

SEXUALITY AND CONTRACEPTIVE METHODS IN SPANISH YOUTH (3rd Youth DAPHNE's interview)

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OBJECTIVES

To study the sexual habits and the use of contraceptive methods (CM) among Spanish youth and to analyze the evolution of its behaviour over the last years.

DESIGN & METHODS

Personnel interview regarding sexual habits, CM use performed during 2009 to young Spanish people from both sexes aged 15 to 24 years, selected following a probabilistic, stratified random sampling. Results obtained were compared with 2005's interview previously performed.

RESULTS

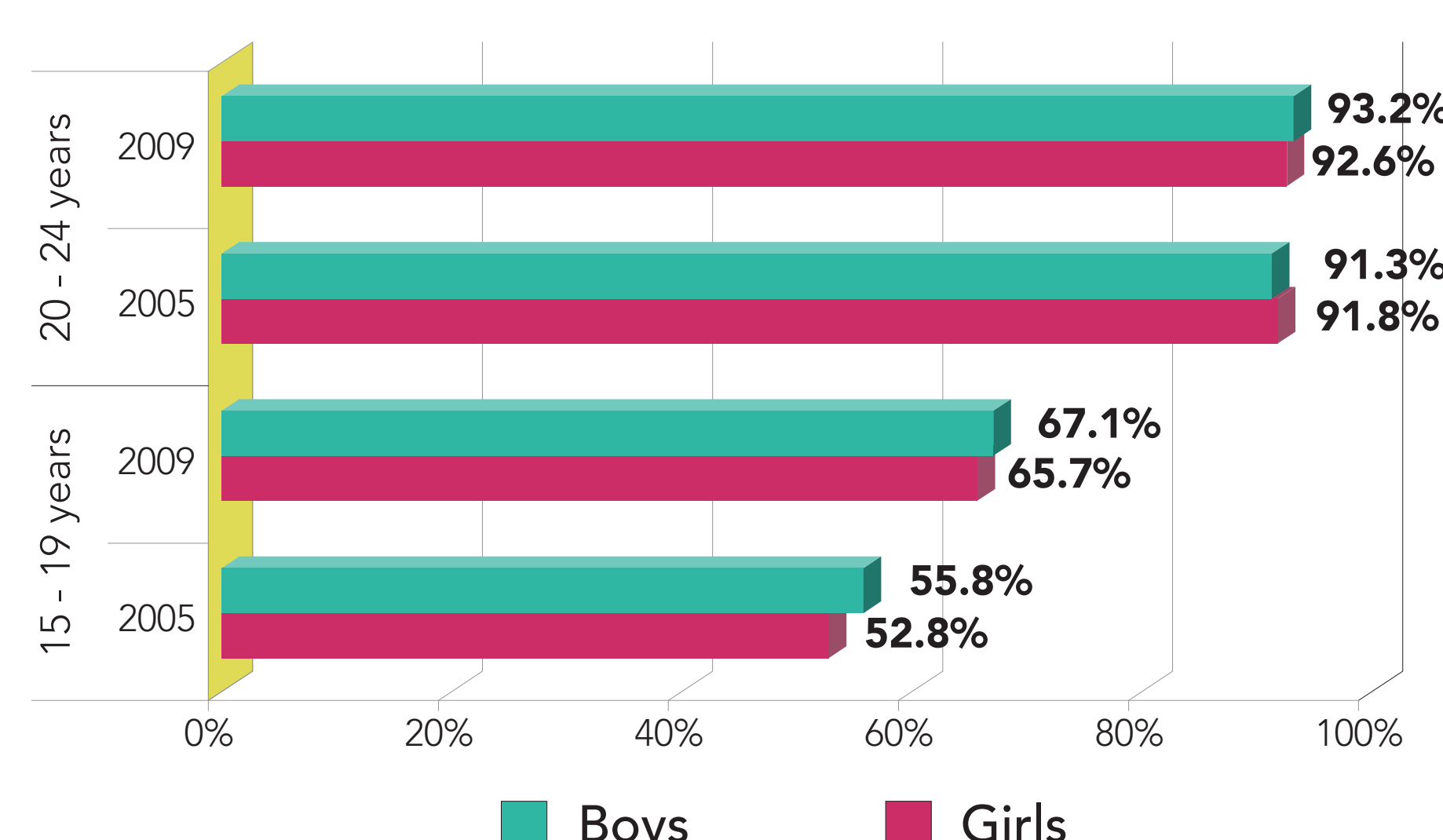
Two thousand young boys and girls were interviewed. Sample was homogenously distributed by sex, and regarding age two groups were defined: 15 to 19 years (45%) and 20 to 24 years (55%). Most of them single (95%) with medium or higher education degree (87%), the majority were students (55%). Mean age reported at first sexual intercourse was 16 years, without differences regarding gender.

Table 1. Mean age at first sexual intercourse

	15-19 years	20-24 years	Total
Girls (years)	15.8	17.0	16.5
Boys (years)	15.7	16.7	16.3

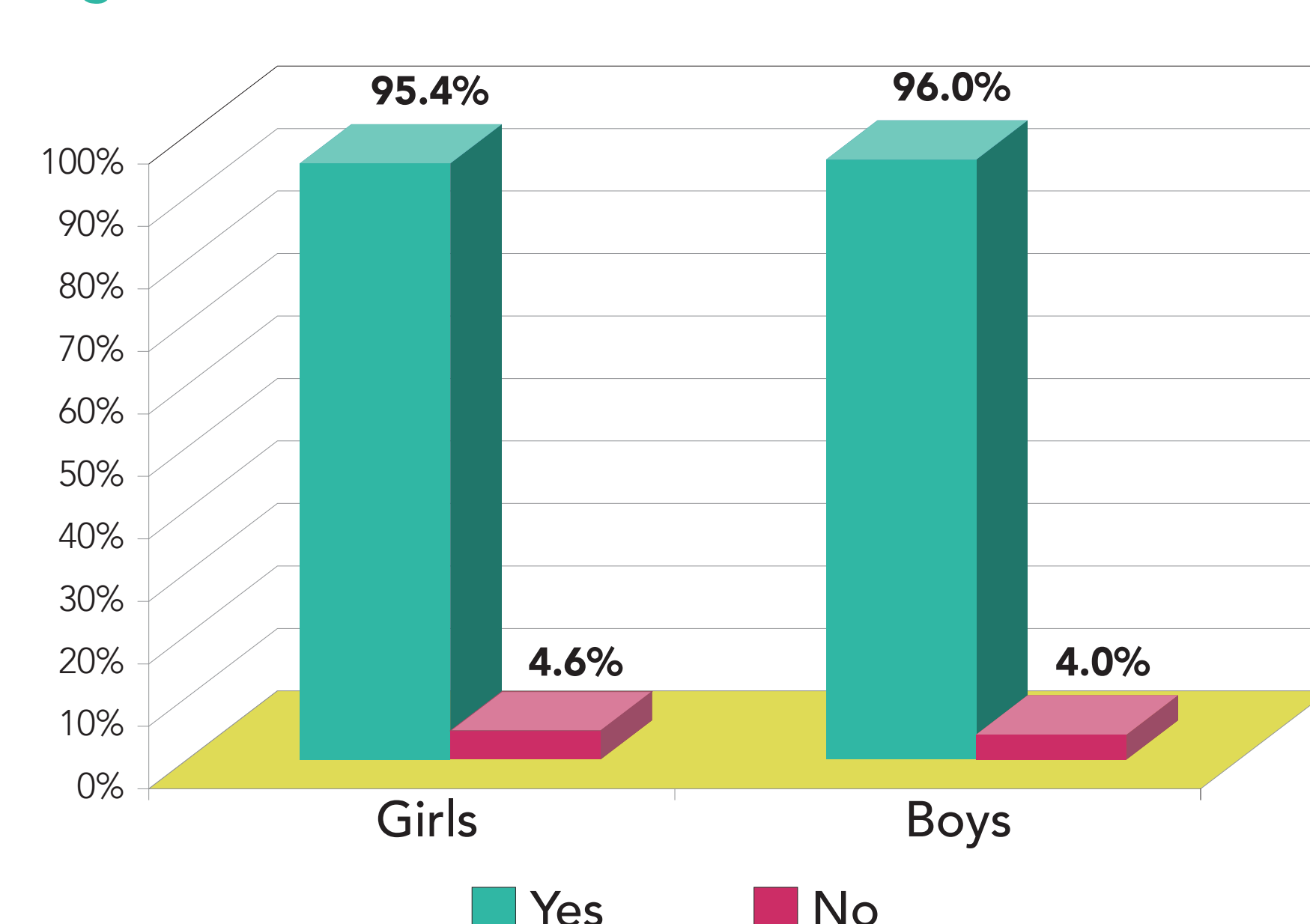
When compared with 2005 results, an increase in sexually active population was observed on the 2009's interview, especially for the 15 – 19 years' group. No differences regarding gender were observed at both interviews.

Figure 1. Sexually active young people per sex and age as reported on 2005 and 2009 interviews



More than 95% indicated to have sexual relation with penetration during the last 12 months, being the mean number of relations per month 9.1 for girls and 7.8 for boys.

Figure 2. Sexual relations over the last 12 months



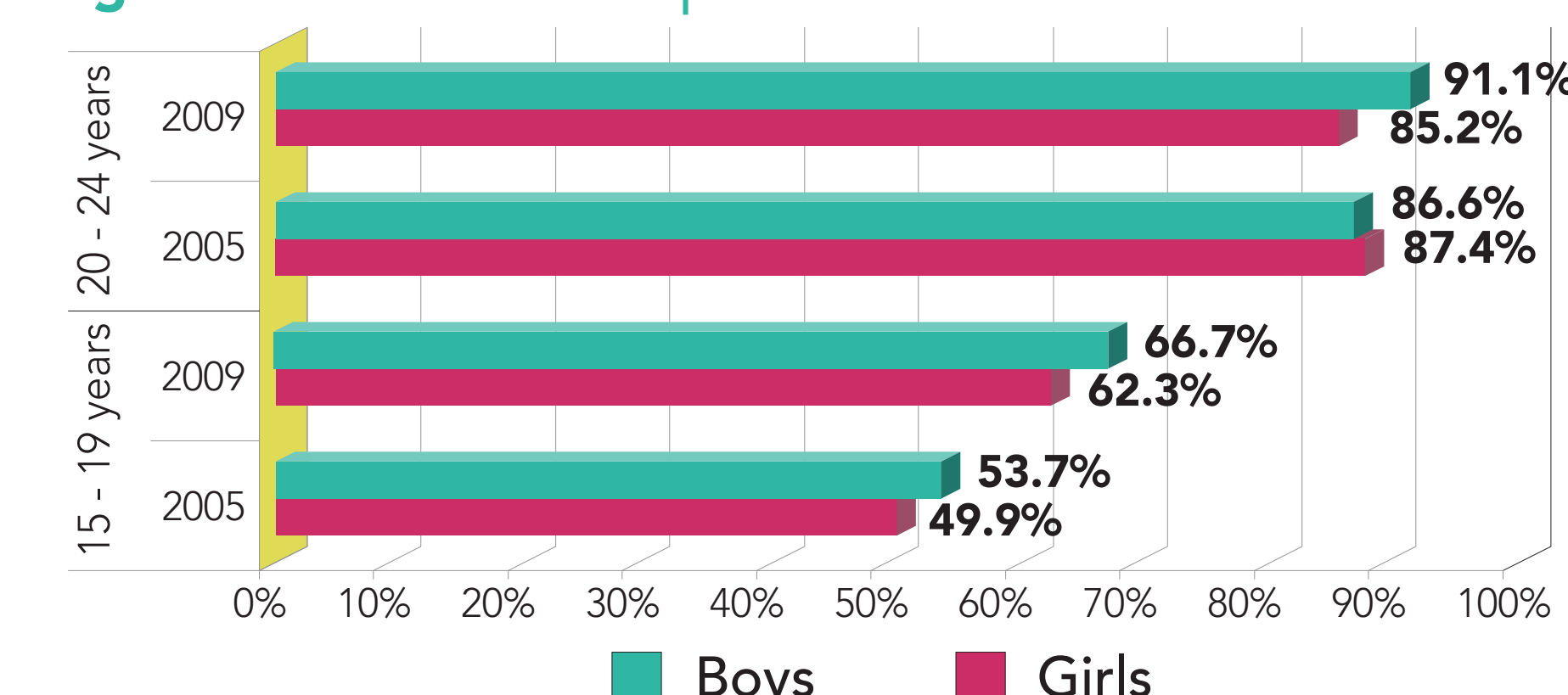
Most of the girls (67%) indicated to spend > 6 months with the same sexual partner. Comparing with 2005's results, no change on the frequency of sexual relations and mean time with the same sexual partner had been observed, although an increase in the percentage of relations lasting > 6 months was detected, especially among girls.

Table 2. Sexual behaviour, mean time with the same sexual partner

Girls	15-19 years	20-24 years	Total
> 6 months	60.8%	70.0%	66.6%
6 months	38.6%	29.8%	33.0%
Didn't answer	0.6%	0.2%	0.4%
Boys	15-19 years	20-24 years	Total
> 6 months	38.6%	49.6%	45.5%
6 months	59.6%	49.9%	53.5%
Didn't answer	1.8%	0.5%	1.0%

The 80% and 75% of boys and girls, respectively, declared to use a CM. Regarding age, current interview showed an increase on CM utilization mainly for 15 – 19 years' group from both sexes, when compared to 2005's figures.

Figure 3. Use of contraceptive methods



Condom was the most frequently used method (71% boys; 46% girls). The use of condom, oral contraceptives (OC) and other hormonal alternative methods among girls in 15 – 19 years' group had increased when compared to 2005's data; among hormonal methods, pill and double method (Condom + OC) showed the highest increase.

Table 3. Type of contraceptive methods used per age and sex

Contraceptive method	Per Age 15-19 years	Per Age 20-24 years	Per Sex Girls	Per Sex Boys
Condom	46.1%	45.5%	45.8%	71.2%
Oral contraceptive	10.0%	25.3%	18.4%	5.4%
Double method (Pill + Condom)	3.3%	4.0%	3.7%	1.0%
Other methods (Patch, Implants, Injections...)	2.4%	10.5%	6.8%	2.3%
Withdrawal (coitus interruptus)	0.5%	0.0%	0.2%	0.1%
No contraceptive method	37.7%	14.7%	25.1%	20.0%

A slight reduction in exposure to any risk in sexual relations was observed on 2009 interview regarding 2005 data (2005: 60.0% Girls and 59.0% Boys not exposed). Undesired pregnancy remained as the more frequent risk, main reason argued was not using condom. Fifteen percent of young women on 15 – 19 years' group are at risk of undesired pregnancy.

Table 4. Exposure to risk at sexual relations and reasons for it

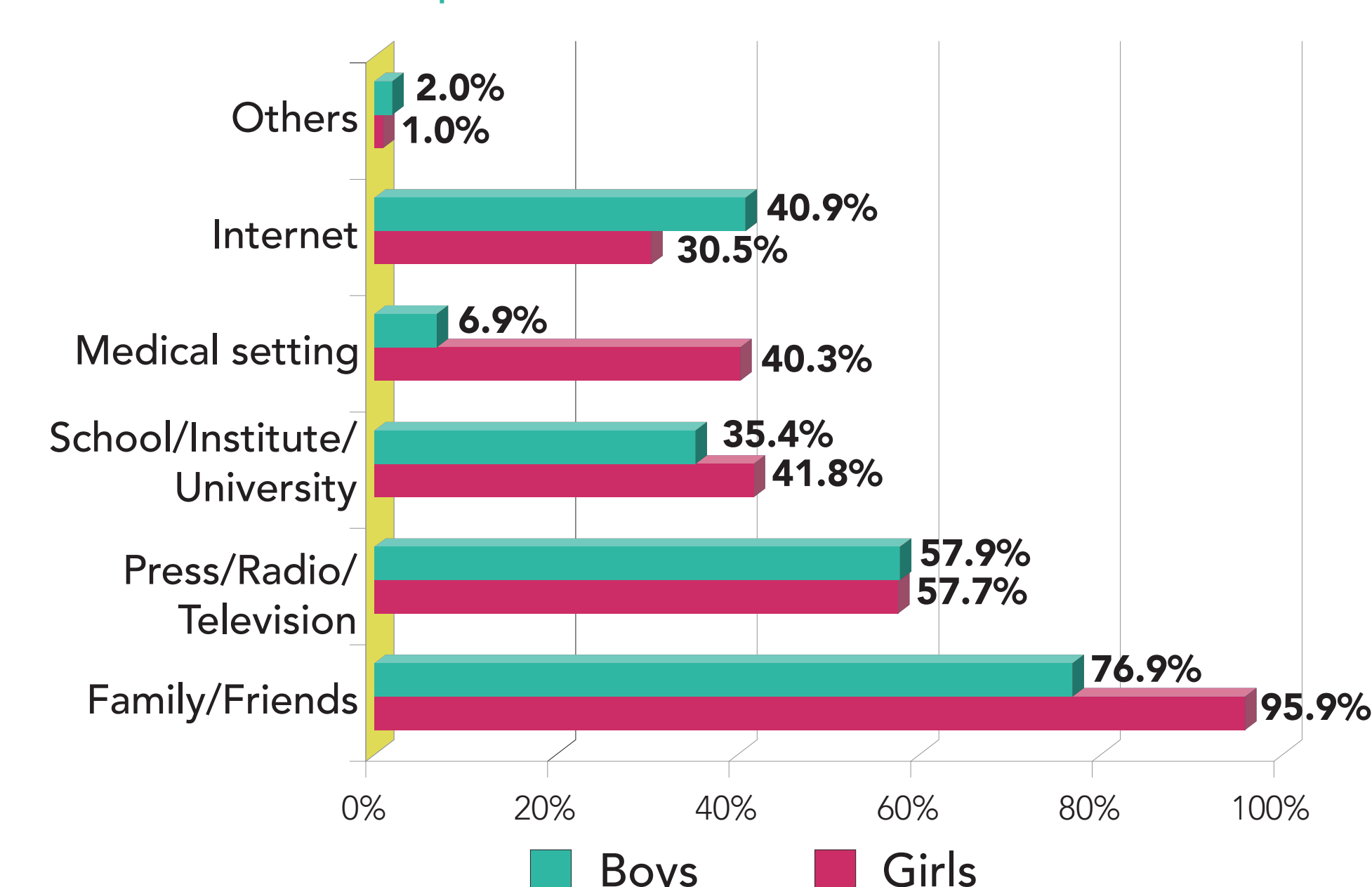
At risk	Girls	Boys
Yes	36.4%	36.7%
No	63.1%	62.8%
Didn't answer	0.5%	0.5%
Exposed to	Girls	Boys
Undesired pregnancy	88.0%	87.0%
Sexual transmission disease	39.0%	47.0%
HIV	21.0%	27.0%
Didn't answer	3.0%	4.0%
Reasons for exposure	Girls	Boys
Not using condom	75.4%	82.4%
Unforeseen sexual intercourse	16.6%	12.1%
Not using any method	10.2%	11.7%
Euphoric state (alcohol, drugs, others)	5.3%	7.7%
Other (unknown partner)	4.5%	9.2%
Didn't answer	7.8%	1.7%

*From the sample 649 individuals declared to be exposed to risk at sexual relations

Consistent use of condom increased among boys (2009: 72.0% vs. 2005: 63.0%), for girls it remained stable (2009: 71.0% vs. 2005: 72.0%); reason generally exposed for not using it was unforeseen sexual intercourse.

Sources by which Spanish youth received information about sexuality and CM were in first place family and friends, followed by press, radio and TV, an increase in internet use was stated.

Figure 4. Source of information about sexuality and contraceptive methods



CONCLUSIONS

- An increase in sexually active population has been observed over the last years, especially for the younger group.
- In spite of the increase in the use of CM for both sexes, condom as the most frequent.
- A 15% of Spanish youth remains at risk of undesired pregnancy.