

STD Awareness among Male in Ahsa

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Abstract: *Introduction:* Sexually transmitted diseases (STDs) now is major issue related mostly to young people in either developed or developing countries. Poor knowledge of STD is one of the causes of increase incidence as it will lead to carelessness of these diseases especially in young people. Very few studies in Saudi Arabia either showing the incidence or awareness of STD. *Aim:* This study aimed to evaluate the awareness of STD among male population and to know attitude of male towards STDs in Ahsa community, eastern Saudi Arabia. *Method:* cross-sectional Self-Administrated surveys have been distributed to 400 male visitors for 40 Primary Health Care centers in Ahsa, eastern Saudi Arabia by selecting 10 participants from each one. *Result:* About 377 gentlemen completed questionnaires with mean age of 29.21. Most of participants heard about STD before (84.6%). Only 13.0% heard about Chlamydia before, 74.5% heard about Gonorrhoea, 59.2% heard about Syphilis, 47.2% heard about Herpes and only 15.4% heard about human Papilloma Virus before. 348(92.3%) claim they know how to protect their selves from STDs, while only 189 participants of them answered when we asked them how you will do, and only 103 answered truly which represent 54.5% of people who answered. *Conclusion:* Most of male in Ahsa heard about STDs, few of them know how to protect their selves from it. Education should be much better to prevent STDs to occur.

Keywords: STD, Awareness, Chlamydia, Human papilloma virus, Syphilis

1. Introduction

As human being we are afraid from getting sick, we are worried of all diseases, what about diseases that is affect our partners besides us! Like what Sexually transmitted diseases (STDs) do. STD now is major issue related mostly to young people in either developed or developing countries [1].

In 2008, there are 92.6 million new cases of STD in Africa, 125.7 million in Americas, 78.5 million in South-East Asia, 46.8 million in European Region, 26.4 million in Eastern Mediterranean Region and 128.2 million in Western Pacific Region [2].

Actually illegal sexual intercourse without using condoms is one of the most common cause of increase the incidence of STD [3]. However, poor knowledge of STD also is one of the causes of increase incidence as it will lead to carelessness of these diseases especially in young people [4].

Very few studies in Saudi Arabia either showing the incidence or awareness of STD.

In Saudi Arabia, as Muslim country, almost there is no way to get promiscuous sex because of strict laws that prevent this. So, only way to get this type of sex is traveling, which is only allowed for adult male if it is without Guardian. This study aimed to evaluate the awareness of STD among male population and to know attitude of male towards STDs in Ahsa community, eastern Saudi Arabia.

2. Methodology

Study Sample

Sample has been selected by Multistage Random Sample strategy. 1st stage is Simple Random Sample to select 40 primary health care (PHC) centers. 2nd stage is Systematic Random Sample to select 10 Malevisitors from each PHC center to apply our study to 400 participants.

Study Tool

Self-Administrated survey of 2 sections. 1st section is containing usual demographic data (Age, Gender, Marital States, Residency and Educational level). 2nd one is section prepared to evaluate knowledge of STD of participants by Yes/No and Multiple choices questions as mentioned in Table1.

Table 1: Questionnaire: Evaluation of knowledge and attitude of participants towards STDs

1) Did you hear about STD before? YES/NO
2) Do you Know any one of these types of STDs? Chlamydia/Gonorrhoea/Syphilis/Herpes/Human papilloma virus
3) Are there any vaccines for STDs? (YES/NO/I DON'T KNOW)
4) Do you know how to protect yourself from STDs, how? (YES/NO/I DON'T KNOW)
5) Do you think condoms are a 100% protective from STDs? (YES/NO/I DON'T KNOW)
6) Do you think you are entitled to know if your partner had any kind of STD? (YES/NO/I DON'T KNOW)
7) If you get an STD, do you think your partner is entitled to know? (YES/NO/I DON'T KNOW)
8) Do you think that STDs should be taught in schools? (YES/NO/I DON'T KNOW)

Questionnaire has been translated to Arabic Language to be easy understood by community.

Study Site

In PHC centers of Ahsa, in eastern Saudi Arabia.

Data Collection Period

From 15th of December in 2016 until 10th of January 2017.

Ethical Considerations

Verbal consents have been taking from each participants after explaining the aim of the study. Privacy of personal information has been kept.

Data Analysis

Data have been entered and analyzed by Computer program IBM SPSS statistics version 24. Comparisons have been done between demographic data and knowledge assessment by chi-square test and we consider P-value < 0.05 as significant.

3. Result

About 377 gentlemen completed questionnaires (response rate 94.25%) with mean age of 29.21 (minimum: 13 & maximum: 61). As summarized in Table 2; Most of our participants have bachelor degree education, they are 195 participants (51.7%), only two uneducated men (0.5%), about 15(4.0%) educated up to primary school, also 147(39.0%) educated up to high school and 18 (4.8%) have master degree and higher. There are 212 married gentlemen and 165(43.8%) are single. Around 310(82.2%) are living in cities and 67(17.8%) are living in village. There are 79(21.0%) participants are working in medical field and 298(79.0%) are not.

Table 2: Demographic Data

		Frequency (%)
Age	Mean = 29.21 Minimum:13 Maximum:61	
Education level	Uneducated	2(0.5)
	Primary school	15(4.0)
	High school	147(39.0)
	Bachelor	195(51.7)
	Master and higher	18(4.8)
Marital status	Married	212(56.2)
	Single	165(43.8)
Residency	City	310(82.2)
	Village	67(17.8)
Are you in medical field	Yes	79(21.0)
	No	298(79.0)

Table 3 is showing participants answers of questions that assess awareness and attitude towards STDs as follow; Most of participants which are 319(84.6%) heard about STD before and remaining 58(15.4%) did not. Only 49 participants (13.0%) heard about Chlamydia before, while 281(74.5%) heard about Gonorrhea, 223(59.2%) heard about Syphilis, 178(47.2%) heard about Herpes and only 58(15.4%) heard about human Papilloma Virus before. However, around 146(38.7%) are convinced of availability

of vaccines for STDs, while 231(61.3%) are not. Although, there are 348(92.3%) claim they know how to protect their selves from STDs, while only 189 participants of them answered when we asked them how you will do, and only 103 answered truly which represent 54.5% of people who answered. Condom is 100% protective against STDs is an opinion of only 34 participants (9.0%), while 273(72.4%) agreed and 70(18.6%) don't know either it is 100% protective or not. By evaluating attitude of participants towards STDs, we found that 363(96.3%) think that they are entitled to know if their partners get STDs, 370(98.1%) think that even their partner are entitled to know if they had STDs, 339(89.9%) think that STDs should be taught in schools.

Table 3: Evaluation of knowledge and attitude of participants towards STDs

	Yes (%)	No (%)	Don't Know (%)
Did you hear about STD before?	319(84.6)	58(15.4)	-
Do you know Chlamydia?	49(13.0)	328(87.0)	-
Do you Know Gonorrhea?	281(74.5)	96(25.5)	-
Do you Know Syphilis?	223(59.2)	154(40.8)	-
Do you Know Herpes?	178(47.2)	199(52.8)	-
Do you Know Human papilloma virus?	58(15.4)	319(84.6)	-
Are you convinced that there are any vaccines for STDs?	146(38.7)	231(61.3)	-
Do you know how to protect yourself from STDs?	348(92.3)	29(7.7)	-
How you will prevent yourself? *	54.5%	45%	-
Do you think condoms are a 100% protective from STDs?	34(9.0)	273(72.4)	70(18.6)
Do you think you are entitled to know if your partner had any kind of STD?	363(96.3)	3(0.8)	11(2.9)
If you get an STD, do you think your partner is entitled to know?	370(98.1)	3(0.8)	4(1.1)
Do you think that STDs should be taught in schools?	339(89.9)	16(4.2)	22(5.8)

*answers here are Either true (instead of Yes) or False (instead of No).

Chi-Square test has been done and summarized in Table 4 to compare either participants heard before about STDs or not regarding to Marital State, Residency, Educational level and working in medical field. We found that there is no significant difference between married and single (P-value = .912), also no different if people living in city or village (P-value = .108), and no different between any of educational level (P-value = .062). But there is significant different between people who work in medical field and those who don't, in which we found medical field worker heard more than others.

Table 4: Chi-Square test

		Did you hear about STD before?		P- value
		Yes	No	
Marital State(MS)	Single (% within MS)	140(84.8)	25(15.2)	.912
	Married (% within MS)	179(84.4)	33(15.6)	
Residency	City (% within Residency)	258(83.2)	52(16.8)	.108
	Village (% within Residency)	61(91.0)	6(9.0)	
Educational level(ED)	Uneducated (% within ED)	2(100)	0(0)	.062
	Primary school (% within ED)	10(66.7)	5(33.3)	
	High School (% within ED)	118(80.3)	29(19.7)	
	Bachelor (% within ED)	173(88.7)	22(11.3)	
	Master and higher (% within ED)	16(88.9)	2(11.1)	
Are you in medical field? (MD)	Yes (% within MD)	73(92.4)	6(7.6)	.031
	No (% within MD)	246(82.6)	52(17.4)	

4. Discussion

The main aim of this study to evaluates knowledge of male in Ahsa, Eastern Saudi Arabia about STDs and to Know their attitude towards STDs. The surveys have been distributed in Primary Health Care (PHC) centers to make sure that we reached all community with different demographic data. We selected 40 PHC centers to take equal different samples because Ahsa is very wide area that may make people little bit different in different places inside Ahsa. We ignored female in this study which maybe negative point, but our reason that we think male are more vulnerable to get STDs by promiscuous sex because they can travel outside Saudi Arabia without guardian if they are adult according to low of Saudi Arabia in which promiscuous sex is highly prohibited in Saudi Arabia.

Most of participants heard about STD (84.6%), that mean this term is highly repetitive in community. But very few can know how to prevent their selves from it. Gonorrhoea is most popular, around 74% heard about it. Also Syphilis and Herpes are popular. But few of participants heard about Chlamydia and Human papilloma virus. However, most of participants heard about STDs, this make no different between any demographic data, but sure people work in medical field know more than others.

5. Conclusion

Most of male in Ahsa heard about STDs, few of them know how to protect their selves from it. Education should be much better to prevent STDs to occur. We need to increase campaigns that educates about STDs, encourage Family Physician to talk more to their patients about it. School is important source of information so we need to add this in teaching.

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