



Julia Bailey, Angela Nicholas, Ona McCarthy, Ken Carswell, Elizabeth Murray

## Aims

To develop and pilot an online questionnaire to measure sexual wellbeing, suitable for use in an online trial of the Sexunzipped website for young people.

## Key Impacts

- The involvement of young people has meant that the Sexunzipped sexual wellbeing questions were appropriate and relevant for them
- Despite being a long and detailed questionnaire, it was completed by 92% of RCT participants recruited online

## Outputs

Adapted versions of the Sexunzipped questionnaire have been used in the Scottish Government Health and Wellbeing Survey with adults (2014) and in an online trial of the MenSS website (Men's Safer Sex website)

### Peer-reviewed publications:

Bailey JV, Pavlou, M, Copas A, McCarthy O, Carswell K, Rait G, Hart G, Nazareth I, Free C, French R, Murray E. The Sexunzipped trial: optimizing the design of online randomized controlled trials. *Journal of Medical Internet Research* 2013;15(12):e278

Nicholas A, Bailey JV, Stevenson F, Murray E. The Sexunzipped trial: Young People's Views of Participating in an Online Trial. *Journal of Medical Internet Research* 2013;15(12):e276

## Collaboration

Researchers from the e-Health Unit, University College London, collaborating with young people aged 16 to 20.



# Young people's involvement in developing the Sexunzipped online questionnaire for sexual health

## Plain English Summary

Our team developed a website for sexual health promotion for young people (Sexunzipped.co.uk), and wished to measure the impact of the website in an online trial. The website aims to give young people the tools to make informed decisions about their sexual wellbeing. The involvement of young people was essential to the success of this project, since the aim was to develop an outcome questionnaire which was easily understood and relevant to young people aged 16 to 20. We offered incentives of £10 to £15 for participation.

Young people were involved at three points in this project

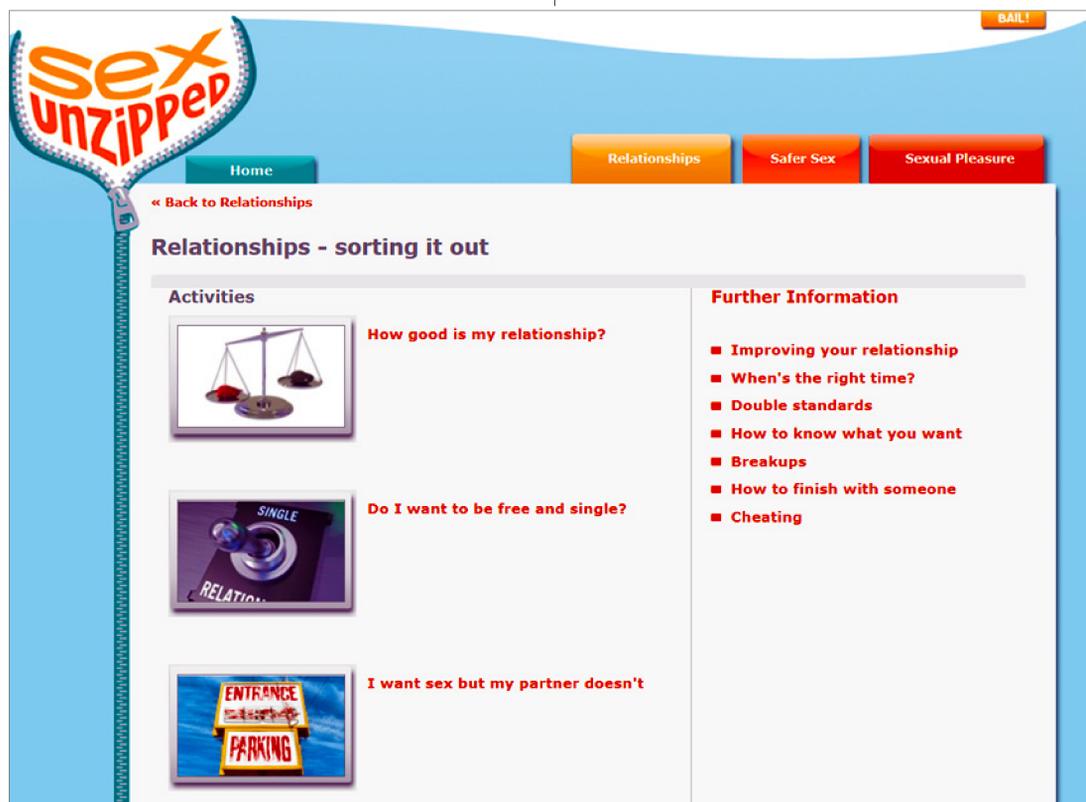
- 1) We interviewed 12 young people recruited through sexual health clinic settings, and asked them to comment on the wording and relevance of proposed sexual health questions.
- 2) We developed and launched the Sexunzipped questionnaire online. 394 young people were recruited via Facebook, offered an incentive to fill in the questions, and were invited to write optional free-text comments after each set of questions.

3) We used the Sexunzipped questionnaire in an online trial of the Sexunzipped website and interviewed 22 trial participants afterwards.

Interviews with young people early in the questionnaire development process helped to refine the wording of questions which were not understood, or which were difficult to answer.

The optional comment boxes provided on the online questionnaire solicited useful feedback: comments indicated that young people liked the online format and the inclusivity of the response options, and found the content and range of the questions interesting and thought-provoking. Participants gave suggestions for additional response options (for example 'maybe' or 'not sure'), and for additional clarification of terms used within questions (for example what actually constitutes 'sex'). Participants also provided additional details to the multiple-choice responses in the questionnaire, suggesting a desire from participants for their answers to be understood in context.

Interviews with young people conducted after participating in the Sexunzipped online trial indicated that young people enjoyed participating in the online sexual health research, and gave honest responses since they felt their responses were important.



## Contacts:

Dr Julia Bailey, e-Health Unit, Research Department of Primary Care and Population Health, University College London.  
Julia.bailey@ucl.ac.uk

## School for Primary Care Research

The National Institute for Health Research School for Primary Care Research (NIHR SPCR) is a collaboration between the Universities of Birmingham, Bristol, Keele, Manchester, Nottingham, Oxford, Southampton and UCL.

This poster summarises independent research funded by the National Institute for Health Research School for Primary Care Research (NIHR SPCR) The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

