

SUMMARY OF RESULTS FOR HEALTH CONSUMERS

Experiences of testing, treatment and management for chlamydia

KEY FINDINGS

GETTING TESTED AND TREATED

- Most participants said that having an STI test was easy. They also said that it is very important that the results of the test are communicated quickly and correctly.
- Many participants said that they felt shock, surprise and anxiety when told that their STI test was positive for chlamydia. Knowing that chlamydia is easily treatable helped.
- The way a general practitioner (GP) talks to their patient about a chlamydia infection is important. Participants who said that their GP was supportive and helpful seemed to have a more positive experience of chlamydia management.

TELLING PARTNERS

- Often telling sexual partners about a chlamydia infection made people anxious, but it was generally an easy and straightforward process.
- For some participants however, telling partners was emotionally challenging, and had a negative impact on their intimate relationships.
- Telling partners was important, but participants were split on how best to do this. Some said that it doesn't matter how you tell partners as long as you tell them, while others said it's important to tell partners face-to-face or via direct message so that they take it seriously.

MANAGING STI RISK IN THE FUTURE

- Using condoms and/or getting tested for STIs regularly were noted as key to preventing STIs. Some participants said that it can be difficult to negotiate condom use with sexual partners.
- Many participants said that having conversations about safer sex and STI risk with potential sexual partners was important, but this could be difficult and didn't always happen.
- Many said that better education and public awareness about STIs are needed. This would help people become more aware of how and when to get tested for an STI, and importantly, also help reduce stigma attached to having an STI.

Thank you to everyone who participated in an interview, we really appreciate you taking the time to speak with us.

ABOUT THE INTERVIEWS

During 2019 we conducted telephone interviews with people who had recently been diagnosed with chlamydia. In total, 19 people participated in an interview. Most identified as female, while the remainder identified as male or non-binary. Their average age was 27 years, and everyone lived in either Victoria, New South Wales or Queensland. Most reported that they were employed full time or were combining paid employment with study.

GENERAL SEXUAL HEALTH INFORMATION

- <https://playsafe.health.nsw.gov.au/>
- <https://www.mshc.org.au/>

INFORMATION ABOUT CHLAMYDIA AND OTHER STIS

- <https://www.true.org.au/Health-information/sexually-transmitted-infections-stis>
- <https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/resources/animations>
- <https://www.fpnsw.org.au/health-information/individuals/stis/chlamydia>

ONLINE PARTNER NOTIFICATION TOOLS

- <https://letthemknow.org.au/>
- <https://www.thedramadownunder.info/notify>
- <https://www.bettertoknow.org.au/notify.html>

ABOUT THE PROJECT

The Management of Chlamydia Cases in Australia (MoCCA) project is a National Health and Medical Research Council partnership project that is investigating strategies to strengthen management of chlamydia infections in Australian general practice with a focus on partner notification, retesting to detect reinfection, and detection of complications such as pelvic inflammatory disease. You can find more information about the project on our website.

Lead investigator: Professor Jane Hocking, Melbourne School of Population and Global Health, University of Melbourne.

Partner organisations: University of Melbourne, NSW Ministry of Health, Victorian Government, Dept of Health and Human Services, Queensland Health, North Western Melbourne Primary Health Network, Central and Eastern Sydney Primary Health Network, Family Planning Victoria, Family Planning NSW, True Relationships & Reproductive Health, Queensland, Victorian Cytology Service, Sydney Sexual Health Centre.

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Ethics: This study has been approved by the University of Melbourne Human Research Ethics Committee, ID: 1853183.

For further information about MoCCA

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W: http://bit.ly/mocca_study

