



THE OHIO STATE UNIVERSITY

A Scoping Review of the Effectiveness of
Comprehensive Sexual Education Programs
for Individuals with Intellectual and
Developmental Disabilities

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FINANCIAL DISCLOSURE
AACPD 72nd Annual Meeting
October 13, 2018

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1. Disclosure of Relevant Financial Relationships:

- I have no financial relationships to disclose.

2. Disclosure of Off-Label and/or investigative uses:

- I will not discuss off label use and/or investigational use in my presentation.



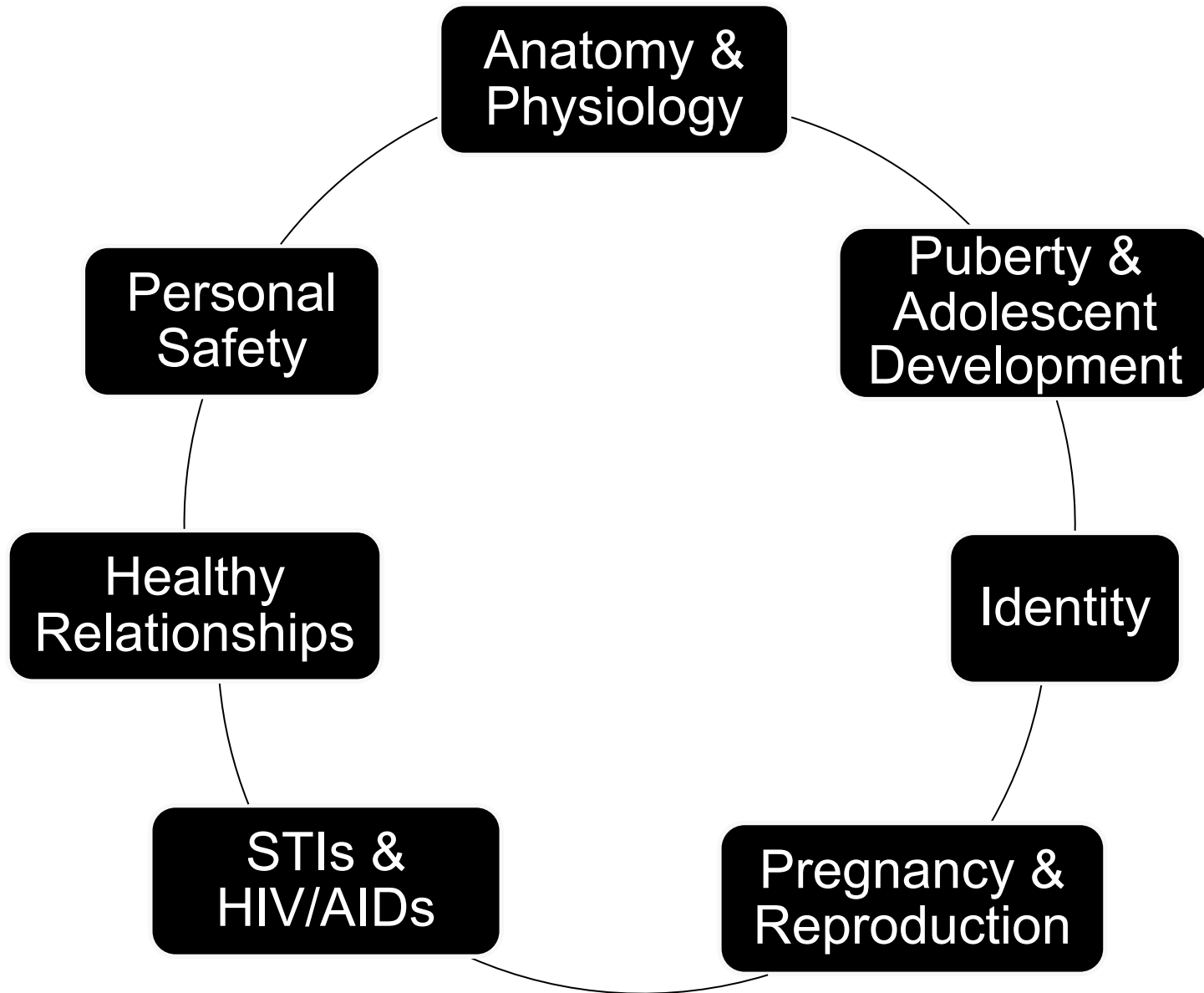
Background

- According to The World Health Organization, sexual health is defined as “a state of physical, emotional, mental and social wellbeing in relation to sexuality; it is **not** merely the absence of disease, dysfunction or infirmity,” (Sexual Health, n.d.).
- This indicates a *right to safe sexual practices* by all individuals, including those with intellectual and developmental disabilities (I/DD).



Sexual Health Education

- Sexual education is designed to help adolescents understand sexuality, sexual health, and how to make safe decisions currently and in the future (SIECUS, n.d.).





Methods

- A systematic literature search was conducted using PubMed and CINAHL.
- The following terms {Developmental OR Intellectual Disability AND sex} were searched.
- All levels of evidence, including qualitative reviews, were included.
- The six-stage methodological framework for scoping studies developed by Arksey and O'Malley was followed for the process of this paper⁹.



Methods Cont.

Identify the research question

- What sexual health education programs are available that are effective and comprehensive for individuals with I/DD?



Searching for relevant studies

- PubMed and CINAHL
- 1,667 citations were reviewed



Selecting Studies

- 1 reviewer
- 29 abstracts were reviewed
- 21 articles were ultimately included for full-text review



Charting the data, collating, summarizing

- 2 reviewers
- Data extraction compared programs to core components of the gold standard of comprehensive programs



Interpreting the results

- Quality of evidence
- Comparison to gold standard



Conclusions

- Overall the *quality of the evidence available was limited* by small sample sizes, threats to internal validity and convenience sample.
- The current limited evidence supports using:
 - Individualized education experiences
 - Verbal prompts
 - A reduction of abstract concepts.



Conclusions

- Of 18 programs assessed for effectiveness, *only one includes all seven components* of a comprehensive program.
 - The majority of programs focused on one component of comprehensive sexual health education.
 - Safety or abuse-prevention programs
 - Social skill or relationship-building programs
 - HIV/AIDS prevention



Results Cont.

- **Social Skill Curricula¹⁰⁻¹⁵:**
 - All programs demonstrated positive improvements in social/sexual skills and social appropriateness.
 - Few demonstrated generalizability of these skills outside of the group.
 - Three of six of these programs focused solely on social skill and relationship building, whereas the other three included at least five of the seven components of comprehensive sexual health education. 10



Results Cont.

- **HIV/AIDS Education¹⁶⁻¹⁸:**
 - Three quasi experimental studies demonstrated improvements in HIV/AIDS knowledge from pre- to posttest.
 - All three studies focused solely on STIs and HIV prevention and were not comprehensive in nature.



Results Cont.

- **Sexual Assault Prevention²⁷:**
 - Improvements in sexual abuse prevention skills seen post-intervention, however effects were not maintained.
 - Not comprehensive.



Results Cont.

- **Sexual Knowledge and Attitudes¹⁹⁻²⁶:**
 - All studies demonstrated improvement in overall sexual knowledge and positive changes in attitudes.
 - There were little improvements, however, in the areas of STI and HIV/AIDS.
 - These programs demonstrated a range of four to seven components of comprehensive sexual health education.



Future Directions

- More emphasis on higher quality research studies
- Inclusion of individuals with moderate to severe intellectual disability.
- Further research to demonstrate improvements in knowledge of STI and HIV/AIDS
- Determine specific curricula that are superior
- Determine the dosage required
- Determine specific instruction methods that are most beneficial for individuals with I/DD



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