



SEXUAL & REPRODUCTIVE HEALTH IMPACT OF COVID-19 SURVEY 1: RESULTS

Who completed the survey and what did we ask them?

From the 23rd April to the 11th May 2020, we conducted an online survey exploring the sexual and reproductive health impact of COVID-19. Nearly 1000 people from across Australia completed the survey. Most participants identified as female, heterosexual and reported being in some kind of relationship. The age of participants ranged from 18-77 years old, but most were aged under 30 years. We asked participants lots of questions about how their sex lives and relationships might be different during the first lockdown (22nd March to 8th May, 2020) compared to 2019.

Were people using dating apps more or less during the first lockdown?

Compared to 2019, dating app use was significantly lower during the first lockdown. The most popular apps people reported using were Tinder, Bumble, Hinge and Grindr.



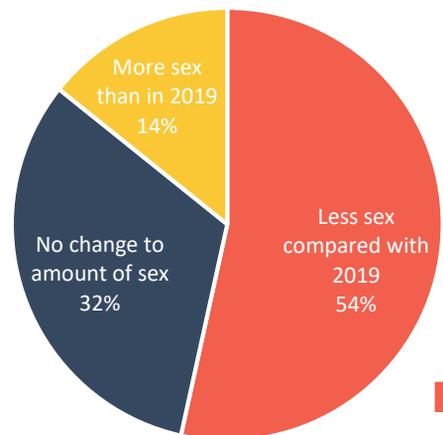
Did dating app use change during the first lockdown?

In 2019, participants reported using dating apps to chat or text, organise face-to-face dates and organise face-to-face hook-ups. During the first lockdown, nearly 95% people who reported using dating apps said they were using apps for physically distant activities, like chatting and texting, and very few said they were using apps to organise face-to-face dates or hook-ups.

Were people having more or less sex during the first lockdown?

Less. More than half of participants said they were having less or no sex during the first lockdown when compared to their sexual activity in 2019.

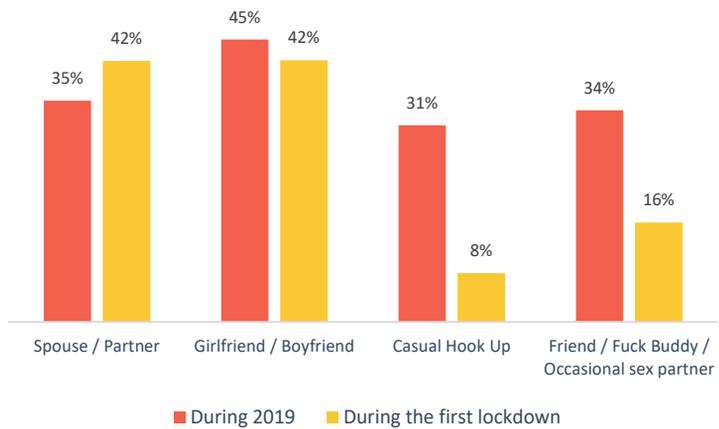
Frequency of sexual activity in lockdown compared with 2019



Relationship with sex partners in 2019 compared with lockdown

Were people having more or less casual sex during the first lockdown?

Less. More than a third of participants said their sexual partner/s in 2019 were a casual hook-up or occasional sex partner. This dropped by more than half during the first lockdown. In comparison, the number of people reporting having sex with a spouse or partner slightly increased during the first lockdown compared with 2019.



Did sex practices change in any other way during the first lockdown?

Of those participants who said that they had bought a sex toy during the first lockdown, nearly one quarter said it was their first time buying one. Not surprisingly, the number of participants reporting using sex toys increased during the first lockdown as compared with 2019.

Are we in for a COVID-19 baby boom?

Probably not. Most participants reported that they were not currently trying to conceive, and many told us that COVID-19 has put their plans for pregnancy on hold.

26%
reported an
increase
in masturbation

Were people still able to access sexual and reproductive health products like sanitary items and contraception during the first lockdown?

Most of the people who completed our survey said they were still able to access their usual sanitary items (like pads and tampons) and contraception (like condoms and the oral contraceptive pill). But nearly one third of participants said they had difficulty accessing their normal sanitary items, and approximately 10% reported difficulty accessing their usual contraception.

Do you want more information?

Visit our website: <http://go.unimelb.edu.au/9paj>

Or contact us: sexualhealth-research@unimelb.edu.au

