

# Sexual Health Information Session Evaluations



**Name of Assessment Project:** Sexual Health Information Session Evaluations

**Name(s) of Person(s) Responsible for Assessment Project:** Assistant Director of Health Education (Maria Fish)

**Email Address:** mnfish@ucsd.edu  
**Phone Number:** 25382

**Other Contacts:**  
**Providing Department:** Student Health Services

**Other Units/Departments Involved in Assessment Project:**

**Program, Service, or Event Related to Assessment Project:** The Student Health Advocate (SHA) Program is a volunteer peer health education program at the University of California, San Diego (UCSD). SHAs are an essential part of the Health Promotion team at [UCSD Student Health Services](#) where they are trained to educate other students about health issues and concerns through educational outreach programs on campus and in the community.

SHAs conduct free Sexual Health Information Sessions at Student Health Services five times per week during weeks 3-10 of each quarter. These one-hour long sessions provide comprehensive information on sexual health topics ranging from birth control options, sexually transmitted infections (STIs), safer sex, and more. All students are encouraged to attend a session, and it is required for women prior to their first women's exam, STI screening, or for first-time birth control prescription. Partners are welcome to attend as well.

**Assessment Project Description:** At the end of every Sexual Health Information Session, participants were asked to fill out a paper and pen evaluation. The evaluation consisted of nine questions. Three of the questions assessed student learning outcomes. The rest of the questionnaire assessed participant satisfaction, effectiveness of presenters, and asked whether students intend to change a behavior as a result of attending the Sexual Health Information Session.

The results of the survey will be used to improve the Sexual Health Information Session.

- [Sexual Health Information Session Evaluation](#)

**Unit/Program Specific Goals and Learning Outcomes:** The following Student Learning Outcomes were assessed:

- As a result of attending this workshop, students will be able to:
  - o name 3 types of birth control methods
  - o list 2 methods to help protect against Sexually Transmitted Infections (STIs)
  - o name one on-campus resource that can help with their overall well-being

**Relationship to Student Affairs Learning Outcomes:** Engage in a Healthy Lifestyle

**Assessment Project Start:** 10/14/2013

**Assessment Project End:** 6/6/2014

**Population/Sample:** During the 2013-2014 academic school year, 189 students attended the sexual health information sessions offered at Student Health Services. A total of 178 participants completed the evaluations which is indicative of a 94% response rate.

**Type of Assessment:** Student learning outcomes and/or behavioral outcomes, Satisfaction study

**Other Assessment Type(s):** Surveys

**Other Assessment Method(s):**

**Data Collection Tools:** Hard copy surveys were given to participants who attended the Sexual Health Information sessions. Data were entered on Campus Labs Baseline.

**Data Analysis Methods:** Quantitative data were assessed using Campus Labs Baseline analytics. Responses for open-ended questions were coded into themes.

**Presentation of Findings:** Findings were included in a report presented to Health Promotion staff.

**Progress:** 100%

Link Assessment Project in Campus Labs Baseline :	Name	Source
	<a href="#">Sexual Health Information Session</a>	Baseline (All project data)

**Summary of Findings:** Below summarizes the results of the survey.

As a result of attending this workshop:

- 96% listed one on-campus resource that they learned could help them with their well-being
- 95% of respondents were able to correctly list 3 types of birth control methods

- 93% “strongly agreed” or “agreed” that they could list two methods to help protect against Sexually Transmitted Infections (STIs)
- 93% were satisfied with the presentation
- 93% reported that the Student Health Advocates (SHAs) presented the information in an effective manner

A total of 67% of participants reported that they were currently practicing healthy behaviors presented in the Sexual Health Information Session. Of those respondents who were not currently practicing healthy behaviors, **77% reported that they intend to change a behavior as a result of attending this workshop**. Using a form of birth control and using condoms more frequently and carefully were commonly reported when asked to explain how they intend to change a behavior.

**Impact of Assessment:** The assessment yielded favorable results. **Over 90% of respondents were meeting the goals of each of the 3 learning outcomes** measured in this survey. The Health Promotion Staff were excited to learn that the Sexual Health Information Session made a significant impact in the majority of participants who were not practicing healthy sexual behaviors. In this specific group, results showed that the workshop engenders the intent to change a behavior (e.g. using a form of birth control and using condoms more frequently and carefully) which will hopefully result in reducing sexual risk behaviors in the future.

**Lessons Learned:** In this evaluation, “Strongly Disagree” was the first option in the Likert Scale when assessing participants’ opinion on the Sexual Health Information Session. Some students who reported “Strongly Disagree” or “Disagree” made positive comments such as “very informative presentation” when prompted to elaborate on why they strongly disagreed or disagreed with a statement. Due to the positive comments, it seems that these individuals may have mistakenly selected the “Strongly Disagree” or “Disagree” option assuming it was “Strongly Agree” or “Agree”, since most surveys use the latter as the first scale item. Health Promotion staff will consider changing the order of the Likert Scale in future evaluations so that “Strongly Agree” will be the first scale item to help reduce discrepancies like this.

#### **Supplemental Information:**

Last modified 7/17/2014 at 12:03 PM by [Maria Fish](#)  
Created 6/18/2014 at 5:09 PM by [Maria Fish](#)