

RESULTS OF THE RANDOMISED CONTROLLED TRIAL:

The impact of text and email messaging on young people's sexual health

BASELINE RESULTS

At the beginning of the project, 964 people were recruited at the Big Day Out.

- 81% had experienced vaginal sex
- 34% had more than one sexual partner in the past year
- 9% had an STI test in the last year
- 59% knew that Chlamydia could make you infertile
- 39% knew Chlamydia could be diagnosed with a urine test
- 45% knew Chlamydia could be treated with antibiotics
- 13% of people thought they could be at risk of an STI

The full details of results of the survey completed at the Big Day Out can be found at this website <http://epi.burnet.edu.au/projects/bdo/10295>

FINAL RESULTS

At the end of the study.

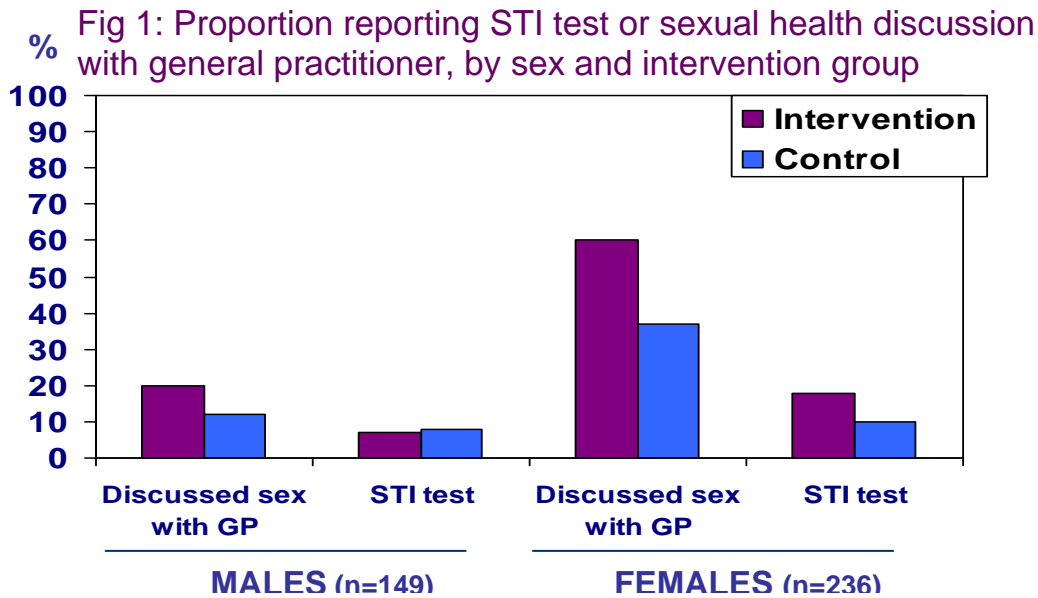
- 87% had experienced vaginal sex
- 11% had more than one sexual partner in the past year
- 22% had an STI test in the last year
- 82% knew that Chlamydia could make you infertile
- 72% knew Chlamydia could be diagnosed with a urine test
- 69% knew Chlamydia could be treated with antibiotics
- 12% of people thought they could be at risk of an STI

COMPARISON OF GROUPS

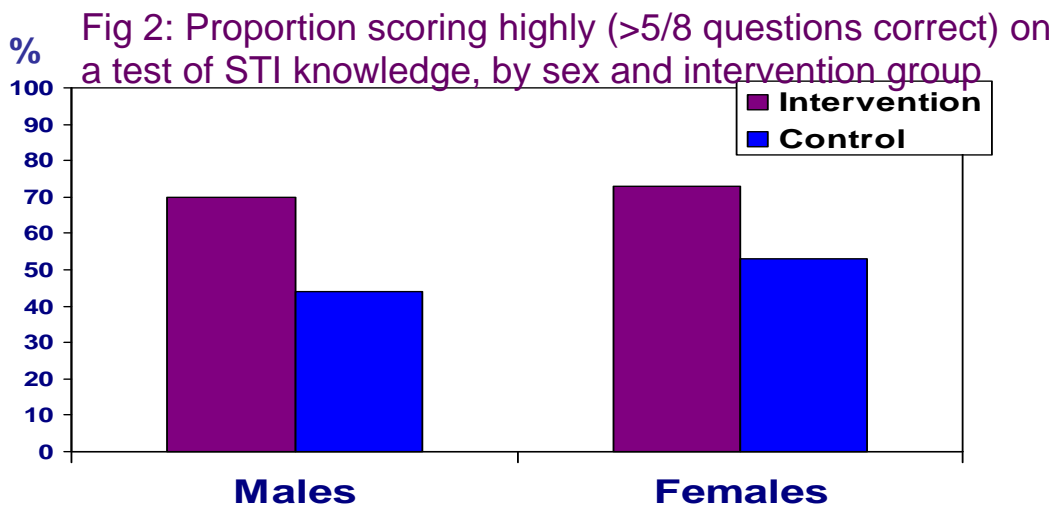
We compared people who received SMS and email messages and people who did not receive these messages, so that we could see if the messages made a difference to your sexual health.

There was no difference between the groups in using condoms.

There was a difference between the groups in having an STI test or talking to a doctor about sexual health. People who received messages (purple) were more likely to have a test or see their doctor. This was only true for females though, the messages did not make a difference to males.



There was a difference between the groups in STI knowledge. People who received messages (purple) did much better in the knowledge test than those who didn't get messages (blue).



These results show that this simple intervention is capable of improving young people's sexual health. Based on these results we are hoping to get funding to continue this program with a larger group of young people. The results will also be published in a scientific journal and presented at conferences.

I would like to thank you very much for your contribution to my PhD research.