

Psychosocial Factors and Prevention of HIV/AIDS Related Risky Sexual Behaviors Among College Students

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Purpose

This study was to: (1) investigate HIV/AIDS preventive self-efficacy, depression, spiritual well-being, and risky sexual behaviors among college students in the United States, (2) examine the relationships between these variables, and (3) test whether HIV/AIDS preventive self-efficacy, depression, spiritual well-being significantly predict the college students' risky sexual behaviors.

Background

- Self-efficacy plays a significant role in the area of prevention of risky sexual behaviors.
- Depression is a common phenomenon among young people.
- Spirituality has been suggested as a protector against young people's health-risk behaviors.
- Within the view of the Social cognitive theory, the internal personal factors, including self-efficacy, perceived spiritual well-being, and depression, may determine problem behaviors.
- Existing information regarding the relationships between self-efficacy, depression, and spiritual well-being in the realm of HIV prevention among young people is extremely limited.

Design

- This was a cross-sectional designed study.
- Both Bandura's Social Cognitive Theory (Bandura, 1986) and the revised Pender's Health Promotion model (Pender, Murdaugh, & Parsons, 2002) were used to guide this study.

Samples and Sampling

- A convenience sampling method was used.
- Individuals who are 18 to 24 years old, able to speak and read English, are currently enrolled in undergraduate programs, or have no self-reported cognitive impairment or diagnosis of a major depressive disorder are eligible to participate in the study.

Data Collections

- Data collection carried out at the main campus of the selected university after IRB approval.
- Self-administrated questionnaires were given to individuals who met the inclusion and exclusion criteria of the study and signed the consent form.

Measures/Instruments

- The HIV/AIDS-Prevention Self-efficacy Scale (Kasen, Vaughan, & Walter, 1992)
- The Center for Epidemiological Studies-Depression Scale (CES-D) (Radloff, 1977)
- Spirituality Index of Well-Being (SIWB) (Daaleman & Frey, 2004)

Measures/Instruments

- The Safe Sex Behavior Questionnaire (SSBQ) (Dilorio, Parsons, Adame, & Carlone, 1992),
- The HIV-KQ-18 (Carey & Schroder, 2002),
- Psychosocial Demographic Data Sheet.

Data Analysis

- Descriptive analysis
- Multiple Regression analyses
 - Used to examine the relationships among variables
 - Used to test the predictive capability of HIV/AIDS preventive self-efficacy, depression, spiritual well-being on the college student's risky sexual behavior.

Results

- Among all participants, a higher score of spiritual well-being was significantly correlated with less depressive symptoms, higher HIV/AIDS preventive self-efficacy, and higher HIV knowledge.
- Participants (n=437) who reported less depressive symptoms had higher HIV/AIDS preventive self-efficacy

Results

- Among participants who had sexual experiences (n=325), higher SSBQ were significantly related to higher HIV/AIDS preventive self-efficacy and less depressive symptoms.
- Age, history of using drugs, and HIV/AIDS preventive self-efficacy were significant predictors of SSBQ level.

Conclusion/Implications

- Future interventions aim at preventing drug use as well as increasing HIV/AIDS preventive self-efficacy may aid on our efforts to prevent HIV/AIDS related risky sexual behaviors among college students.