

[Version 20200714]

## Supplemental Document 1: Sex in the Time of COVID-19 Survey Instrument

### PART 1 of 3: Sex in the time of COVID-19

**Thank you for participating! We'd like to start by asking whether COVID-19 has had an impact on your sex life.**

- 1. At the beginning of the COVID-19 pandemic (March 2020), were you...?**  
 (1) Single (2) In a monogamous relationship with one person (3) In an open relationship with one person  
 (4) In a monogamous relationship with more than one person (5) In an open relationship with more than one person (6) Other type of relationship (7) Prefer not to answer
- 2. In the year prior to the COVID-19 pandemic, who did you have sex with? (Check all that apply)**  
 (1) Men (inclusive of trans men) (2) Women (inclusive of trans women) (3) Non-binary people (4) No one
- 3. Since the beginning of the COVID-19 pandemic in BC (March 2020), how many sex partners have you had?**  
 (1) 0 (2) 1 (3) 2-3 (4) 4-5 (5) 6-9 (6) 10 or more (7) Prefer not to say
  - 3a. If any: How would you describe these sex partners? (Check all that apply)**  
 (1) Person(s) I have sex with regularly (2) New sexual partner (3) Casual partner/hookup (4) Group sex  
 (5) None of the above (6) Prefer not to say
  - 3b.i. If 1 partner: Do you live with this partner?**  
 (1) Yes (2) No (3) Prefer not to say
  - 3b.ii If any, and more than 1 partner: Do you live with any of these sex partners?**  
 (1) Yes, all of them (2) Yes, some of them (3) No, none of them (4) Prefer not to say
- 4. This next question asks you about the first phase or first few months after the COVID-19 pandemic began in BC (March to mid-May 2020). Did any of the following change for you, compared to before the pandemic began?**

	Decreased	No change	Increased	Not applicable
Interest in sex	( )	( )	( )	( )
Use of pornography	( )	( )	( )	( )
Number of sexual partners	( )	( )	( )	( )
Opportunities to have sex	( )	( )	( )	( )
Use of dating/hook-up apps to connect online with other people	( )	( )	( )	( )
Your use of dating/hook-up apps to meet other people in person	( )	( )	( )	( )
Use of condoms	( )	( )	( )	( )
Use of marijuana	( )	( )	( )	( )
Taking PrEP	( )	( )	( )	( )
Use of other recreational drugs	( )	( )	( )	( )
Use of alcohol	( )	( )	( )	( )
Sex work	( )	( )	( )	( )

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5. **Now we'd like you to think about the months after the first phase of the COVID-19 pandemic, when services began opening again (mid-May to present). Compared to the first phase (March to mid-May) of the COVID-19 pandemic have any of the following changed for you?**

	Decreased	No change	Increased	Not applicable
Interest in sex	( )	( )	( )	( )
Use of pornography	( )	( )	( )	( )
Number of sexual partners	( )	( )	( )	( )
Opportunities to have sex	( )	( )	( )	( )
Use of dating/hook-up apps to connect online with other people	( )	( )	( )	( )
Use of dating/hook-up apps to meet other people in person	( )	( )	( )	( )
Use of condoms	( )	( )	( )	( )
Taking PrEP	( )	( )	( )	( )
Use of marijuana	( )	( )	( )	( )
Use of other recreational drugs	( )	( )	( )	( )
Use of alcohol	( )	( )	( )	( )
Sex work	( )	( )	( )	( )

6. **In the first few months after the pandemic began (March to mid-May 2020), how worried were you about getting COVID-19?**  
(1) Not at all worried (2) Somewhat worried (3) Very worried (4) Extremely worried (5) Prefer not to say
7. **Today, how has your worry about getting COVID-19 changed, compared to the months after the pandemic began (March to mid-May 2020)?**  
(1) I am more worried (2) My level of worry hasn't changed (3) I am less worried (4) Prefer not to say
8. **In the first few months after the pandemic began (March to mid-May 2020), how worried were you about the chance of being exposed to COVID-19 during sexual encounters?**  
(1) Not at all worried (2) Somewhat worried (3) Very worried (4) Extremely worried (5) Prefer not to say
9. **Today, how has your worry about being exposed to COVID-19 during sexual encounters changed, compared to the months after the pandemic began (March to mid-May 2020)?** (1) I am more worried (2) My level of worry hasn't changed (3) I am less worried (4) Prefer not to say
10. **Have you looked for, or received, information from any of the following sources about the risk of being exposed to COVID-19 infection during sexual encounters?** (check all that apply)  
(1) By searching online (2) Through social media (Facebook, Twitter, etc) (3) Through news media (TV, radio, newspapers) (4) From a public health agency website (e.g., the BC Centre for Disease Control website) (5) From a community-based organization (6) From friends or family (7) From a relationship/sexual partner (8) From a healthcare provider (9) Other, please specify: \_\_\_\_\_ (10) Have not looked for or received information about COVID-19 and sex

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**11. There are a number of strategies that people may be using to reduce their risk of getting COVID-19 infection during sexual encounters or passing to their partner(s). Since the beginning of the pandemic, have you done any of the following to reduce your risk? (Check all that apply)**

- Not having sex
- More masturbating / sex with yourself
- Limiting sex to a person/people you live with
- Limiting sex to a small number of regular partners (“a bubble”)
- Having online or virtual sex
- Reducing your number of casual sex partners
- Asking your sex partner if they are experiencing COVID-19 symptoms
- Asking your sex partner about the precautions they are taking to reduce their risk of COVID-19
- Avoiding having sex if you're feeling unwell or have symptoms of COVID-19
- Avoiding kissing or saliva exchange/contact
- Avoiding rimming
- Wearing a face mask during sex
- Avoiding sexual positions with close face to face contact
- Avoiding group sex
- Washing your hands with soap and water, before and after sex
- Washing any shared sex toys with soap and water, before and after sex
- Other, please describe: \_\_\_\_\_
- None of the above

**PART 2 of 3: Need for sexual health services during COVID-19**

*The next section of the survey shifts to questions about your use of sexual health services before and after the start of the COVID-19 pandemic in BC (March 2020).*

**12. How often did you usually get tested for sexually transmitted infections (STIs), before the beginning of the pandemic?**

- (1) Have only tested once (2) Every few years (3) Once a year (4) Twice a year (5) A few times per year (e.g. every 3-4 months) (6) Once a month (7) No set pattern (8) Prefer not to say

**13. In the year prior to the COVID-19 pandemic, did you get tested for STIs through any of the following services? (Check all that apply)**

- (1) BCCDC Clinic at 655 West 12th Ave (2) Bute Street clinic at Qmunity (3) GetCheckedOnline (4) Health Initiative for Men clinic (5) Options for Sexual Health Clinic (6) Island Sexual Health Clinic (7) Other clinic, please describe: \_\_\_\_ (8) Did not need to get tested (9) Prefer not to say

**14. Since the beginning of the COVID-19 pandemic, have you wanted or needed to get tested for STIs?**

- (1) Yes, for a new, specific reason (e.g., symptoms, after a specific event, new partner, partner with STI)  
(2) Yes, according to my usual testing routine (e.g., due for an STI test)  
(3) No

**14a. (If 1, 2 to Q14) Did you get tested for STIs at this time?**

- (1) Yes (2) No; skip to Q15

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**14b. (If 1 to Q14a.) Where did you get tested?**

- (1) BCCDC Clinic at 655 West 12th Ave (2) Through GetCheckedOnline (3) Health Initiative for Men clinic (4) Options for Sexual Health Clinic (5) Island Sexual Health Clinic (6) Family doctor or nurse practitioner (7) Walk-in clinic (8) Other, please describe: \_\_\_\_\_

**15. Since the beginning of the COVID-19 pandemic, have you wanted or needed to access sexual health services for any reason besides STI testing? (Check all that apply)**

- (1) Speak with a health care provider about a sexual health concern (e.g., symptoms, questions)  
(2) Speak with a health care provider about a mental health concern  
(3) Access birth control  
(4) Get a pregnancy test  
(5) Access treatment for a new STI (e.g., syphilis, chlamydia, gonorrhea)  
(6) Access to treatment for on-going symptoms (e.g., warts, herpes)  
(7) Access to Pre-exposure prophylaxis (PrEP)  
(8) Access to condoms  
(9) Access to harm reduction supplies  
(10) Other, describe: \_\_\_\_\_  
(11) No need to access sexual health services

**15a. (If 1-10 to Q15) Did you get these sexual health services you needed at this time?**

- (1) Yes (2) No; skip to Q16

**15b. (If 1 to 15a) Where did you get this sexual health service?**

- (1) BCCDC Clinic at 655 West 12th Ave (2) Health Initiative for Men clinic (3) Options for Sexual Health Clinic (4) Island Sexual Health Clinic (5) Family doctor or nurse practitioner (6) Walk-in clinic (7) Other, please describe: \_\_\_\_\_

**16. (If wanted or needed to access testing or sexual health services in Q14 and/or Q15) Did any of the following factors lead you to avoid or delay seeking testing or sexual health care during the COVID-19 pandemic? (Check all that apply)**

- I didn't know where to access sexual health or STI testing services
- I was concerned about getting COVID-19 while travelling to a clinic or lab
- I was concerned about getting COVID-19 while at a clinic or lab
- I was worried that a healthcare provider might judge me for having sex during COVID
- I live or am in close contact with someone at risk of COVID-19 (e.g., senior, immunocompromised)
- The place I usually go to for testing/care was closed or had reduced services because of COVID-19
- There was public messaging that I was not supposed to seek healthcare that wasn't urgent
- Other reason, please describe: \_\_\_\_\_
- I didn't avoid or delay seeking testing or sexual health care
- Prefer not to say

**17. (If in Q13 did not test through GCO) GetCheckedOnline is a free online testing service for HIV and other sexually transmitted infections (e.g., syphilis, chlamydia, gonorrhea, hepatitis C) in BC created by the BC Centre for Disease Control.**

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**GetCheckedOnline lets you skip a visit to a clinic by getting tested by printing a lab form from a website or downloading an electronic version on your phone, that you then take to a lab, and then get your results online or by phone.**

**Before today, did you know about GetCheckedOnline?**

(1) Yes (2) No (3) Not sure

**17a. (If Yes to Q17) Have you ever been tested through GetCheckedOnline?**

(1) Yes (2) No (3) Not sure

**18. How much do you agree or disagree with the statements below, based on how you are feeling right now?**

- I am able to get the sexual health care I need during the COVID-19 pandemic
- I am comfortable accessing in-person sexual health and testing services during the COVID-19 pandemic
- I would feel ashamed if people knew about my sex life during the COVID-19 pandemic
- My satisfaction with my sex life has not changed during the COVID-19 pandemic
- Other people will judge me for having sex during the COVID-19 pandemic
- I prefer to get tested through GetCheckedOnline because of the COVID-19 pandemic
- I am, or I will soon be, having sex with more people than I was earlier in the COVID-19 pandemic

R: (for each item): (1) Strongly agree (2) Agree (3) Neither agree nor disagree (4) Disagree

(5) Strongly disagree

**19. How likely or unlikely would you be to use the following sexual health services, if available?**

- Video visit with a sexual health care provider to discuss your sexual health
- Phone call with a sexual health care provider to discuss your sexual health
- Texting with a sexual health care provider to discuss your sexual health
- Text messaging service that provides STI test results
- Text messaging service that provides reminders (e.g., to take medication, for appointments)
- Receiving test kits or antibiotics at home by mail (in plain packaging)
- Sending a picture of a rash or lesion to a sexual health care provider

(1) Very likely (2) Likely (3) Neither Likely nor unlikely (4) Unlikely (5) Very unlikely

**20. Suppose you could get tested through a self-collection kit, where you could collect your own specimens at home and return them to a clinic or lab for testing. How likely or unlikely would you be to use this service?**

(1) Very likely (2) Likely (3) Neither likely nor unlikely (4) Unlikely (5) Very unlikely

**20a. (If 1 or 2 to Q20) What samples could you self-collect, if detailed instructions were provided?**

(Check all that apply)

(1) Prick your finger to provide a few drops of blood (2) Pee into a container (urine) (3) swab your throat (4) swab your bum (rectum) (5) swab your vagina /front hole (6) I would not self-collect any of the above

**20b. How would you most prefer to receive the self-collection kit?**

(1) By mail (2) By picking the kit up at a clinic (3) By picking the kit up at a lab (4) no preference

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**21. Suppose there was an “express testing” service, where after an initial assessment by phone or video, you could go to a clinic to have specimens collected by a health care provider. How likely or unlikely would you be to use this service?**

(1) Very likely (2) Likely (3) Neither Likely nor unlikely (4) Unlikely (5) Very unlikely

### Part 3 of 3: About you

*This next section will ask some questions about you. The information will help us to learn more about the people who have used the sexual health services offered by the BC Centre for Disease Control and help us to see how different groups of people may have been affected by the COVID-19 pandemic.*

**22. What are the first three characters of your postal code?**

[open text box] \_\_\_\_\_

**23. How old are you?**

\_\_\_\_\_ years old

**24. What is your gender identity?**

(1) Man (2) Woman (3) Non-binary (4) Genderfluid (5) Other, please specify: \_\_\_\_\_ (6) Prefer not to say

**25. Do you identify as transgender, have lived experience as trans, or have a history of gender transition?**

(1) Yes (2) No (3) Prefer not to say

**26. What best describes your sexual identity?**

(1) Straight (heterosexual) (2) Gay/lesbian (homosexual) (3) Bisexual (4) Queer (5) Pansexual (6) Other, specify \_\_\_\_ (7) Prefer not to say

**27. Which of these do you identify with? (Check all that apply)**

(1) Arab, West Asian (e.g. Iranian, Afghan) (2) Black (e.g., African, Afro-Caribbean, African Canadian) (3) East Asian (e.g. Chinese, Japanese, Korean) (4) Indigenous (First Nations, Inuit, Métis) (5) Latin American (6) South Asian (e.g. East Indian, Pakistani, Sri Lankan) (7) Southeast Asian (Filipino, Vietnamese, Thai) (8) White (9) Other, please describe: \_\_\_\_\_ (11) Prefer not to say

**27a. If you identify as Indigenous, do you identify as Two-Spirit?**

(1) Yes (2) No (3) Prefer not to say

**28. What is the highest level of education that you have completed?**

(1) None, elementary or some high school (2) High school or equivalent (3) Post-secondary school (e.g., certificate, diploma) (4) Bachelor's degree (5) Graduate degree (Master's, PhD, MD, etc.) (6) Prefer not to say

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**29. What was your employment status before the beginning of the COVID-19 pandemic? (Check all that apply)**

(1) Employed full-time (30+ hours/week) (2) Employed part-time (<30 hours/week) (3) Self-employed (e.g., professional, contractor, business owner) (4) On government assistance (e.g., E.I.) (5) On disability (e.g., long term disability, disability pension, PWD) (6) Student (7) Retired (8) Unemployed (9) Unable to work (10) Prefer not to say

**30. What was your income (before tax) in 2019?**

(1) <\$20,000 (2) \$20,000-\$39,999 (3) \$40,000-\$59,999 (4) \$60,000-\$79,999 (5) \$80,000 or more (6) Prefer not to say

**31. Since the beginning of the COVID-19 pandemic (March 2020), how has it been for you or your household to meet its financial needs?**

(1) Much more difficult (2) Somewhat more difficult (3) Neither more difficult nor easier (4) Somewhat easier (5) Much easier (6) I don't know (7) Prefer not to answer

**32. In the first few months after the pandemic began (March to mid-May 2020), how would you have rated your mental health?**

(1) Excellent (2) Very good (3) Good (4) Fair (5) Poor

**33. Today, compared to the months after the pandemic began (March to mid-May 2020), would you say that your mental health has:**

(1) Worsened by a lot (2) Worsened by a little (3) Stayed about the same (4) Improved by a little (5) Improved by a lot (6) Prefer not to say

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