Oral Sexual Activity and the Associated Health Disparities in College Aged Females in the United States: A Systematic Review
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Problem & Purpose
Current data estimates 66% of young women have engaged in oral sex. Data from the Centers for Disease Control and Prevention suggest that females who provide oral sex to their male partners (fellatio) are at risk for contracting a sexually transmitted infection (STI). Many female college students do not perceive oral sex as equivalent to vaginal sex in terms of risk factors. This is likely due to their uncertainty about the health risks associated with oral sex and unfamiliarity with personal protective devices for use with oral sex. The purpose of the review was to explore the current level of understanding in the literature about oral sexual activity and the associated risk for STIs among college aged females in the United States.

Methodology
Electronic databases searched: PubMed, Google Scholar, CINAHL, MEDLINE, SCOPUS, SAGE, and ProQuest
Publication Dates: 2004 to 2014
Keywords: oral sex, college females, adolescent sexual behaviors, sexual risk, and sexually transmitted infections
A matrix method was used for organization

Results
A total of 93 articles were selected for full text evaluation, 38 of which were chosen for review.
Matrix with four categories: adolescent/teen sexual behaviors, female college students, oral sex, and college students’ sexual behaviors.

Consistent findings
1. Increased prevalence of oral sex
2. Shift in attitudes about risk, classification as sexual act, and virginal status with oral sex
3. Knowledge deficit on STI transmission with oral sex
4. Females who engage in oral sex are more likely to also have unprotected vaginal sex

Female Perspectives on Oral Sex
“I had absolutely no idea that a person could get chlamydia in the mouth.”
“I thought you could only receive infections vaginally.”
“It just happened.” “I wasn’t really thinking.”

“Did you use protection?”
“No, ‘cuz we didn’t have sex.”
“So even with oral sex, you didn’t use protection?”
“Right.”

“Ideal path to a relationship.”

Conclusions
• Lack of research performed in the United States which specifically addresses oral sex
• More research warranted to examine perceptions and factors which influence decision making with oral sex behaviors
• Need for increased educational efforts on oral sex and the associated health disparities, such as the increased risk for STI transmission for young women who provide fellatio