

EXECUTIVE SUMMARY

Research Project Title:

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

Yi-Hui Lee, PhD, MBA, RN; Ali Salman, PhD, DNP, MD, RN

I. Summary of Project Aims

The purpose of this study was to investigate HIV/AIDS preventive self-efficacy, depression, spiritual well-being, and risky sexual behaviors among college students in the United States, to examine the relationships between these variables, and to test whether HIV/AIDS preventive self-efficacy, depression, spiritual well-being significantly predict the college students' risky sexual behaviors.

II. Theoretical/Conceptual Framework

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.

III. Methods, Procedures and Sampling

This study employed a cross-sectional, research design. A convenience sampling method was used to recruit the college students who were 18 to 24 years old and enrolled in undergraduate programs at a university in USA.

Data collections were taken place at the main campus of the selected university after the IRB approval. The Principal Investigator (PI) contacted the faculty members of the potential classes to determine the availabilities and accessibility of the classes and to obtain the permissions to approach their students. After the date and time for the class visit was set, the PI went to the classroom to meet with the students and to provide information about the study.

Several valid and reliable, self-administered, anonymous questionnaires were used to collect data for this study: *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), *The Safe Sex Behavior Questionnaire (SSBQ)* (Dilorio, Parsons, Adame, & Carlone, 1992), *The HIV-KQ-18* (Carey & Schroder, 2002), and the *Psychosocial Demographic Data Sheet*.. Participants spent about 15-20 minutes to complete the self-administered questionnaires at wherever they feel comfortable to answer them.

IV. Summary of Findings

A total of 437 college students participated in this study. The average age of all participants was 19.75 (SD =1.53) years old. Among all participants, this study revealed that a higher score of spiritual well-being was significantly correlated with less depressive symptoms, higher HIV/AIDS preventive self-efficacy, and higher HIV knowledge. Also, participants who reported less depressive symptoms had higher HIV/AIDS preventive self-efficacy.

While controlling for age, gender at birth, and history of using drugs, significant relationships between HIV/AIDS preventive self-efficacy, depressive symptoms, and spiritual

well-being were also detected. Among participants who had sexual experiences, higher SSBQ scores were significantly related to higher HIV/AIDS preventive self-efficacy and less depressive symptoms. While controlling for age, gender at birth, and history of using drugs, higher spiritual well-being was significantly related to less depressive symptoms and HIV/AIDS preventive self-efficacy had a significant positive relationship with higher SSBQ scores.

Multiple Regression analyses revealed that age, history of using drugs, and HIV/AIDS preventive self-efficacy were significant predictors of SSBQ scores. It was also found that age, gender at birth, having a history of using drugs, HIV/AIDS preventive self-efficacy, depressive symptoms, and spiritual well-being together significantly predicted and explained 41.9% of the SSBQ scores.

V. Recommendations

The findings of this study show that HIV/AIDS preventive self-efficacy and having history of using drugs were significant predictors of college students' risky sexual behaviors. Future interventions aim at preventing drug uses 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. Future studies that recruit students from a variety of colleges at different regions of the U.S.A. may increase the generalizability of the studies that aim at investigating risky sexual behaviors and decrease HIV transmission among American college students.

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