

PROJECT SIGMA, ESSEX

Funded by the Medical Research Council

Principal Investigators:

Prof. A P M Coxon, Dr T J McManus, University of Essex

The image shows a rectangular grid with 6 columns and 5 rows. The top row is highlighted in red. The grid is enclosed in a white border with four brown triangular tabs at the corners, suggesting it's a page from a binder. The grid lines are thin and black.

DIARY FORM

On completion return this diary [no stamp required] to:

SD/Department of Sociology, FREEPOST, Colchester CO4 3BR

Version of: 19 October 1995

SECTION (A): BACKGROUND

0. SEX: **MALE / FEMALE**

1. AGE: I am [] years old.

2. RELATIONSHIP(S):
(Tick the one statement that best describes your present sexual relationship(s) with males):
 I have one sexually exclusive relationship with my partner []
 I have at least one regular partner, but have other sexual partners []
 I have no regular sexual partner []
 Other:..... []

3. DO YOU CURRENTLY HAVE ANY FEMALE SEXUAL PARTNERS?
No []
Yes []

4. MARITAL STATUS
(Tick one)
 I am:
 Single [] Married [] Separated/Divorced [] Widowed []

5. EMPLOYMENT
(Tick one)
 I am:

	EMPLOYED: full time	[]	
	part time	[]	
	UNEMPLOYED		[]
	Full time STUDENT	[]	
	Other:.....	[]	

Current or last job: _____

... continued over

6. HIV STATUS

(Once again, we guarantee this information is totally confidential
(Please tick one)

- I have not taken the HIV antibody test []
- I have taken the HIV antibody test,
and I am positive []
- I have taken the HIV antibody test,
and I am negative []

Now, a question about how you feel about various sexual acts:

7. HOW TURNED ON (WOULD) YOU FEEL BY EACH OF THE FOLLOWING SEXUAL ACTS, WHETHER OR NOT YOU DO IT, AND ASSUMING THERE'S NO RISK OF INFECTION

USE THE SCALE:

Very turned on	++
Quite turned on	+
Neither turned on nor off	0
Quite turned off	-
Very turned off	--

- 1. Wanking a guy till he comes []
- 2. Being wanked by a guy till you come []
- 3. Sucking a guy till he comes in your mouth []
- 4. Sucking a guy; he pulls out before he comes []
- 5. Being sucked by a guy,
till you come in his mouth []
- 6. Being sucked by a guy, but
you pull out before you come []
- 7. Fucking a guy; you come in him []
- 8. Fucking a guy; you wear a condom []
- 9. You are fucked by a guy; he comes in you []
- 10. You are fucked by a guy; he wears a condom []
- 11. Rimming a guy []
- 12. Being rimmed by a guy []

8. FINALLY, CAN YOU PLEASE TELL US WHETHER OR NOT YOU'VE EVER BEEN INTERVIEWED BY PROJECT SIGMA, OR DONE A SEXUAL DIARY FOR US, OR RESPONDED TO THE GAY TIMES SIGMA POSTAL QUESTIONNAIRE BY DR TOM McMANUS:

- NO, I have never been interviewed for Project SIGMA, nor done a sexual diary, nor filled in a Gay Times questionnaire []
- YES, I have been interviewed by Project SIGMA (Year/s:; Place:) []
- YES, I have done a Sexual Diary for Project SIGMA (Year/s:; Place:) []
- YES, I have filled in a SIGMA questionnaire in Gay Times. (Year/s:)

SECTION (B): PARTNER LIST

Please describe each of your sexual partners and list them on this sheet. We suggest that you list your partners in the same order as they occur in the diary. You may however, want to list your regular partner(s) first. Unless you say to the contrary, we assume your partners are male. (If this is not true, please put 'F' or 'female' next to the partner number). We would like to know the following about your partners:

- [1] Whether he is REGULAR / OCCASIONAL / 'ONE-OFF'.
- [2] His AGE (if you know it, or your guess).
- [3] How long you have been having sex with him.
- [4] Where you met him: originally (if a regular partner), or on that occasion (if a casual partner)
- [5] His HIV status (one of: Negative, Positive or Don't Know).

In order to understand what is happening in sexual activity it is important to know something more about your partners. *If you can give their initials (or their first name and the initial of their surname) this will help us* -- for instance, to be sure about whether "P1" this time is the same one as "P1" last time and it will help you remember who it is you are talking about in your diary account. If P1 also happens to keep a diary it also means that we can link your data to his, and this has been found to be crucial information for modelling what is happening in the age of Aids. Needless to say, any such information is *entirely confidential* and there is no way that we could (or would) contact him.

Two examples are given in italics at the top of the list.

Partner Number (F?)	Regular Occasional One-Off	Age	How long sex?	Where Met?	HIV Status	Initials
<i>P1</i>	<i>Regular</i>	<i>26</i>	<i>2 yrs</i>	<i>Pub</i>	<i>Neg</i>	<i>Ian T</i>
<i>P2</i>	<i>1-off</i>	<i>18 ish</i>	<i>N/A</i>	<i>Cottage (Ealing)</i>	<i>Don't Know</i>	<i>Don't Know</i>
P1						
P2						
P3						

Continued over →

Partner Number (F?)	Regular Occasional One-Off	Age	How long sex?	Where Met?	HIV Status	Initials
P4						
P5						
P6						
P7						
P8						
P9						
P10						
P11						
P12						
P13						
P14						
P15						
P16						
P17						
P18						
P19						

(... Add as many more as may be necessary ...)

SIGMA SEXUAL DIARY

Version: 14 July 1995

WEEK BEGINNING : ____ / ____ / 19____
(day) (month) (year)

Remember, each session should include:

- The Time, The Place, The Partners (from partner list)
- Then, describe the session in your own words
- Remember to mention exactly what happened to the "come" (ejaculate) and always mention the use of condoms.
- List any accompaniments you use (poppers, lubricants, drugs, sex toys...)
- Mention how much you drank each day if it is associated with sex.

If a diary day entry is too small, carry on overleaf, or add a page (remembering to identify the time, day and date)

____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	

SIGMA SEXUAL DIARY

Version: 14 July 1995

WEEK BEGINNING : ____ / ____ / 19____
(day) (month) (year)

Remember, each session should include:

- The Time, The Place, The Partners (from partner list)
- Then, describe the session in your own words
- Remember to mention exactly what happened to the "come" (ejaculate) and always mention the use of condoms.
- List any accompaniments you use (poppers, lubricants, drugs, sex toys...)
- Mention how much you drank each day if it is associated with sex.

If a diary day entry is too small, carry on overleaf, or add a page (remembering to identify the time, day and date)

____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	

SIGMA SEXUAL DIARY

Version: 14 July 1995

WEEK BEGINNING : ____ / ____ / 19____
(day) (month) (year)

Remember, each session should include:

- The Time, The Place, The Partners (from partner list)
- Then, describe the session in your own words
- Remember to mention exactly what happened to the "come" (ejaculate) and always mention the use of condoms.
- List any accompaniments you use (poppers, lubricants, drugs, sex toys...)
- Mention how much you drank each day if it is associated with sex.

If a diary day entry is too small, carry on overleaf, or add a page (remembering to identify the time, day and date)

____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	

SIGMA SEXUAL DIARY

Version: 14 July 1995¹

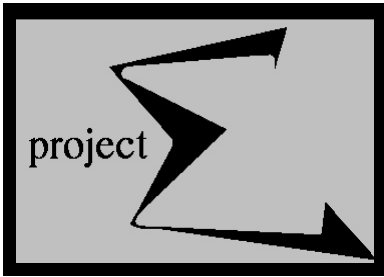
WEEK BEGINNING : ____ / ____ / 19____
(day) (month) (year)

Remember, each session should include:

- The Time, The Place, The Partners (from partner list)
- Then, describe the session in your own words
- Remember to mention exactly what happened to the "come" (ejaculate) and always mention the use of condoms.
- List any accompaniments you use (poppers, lubricants, drugs, sex toys...)
- Mention how much you drank each day if it is associated with sex.

If a diary day entry is too small, carry on overleaf, or add a page (remembering to identify the time, day and date)

____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	
____ DAY	



PROJECT SIGMA, ESSEX

[YELLOW]

Socio-Sexual Investigations of Gay Men and Aids

Funded by the Medical Research Council

NOTES FOR WRITING YOUR SEXUAL DIARY

VERSION OF: 19 October 1995

INTRODUCTION

Please read these notes carefully before you start recording your sexual diary.

In your diary we would like you to keep a full, detailed record of your sexual activities.

- Put each entry in as soon as possible after it occurs**, preferably on the day it happens
- Please be completely honest** when recording your diary, otherwise it isn't worth filling it in. For instance, if you aren't having much sex at the moment, please don't invent activity, or if you didn't use a condom don't say you did! From our point of view a diary with little in it is as significant as a full one.
- Please write as clearly as you can.** If you can't fit everything into an entry, continue on the back of the sheet or on a separate sheet, remembering to mark the date on which the entry occurred.
- You may feel that some times are unlike your usual sexual behaviour (e.g. holidays); please keep writing, though -- this is all important information.
- If you decide you don't want to do a diary, or find you can't complete the full month, please return the brief questionnaire at the beginning of the diary, and whatever part you have completed.
- Although we are mainly concerned with sex with other men, please make sure you record any sex you have with women during the diary period.

INSTRUCTIONS

1. Before you start your diary, complete the Background questions (Section A; pages 1 & 2).
2. The next pages (Section B) ask you to list your sexual partner/s. Fill in as much information as you can about your partners as they occur in your diary. Give the initials of your partner, (if you know them) if you possibly can. This helps us in tracing networks of sexual contacts, which helps us in identifying a partner from one diary to the next and is also important in understanding, predicting and stopping the development of HIV infection. This information remains confidential and we would never contact a person you had named or given the initials of. Having filled in the details, you can then refer to your partners using their number from this list (e.g. "At home with P1 ...")
3. If you look at the actual diary pages (Section C) you will notice that there are four week sheets with seven entry spaces (days) each. In these spaces you will record what you do each day. At the top of each page you record the date of the first day of your diary. On the left of each entry you fill in what day it is.

4. Each day you might have none, or one, or more sessions. (A "session" is one or more sexual acts by yourself or with your partner(s) at any one time). Examples of sessions;

'I had a quick wank by myself and came on the sheets'

'We both sniffed poppers. He wanked me off (I didn't come), then we sucked each other off (I came in his mouth). Finally he fucked me using a condom and lubricants (KY) and he came in it. Then we fell asleep.'

This is the basic part of the diary. Every time you have a session, you also specify other information such as the time, place, partners etc, and write this in your diary. The following describes what you should record.

WHAT YOU SHOULD RECORD

■ The time

Please record what time the session started. If you can't remember, the approximate time of day will do (morning, afternoon, evening, etc.)

■ Context

Before sex, people often use things to get them in the mood. You might do this by reading porn, drinking alcohol, taking other drugs, or by giving yourself an enema. Mention any of these if they occur. If you drink alcohol record how much. You may want to say what effect (if any) you think these preliminaries had on the sex which followed.

■ The place

Mention where the sex took place (e.g. "my home", "his place"). If the place was toilets/cottage, sauna, park etc. give the actual name or location of the place ("Hampstead Heath", "NCP toilet near Toys'r'us, Cardiff", "D.H. Evans, Oxford St, 2nd floor toilets").

■ The Partner(s) (if any)

We don't need to know the names of your sexual partners, but please describe each one on your sheet of partners, and give their initials or first name, if possible. When a particular partner occurs in the diary, refer to him (or her) using the partner number you give them on the sheet. We would like to know the following about your partners:

- (i) Are they Regular, Occasional, or One-off?
- (ii) How old they are? (or make a guess)
- (iii) How long you've had sex with him? (if this isn't the first time)
- (iv) Where you met.
- (v) HIV status (if known).
- (vi) Whether they record a SIGMA diary
- (vii) Their initials, or name (this remains completely confidential)

We don't expect you to ask everyone you have sex with whether they record a SIGMA diary, but it would help us if you could discover such information, especially with regular or occasional partners. They might even know their SIGMA code number ...

If your partner is female, please specify that this is so (otherwise we assume them to be male). This is done by writing 'F' or 'Female' in the partner list.

■ The Session

For each session, record everything you did in as much detail as you can, and in the order it occurred. Also, remember to specify the partner you do it with.

For each sexual act you do we must know:

- What you did (e.g. Wanking, Sucking, Fucking).
- Who did it to whom (e.g. 'Me to him', 'Him to me', 'To each other, at the same time').
- If either you or your partner come (ejaculate), please take care to specify where the spunk (ejaculate) went. (e.g. "In him", "In me", "On him", "On me", "Into a Condom", "Over his chest", somewhere else...).
- It is also very important that record the use of condoms with every act in which you used them, whether or not you came.

■ Accompaniments

Record the use of sex aids such as poppers, lubricants, alcohol, drugs, "toys" (e.g. dildo), videos etc.

■ Three (or more) Somes

When there are more than one person in a session, please specify which *partner* did what to who, if you know. The important thing is to record everything which you do or that happened to you. You may refer to them using the partner numbers.

FINALLY

Please write up your diary as soon as you can after sex. We are very happy for you to include any other information or comments that you feel are relevant. The sex is important, but so are your reactions.

Have a look at the example of a week's diary that's enclosed, then off you go! Hopefully it will help you understand everything you've read so far. Any additional information or explanations should be written on further pieces of paper and returned to us with the diary. You are free to write to us at any time to express your views or ask questions. Please write to Professor Tony Coxon at the FREEPOST address given at the start of this form, or phone using the FREEPHONE number.

CONFIDENTIALITY UNDERTAKING

THE INFORMATION YOU PROVIDE IS ENTIRELY CONFIDENTIAL AND IS KEPT ENTIRELY ANONYMOUS. We go to extraordinary lengths to ensure that confidentiality is kept, and guarantee that names and addresses are stored in a totally safe manner and entirely separate from the data. (We are happy to describe these arrangements if you wish)

Many thanks again for deciding to take part in the project, and trusting us with your unique and valuable information. By this means you are playing an important role in helping to combat Aids and HIV infection.