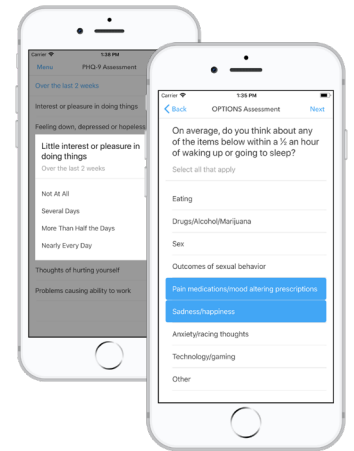


## Challenges

- Sexually-Transmitted Infections (STIs) are at an all-time high **(1)**
- **10%** had four or more sexual partners.
- **30%** had sexual intercourse during the previous three months:
  - \* 46% did not use a condom the last time they had sex.
  - \* 14% did not use any method to prevent pregnancy.
  - \* 19% used alcohol or drugs before last sexual intercourse **(1)**.



With numbers like these, we see a new wave of sexual culture emerge amongst our youth. Prevention opportunity windows are limited for face-to-face conversations about sexual behavior are difficult to navigate with adolescents.

## cliexa-OPTIONS Functions

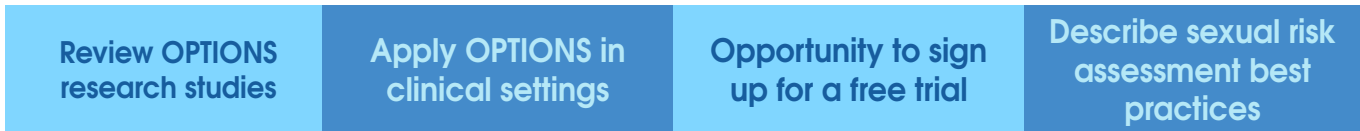
- Sexual risk assessment model to identify potential education and counselling opportunities
- Scoring functions
- mhealth follow-up MyPLAN to track patient reported outcomes and improve follow-up for those at highest risk

## OPTIONS Risk Levels

PRIMARY		SECONDARY		TERTIARY	
Low	High	Low	High	Low	High
Sexually inactive and are <b>happy</b> with their decision to not have sex	Sexually inactive and are <b>unhappy</b> with their decision to not have sex	Sexually active and are <b>unhappy</b> with their decision, <b>can</b> set boundaries if needed	Sexually active and are <b>unhappy</b> with their decision, <b>cannot</b> set boundaries if needed	Sexually active and are <b>happy</b> with their decision and <b>does</b> use risk reduction	Sexually active and are <b>happy</b> with their decision, and <b>does not</b> use risk reduction

## Research Presentation

The **OPTIONS** sexual health research provides more details for school health educators, physicians, nurses, social workers, and counselors. The presentation objectives are:

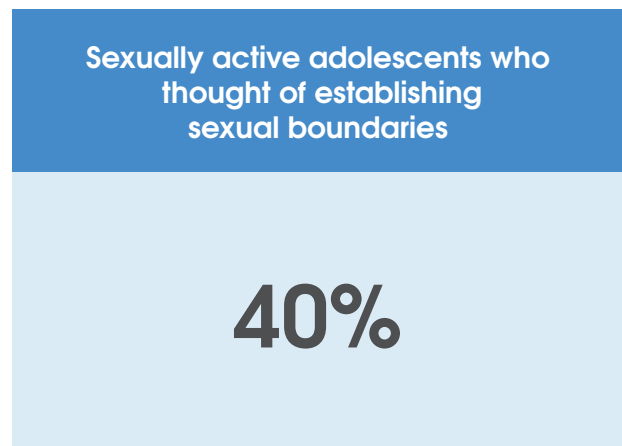


## Methods

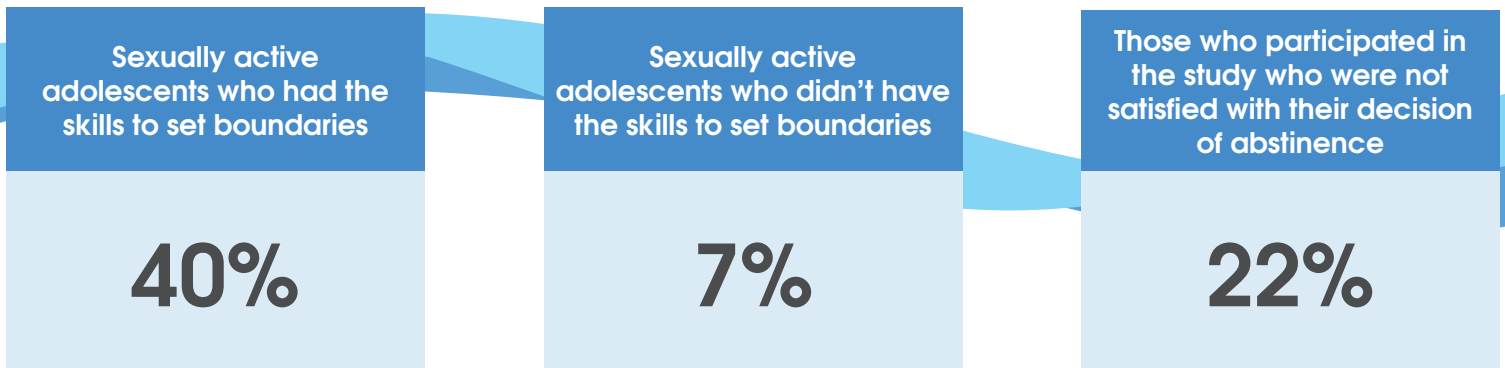
- A pilot study was conducted in 2006 to explore the concept of secondary sexual prevention and risk reduction services.
- In 2008, the framework was tested for validation and the risk assessment survey was refined with a mixed method study **(2)**.

## Results:

- Study results confirmed that assessments and prevention clinical services should include adolescents’ actions and sexual activity cognition.
- An assessment scoring algorithm was created that could classify adolescents into six levels of risk, and validate the theoretical framework.



## Results:



## Opportunities:

The **OPTIONS** Risk Assessment was developed in 2013 to help physicians quickly and accurately receive risk information regarding young adult and adolescent patients in a clinical setting.

**OPTIONS** App was beta tested with five health clinics in Northern Colorado from October 2013 to March 2014. The findings confirmed the use of technology to assess adolescent sexual risk was feasible and well accepted, specifically in pediatric and family practice clinics.

**“OPTIONS opened up conversations that I don't think would have occurred without the app.”** Dr. Lisa Turner, UC Health

## The Researchers

Lisa Rue, PhD

Kate Luszczakoski, PhD

## References

1. Sexual Behaviors: Adolescent and School Health (Internet). Cdc.gov. 2018 (cited 9 August 2018). Available from: <https://www.cdc.gov/healthyyouth/sexualbehaviors/>
2. Luszczakoski, K. D., & Rue, L. A. (2011). The OPTIONS Model of Sexual Risk Assessment for Adolescents. Health Promotion Practice, 13(2), 230-237. doi:10.1177/1524839910385898



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