University of Oslo

PSY2101 Health Psychology – home exam, autumn 2024 (72 hours)

Recent reports indicate a troubling rise in sexually transmitted infections (STIs) among young adults in Norway. For example, there has been a significant increase in gonorrhea cases, especially among men who have sex with men, but also among heterosexuals (Folkehelseinstituttet, 2023). Additionally, chlamydia remains the most common sexually transmitted bacterial infection in Norway, primarily affecting sexually active individuals under 25, especially women (Folkehelseinstituttet, 2024).

Several behavioural interventions have been developed for reducing the incidence of STIs (e.g., de Vries et al., 2024; de Wit et al., 2023; US Preventive Services Task Force, 2020). Such interventions are designed to exert their positive effects by targeting specific risk factors across biological, psychological, and social domains.

There are various considerations when critically evaluating behavioural interventions for reducing the incidence of STIs. These can include (but are not limited to) the research design of the intervention (Ranby, 2018), the generalisability of the results beyond the tested sample (Ranby, 2018), the appropriate pre-registration of hypotheses (Munafò et al., 2017), the precision of measurement tools (Luszczynska et al., 2018), and the correct usage of 'causality' language (Lazarus et al., 2015). In your home exam, you must answer the following:

1. a) Define sexual risk-taking

b) Describe the health consequences of sexual risk-taking for youth and young adults (i.e., those under the age of 25) in Norway

2. Explain how biological, social and psychological factors can influence sexual risk-taking behaviours

3. a) Describe two different behavioural intervention studies reported in research articles that have been designed to reduce the incidence of STIs. Your response should include a discussion of the risk factors these interventions are targeting and how these behavioural interventions are thought to exert their positive effects. These interventions do not have to necessarily have been conducted in Norway and can focus on any age group.

b) Critically evaluate these two different research interventions.

Formatting

• The document you deliver must be at least 2,000 words and a maximum of 2,500 words (equivalent to approximately 6 pages). The reference list does not count towards the word limit.

• Answer these questions one by one, you do not have to write your response as a single essay.

• As an approximate guide, spend about 20% of your response on question 1 (400-500 words), 40% on question 2 (800-1000 words), and 40% on question 3 (800-1000 words).

• Use 1.5 line spacing, 2.5 cm margins and font size 12.

• It is not necessary to include an abstract or cover page.

• There should be one reference list for all questions at the end of your document. References in the text and the reference list must follow the APA format (7th edition of APA).

References

de Vries, A., den Daas, C., Willemstein, I. J. M., de Wit, J. B. F., & Heijne, J. C. M. (2024). Interventions Promoting Condom Use Among Youth: A Systematic Review. The Journal of Adolescent Health, 74(4), 644–656. https://doi.org/10.1016/j.jadohealth.2023.11.014 de Wit, J. B. F., Adam, P. C. G., den Daas, C., & Jonas, K. (2023). Sexually transmitted infection prevention behaviours: Health impact, prevalence, correlates, and interventions. Psychology & Health, 38(6), 675–700. https://doi.org/10.1080/08870446.2022.2090560 Folkehelseinstituttet. (2023). Overvåkning av seksuelt overførbare infeksjoner [Annual Surveillance Report 2022 for Sexual Transmitted Infections]. Folkehelseinstituttet. https://www.fhi.no/contentassets/3e70076e6e704b27843e26cc33c4214e/soi_ arsrapport_2022_endelig.pdf Folkehelseinstituttet. (2024). Klamydiainfeksjon, genital – håndbok for helsepersonell. Folkehelseinstituttet. https://www.fhi.no/sm/smittevernhandboka/sykdommer-a- a/chlamydiainfeksjon-genital-klamydia? Lazarus, C., Haneef, R., Ravaud, P., & Boutron, I. (2015). Classification and prevalence of spin in abstracts of non-randomized studies evaluating an intervention. BMC Medical Research Methodology, 15(1), 85. https://doi.org/10.1186/s12874-015-0079-x Luszczynska, A., Kruk, M., & Boberska, M. (2018). Measurement in Health Psychology Research. In T. A. Revenson & R. A. R. Gurung (Eds.), Handbook of Health Psychology. Routledge. Munafò, M. R., Nosek, B. A., Bishop, D. V., Button, K. S., Chambers, C. D., Du Sert, N. P., Simonsohn, U., Wagenmakers, E.-J., Ware, J. J., & Ioannidis, J. P. (2017). A manifesto for reproducible science. Nature Human Behaviour, 1(1),

0021. https://doi.org/10.1038/s41562-016-0021 Ranby, K. W. (2018). Major Research Designs in Health Psychology. In T. A. Revenson & R. A. R. Gurung (Eds.), Handbook of Health Psychology. Routledge. US Preventive Services Task Force. (2020). Behavioral Counseling Interventions to Prevent Sexually Transmitted Infections: US Preventive Services Task Force Recommendation Statement. JAMA, 324(7), 674–681. https://doi.org/10.1001/jama.2020.13095

Moilanen, K. L. (2014). Short- and Long-Term Self-Regulation and Sexual Risk- Taking Behaviors in Unmarried Heterosexual Young Adults. The Journal of Sex Research, 52(7), 758–769. https://doi.org/10.1080/00224499.2014.959881 Træen, B., & Fischer, N. (2022). Use of Protection for Unwanted Pregnancy and Sexually Transmitted Infections in Six Birth Cohorts in Norway 2020: A Descriptive Study. Sexuality & Culture, 26, 67–95. https://doi.org/10.1007/s12119-021-09879-w Træen, B., & Gravningen, K. (2011). The Use of

Protection for Sexually Transmitted Infections (STIs) and Unwanted Pregnancy among Norwegian Heterosexual Young Adults 2009. Sexuality & Culture, 15, 195–212. https://doi.org/10.1007/s12119-021-09879-w George, W. H., Norris, J., Nguyen, H. V., Masters, N. T., & Davis, K. C. (2014). Sexuality and health. In D. L. Tolman, L. M. Diamond, J. A. Bauermeister, W. H. George, J. G. Pfaus, & L. M. Ward (Eds.), APA handbook of sexuality and psychology, Vol. 1. Person-based approaches (pp. 655–696). American Psychological Association. https://doi.org/10.1037/14193-021. Ivanova, A. (2024). Sexual Health [PowerPoint slides]. Canvas. https://www.uio.no/tjenester/it/utdanning/canvas/

Oppgaveteksten er gjengitt ordrett fra Universitetet i Oslos dokument for høsten 2024, der oppgaven står sammen med sensorveiledningen; sensorveiledningen er utelatt. Overskriftene «Formatting» og «References» er satt inn av oss. Oppsettet er vårt.