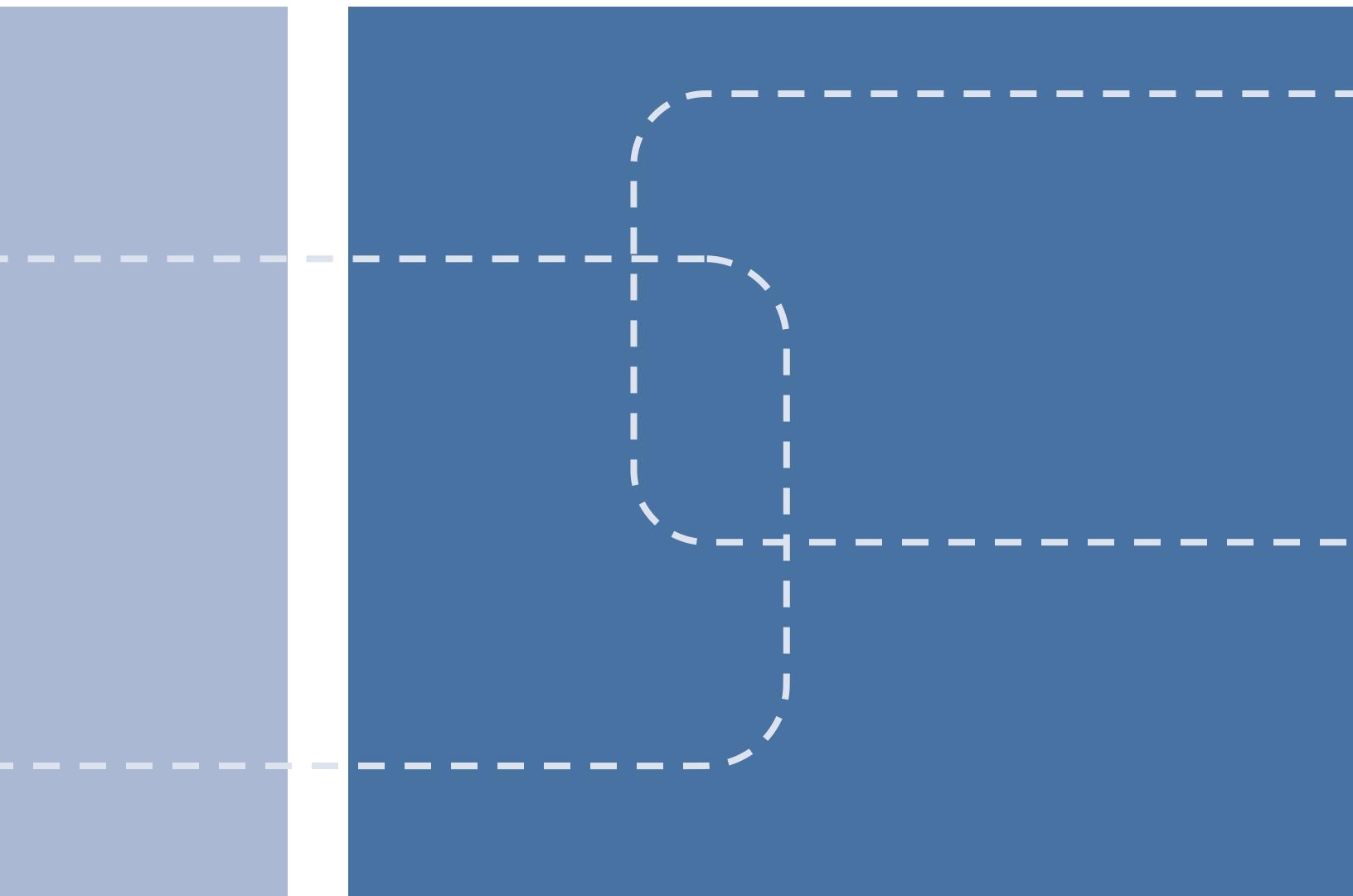


2014 WORLD PRIDE FESTIVAL



SEX, DRUGS & ALCOHOL SURVEY SUMMARY OF FINDINGS: ONTARIO RESIDENTS

camh
Centre for Addiction and Mental Health®

act

 **OHTN**

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Social and Epidemiological Research Department, Centre for Addiction and Mental Health (CAMH).

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1. INTRODUCTION

During the 2014 World Pride Festival in Toronto, Ontario, the Centre for Addiction and Mental Health (CAMH) in collaboration with the AIDS Committee of Toronto (ACT) conducted the *Sex, Drugs and Alcohol Survey* through CAMH's mobile lab, which was branded as "The Hub." From Friday June 27 to Sunday June 29, the research team surveyed gay, bisexual, and other men who have sex with men about their alcohol and substance use, sexual acts, and possible HIV-protective factors, covering the last 24 hours and the past 6 months. This report summarizes the responses of participants who resided in Ontario.



CAMH Mobile Lab



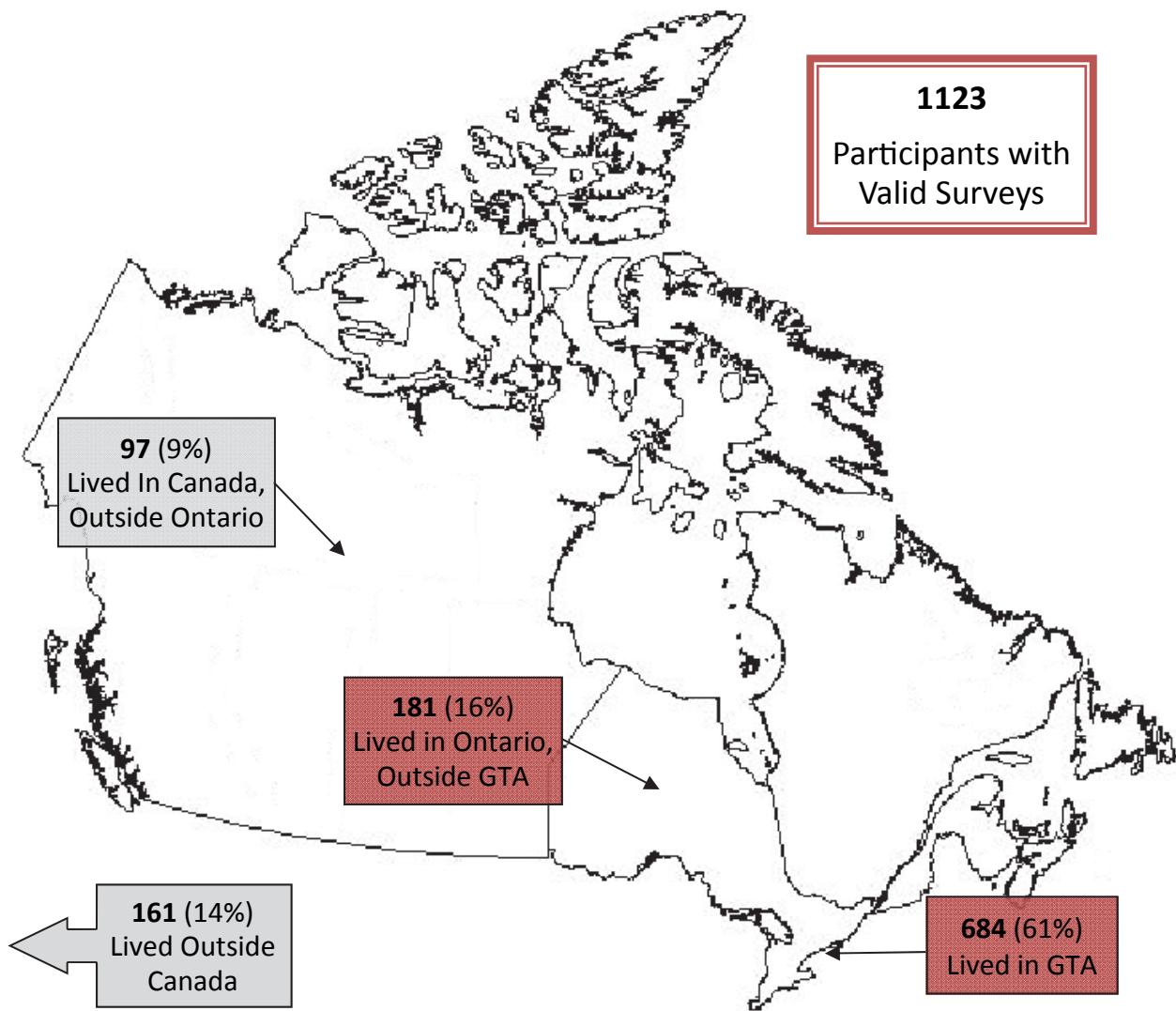
Participants completed
the survey on electronic tablets

Dog tags for study participants

2. DEMOGRAPHICS

- 1123 individuals provided valid survey data.
- 86% of study participants resided in Canada. (2.1)
- This report focuses on the 865 participants (77% of total) who reported living in Ontario. (2.1)

2.1 RESIDENCY

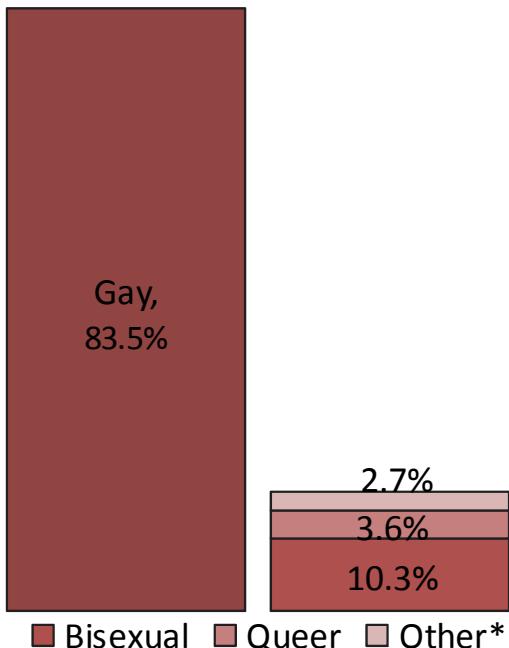


- Approximately 96% of participants identified as a man. (2.2)
- 83.5% of participants identified as gay. (2.3)
- Average participant age was 37. Approximately 2 out of 5 (39%) were under the age of 30. (2.4)

2.2 GENDER IDENTITY

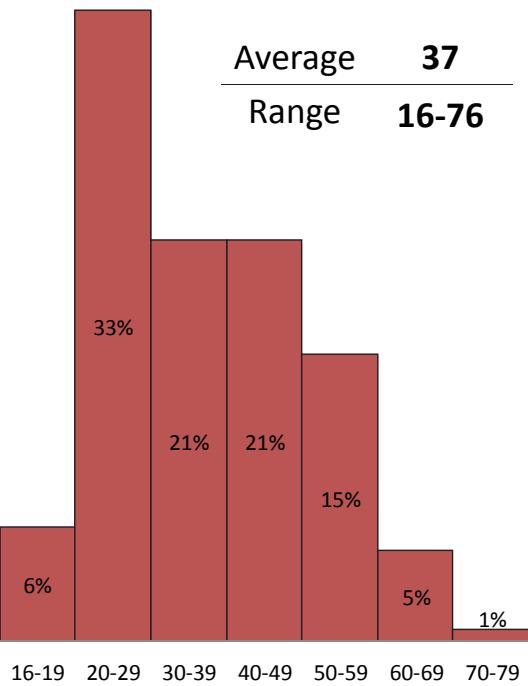
95.6%	Man
1.6%	Trans (Female to Male)
1.4%	Two—Spirited
0.8%	Trans (Male to Female)
0.6%	Intersex

2.3 SEXUAL ORIENTATION



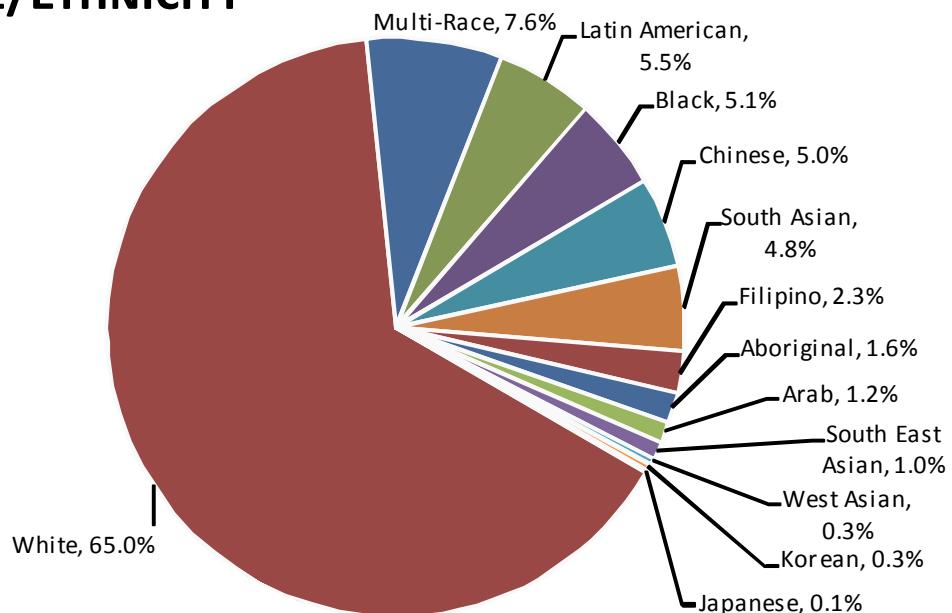
*Other Includes: Heterosexual/Straight, Open, In Transition

2.4 AGE

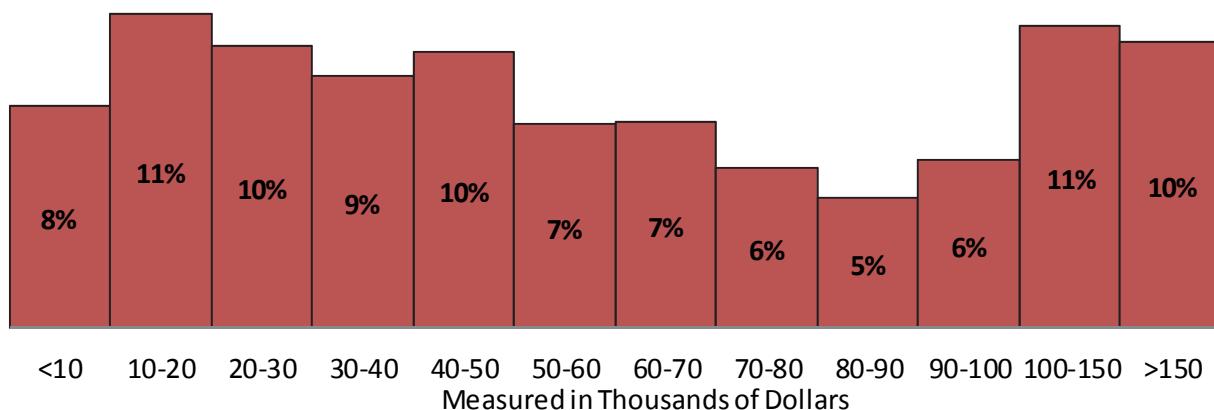


- 65% of those surveyed identified their race/ethnicity as White, with the remaining 35% representing a diverse cross-section of races/ethnicities. (2.5)
- Annual household income was relatively divided, with approximately 1 in 5 participants (19%) reporting an income of less than \$20,000, and approximately 1 in 5 (21%) reporting an income greater than \$100,000. (2.6)

2.5 RACE/ETHNICITY



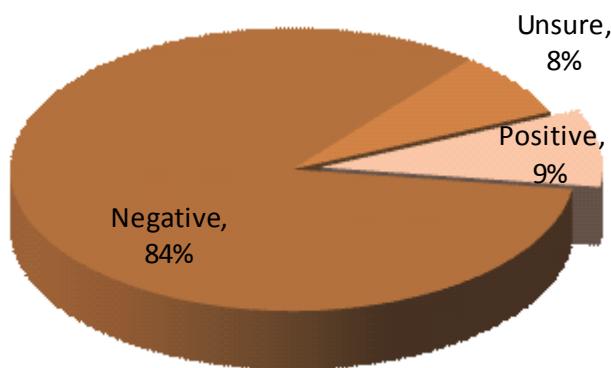
2.6 TOTAL ANNUAL HOUSEHOLD INCOME



3. HIV STATUS

- The vast majority of participants (84%) reported being HIV-negative, with the remaining group split fairly evenly between those who were HIV-positive (9%) and those who were unsure of their HIV status (8%). (3.1)

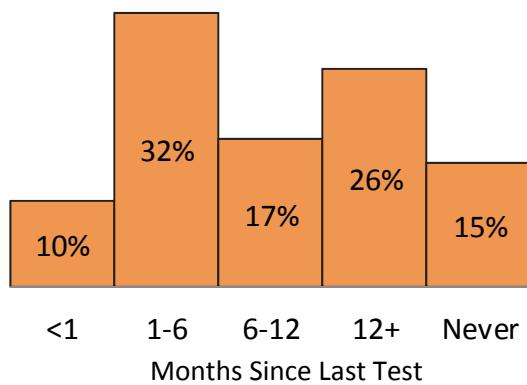
3.1. PARTICIPANT HIV STATUS



3.2. HIV-NEGATIVE AND HIV UNSURE PARTICIPANTS

- Although the majority (59%) of HIV-negative and HIV unsure participants had an HIV test in the past year, 15% said they had never been tested. (3.2.1)
- Only 5% reported ever having used post-exposure prophylaxis (PEP). 39% reported not knowing what PEP was. (3.2.2)

3.2.1. WHEN WAS THE LAST TIME YOU TESTED FOR HIV?



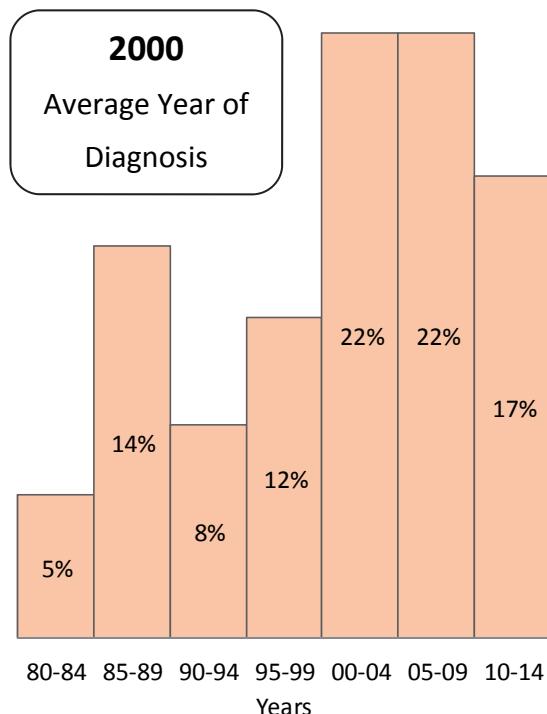
3.2.2. EVER USED POST-EXPOSURE PROPHYLAXIS (PEP)?

5%	Yes
57%	No
39%	I don't know what PEP is

3.3. HIV POSITIVE PARTICIPANTS

- Among HIV-positive participants, the average year of HIV diagnosis was 2000. (3.3.1)
- Approximately 2 out of 5 (39%) were diagnosed with HIV within the past 10 years. (3.3.1)
- Over 90% reported that they were currently taking antiretroviral therapy. (3.3.2)
- Almost 9 out of 10 (88%) reported that they currently had an undetectable HIV viral load. (3.3.3)

3.3.1. YEAR OF HIV DIAGNOSIS



3.3.2. CURRENTLY TAKING ANTIRETROVIRAL THERAPY?

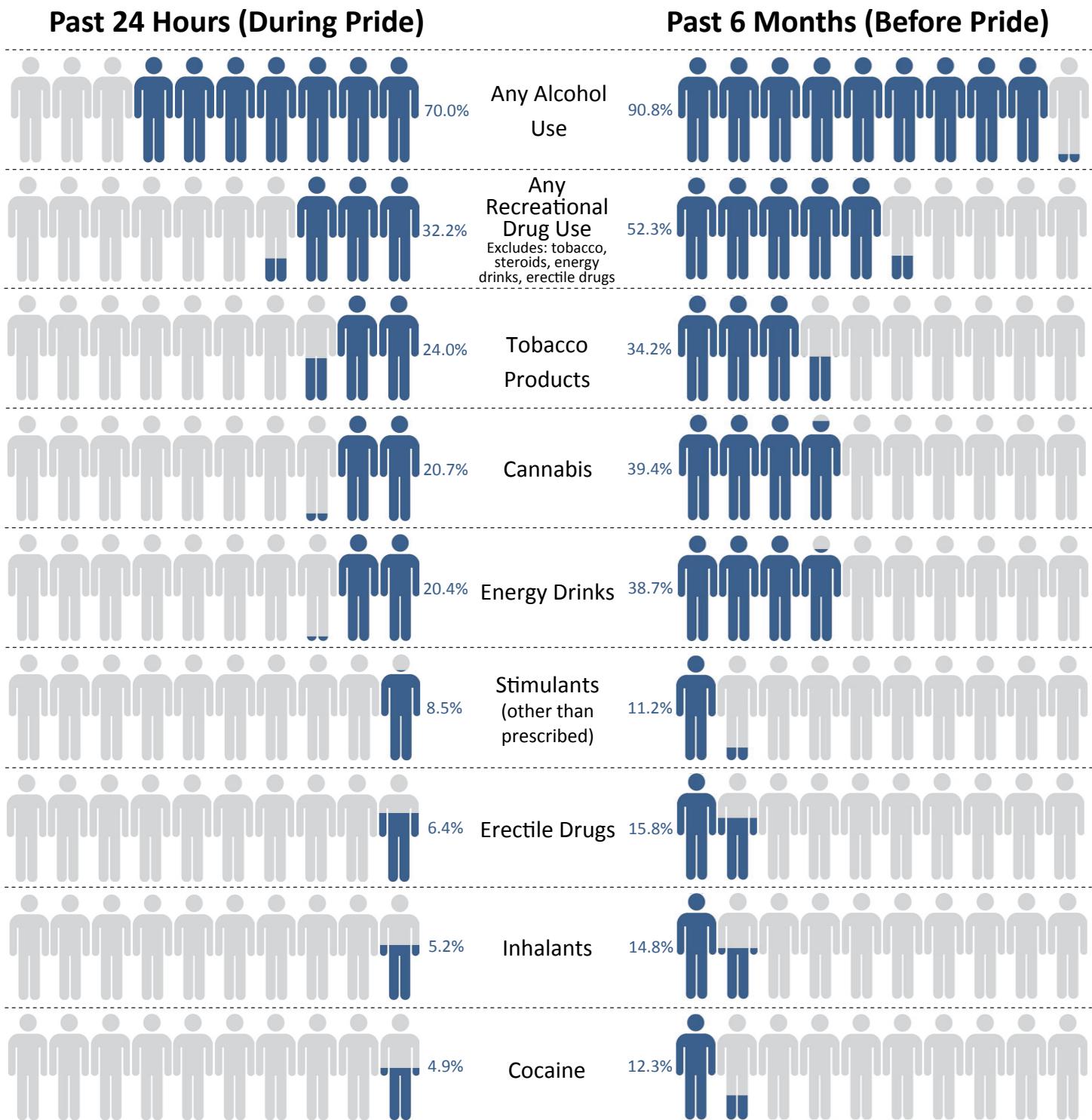
91%	Yes
9%	No

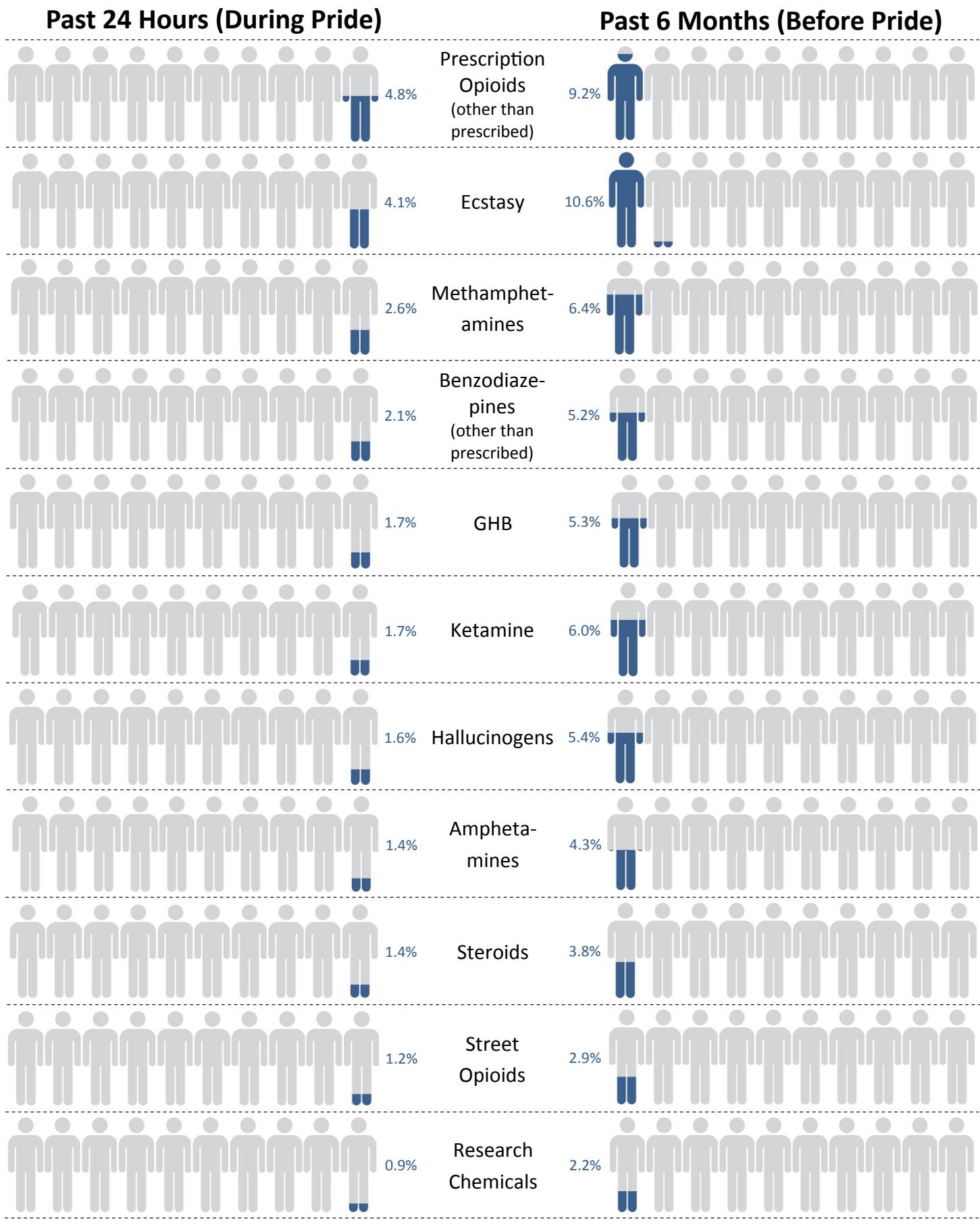
3.3.3. CURRENTLY HAVE AN UNDETECTABLE HIV VIRAL LOAD?

88%	Yes
9%	No
3%	I don't know

4. ALCOHOL AND SUBSTANCE USE

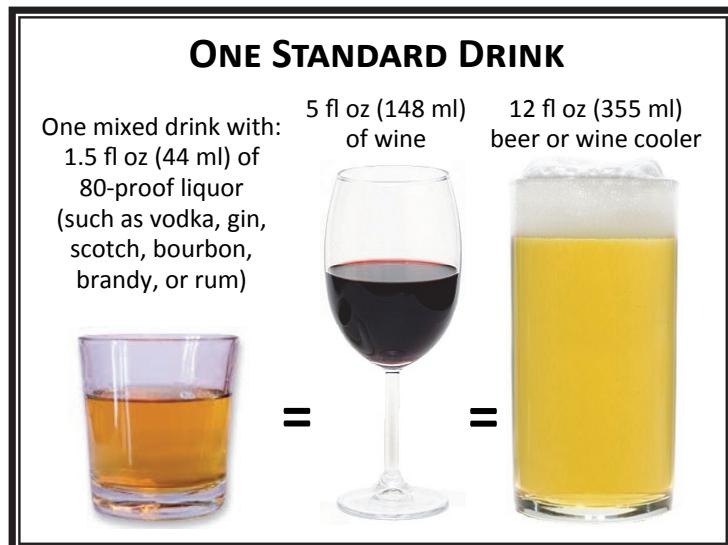
- In the past 24 hours (i.e., during Pride), 70% of respondents reported consuming alcohol, 32.2% reported using recreational drugs, and 12.3% reported using two or more recreational drugs.
- For all substances, reported use was lower in the past 24 hours than in the past 6 months.



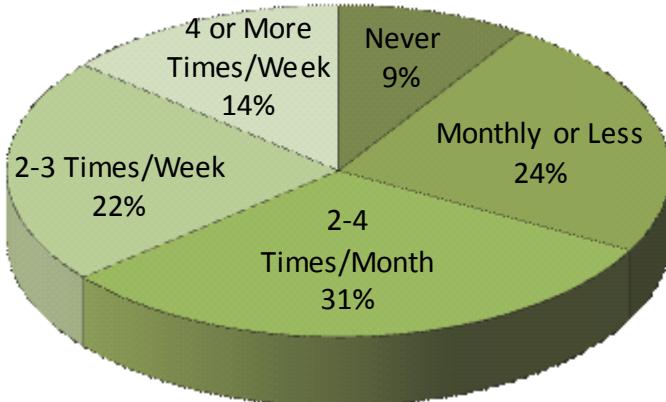


5. GENERAL PATTERNS OF ALCOHOL USE

- Just over a third (36%) of participants reported drinking multiple times per week, and 9% reported never drinking alcohol. (5.1)
- Over half of respondents (51%) reported drinking at hazardous levels (Based on AUDIT-C scores*). (5.2)



5.1. FREQUENCY OF HAVING A DRINK CONTAINING ALCOHOL



5.2. HAZARDOUS DRINKING*



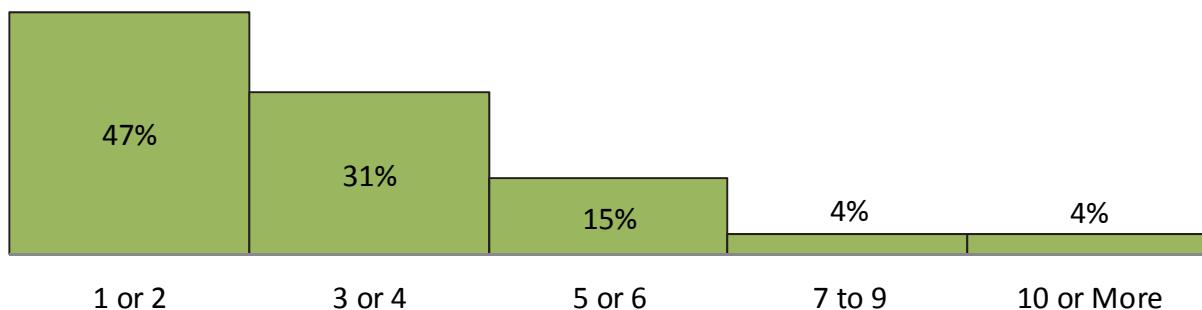
51%

Reported hazardous
drinking levels

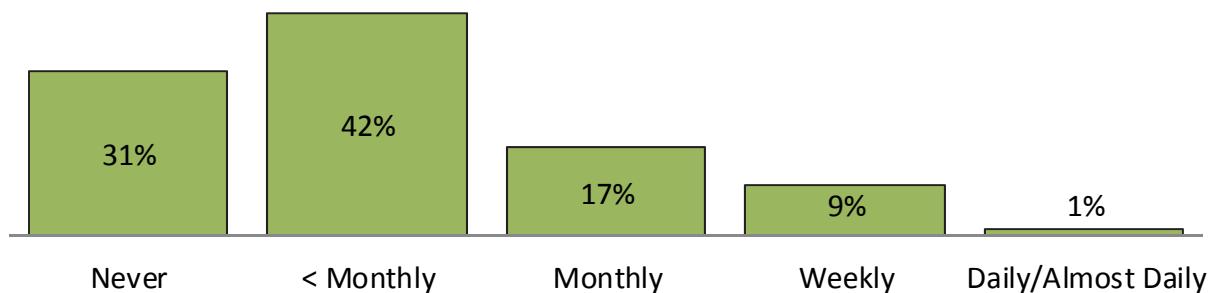
*Hazardous drinking was defined as having an AUDIT-C Score ≥ 4 . See Bush, K, Kivlahan, DR, McDonell, MB, Fihn, SD, Bradley, KA (1998). The AUDIT alcohol consumption questions (AUDIT-C): an effective brief screening test for problem drinking. Ambulatory Care Quality Improvement Project (ACQUIP). Alcohol Use Disorders Identification Test. *Archives of Internal Medicine* 158 (16): 1789-95.

- Among drinkers, 47% reported consuming only 1 or 2 alcoholic drinks on a typical drinking day. However, for approximately 1 in 4 participants (23%), a typical drinking day involved consuming 5 or more drinks. (5.3)
- 27% of drinkers reported engaging in binge drinking episodes at least monthly (Please note that six or more drinks on one occasion constitutes a binge episode). (5.4)

5.3. AMONG DRINKERS: NUMBER OF ALCOHOLIC DRINKS CONSUMED ON A TYPICAL DAY WHEN DRINKING



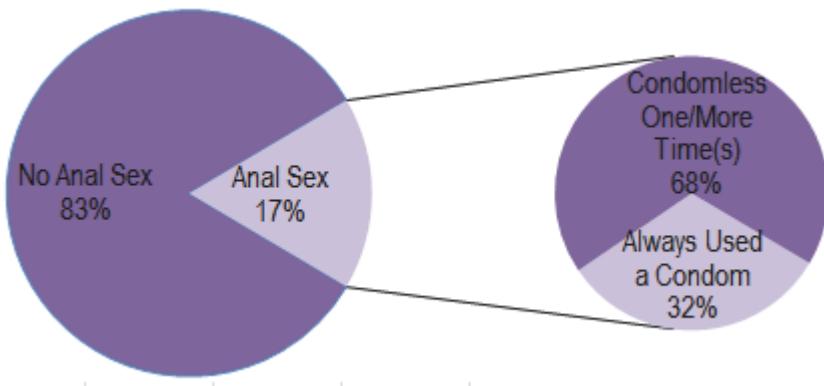
5.4. AMONG DRINKERS: FREQUENCY OF HAVING 6 OR MORE DRINKS ON ONE OCCASION (BINGE DRINKING)



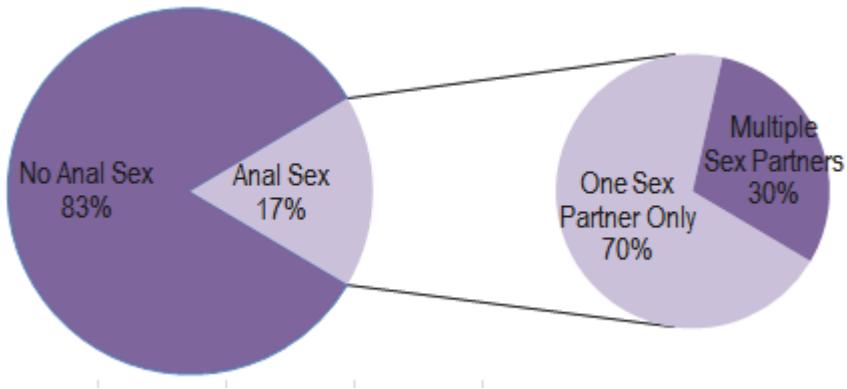
6. SEXUAL ACTIVITY: ANAL SEX IN THE LAST 24 HOURS (DURING PRIDE)

- Approximately 1 in 5 participants (17%) reported engaging in anal sex in the last 24 hours (i.e., during Pride) (6.1). Among these participants:
 - 68% engaged in condomless anal sex (6.1)
 - 30% had sex with multiple partners (6.2)
- 16 HIV-positive participants engaged in anal sex in the past 24 hours; among whom 13 (81%) engaged in condomless anal sex. (6.3)
- 120 HIV-negative participants engaged in anal sex in the past 24 hours; among whom 84 (70%) engaged in condomless anal sex. (6.4)
- 12 participants who were unsure of their HIV status engaged in anal sex in the past 24 hours; among whom 4 (33%) engaged in condomless anal sex. (6.5)

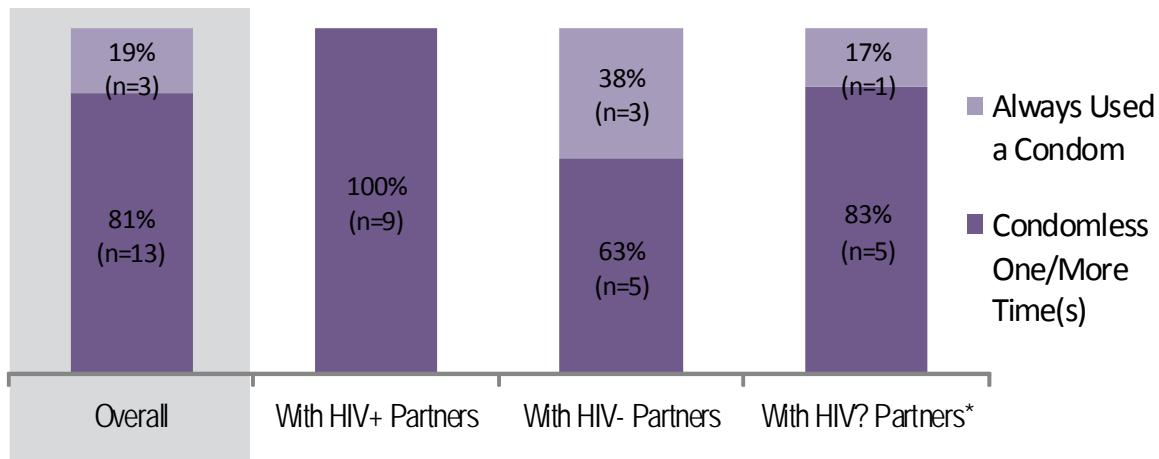
6.1. CONDOMLESS AND CONDOM-PROTECTED ANAL SEX



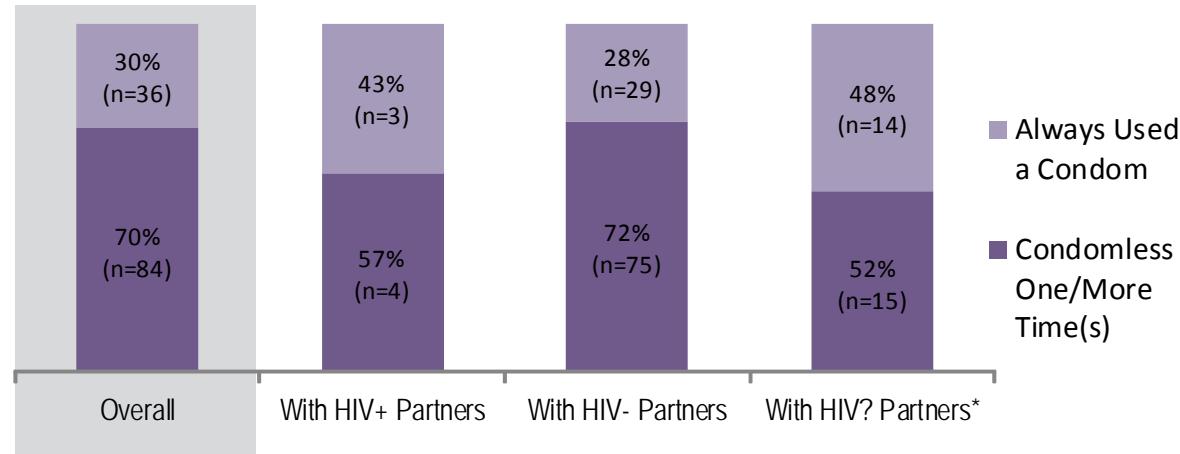
6.2. MULTIPLE ANAL SEX PARTNERSHIPS



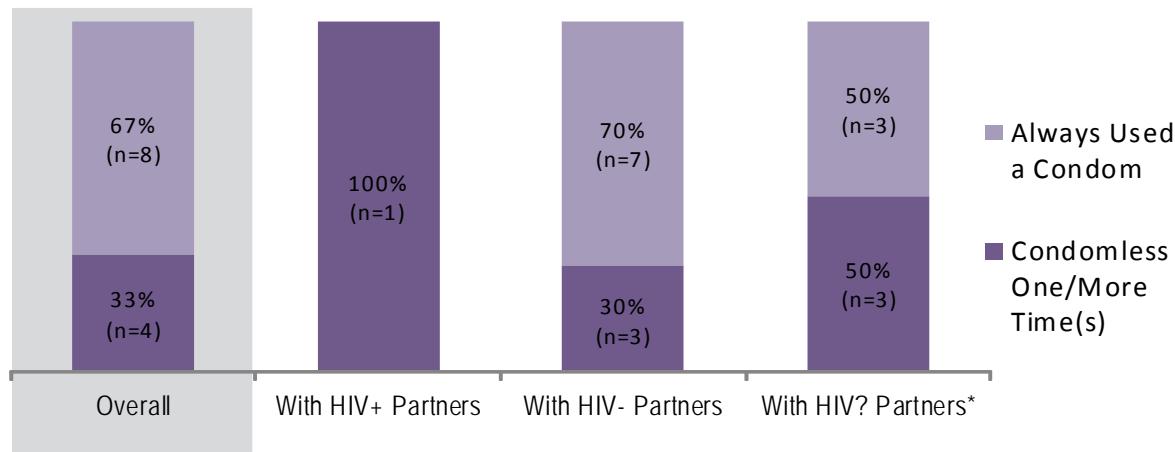
6.3. ANAL SEX AMONG SEXUALLY ACTIVE HIV+ PARTICIPANTS (n=16)



6.4. ANAL SEX AMONG SEXUALLY ACTIVE HIV- PARTICIPANTS (n=120)



6.5. ANAL SEX AMONG SEXUALLY ACTIVE HIV? PARTICIPANTS * (n=12)

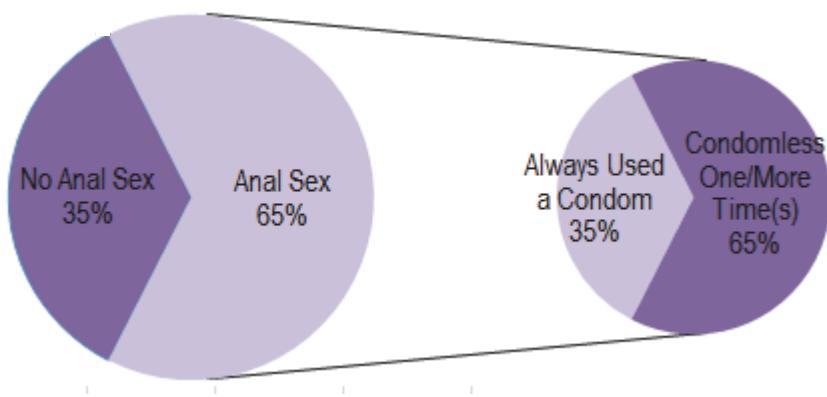


*HIV? = HIV status unknown/unsure

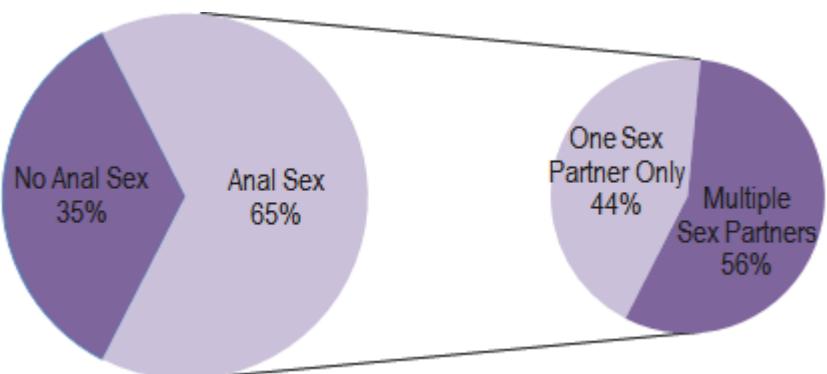
7. SEXUAL ACTIVITY: ANAL SEX IN THE LAST 6 MONTHS (BEFORE PRIDE)

- Just under two thirds of participants (65%) reported engaging in anal sex in the last 6 months (i.e., before Pride) (7.1). Among these participants:
 - 65% engaged in condomless anal sex (7.1)
 - 56% had sex with multiple partners (7.2)
- 52 HIV-positive participants engaged in anal sex in the past 6 months; among whom 40 (77%) engaged in condomless anal sex. (7.3)
- 438 HIV-negative participants engaged in anal sex in the past 6 months; among whom 280 (64%) engaged in condomless anal sex. (7.4)
- 33 participants who were unsure of their HIV status engaged in anal sex in the past 6 months; among whom 20 (61%) engaged in condomless anal sex. (7.5)

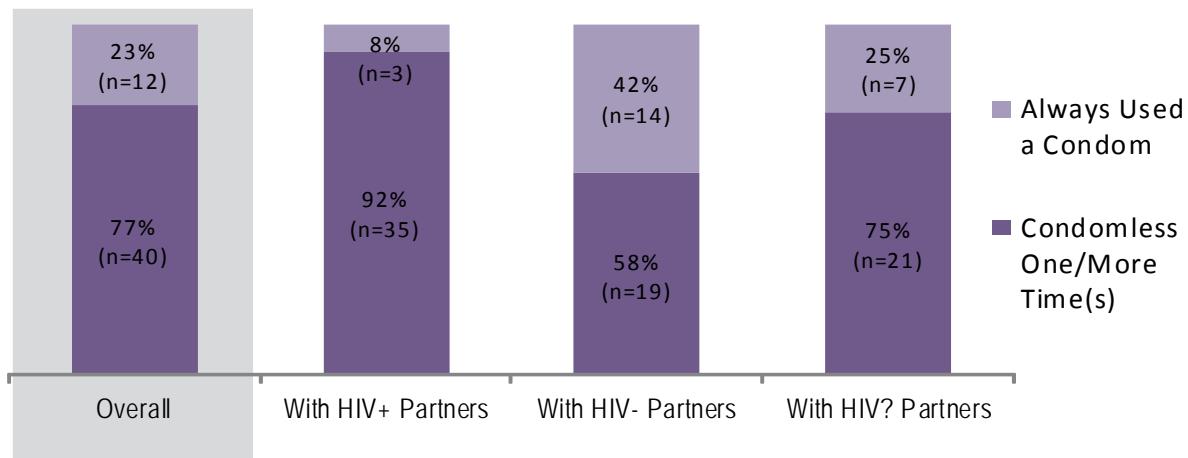
7.1. CONDOMLESS AND CONDOM-PROTECTED ANAL SEX



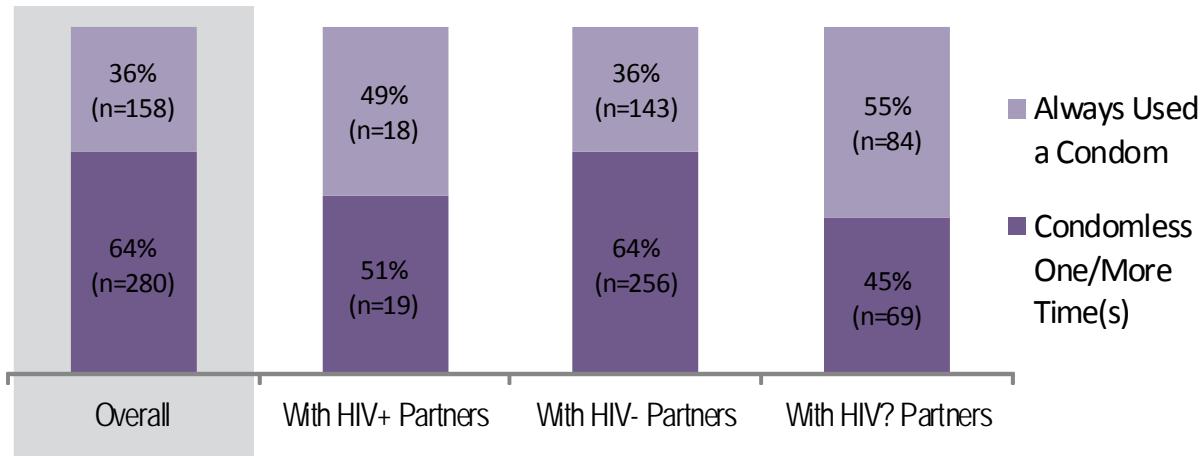
7.2. MULTIPLE ANAL SEX PARTNERSHIPS



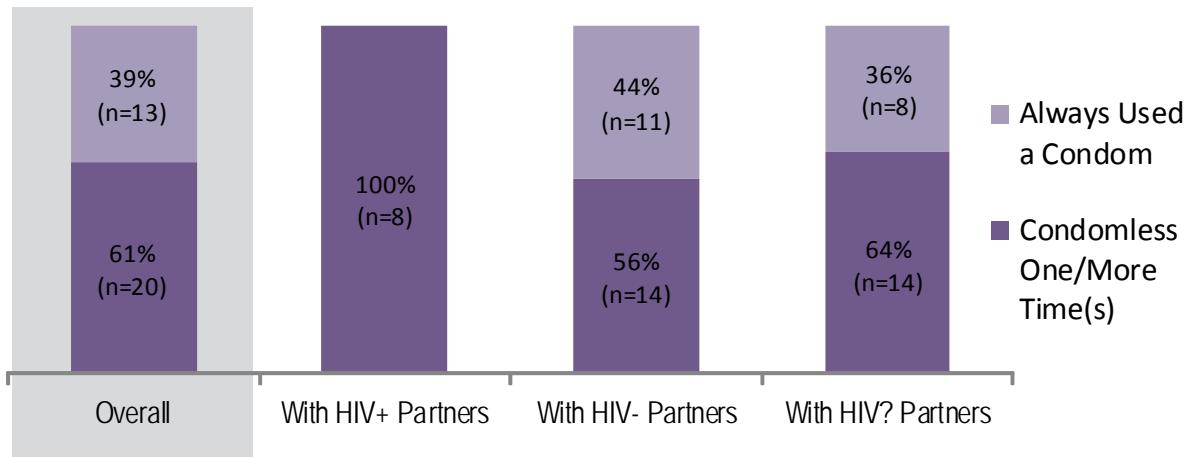
7.3. ANAL SEX AMONG SEXUALLY ACTIVE HIV+ PARTICIPANTS (n=52)



7.4. ANAL SEX AMONG SEXUALLY ACTIVE HIV- PARTICIPANTS (n=438)



7.5. ANAL SEX AMONG SEXUALLY ACTIVE HIV? PARTICIPANTS* (n=33)



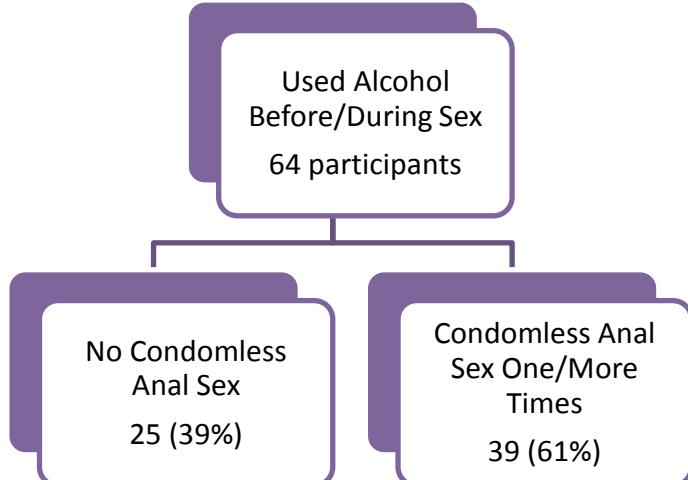
*HIV? = HIV status unknown/unsure

8. ALCOHOL CONSUMPTION AND SUBSTANCE USE IN THE CONTEXT OF SEXUAL ACTIVITY – LAST 24 HOURS (DURING PRIDE)

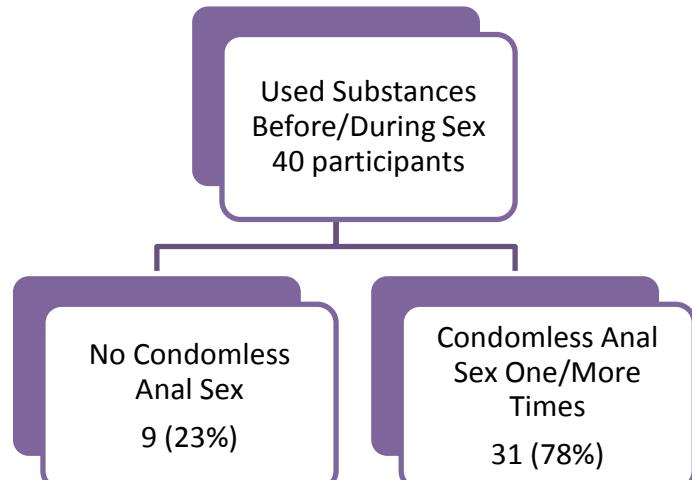
- 64 participants who were sexually active during the last 24 hours reported using alcohol before or during sex. The majority of these participants (61%) reported having sex without a condom. (8.1)
- 40 participants who were sexually active during the last 24 hours reported using substances before or during sex. Almost three quarters of these participants (78%) reported having sex without a condom. (8.2)

AMONG SEXUALLY ACTIVE PARTICIPANTS (LAST 24 HOURS):

8.1. ALCOHOL USE



8.2. SUBSTANCE USE

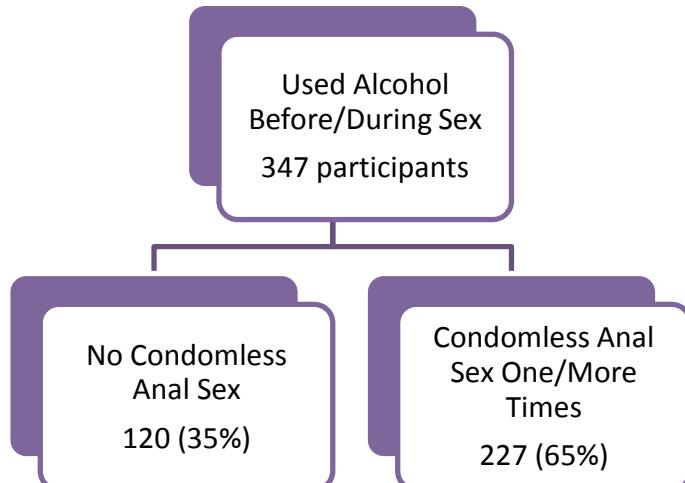


9. ALCOHOL CONSUMPTION AND SUBSTANCE USE IN THE CONTEXT OF SEXUAL ACTIVITY – LAST 6 MONTHS (BEFORE PRIDE)

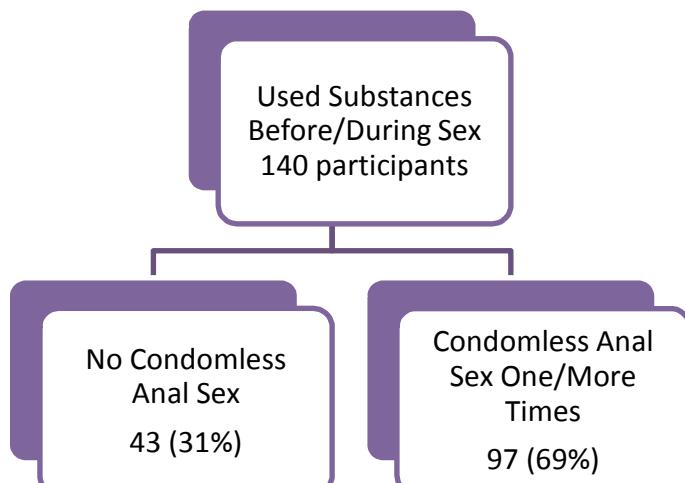
- 347 participants who were sexually active during the last 6 months reported using alcohol before or during sex. The majority of these participants (65%) reported having sex without a condom. (9.1)
- 140 participants who were sexually active during the last 6 months reported using substances before or during sex. Just over two thirds of these participants (69%) reported having sex without a condom. (9.2)

AMONG SEXUALLY ACTIVE PARTICIPANTS (LAST 6 MONTHS):

9.1. ALCOHOL USE



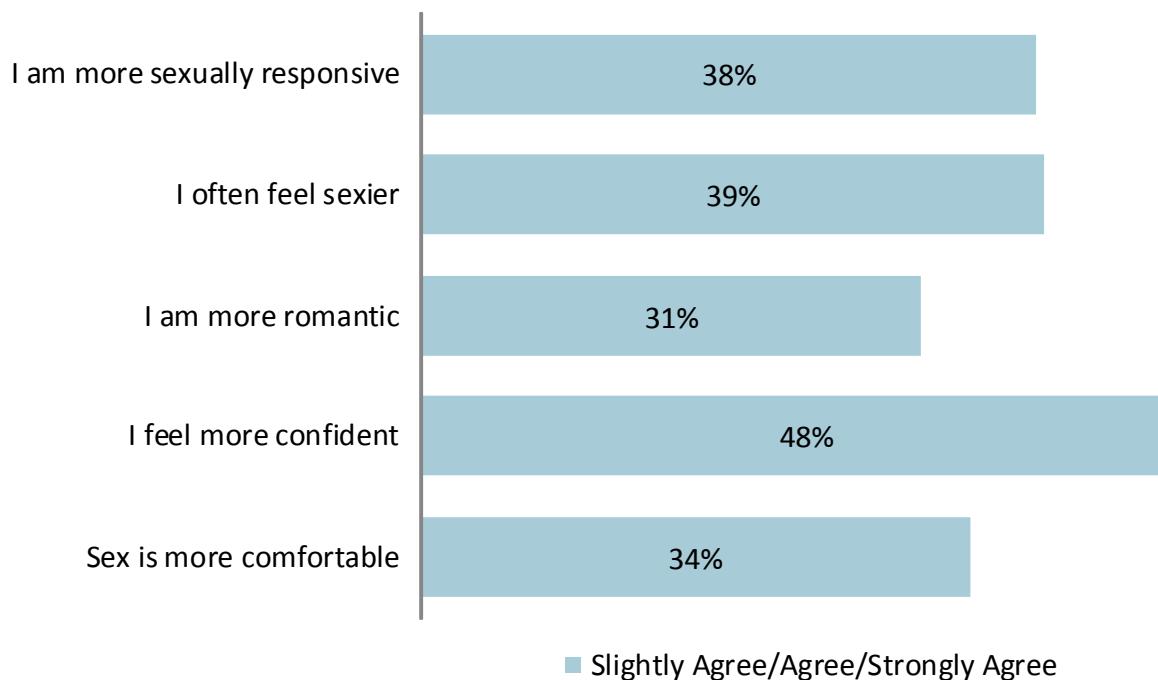
9.2. SUBSTANCE USE



10. SEX-RELATED EXPECTANCIES SURROUNDING ALCOHOL AND SUBSTANCE USE

- A series of questions identified participants' expectancies and perceptions surrounding alcohol and substance use in the context of sexual activity.
- Among participants who used alcohol or substances in the last 24 hours and/or in the past 6 months, almost half (48%) perceived that using alcohol or substances makes them feel more confident.
- Additionally, roughly a third (31%-39%) of participants perceived that using alcohol or substances has potentially positive impacts on them, such as making them feel more sexually responsive or making sex more comfortable.

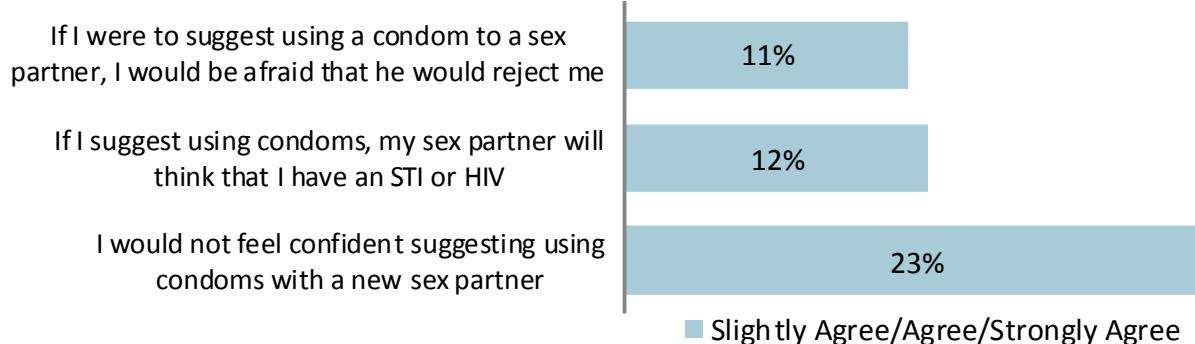
After Drinking Alcohol or Using Drugs...



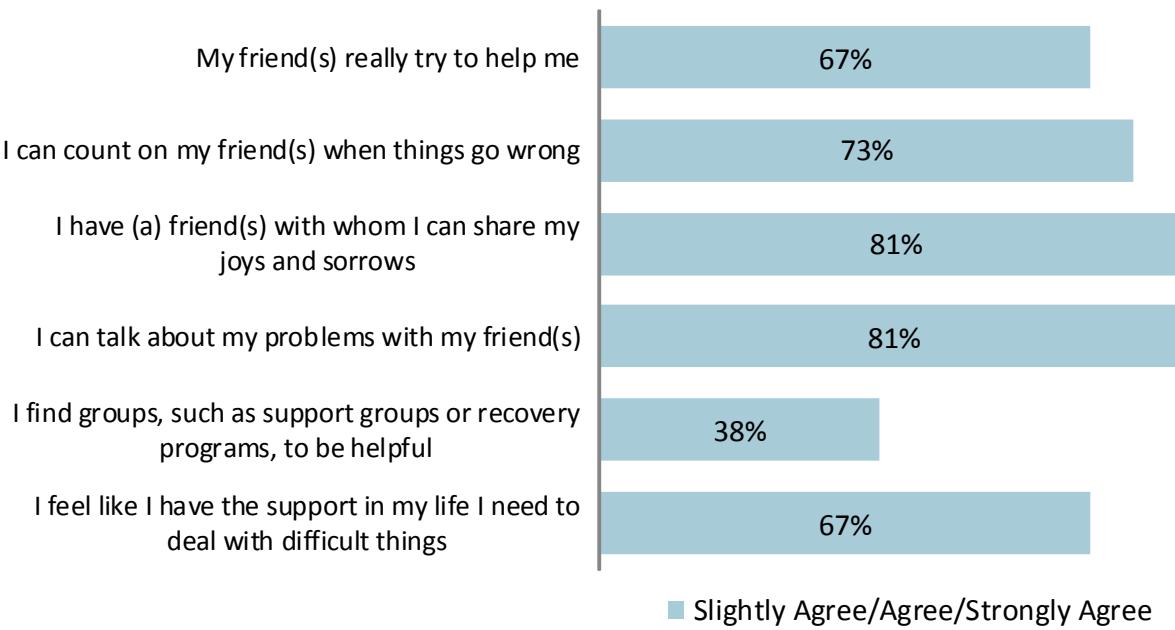
11. CONFIDENCE IN TALKING ABOUT CONDOMS AND PERCEIVED SOCIAL SUPPORT

- Although most participants generally felt confident in their ability to talk about condoms, roughly 1 in 4 (23%) indicated that they would not feel confident suggesting using condoms with a new sex partner. (11.1)
- Participants tended to perceive sufficient levels of social support, with at least two thirds endorsing most social support indicators. However, only 38% indicated that support groups and recovery programs are helpful. (11.2)

11.1. CONFIDENCE IN TALKING ABOUT CONDOMS



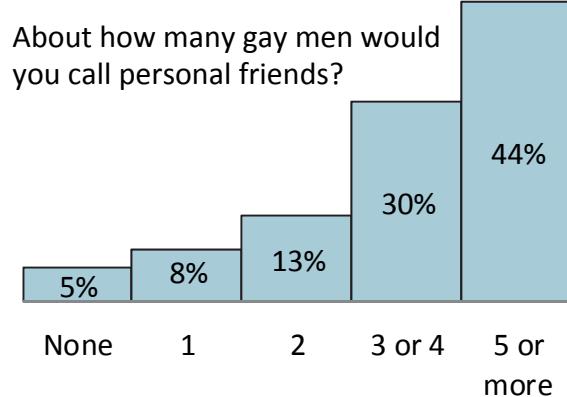
11.2. SOCIAL SUPPORT



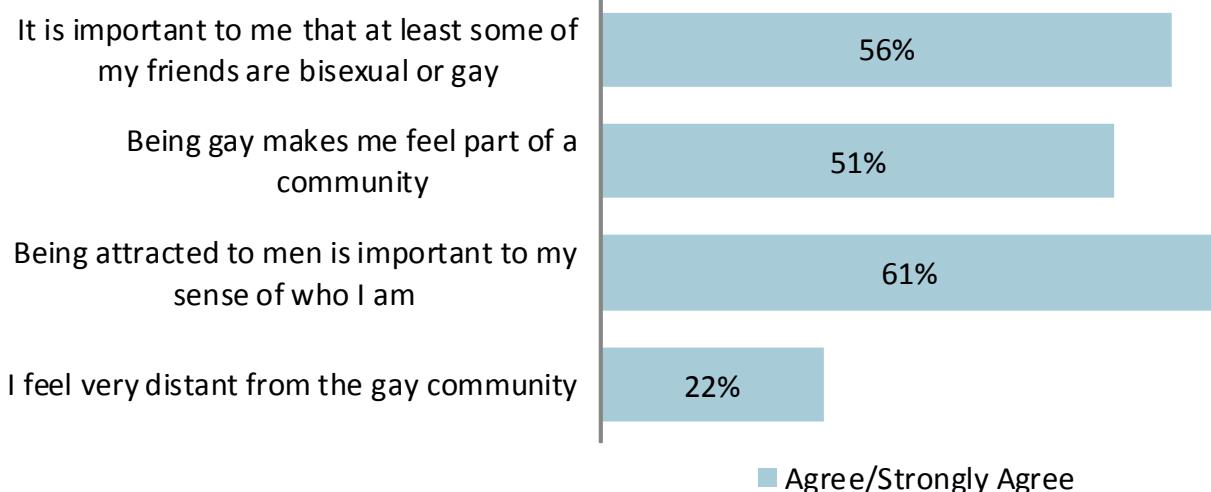
12. CONNECTEDNESS TO THE GAY COMMUNITY AND GAY IDENTITY

- 95% of participants indicated that they have at least one gay man as a personal friend. 44% indicated that they have five or more such friends. (12.1)
- The majority of participants felt a strong sense of gay identification, and only 22% felt very distant from the gay community. (12.2)

12.1. GAY FRIENDSHIPS

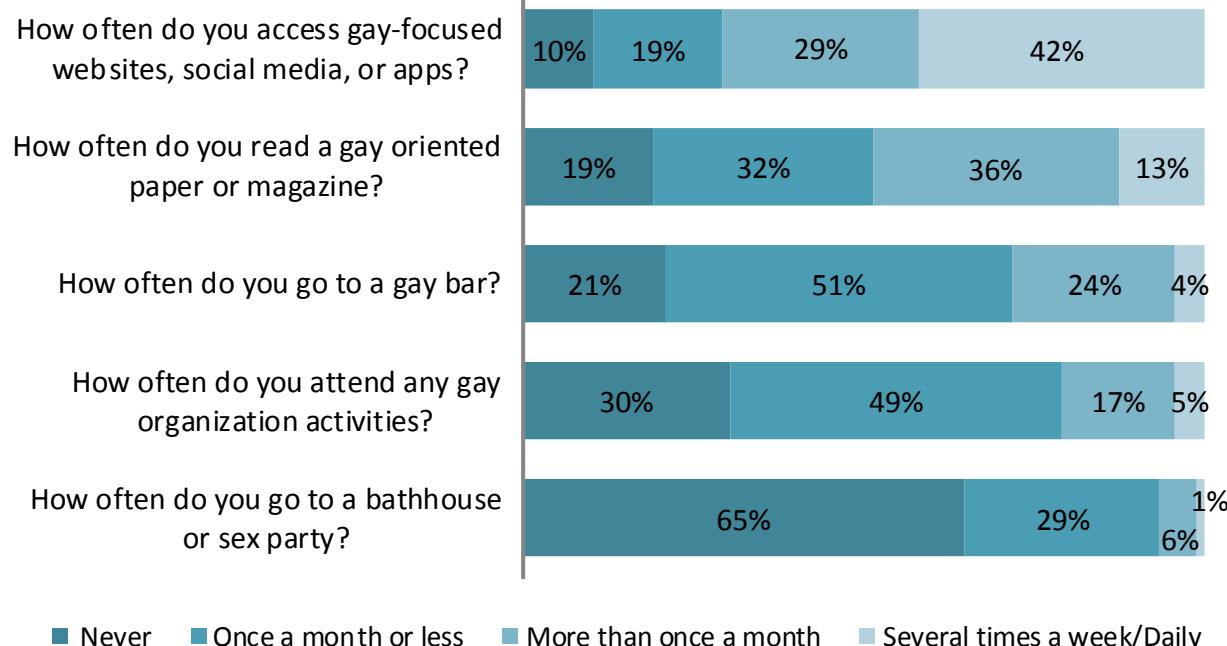


12.2. GAY IDENTITY AND THE GAY COMMUNITY



13. PARTICIPATION IN GAY-RELATED ACTIVITIES

- The vast majority of participants (90%) indicated that they access gay-focused websites, social media, or apps, with 42% accessing these types of electronic media several times a week or daily.
- Although most participants reported that they go to gay bars, approximately half (51%) indicated that they go only once a month or less frequently, and approximately 1 in 5 (21%) indicated that they never go.
- Roughly two thirds of participants (65%) reported that they never go to bathhouses or sex parties.



14. DATA ANALYSIS: WHAT FACTORS WERE LINKED TO “HIGHER RISK SEX,” AND WHAT MAY HAVE HELPED PEOPLE AVOID IT?

14.1. DATA ANALYSIS

- A series of statistical analyses¹ were conducted to identify factors related to engaging in “higher risk sex.” “Higher risk sex” was defined as having condomless anal sex with a partner whose HIV status differed from one’s own HIV status.² Our analyses specifically focused on answering the following questions:
- *In the last 24 hours (During Pride) and in the last 6 months (Before Pride)...*
 - *Among all participants, what factors were linked to engaging in higher risk sex, and what may have helped people avoid it?*
 - *Among participants who used alcohol or drugs before or during sex, what factors were linked to engaging in higher risk sex, and what may have helped people avoid it?*

¹ Four sets of statistical analyses were performed, addressing each of the two research questions, for which there was a focus on the following two outcomes: 1) higher risk sex in the last 24 hours, and 2) higher risk sex in the last 6 months. In each of these four sets of analyses, univariable logistic regression was first employed to identify correlates of higher risk sex. Factors found to be significant at $p < .10$ were included in corresponding multivariable logistic regression models. Results presented in this report are based on these multivariable models.

² For HIV-negative participants, “higher risk sex” was defined as having condomless sex with a partner who was HIV-positive or whose HIV status was not known. For HIV-positive participants, “higher risk sex” was defined as having condomless sex with a partner who was HIV-negative or whose HIV status was not known. Participants who were unsure of their own HIV status were not included in these analyses.

14.2. ASSOCIATIONS WITH HIGHER RISK SEX IN THE LAST 24 HOURS (DURING PRIDE)

- Among all participants...
 - Higher risk sex was more likely among those who:
 - Identified as HIV-positive (vs. HIV-negative)
 - Used any club drugs in the last 24 hours (includes ecstasy, GHB, ketamine, methamphetamines, amphetamines, benzodiazepines (e.g., rohypnol), hallucinogens, and cocaine).
 - Factors that may have helped people avoid higher risk sex included:
 - Having greater confidence in one's ability to talk about condoms with sex partners

- Among participants *who drank alcohol or used drugs before/during sex...*
 - Higher risk sex was more likely among those who:
 - Identified as HIV-positive (vs. HIV-negative)
 - Factors that may have helped people avoid higher risk sex included:
 - Having greater confidence in one's ability to talk about condoms with sex partners
 - Feeling a greater sense of social support

14.3. ASSOCIATIONS WITH HIGHER RISK SEX IN THE LAST 6 MONTHS (BEFORE PRIDE)

- Among all participants...
 - Higher risk sex was more likely among those who:
 - Identified as HIV-positive (vs. HIV-negative)
 - Identified as gay
 - Identified as African, Caribbean, or Black
 - Used any recreational drugs (in the 6 months before Pride)
 - Reported binge drinking monthly or more often (in the 6 months before Pride)
 - Accessed gay-focused apps, social media, or websites several times a week or daily
 - Frequently went to a bathhouse or sex party (i.e., several times a month or more often)
 - Factors that may have helped people avoid higher risk sex included:
 - Feeling a greater sense of social support

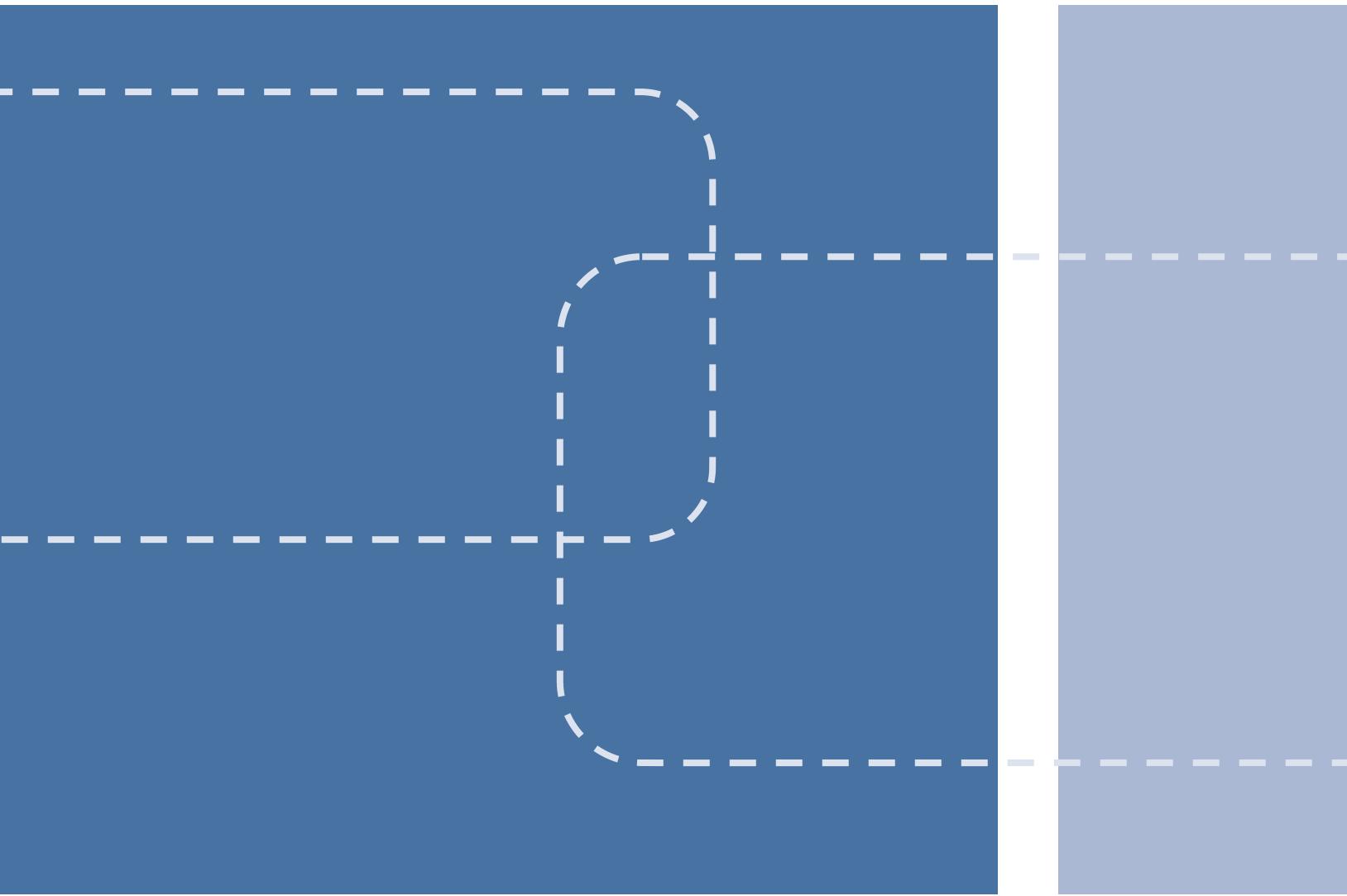
- Among participants *who drank alcohol or used drugs before/during sex...*
 - Higher risk sex was more likely among those who:
 - Identified as HIV-positive (vs. HIV-negative)
 - Identified as gay
 - Used amphetamines (in the 6 months before Pride)
 - Reported having anal sex with multiple partners
 - Factors that may have helped people avoid higher risk sex included:
 - Feeling a greater sense of social support

15. STUDY LIMITATIONS

- Recruitment entailed a convenience sampling strategy, and as such, study participants might not fully reflect the overall population of World Pride attendees. Additionally, because the study was not conducted during overnight hours (i.e., after 1am), and because it was situated solely within the “Street Festival,” individuals who only attended overnight activities or events away from the “Street Festival” might not have taken part in the study. Finally, the study was conducted in English only, which may have precluded non-English language users from participating.

16. SUMMARY OF STUDY FINDINGS AND IMPLICATIONS FOR HIV PREVENTION

- A large, diverse sample of gay, bisexual, and other men who have sex with men from Ontario completed the Sex, Drugs and Alcohol Survey.
- Considerable strengths relevant to HIV prevention were reported, including adequate social support, strong connectedness to the gay community, and feeling confident in discussing condoms with sex partners.
- Rates of alcohol consumption and substance use were not higher in the 24-hour assessment (i.e., during Pride) than in the 6 months before Pride.
- General patterns of alcohol use are noteworthy, as 51% of participants could be classified as “hazardous drinkers.” Similarly, just over half of participants reported recreational substance use in the six months before Pride.
- About 1 in 5 participants had anal sex in the last 24 hours (during Pride), and about two-thirds had anal sex in the six months before Pride. For both timeframes, only about a third of those who had anal sex used condoms consistently.
- Alcohol and substance use were linked to higher risk sex. However, in situations involving alcohol or drugs use before sex, having confidence in one’s ability to talk about condoms, and feeling a greater sense of social support, may have helped people avoid higher risk sex. HIV prevention initiatives should therefore focus not only on alcohol and substance use reduction, but also on promoting condom use negotiation skills and helping to establish social support.
- HIV prevention efforts could also be offered to those who may be at an elevated risk for acquiring or transmitting HIV, including those who have multiple sex partners, those who go to bathhouses or sex parties, and those who frequently access gay-related apps or social media.
- HIV-positive participants were more likely to engage in higher risk sex than their HIV-negative counterparts. However, given that most HIV-positive participants had undetectable HIV viral loads, it is unclear whether condom use is being superseded by a “treatment-as-prevention” strategy. Further investigation is required to better understand why condom use was lower among those who were HIV-positive.



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