamaa | 10 Raplamaa | 15 Võrumaa |

A6 Milliseks hindate oma majanduslikku olukorda? Palun märkige üks kõige sobivam vastus.

- 1 Elan puuduses
- 2 Kehvapoolne
- 3 Ei ole hea, aga tulen toime
- 4 Hea
- 5 Väga hea

B OSA

B1 Kas Te olete kunagi olnud seksuaalvahekorras (anaalses, oraalses või vaginaalses)?

- 1 Jah
- 2 Ei → **Kui valisite selle vastuse, palun jätkake küsimusega C1**

B2 Millises seksuaalvahekorras olete olnud? Palun märkige vajadusel mitu vastust.

- 1 Anaalses (pärakuseks)
- 2 Oraalses (suuseks)
- 3 Vaginaalses (tupeseks)

B3 Kui vana Te olite oma esimese seksuaalvahekorra ajal? (Täisaastates)
..... aastane

B4 Kas Teie ja Teie partner kasutasite esimese seksuaalvahekorra ajal kondoomi?

- 1 Jah
- 2 Ei
- 3 Ei mäleta

B5 Kas Te olete olnud seksuaalvahekorras (tupe- või pärakuseks) viimase 12 kuu jooksul?

- 1 Jah
- 2 Ei → **Kui valisite selle vastuse, palun jätkake küsimusega B10**

B6 Mitu erinevat seksuaalpartnerit on Teil viimase 12 kuu jooksul olnud?

..... seksuaalpartnerit

B7 Kui sageli oli kondoom kasutuses viimase 12 kuu jooksul, kui olite seksuaalvahekorras (tupe- või pärakuseks) ... Palun märkige sobiv vastus igale reale.

	Ei ole olnud vahekorras	Mitte kunagi	Harva	Enamasti	Iga kord
A Püsipartneri(te)ga	1	2	3	4	5
B Juhupartneri(te)ga	1	2	3	4	5
C Partneri(te)ga, kellele Teie maksite seksi eest	1	2	3	4	5
D Partneri(te)ga, kes on süstinud narkootikume	1	2	3	4	5
E Partneri(te)ga, kes olid Teiega samast soost	1	2	3	4	5
F Partneri(te)ga, kellel oli mõni seksuaalsel teel leviv infektsioon	1	2	3	4	5
G Partneri(te)ga, kellel oli HIV-nakkus	1	2	3	4	5

B8 Kas Teil on seksuaalpartneriga (juhu- või püsipartneriga) viimase 12 kuu jooksul jäänud kondoom kasutamata, sest seda ei olnud võimalik hankida?

- 1 Jah, sageli
- 2 Jah, mõnikord
- 3 Ei, mitte kunagi → **Kui valisite selle vastuse, palun jätkake küsimusega B10**

B9 Millisel põhjusel ei olnud võimalik kondoomi hankida? Palun märkide vajadusel mitu vastust.

- 1 Ma ei teadnud, kust kondoomi osta saab
- 2 Lähikonnas ei olnud kohta, kust kondoomi osta
- 3 Ma ei julgenud kondoomi osta
- 4 Kondoomid on liiga kallid

5 Muu põhjus (palun kirjutage).....

B10 Kui kaua olete olnud (olite) koos oma kõige viimase püsipartneriga?

- 1 Mul ei ole kunagi olnud püsipartnerit → *Kui valisite selle vastuse, palun jätkake küsimusega B14*
- 2 Kuni 6 kuud
- 3 7–12 kuud
- 4 1–2 aastat
- 5 3–5 aastat
- 6 Enam kui 5 aastat

B11 Suhte ajal oma kõige viimase püsipartneriga, kui mitme teise inimesega olite samal perioodil seksuaalvahekorras?

..... inimesega (kui ei olnud ühtegi teist partnerit, siis jätkake küsimusega B13)

B12 Kui sageli Te kasutasite kondoomi vahekorras teiste inimestega oma kõige viimase püsisuhte ajal?

- 1 Mitte kunagi
- 2 Harva
- 3 Enamasti
- 4 Iga kord

B13 Kas enne viimase püsipartneriga kondoomi kasutamisest loobumist käisite HIV-i või suguhaiguste suhtes testimas?

- 1 Me kasutame ikka veel kondome
- 2 Jah, mina käisin testimas
- 3 Jah, tema käis testimas
- 4 Jah, me mõlemad käisime testimas
- 5 Kumbki meist ei käinud testimas
- 6 Me ei ole kunagi kondome kasutanud

B14 Kas kondoom oli kasutuses viimasel korral, kui olite seksuaalvahekorras
..... Palun märkige sobiv vastus igale reale

	Jah	Ei	Ei ole olnud vahekorras
A Püsipartneriga	1	2	3
B Juhupartneriga	1	2	3
C Partneriga, kellele Teie maksite seksi eest	1	2	3
D Partneriga, kes oli Teiega samast soost	1	2	3

B15 Millistel põhjustel jäi kondoom kasutamata viimase seksuaalvahekorra ajal? *Palun märkige sobiv vastus igale reale*

	Püsipartner		Juhupartner	
	Jah	Ei	Jah	Ei
A Me kasutasime kondoomi	1	2	1	2
B Me tahame saada last	1	2	1	2
C Mul on kindel partner ja meil on vastastikune usaldus	1	2	1	2
D Minu partner ei soovinud kondoomi kasutada	1	2	1	2
E Mina ei tahtnud kondoomi kasutada	1	2	1	2
F Kondoom vähendab mõnutunnet	1	2	1	2
G Kondoomi pealepanemine vahekorra ajal on tülikas	1	2	1	2
H Ma ei usu, et mu partneril on HIV või muu seksuaalsel teel leviv infektsioon	1	2	1	2
I Kummalgi ei olnud kondoomi kaasas	1	2	1	2
J Ma ei julgenud partneriga kondoomi kasutamisest rääkida	1	2	1	2

K Ma ei oska kondoomi kasutada	1	2	1	2
L Me kasutasime katkestatud suguühet (mees ei lase spermat tuppe)	1	2	1	2
M Me kasutasime muid rasestumisvastaseid vahendeid	1	2	1	2
N Ma ei mõelnud kondoomi peale	1	2	1	2
O Muu põhjus (palun kirjutage))	1	2	1	2

B16 Mida kasutasite rasestumisest hoidumiseks viimase vaginaalse seksuaalvahekorra (tupeseksi) ajal? *Palun märkige sobiv vastus igale reale. Kui Te ei ole kunagi olnud vaginaalses vahekorras, jätkake küsimusega B17.*

	Püsipartner		Juhupartner	
	Jah	Ei	Jah	Ei
A Ei kasutanud mingit vahendit	1	2	1	2
B Hormonaalsed vahendid (tabletid, plaastrid, hormoonspiraal)	1	2	1	2
C Spiraal	1	2	1	2
D Kondoom	1	2	1	2
E Spermitsiidid (spermatooside hävitavad tupekuulid ja -kreemid)	1	2	1	2
F Kalendermeetod (ohtlike päevade arvestamine)	1	2	1	2
G Katkestatud suguühe (mees ei lase spermat tuppe)	1	2	1	2
H Tupeloputus pärast suguühet	1	2	1	2
I Vahekorrajärgsed tabletid (SOS-pillid)	1	2	1	2
J Ma ei tea, kas ta kasutas midagi või mitte	1	2	1	2
K Muu (palun kirjutage.....)	1	2	1	2

B17 Mis Te arvate, kas kondoomid...? Palun märkige sobiv vastus igale reale.

	Jah	Ei
A On liiga kallid	1	2
B On raskesti kättesaadavad	1	2

B18 Kes peaks kondoomi kaasas kandma?

- 1 Mees
- 2 Naine
- 3 Mõlemad
- 4 Mitte kumbki

B19 Kas Te tarvitasite alkoholi enne oma viimast seksuaalvahekorda (näiteks õlut, veini, viina)?

- 1 Ei
- 2 Jah
- 3 Ei mäleta

B20 Kas Te tarvitasite mõnda narkootikumi enne oma viimast seksuaalvahekorda (näiteks amfetamiini, kokaiini, kanepit)?

- 1 Ei
- 2 Jah
- 3 Ei mäleta

B21 Mis on Teie seksuaalne orientatsioon?

- 1 Heteroseksuaalne
- 2 Biseksuaalne
- 3 Homoseksuaalne
- 4 Täpsustamata

B22 Kas Te olete kunagi olnud seksuaalvahekorras endaga samast soost inimesega?

- 1 Jah

2 Ei

C OSA

C1 Kas Teil on tekkinud viimase 12 kuu jooksul kahtlus, et Teil võib olla suguhaigus?

1 Jah

2 Ei → *Kui valisite selle vastuse, palun jätkake küsimusega C3*

C2 Mida olete ette võtnud, kui Teil on tekkinud viimase 12 kuu jooksul kahtlus, et Teil võib olla suguhaigus? Palun märkige vajadusel mitu vastust.

1 Ma ei teinud midagi

2 Küllastasin eriarsti

3 Küllastasin perearsti

4 Küsisin ravimeid otse apteegist

5 Tarvitasin kodus olemasolevaid ravimeid omal käel

6 Rääkisin sekspartnerile oma probleemist

7 Katkestasin seksuaalvahekorrad haiguse ajaks

8 Hakkasin seksides kondoomi kasutama

9 Muu (palun kirjutage).....

C3 Kas Te olete kunagi teinud HIV-testi (lasknud end uurida HIV-nakkuse suhtes)?

1 Ei, mitte kunagi → Kui valisite selle vastuse, palun jätkake küsimusega C6

2 Jah, viimase aasta jooksul

3 Jah, 1–2 aastat tagasi

4 Jah, rohkem kui 2 aastat tagasi

5 Ei mäleta

C4 Kus Teid viimasel korral HIVi suhtes uuriti?

1 AIDSi nõustamiskabinetis (anonüümses kabinetis)

2 Noorte nõustamiskeskuses

3 Perearsti juures

4 Eriarsti juures

- 5 Verekeskuses
- 6 Muu (palun kirjutage)
- 7 Ei mäleta

C5 Milline oli Teie viimase HIV-testi tulemus?

- 1 Positiivne (nakatunud HIVi)
- 2 Negatiivne (ei ole nakatunud HIVi)
- 3 Selgusetu
- 4 Ei mäleta
- 5 Ma ei saanud tulemust teada

C6 Kas Teil on tulnud ette olukordi, kui Te olete soovinud teha HIV-testi, kuid see on jäänud mingil põhjusel tegemata?

- 1 Jah
- 2 Mul ei ole vaja testi teha → *Kui valisite selle vastuse, palun jätkake küsimusega D1*
- 3 Test ei ole jäänud tegemata → *Kui valisite selle vastuse, palun jätkake küsimusega D1*

C7 Millistel põhjustel on HIV-test jäänud tegemata? Palun märkide sobiv vastus igale reale

	Jah	Ei
A Ma ei tea, kus on võimalik HIV-testi teha	1	2
B Mul ei ole testimiseks raha	1	2
C Mulle ei sobi kabinettide lahtioleku ajad	1	2
D Kardan, et teised saavad teada minu testimas käimisest	1	2
E Mul ei ole aega olnud	1	2
F Kardan veenivere võtmist	1	2
G Kardan teada saada testi tulemust	1	2

H Kardan, et mul võib olla tõsine haigus	1	2
I Testimisvõimalus asub minu jaoks liiga kaugel	1	2
J Muu (palun kirjutage)		
.....		

D OSA

D1 Kui vana Te olite, kui proovisite esimest korda mõnda narkootikumi?

- 1 Ei ole kunagi proovinud → *Kui valisite selle vastuse, palun jätkake küsimusega D8*
- 2 aastane (täisaastates)

D2 Kas Te olete kunagi narkootikumide süstinud?

- 1 Jah
- 2 Ei → *Kui valisite selle vastuse, palun jätkake küsimusega D6*

D3 Millal Te süstisite narkootikumide viimast korda?

- 1 Vähem kui 6 kuud tagasi
- 2 6–12 kuud tagasi
- 3 1–3 aastat tagasi
- 4 Enam kui 3 aastat tagasi

D4 Kas Te olete kunagi kasutanud narkootikumide süstimiseks nõelu või süstlaid, mida keegi teine oli enne Teid kasutanud?

- 1 Jah
- 2 Ei → *Kui valisite selle vastuse, palun jätkake küsimusega D6*
- 3 Ma ei tea/ei mäleta → *Kui valisite selle vastuse, palun jätkake küsimusega D6*

D5 Millal oli viimane kord, kui Te kasutasite narkootikumide süstimiseks nõelu või süstlaid, mida keegi teine oli enne Teid kasutanud?

- 1 Vähem kui 6 kuud tagasi
- 2 6–12 kuud tagasi

- 3 1–3 aastat tagasi
- 4 Enam kui 3 aastat tagasi

D6 Millistel viisidel Te olete tarvitanud narkootikume viimase 12 kuu jooksul?

Palun märkige vajadusel mitu vastust.

- 1 Tablettidena
- 2 Süstides
- 3 Sisse hingates
- 4 Suitsetades
- 5 Segatuna toidu või joogiga
- 6 Ma ei tea/ei mäleta

D7 Milliseid narkootikume Te olete tarvitanud viimase 12 kuu jooksul? Palun

märkige vajadusel mitu vastust.

- 1 Amfetamiin
- 2 Kanep
- 3 Kokaiin
- 4 Fentanüül (valge hiinlane või valge pärslane)
- 5 Ecstasy
- 6 Muu (palun kirjutage).....
- 7 Ma ei tea/ma ei mäleta

D8 Kirjeldage oma eluviisi viimase 4 nädala jooksul enne kaitsevække tulekut.

Palun märkide sobiv vastus igale reale.

	Mitte kunagi	Vähem kui kord nädalas	Kord nädalas	Mitu korda nädalas	Iga päev
A Suitsetasin	1	2	3	4	5
B Jõin alkohoolseid jooke	1	2	3	4	5
C Olin purjus	1	2	3	4	5
D Kasutasin	1	2	3	4	5

narkootikume					
E Tegin sporti	1	2	3	4	5
F Veetsin oma vaba aega baaris, ööklubis, pubis	1	2	3	4	5

D9 Kas Te olete lasknud end tätoveerida või teha auke kõrvadesse vm mitteprofessionaali poolt?

- 1 Jah
- 2 Ei
- 3 Ma ei tea/ei mäleta

D10 Kas Teile on tehtud vereülekanne enne 1994. aastat?

- 1 Jah
- 2 Ei
- 3 Ma ei tea/ei mäleta

E OSA

E1 Kas Te olete järgmiste väidetega nõus? Palun märkige sobiv vastus igale reale

	Täiesti nõus	Pigem nõus	Pigem ei ole nõus	Üldse ei ole nõus	Ei oska öelda
A HIV ja AIDS on ainult narkomaanide probleem	1	2	3	4	5
B Kas inimene, kes näeb terve välja, võib olla nakatunud HIV-i?	1	2	3	4	5
C Ujudes basseinis koos HIV-i nakatunud inimesega võib ka ise HIV-i nakatuda	1	2	3	4	5
D Maksimaalne mõnutunne on vahekorras olulisem kui kondoomi kasutamine	1	2	3	4	5
E Kui inimene nakatub HIV-i,	1	2	3	4	5

siis ta elu kaotab mõtte					
F Oleksin nõus sööma ühes lauas HIV-i nakatunud inimesega	1	2	3	4	5
G Lõpetaksin oma tuttava või sõbraga suhtlemise, kui ta on nakatunud HIV-i	1	2	3	4	5
I Kallistades HIV-i nakatunud inimest võib ka ise nakatuda HIV-i	1	2	3	4	5
J HIV ja AIDS on ainult homoseksuaalide probleem	1	2	3	4	5
K Oleksin nõus töötama ühes kollektiivis inimesega, kes on nakatunud HIV-i	1	2	3	4	5
L HIV ei ole Eestis nii levinud, et mina peaksin juhuslikes seksuaalsuhetes alati kondoomi kasutama	1	2	3	4	5
M Süües samadest toidunõudest HIV-i nakatunud inimesega võib ka ise nakatuda HIV-i	1	2	3	4	5
N Õpetaja, kes on nakatunud HIV-i, võib koolis edasi töötada	1	2	3	4	5
O Kasutades HIV-i nakatunud inimestega ühist tualetti (WC), võib ka ise nakatuda HIV-i	1	2	3	4	5

**Kui Teil on soovi lisada mõni kommentaar, mis on seotud ankeedis olevate
küsimustega, siis tehke seda palun siin!**

.....

.....

.....

.....

.....

Täname Teid ankeedi täitmise eest, olete olnud meile suureks abiks!

Russian Questionnaire

УНИВЕРСИТЕТ ЮЖНОЙ КАРОЛИНЫ И ИНСТИТУТ РАЗВИТИЯ ЗДОРОВЬЯ ЭСТОНИИ (TAI)

Исследование состояния здоровья 2012

Уважаемый респондент!

Анкета заполняется на добровольной основе. Заполнение анкеты – не сложное и не занимает много времени.

Пожалуйста, обведите цифру, стоящую перед подходящим ответом или после него, или впишите ответ в пустую ячейку.

ПРИМЕР 1

Обозначьте свой пол.

- 1 мужчина
2 женщина

ПРИМЕР 2

Многие вопросы в анкете представлены в форме таблицы. В этом случае обозначьте ответы на каждой строке отдельно. Вопросы данного типа отмечены фразой «Пожалуйста, отметьте наиболее подходящий ответ на каждой строке.»

Чем Вы занимаетесь в данный момент? *Пожалуйста, отметьте наиболее подходящий ответ на каждой строке.*

	Да	Нет
A предприниматель, наёмный работник	1 ☐	2 ☐
B безработный	1 ☐	2 ☐
C ученик	1 ☐	2 ☐
D другое (пожалуйста, опишите)		

Следите за пояснениями к вопросам!

Анкета анонимная и никто не узнает Вашего имени!

ВСЕ ВАШИ ОТВЕТЫ ИМЕЮТ ДЛЯ НАС БОЛЬШУЮ ЦЕННОСТЬ!

ЧАСТЬ А

A1 Укажите свой возраст

..... лет

A2 Отметьте национальность

- 1 эстонец/ эстонка
- 2 русский/русская
- 3 другая (пожалуйста, напишите).....

A3 Укажите уровень Вашего образования.

Пожалуйста, отметьте один наиболее подходящий ответ.

- 1 основное образование (8 или 9 классов) или ниже
- 2 среднее образование (11 или 12 классов)
- 3 оконченное прикладное образование (на базе основного или среднего образования)
- 4 оконченное высшее образование (в том числе прикладное)
- 5 степень магистра или доктора

A4 Чем Вы занимались до начала службы в Силах Оборона? Пожалуйста, отметьте наиболее подходящий ответ на каждой строке.

	Да	Нет
A предприниматель, наемный работник	1	2
B безработный	1	2
C ученик, студент, диссертант	1	2
D другое (пожалуйста, опишите).....		

A5 В какой части Эстонии Вы жили большую часть дней в неделю до начала службы в Силах Оборона?

- | | | | | | |
|---|-------------|----|---------------|----|-------------|
| 1 | Харьюмаа | 6 | Ляэнемаа | 11 | Сааремаа |
| 2 | Хийумаа | 7 | Ляэне-Вирумаа | 12 | Тартумаа |
| 3 | Ида-Вирумаа | 8 | Пылвамаа | 13 | Валгамаа |
| 4 | Йыгевамаа | 9 | Пярнумаа | 14 | Вильяндимаа |
| 5 | Ярвамаа | 10 | Рапламаа | 15 | Вырумаа |

A6 Как Вы оцениваете свое финансовое положение? Пожалуйста, отметьте один наиболее подходящий ответ.

- 1 Живу в бедности
- 2 Скорее, плохое
- 3 Не слишком хорошее, но справляюсь
- 4 Хорошее
- 5 Очень хорошее

Часть В

B1 Вступали ли Вы когда-нибудь в половые связи (анальные, оральные или вагинальные)

- 1 ДА
- 2 НЕТ→ Если вы выбрали этот ответ, продолжайте отвечать на вопросы с пункта C1

B2 Какого рода половая связь у Вас была? Пожалуйста, при необходимости отметьте несколько ответов.

- 1 Анальный (анус)
- 2 Оральный (рот)
- 3 Вагинальный (влагалище)

B3 Сколько вам было лет, когда Вы впервые совершили половой акт?
..... лет

B4 Использовали ли Вы и Ваш партнёр презерватив при первом половом акте?

- 1 Да
- 2 Нет
- 3 Не помню

B5 Был ли у Вас половой контакт (анальный или оральный секс) за последние 12 месяцев?

- 1 Да

2 Нет.→ Если вы выбрали этот ответ, продолжайте отвечать с пункта **B10**

B6 Сколько разных сексуальных партнеров у Вас было за последние 12 месяцев?

..... сексуальных партнеров

B7 Как часто за последние 12 месяцев при половом акте Вы использовали презерватив?... Пожалуйста, отметьте более подходящий ответ на каждой строке.

	Не было полового контакта	Никогда	Редко	В основном	Кажды й раз
A С постоянным(и) партнёром(ами)	1	2	3	4	5
B Со случайным(и) партнёром(ами)	1	2	3	4	5
C С партнёром(ами), которому(ым) Вы платили за секс	1	2	3	4	5
D С партнёром(ами), которые вводили наркотики внутривенно	1	2	3	4	5
E С партнёром(ами) одного с Вами пола	1	2	3	4	5
F С партнёром(ами), зараженным(и) передающейся половым путем инфекцией (ями)	1	2	3	4	5
G С партнёром(ами), зараженным(и) ВИЧ	1	2	3	4	5

- В8** Был(и) ли у Вас за последние 12 месяцев половой(ые) акт(ы) с сексуальным партнёром (со случайным или постоянным) без презерватива из-за недоступности презервативов?
- 1 Да, часто
 - 2 Да, иногда
 - 3 Нет, никогда → *Если вы выбрали этот ответ, продолжайте отвечать с пункта В10*

- В9** По каким причинам презервативы были недоступны? При необходимости отметьте несколько вариантов.
- 1 Я не знал(а), где купить презервативы
 - 2 Поблизости не продавались презервативы
 - 3 Я не решился купить презервативы
 - 4 Презервативы слишком дорогие
 - 5 Иная причина (пожалуйста опишите).....

- В10** Как долго Вы были вместе с последним постоянным партнёром?
- 1 У меня никогда не было постоянного партнёра *Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта В14*
 - 2 до 6 месяцев
 - 3 7–12 месяцев
 - 4 1–2 года
 - 5 3–5 лет
 - 6 Более 5 лет

- В11** Во время Вашей последней постоянной связи с партнёром, со сколькими другими людьми Вы вступали в половую связь?
С..... людьми

- В12** Как часто Вы используете презерватив при половом акте с непостоянным партнёром?
- 1 Никогда
 - 2 Редко

- 3 В основном
- 4 Каждый раз

В13 Проходили ли Вы тест на ВИЧ или проверялись на венерические заболевания до того, как отказались от использования презервативов с постоянным партнёром?

- 1 Мы все еще используем презервативы
- 2 Да, я ходил(а) на проверку
- 3 Да, он(а) ходил(а) на проверку
- 4 Да, мы оба прошли проверку
- 5 Никто из нас не проходил проверку
- 6 Мы никогда не используем презервативы

В14 Использовали ли Вы презерватив при последнем половом акте

Пожалуйста, отметьте подходящий ответ на каждой строке

	Да	Нет	Не было половой связи
А С постоянным партнёром	1	2	3
В Со случайным партнёром	1	2	3
С С партнёром, которому Вы платили за секс	1	2	3
В С партнёром одного с Вами пола	1	2	3

В15 По какой причине при последнем половом акте презерватив не был использован?

Пожалуйста, отметьте подходящий ответ на каждой строке

	Постоянный партнёр		Случайный партнёр	
	Да	Нет	Да	Нет
Мы использовали презерватив	1	2	1	2
Мы хотим ребёнка	1	2	1	2
У меня постоянный партнёр и мы доверяем друг другу	1	2	1	2
Мой партнер не хотел использовать презерватив	1	2	1	2

Я не хотел(а) использовать презерватив	1	2	1	2
Презерватив уменьшает чувство наслаждения	1	2	1	2
Неудобно надевать презерватив во время полового акта	1	2	1	2
Я не верю, что у моего партнёра ВИЧ или какие-либо другие венерические заболевания	1	2	1	2
Ни у кого из нас не было презерватива	1	2	1	2
Я не решился/решилась поговорить с партнёром об использовании презерватива	1	2	1	2
Я не умею пользоваться презервативом	1	2	1	2
Мы предохраняемся при помощи прерванного полового акта	1	2	1	2
Мы используем другие противозачаточные средства	1	2	1	2
Я не думал(а) о презервативах	1	2	1	2
Иная причина (пожалуйста, опишите)	1	2	1	2

B16 Какое противозачаточное средство Вы использовали в последний раз во время вагинального секса? Пожалуйста, отметьте подходящий ответ на каждой строке. Если у Вас никогда не было вагинального секса, то продолжайте отвечать на вопросы с пункта B17.

	Постоянный партнёр		Случайный партнёр	
	Да	Нет	Да	Нет
Ничего не использовали	1	2	1	2
Гормональные препараты (таблетки, пластыри, гормональная спираль)	1	2	1	2
Спираль	1	2	1	2
Презерватив	1	2	1	2

Спермициды (вещества, разрушающие сперматозоиды)	1	2	1	2
Календарный метод (вычисление опасных дней)	1	2	1	2
Прерванный половой акт	1	2	1	2
Ополаскивание влагалища после полового акта	1	2	1	2
Противозачаточные таблетки, принимаемые после полового акта (SOS-таблетки)	1	2	1	2
Я не знаю, использовал(а) ли он(а) что-либо	1	2	1	2
Иное (пожалуйста, опишите).....)	1	2	1	2

В17 По Вашему мнению, презервативы ...?

Пожалуйста, отметьте подходящий ответ на каждой строке

	Да	Нет
А слишком дорогие	1	2
В тяжело доступны	1	2

В18 Кто должен носить с собой презерватив?

- 1 Мужчина
- 2 Женщина
- 3 Оба
- 4 Никто

В19 Употребляли ли Вы алкоголь перед последним половым актом (например, пиво, вино, водка)?

- 1 Нет
- 2 Да
- 3 Не помню

В20 Употребляли ли Вы наркотики перед последним половым актом (например, амфетамин, кокаин, конопля)?

- 1 Нет

- 2 Да
- 3 помню

B21 Укажите свою сексуальную ориентацию.

- 1 Гетеросексуальная
- 2 Бисексуальная
- 3 Гомосексуальная
- 4 Неизвестно

B22 Был ли у Вас когда-либо половой контакт с партнёром одного с Вами пола?

- 1 Да
- 2 Нет

Часть С

C1 Возникали ли у Вас за последние 12 месяцев подозрения в отношении того, что Вы больны венерическим заболеванием?

- 1 Да
- 2 Нет → *Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта C3*

C2 Что Вы предпринимали, если у Вас за последние 12 месяцев возникали подозрения относительно венерических заболеваний?

При необходимости выберите несколько ответов

- 1 Я ничего не делал(а)
- 2 Посетил(а) врача-специалиста
- 3 Посетил(а) консультационный центр СПИДа (анонимный кабинет)
- 4 Посетил(а) дерматолога - венеролога
- 5 Посетила гинеколога, посетил уролога (мужской врач)
- 6 Посетил(а) семейного врача
- 7 Спросил(а) лекарство прямо в аптеке
- 8 По собственному усмотрению использовал(а) лекарство из домашней
- 9 аптечки
- 10 Рассказал(а) о своей проблеме партнёру

- 11 Прервал(а) сексуальные отношения на время болезни
- 12 Во время полового акта стал(а) использовать презерватив
- 13 Иное (пожалуйста, опишите).....

С3 Делали ли Вы когда-либо тест на ВИЧ (проходили ли Вы исследования на ВИЧ)

- 1 Никогда →*Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта С6*
- 2 Да, в течение последнего года
- 3 Да, 1-2 года назад
- 4 Да, более 2 лет назад
- 5 Не помню

С4 Где в последний раз Вас проверяли на ВИЧ?

- 1 Консультационный центр СПИДа (анонимный кабинет)
- 2 Молодежный консультационный центр
- 3 У семейного врача
- 4 У врача-специалиста
- 5 В донорском центре
- 6 Иное (пожалуйста, укажите)
- 7 Не помню

С5 Каков был результат Вашего последнего теста на ВИЧ?

- 1 Позитивный (заражен(а) ВИЧ)
- 2 Негативный (не заражен(а) ВИЧ)
- 3 Неясно
- 4 Не знаю
- 5 Я не узнал(а) результаты
- 6 Нет ответа (отказываюсь от ответа)

С6 Были ли у Вас случаи, когда вы хотели сделать тест на ВИЧ, но по каким-либо причинам Вам это не удалось?

- 1 Да

- 2 Мне не нужно делать тест → **Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D1**
- 3 Тест был сделан → **Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D1**

C7 По каким причинам Вы не сделали тест на ВИЧ? Пожалуйста, отметьте подходящий ответ на каждой строке

	Да	Нет
А Я не знаю, где можно сделать тест на ВИЧ	1	2
В У меня нет денег для теста	1	2
С Мне не подходят рабочие часы кабинета	1	2
Д Я боюсь, что другие узнают о том, что я ходил тестироваться	1	2
Е У меня не было времени	1	2
Ф Я боюсь сдавать кровь из вены	1	2
Г Я боюсь результатов теста	1	2
Н Я боюсь, что у меня серьезное заболевание	1	2
І Место, где проводят тесты, находится далеко от меня	1	2
J Иное (пожалуйста, напишите)		
.....		

ЧАСТЬ D

D1 Сколько Вам было лет, когда Вы в первый раз попробовали наркотики?

- 1 Я никогда не пробовал(а) наркотики → **Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D8**
- 2 В лет

D2 Вы когда-нибудь принимали наркотики внутривенно?

- 1 Да

- 2 Нет → *Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D6*

D3 Когда Вы впервые вкололи наркотики в вену?

- 1 Менее 6 месяцев назад
- 2 6–12 месяцев назад
- 3 1–3 года назад
- 4 более 3 лет назад

D4 Использовали ли Вы когда-нибудь шприц или иглу, которыми уже пользовались до Вас?

- 1 Да
- 2 Нет → *Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D6*
- 3 Не знаю/ не помню → *Если вы выбрали этот вариант ответа, продолжайте отвечать с пункта D6*

D5 Когда в последний раз Вы использовали для употребления наркотиков шприц или иглу, которыми уже пользовались до Вас?

- 1 Менее 6 месяцев назад
- 2 6–12 месяцев назад
- 3 1–3 года назад
- 4 более 3 лет назад

D6 В каком виде Вы использовали наркотики за последние 12 месяцев?

При необходимости, отметьте несколько вариантов

- 1 В таблетках
- 2 В уколах
- 3 Вдыхая
- 4 Куря
- 5 В пищевой или питьевой добавке
- 6 Не знаю/ не помню

D7 Какие наркотики Вы употребляли за последние 12 месяцев? При необходимости, отметьте несколько вариантов

- 1 Амфетамин
- 2 Конопля
- 3 Кокаин
- 4 Фентанил (белый китаец или белый перс)
- 5 Экстази
- 6 Иное (пожалуйста, уточните).....
- 7 Не знаю/ не помню

D8 Опишите свой стиль жизни за последние 4 недели до службы в Силах Обороны?

Пожалуйста, отметьте подходящий ответ на каждой строке

	Никогда	Реже 1 раза в неделю	Раз в неделю	Несколько раз в неделю	Каждый день
А курил	1	2	3	4	5
В пил алкогольные напитки	1	2	3	4	5
С бывал пьян	1	2	3	4	5
Д употреблял наркотики	1	2	3	4	5
Е занимался спортом	1	2	3	4	5
Ф проводил свободное время в баре, в ночном клубе, в пабе	1	2	3	4	5

D9 Делали ли Вам когда-нибудь татуировки или пирсинг непрофессионалы?

- 1 Да
- 2 Нет
- 3 Не знаю/ Не помню

D10 Делали ли Вам переливание крови до 1994 года?

- 1 Да

- 2 Нет
- 3 Не помню/ Не знаю

Часть Е

Е1 **Согласны ли Вы со следующими утверждениями?** *Пожалуйста, отметьте подходящий ответ на каждой строке*

	Абсолют но согласен	Скорее всего, согласен	Скорее всего, не согласен	Абсолют но не согласен	Не могу сказать
А ВИЧ и СПИД - это проблема только наркоманов	1	2	3	4	5
В Может ли выглядящий здоровым человек быть ВИЧ-инфицированным?	1	2	3	4	5
С Можно ли заразиться ВИЧ, плавая в бассейне с ВИЧ-инфицированным?	1	2	3	4	5
Д Максимальное ощущение наслаждения важнее использования презерватива	1	2	3	4	5
Е Заразившись ВИЧ, человек теряет смысл существования	1	2	3	4	5
Ф Я готов питаться за одним столом с человеком, зараженным ВИЧ	1	2	3	4	5
Г Я бы прекратил общение с другом или знакомым, который заразился ВИЧ	1	2	3	4	5
И Можно заразиться, обнимая ВИЧ-инфицированного человека	1	2	3	4	5
Ж ВИЧ и СПИД - это проблема только гомосексуалистов	1	2	3	4	5

К Я готов(а) работать в одном коллективе с ВИЧ-инфицированным	1	2	3	4	5
Л В Эстонии ВИЧ не распространен настолько, чтобы при случайных половых связях использовать презерватив	1	2	3	4	5
М Можно заразиться, питаясь из одной посуды с ВИЧ-инфицированным	1	2	3	4	5
Н Заразившийся ВИЧ учитель может продолжать работать в школе	1	2	3	4	5
О Можно заразиться, используя общую уборную с ВИЧ-инфицированными	1	2	3	4	5

Если у Вас возникло желание добавить какие-либо комментарии, касающейся данной анкеты, пожалуйста, оставьте их здесь!

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Благодарим Вас за заполнение анкеты.

Ваши ответы нам очень помогут!