



# INVESTIGATING PATTERNS OF HIV BEHAVIORS & PREVENTIVE HABITS

## LET'S US STOP HIV TOGETHER- Protect Yourself

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### PURPOSE

The research investigated the students' perceptions, awareness, knowledge, and sexual behavior associated with HIV, including HIV testing, condom use, and sexual preventive habits. The information is vital for interventions, methods, and procedures to reduce the incidence and prevalence of HIV and to increase knowledge, testing, condom usage, and sexual prevention behaviors among college students.

### DEMOGRAPHIC

The demographics consisted of 200 male and female students ages 18 to 24 from the Memphis/Shelby County area. Surveys were given to students to obtain levels of knowledge, attitudes, and perceptions of patterns of sexual behaviors, beliefs of HIV risks, testing habits, and the use of PrEP.

### METHODS

Undergraduate students enrolled in the spring 2022 semester were recruited and received a ten-dollar electronic gift card. The IRB consent policy requiring confidentiality, and an anonymous data collection procedure ensured privacy. A qualitative survey was developed for the study to determine students' levels of knowledge, perceptions, awareness, and sexual behavior associated with HIV, including HIV testing, condom use, and sexual preventive behaviors. The survey was developed by project researchers from current literature, A toolkit described the project's purpose, methods, and other research information for students and the community. Students received an email with a flyer informing students about the research project and the survey. Student researched encouraged the students to participate in the study, and flyers, emails, and social media was used to recruit students.

### OUTCOMES

The expected outcomes of this project were:

- 1) A majority (90%) of the students will report a belief that condoms used correctly will reduce the rates of new cases of HIV.
- 2) A small percentage (30%) of students will report knowledge about PrEP.
- 3) About 90% of the students will report full knowledge about HIV, 60% will know their HIV status, and 40% will report being adamant about getting tested.

### LESSONS LEARNED

Lessons learned from this project are:

- 1) Stigmas associated with HIV made it difficult for the individual to get tested for HIV.
- 2) It was challenging to get students to complete the surveys without incentive.
- 3) Normalizing conversations about prevention of HIV and treatment could increase testing.
- 4) Condoms use before infection effectively eliminates the spread of the virus.

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