Sex and Contraception Among College and Graduate Students During COVID-19

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Preliminary Findings

• The advertisements were displayed 45,054 times, viewed by 28,719 Instagram users, and clicked by 2,542 users. 1,002 of 2,035 respondents met eligibility criteria.
• 996 of 1,002 eligible participants completed the survey for a 99.4% completion rate.

Because of COVID-19...

I try to avoid going to a doctor’s office
I could not get contraception at student health because of COVID-19
I am not using the birth control method I prefer because of COVID-19
I am more likely to use telehealth with an online company to get birth control
I am more likely to use telehealth with my doctor to get birth control
I am more likely to use contraception or birth control

Objectives

• Study the impact of COVID-19 on sexual activity and contraception use among undergraduate and graduate students within North Carolina
• Hypothesis: Students have less access to their preferred method of contraception as a result of the pandemic. Disparities to access will be consistent with existing racial and ethnic disparities.

Methods

• Cross-sectional study of college and graduate students within North Carolina aged 18-30
• Participants recruited using Instagram ads
• 71-item electronic survey about sexual practices, sexual health, contraception, and COVID-19 experiences and risk
• Data collected over the course of 9 days

Discussion

• Contrary to our hypothesis, students reported continued access to their preferred contraception, through telehealth and student health.
• Students reported an increase use of online/video platforms for dating and sex but continued to have in-person sexual encounters.

Next Steps

• Finalize analysis to identify risk factors for poor access to contraception.
• Continue to partner with student health at local campuses to learn about service changes with the pandemic and disseminate results.

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