



Links between your Substance Use and your Sexual Health (v. 1.1)



Goyette, Flores-Aranda, Bertrand, Pronovost,
Aubut, Ortiz & Saint-Jacques (2017)

Description of the Links between your Substance Use and your Sexual Health (Links Su-Sex)

If you are an adult man, cis or trans, and you have had sex with another man within the last year under the influence of a substance (alcohol or drugs), this questionnaire applies to you. It has been developed to identify whether the links between your substance use and your sexual health carry risks or are a source of concern to you. The following questions may reveal a need to look further into this topic or point you towards resources which can guide you as you seek out further information. You will need to answer from 24 to 64 questions on the links between your substance use and your sexual health. Completing the questions should take about 10 to 15 minutes.

To make sure that the questionnaire takes into account your reality, it has been developed by experts such as potential users (other men who have sex with men, who use alcohol or drugs) as well as clinicians and researchers. While the assessment relies on a consensus of experts and on the current scientific knowledge, it is important to understand that the results and their interpretations have not yet been validated. It should be noted that the questionnaire is not meant to screen for at-risk substance use per se, nor any other difficulties or concerns with your sexual health. The questionnaire deals with the **links** between your substance use and your sexual health.

A few terms before beginning

There are few terms that we will be using throughout the questionnaire you are about to answer. Before continuing, take the time to read them. These explanations will help you answer the questions.

What do we mean by “buzzed”?

“Buzzed” is used here to describe a **time** when you used one or more psychoactive substances or when you were under their influence. It can be either **alcohol** or **drugs**. It can range from simply feeling “buzzed” to feeling drunk or high.

By psychoactive substances, we mean substances you take that influence how you see reality, how you think and how you act. **Alcohol** and **drugs** (such as *pot*, *crystal meth* or *speed*) may be the first things to come to mind, but don't forget **medications** you may take to get “buzzed” for **non-medical purposes** (such as *Dilaudid*, *Rivotril* or *Ritalin*).

What we mean by...	
Cannabis	Pot, weed, marijuana, hash, etc.
Poppers	Nitrites, also known as rush, etc.
GHB	LG, GH, GBL, juice, liquid ecstasy, liquid X, etc.
Cocaine	Coke, powder, snow, crack, etc.
Amphetamines	Speed, peaches, etc.
Crystal meth	Crystal, rank, tweak, meth, ice, Tina, jib, T, etc.
Cathinone (e. g. mephedrone)	Bath Salts, flakka, cloud nine, ivory wave, blue silk, vanilla, MDPV, 4-FMC, 4-MMC, sky, energy 1, plant fertilizer, plant food, insect repellent, drone, M-CAT, white magic, Meow meow, meph, drone, khat, bubble, etc.
Ecstasy	E, MDMA, MD, X, XTC, the love pill, etc.

Ketamine	Special K, K, vitamin K, Ket, Kit Kat, etc.
Other hallucinogens	LSD, acid, mushrooms, PCP, etc.
Other synthetic drugs	2CB, DMT, BZP, TFMPP, N2O, etc.
Opioids	Heroin, morphine, methadone, buprenorphine, codeine, hydromorph, juice, dilaudid, oxycontin, oxycodone, percs, etc.

Which substances should I forget about when answering?

Unless otherwise stated, **do not include tobacco, caffeinated or energy drinks and medications with other functions**, such as *Cialis*, *Viagra* or **steroids** for working out.

What do we mean by “having sex”?

“Having sex”, in this case, consists of any sexual activity **with one or more partners** involving physical contact with yourself or another person, from kissing to penetration. That includes cyber sex as long as you are interacting with another person. For the purposes of the questionnaire, **simply cruising or masturbating by yourself** while watching pornography are not considered to be “having sex”.

What do we mean by a “time”?

A **“time” is a single and continuous experience**. A “time” can last from a few minutes to a few hours and can include the use of several substances or sexual activities with several partners.

Links between your Substance Use and your Sexual Health

The aim of this questionnaire is to **offer you a means of thinking about the links between your alcohol and drug use and your sexual health**. Some questions may not be entirely applicable to your reality or may upset you or make you uncomfortable.

In the last year, have you had sex at least once while you were buzzed?

- ☐ Yes
☐ No (*end of the questionnaire*)

If you answered no to the last question: Since this questionnaire is about the links between your substance use and your sexual health and you've indicated that you haven't had sex while buzzed in the last year, there's no need to pursue the assessment.

Substances, mixes and venues where you have had sex while buzzed

1.1. Among the substances you have used in the last year, which substances did you take **primarily** in a **sexual context** (having sex, or else while cruising, flirting, watching porn)?

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Cannabis | <input type="checkbox"/> Poppers |
| <input type="checkbox"/> GHB | <input type="checkbox"/> Cocaine | <input type="checkbox"/> Amphetamine |
| <input type="checkbox"/> Crystal meth | <input type="checkbox"/> Cathinone (mephedrone) | <input type="checkbox"/> Ecstasy |
| <input type="checkbox"/> Ketamine | <input type="checkbox"/> Other hallucinogens | <input type="checkbox"/> Other synthetic drugs |
| <input type="checkbox"/> Opioids | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

A number of questions will ask about the last ten times you had sex while buzzed. Take a moment to recall these times.

During the last ten times you had sex while buzzed, which places did you have sex in?

- | | | |
|---|--|--|
| <input type="checkbox"/> On the internet (with a partner online, going beyond flirting) | <input type="checkbox"/> At my house or my partner's | <input type="checkbox"/> In a rented room |
| <input type="checkbox"/> In a sauna or a bath house | <input type="checkbox"/> In a peep show | <input type="checkbox"/> In a bar, club or afterhours club |
| <input type="checkbox"/> Outside (street, park, etc.) | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

1.2. Which substances did you take those times (for **non-medical purposes**)?

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Cannabis | <input type="checkbox"/> Poppers |
| <input type="checkbox"/> GHB | <input type="checkbox"/> Cocaine | <input type="checkbox"/> Amphetamine |
| <input type="checkbox"/> Crystal meth | <input type="checkbox"/> Cathinone (mephedrone) | <input type="checkbox"/> Ecstasy |
| <input type="checkbox"/> Ketamine | <input type="checkbox"/> Other hallucinogens | <input type="checkbox"/> Other synthetic drugs |
| <input type="checkbox"/> Opioids | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |

1.3. If you answered *Crystal Meth* or other substances like cathinone or mephedrone, when taking these drugs, have you ever done SLAMMING? “SLAMMING” means injecting crystal meth or other substances like mephedrone in a sexual context.

- ☐ Yes
☐ No

1.4. During the last ten times you had sex while buzzed, how many times did you **mix substances**?

0 1 2 3 4 5 6 7 8 9 10

Influence of your substance use on your ability to have safer sex practices related to HIV/STIs

2. During the last ten times you had sex while buzzed, how many times did your substance use **influence** your ability to use safer sex practices to protect yourself or your partners against HIV and other STIs?

2.1. Number of times when it increased your ability?

0 1 2 3 4 5 6 7 8 9 10

2.2. Number of times when it reduced your ability?

0 1 2 3 4 5 6 7 8 9 10

If you answered to the last two questions with 1 or more, answer the following questions. Otherwise, continue to section 3.

2.3. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

2.4. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 3.

2.5. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Influence of your substance use on your ability to set limits to reduce the risk of unwanted sexual activities

3. During the last ten times you had sex while buzzed, how many times did your substance use **influence** your ability to set limits to avoid unwanted sexual activities?

3.1. Number of times when it increased your ability?

0 1 2 3 4 5 6 7 8 9 10

3.2. Number of times when it reduced your ability?

0 1 2 3 4 5 6 7 8 9 10

If you answered to the last two questions with 1 or more, answer the following questions. Otherwise, continue to section 4.

3.3. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

3.4. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 4.

3.5. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Influence of your substance use on having sex that leads to an unpleasant emotional state

4. During the last ten times you had sex while buzzed, how many times did your substance use lead you to have sex that left you feeling shame, guilt, regret, distress or a feeling of emptiness?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 5.

- 4.1. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

- 4.2. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 5.

- 4.3. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Mix of erectile medication with alcohol and drugs while having sex

5. During the last ten times you had sex while buzzed, how many times did you use medication (*Viagra*, *Cialis* or *Levitra*) to get or stay hard?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 6.

- 5.1. What substances did you take those times?

<input type="checkbox"/> Alcohol	<input type="checkbox"/> Cannabis	<input type="checkbox"/> Poppers
<input type="checkbox"/> GHB	<input type="checkbox"/> Cocaine	<input type="checkbox"/> Amphetamine
<input type="checkbox"/> Crystal meth	<input type="checkbox"/> Cathinone (mephedrone)	<input type="checkbox"/> Ecstasy
<input type="checkbox"/> Ketamine	<input type="checkbox"/> Other hallucinogens	<input type="checkbox"/> Other synthetic drugs
<input type="checkbox"/> Opioids	<input type="checkbox"/> Other:	<input type="checkbox"/> Other:

- 5.2. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

- 5.3. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 6.

- 5.4. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Influence of your substance use on your ability to take your preventive or curative HIV treatment

6. Do you take or have you taken treatments for HIV (for example, Truvada)?

- ☐ Yes, an HIV treatment (antiretroviral therapy) because I am HIV+
- ☐ Yes, pre-exposure prophylaxis (PrEP) as a means of preventing HIV
- ☐ Yes, post-exposure prophylaxis (PEP) as a means of preventing HIV
- ☐ No

If you answered yes to one of the three statements, answer the following questions. Otherwise, continue to section 7.

During the last ten times you had sex while buzzed, how many times did your substance use, or the anticipation of having sex while buzzed, **influence** your ability to take your HIV treatment (whether preventive, post-exposure or post-diagnosis treatment)?

6.1. Number of times when it increased your ability?

0 1 2 3 4 5 6 7 8 9 10

6.2. Number of times when it reduced your ability?

0 1 2 3 4 5 6 7 8 9 10

If you answered to the last two questions with 1 or more, answer the following questions. Otherwise, continue to section 7.

6.3. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

6.4. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 7.

6.5. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

The following questions are now about the last ten times you were buzzed OR the last ten times you had sex.

Need to have sex while buzzed

7. During the last ten times you were buzzed, how many times did you have a **need** to have sex or watch porn **that felt urgent** or **difficult to control**?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 8.

7.1. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

7.2. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 8.

7.3. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Need to be buzzed to hook up

8. During the last ten times you tried flirting or cruising, in person or online, how many times have you **felt a strong need** to be buzzed in order to hook up?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 9.

8.1. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

8.2. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 9.

8.3. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Need to be buzzed to have sex with partners

9. During the last ten times you had sex, how many times have you **felt a strong need** to be buzzed in order to have sex?

0 1 2 3 4 5 6 7 8 9 10

*If you answered 1 or more to the last question, answer the following questions.
Otherwise, continue to section 10.*

- 9.1. Which elements of your sexual health was your need to be buzzed linked to:

Getting turned on enough to have sex	Yes	No
Getting or staying hard	Yes	No
Being able to orgasm	Yes	No
Feeling connected with your partner (intimacy)	Yes	No
Making certain sexual activities less painful	Yes	No
Making certain sexual activities less emotionally upsetting	Yes	No
Letting go of everyday worries in order to live in the moment	Yes	No
Feeling better in terms of your gender identity	Yes	No
Feeling better in terms of your sexual orientation	Yes	No
Accepting your body or body image	Yes	No
Coping with past unwanted sexual experiences (e.g. sexual assault, molesting, coercion)	Yes	No
Other needs:	Yes	No

9.2. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

9.3. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 10.

9.4. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Need to be buzzed to perform better or have a better sexual experience

10. During the last ten times you had sex, how many times did you **feel a strong need** to be buzzed in order to have a **better sexual experience** or **to perform better**?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 11.

Which elements of your sexual health was your need to be buzzed linked to?

Improve your sexual experience or your sexual satisfaction	Yes	No
Taking part in new and different sexual activities	Yes	No
Taking part in more sexual activities in a limited time (for example, “a night at the sauna” or “a weekend party”)	Yes	No
Feeling more attractive, sexy or desirable	Yes	No
Connecting completely with your partner (intimacy)	Yes	No
Feeling better about your sexual performance	Yes	No
Other elements:	Yes	No

10.1. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

10.2. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 11.

10.3. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Exchanging sex for getting buzzed

11. During the last ten times you had sex (either buzzed or not), how many times did you have sex to gain access to or to get what you needed to get buzzed?

0 1 2 3 4 5 6 7 8 9 10

If you answered 1 or more to the last question, answer the following questions. Otherwise, continue to section 12.

- 11.1. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

- 11.2. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 12.

- 11.3. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Links between your regular substance use and your sexual health

The next question will be about your regular alcohol or drug use. Regularly using certain substances, that is, several times per week or per day over a prolonged period of time, can have an influence on different aspects of your sex or romantic life.

12. In the last three months, how many times has your **regular** use of alcohol, tobacco, drugs or other medications influenced your ability to have sex, to develop or to maintain a relationship with a romantic partner?

12.1. Number of times when it increased your ability?

0 1 2 3 4 5 6 7 8 9 10

12.2. Number of times when it reduced your ability?

0 1 2 3 4 5 6 7 8 9 10

If you answered to the last two questions with 1 or more, answer the following questions. Otherwise, continue to section 13.

12.3. To what extent do you feel that it improved your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

12.4. To what extent do you feel that it hindered your sexual experience?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

If you answered 2 or more to the last question, answer the following question. Otherwise, continue to section 13.

12.5. How much does this worry you?

Not at all 1 2 3 4 5 6 7 8 9 10 Extremely

Your motivation to improve an aspect of the links between your substance use and your sexual health

- 13.1. On a scale of 1 to 10 (1 being “not at all worried” and 10 “extremely worried”), tell me how worried you feel **at this time** about the links between your substance use and your sexual health?

					Somewhat									
					worried									
Not at all	1	2	3	4	5	6	7	8	9	10			Extremely	

- 13.2. On a scale of 1 to 10 (1 being “not at all ready” and 10 “entirely ready”), tell me how ready you feel **at this time** to change or improve an aspect of the links between your substance use and your sexual health?

					Not sure									
Not at all ready	1	2	3	4	5	6	7	8	9	10			Entirely ready	

- 13.3. On a scale of 1 to 10 (1 being “not at all important” and 10 “the most important thing in my life”), tell me how important it is for you **at this time** to change or improve an aspect of the links between your substance use and your sexual health?

					Somewhat									
					important									
Not at all important	1	2	3	4	5	6	7	8	9	10			The most important thing in my life	

- 13.4. On a scale of 1 to 10 (1 being “not at all confident” and 10 being “completely confident”), tell me how confident you feel **at this time** in your ability to do what it takes to change or improve an aspect of the links between your substance use and your sexual health?

					Somewhat							
					confident							
Not at all	1	2	3	4	5	6	7	8	9	10	Completely	
confident											confident	

- 13.5. Do you intend to change or improve an element of the links between your substance use and your sexual health **in the next 30 days**?

☐ Yes

☐ No

Suggested scoring and feedback for clinicians

Let's talk about the links between your substance use and your sexual health

The feedback of the links between your substance use and your sexual health that I am proposing to you is based on your responses to the questions above. How you wish to combine pleasure and sexual health is up to you. In general, there are no specific rules to tell you how to live your sexual experience. There are many different sides to sexual health and everyone's choices are their own. Your preferences and your personal needs, as well as your concerns, can guide you in thinking about your sexual health.

Advice 1. Q1.4. = yes

You said you take part in SLAMMING

When you intend to take part in SLAMMING, make sure to have enough sterile injection equipment with you. There are a number of locations where you can get it, but these places aren't always accessible. So planning ahead can be very useful. Before getting buzzed, you can also think about what you want to do to stay protected during sex. Planning out how you want to protect yourself in advance (safe location, condom, lube, needle, selecting partners, etc.) can help you stick to your plan in the heat of the moment.

Advice 2. Q2.2. ≥ 1

You said that your substance use makes you less able to have safer sex practices to protect yourself and your partners from HIV and other sexually transmitted and blood born infections (STBBIs).

Once buzzed, it can be harder to stick to your plan for protecting yourself when having sex. There are [a few strategies](#) available to you if you ever do take part in risky sex. You can always go to a hospital within 72 hours after engaging in risky sexual behaviour to take PEP (post-exposure prophylaxis).

If you regularly have sex without a condom, it may be a good idea for you to learn more about PrEP (pre-exposure prophylaxis). PrEP is a medication taken as a preventive treatment which is very effective in reducing the risk of contracting HIV. It does not protect against other STIs.

Finally, regardless of how much protection you use, it is always recommended that you get regularly tested. Many STIs, such as syphilis, are transmitted through simple skin to skin contact and sometimes don't have any symptoms. Because it is difficult to protect yourself against these kinds of infections, the only way to reduce the consequences is to get tested. As a rule of thumb, it is recommended that you get tested each year. If you have several partners, it is recommended that you get tested more frequently, every 3 or 6 months. It's up to you to decide what makes sense for you.

Advice 3. Q3.2. ≥ 1

You said that your substance use makes you less able to set limits to reduce the risks of unwanted sexual activities.

Unwanted sex, even after using alcohol or drugs, is never acceptable. You have the right to be respected. It's also your right not to feel forced into having sex that you haven't consented to. Any person that does this to you has committed a crime and a social worker or the police can help you if you want to take the steps to seek help. You are not responsible for any unwanted actions that you've been subjected to. There are ways, to reduce the risk of this happening. For example, if you know that you'll be drinking or taking drugs at a party, you can ask a friend to go along with you and make sure that you both leave the party together. You can try to reduce the substances you mix, as well as reduce or slow down your alcohol or drug use to make sure you are able to consent to having sex or better calculate the risks and protect yourself.

Sometimes we behave in ways that aren't like us when we use alcohol or drugs. If you ever pressure someone into sex or if you haven't gotten their consent, you remain legally

accountable for your actions. Being under the influence of alcohol or drugs does not take away your responsibility.

Advice 4. Q5. ≥ 1

You said that you mix medication to get or stay hard (for example, *Viagra*, *Cialis* or *Levitra*) with alcohol or drugs.

Sometimes some drugs prevent you from getting or staying hard and you take medication to solve this problem. You might also use this combination to have sex a lot of times in the same evening. It's important to know that some combinations can present health risks. Mixing medications, mainly *Viagra*, with poppers or ecstasy (MDMA) can have very dangerous consequences. These two substances act as vasodilators increasing your blood flow. This means your heart has to work much harder to circulate your blood and you risk suffering a heart stroke. The best thing to do is to avoid combining any substance with medication.

Advice 5. Q6.2. ≥ 1

You said that your substance use limits your ability to take an HIV treatment or a treatment for preventing HIV.

Whether you are HIV+ and undergoing treatment or you take preventive treatment against HIV (PrEP, PEP), these strategies are very effective for protecting yourself or others as long as you take them as prescribed.

Sometimes, you might forget to take a dose because you were buzzed. If you ever find yourself in this situation, the best thing to do is to take your treatment as soon as possible (without taking a double dose) and to consult your doctor or pharmacist to make sure this lapse doesn't affect your health.

To make sure you don't forget to take your dose, you can try finding strategies that will help you. For example, you can put a reminder on your phone or even put your medication in the same place you keep your drugs or alcohol.

Advice 6. Q11. ≥ 1

You said that you've had sex in order to get access to, to get paid or to pay for something to get buzzed.

Whether you're seeing guys to get alcohol or drugs or you take part in sex work, this can sometimes affect your self-esteem and how you see your own sexual health. It's important that the choices you make regarding your sexual health are in line with your values. These situations are rarely discussed with professionals or with friends and are often full of judgment. If this situation is a concern for you, don't hesitate to talk with a health or social worker.

You also said you were concerned that...

If Q4.3. ≥ 2	Your substance use leads you to have sex that leaves you feeling shame, guilt, regret, distress or a feeling of emptiness.
If Q7.3. ≥ 2	Your substance use leaves you feeling a need that is strong or difficult to control to have sex or watch porn.
If Q8.3. ≥ 2	You feel a need to be buzzed in order to cruise or flirt in person or online.
If Q9.4. ≥ 2	You feel a need to be buzzed to have sex.
If Q10.4. ≥ 2	You feel a strong need to be buzzed in order to have a better sexual experience or to perform better.
If Q12.5. ≥ 2	Your regular drug or alcohol use influences your ability to have sex, to develop and maintain a relationship with a romantic partner.
If Q13.1. ≥ 2	Generally speaking, one or another aspect of your sexual or romantic life is influenced by your substance use.

General clinical decisions making

If one of the advices or concerns has been noted

Your substance use appears to be a source of concern when it comes to your sexual health or it seems to be linked with sexual practices which can carry risks to your health and well-being. If you like, we could continue to explore some of the risks or concerns that I have just shared with you or I can suggest to you some resources that cover this topic.

Profiles with risks and/or concerns related to the links between substance use and sexual health, carry out a comprehensive assessment on these topics.

If no advice or concern has been noted

Your substance use doesn't seem to be a source of concern when it comes to your sexual health and it doesn't seem to be linked with sexual practices that may carry risks to your health and well-being. Go ahead and retake the questionnaire in a few months, especially if your alcohol or drug use changes or you feel that it's having influence on your sexual health.

Low-risk profiles without concerns related to the links between substance use and sexual health.

Suggested citation: Goyette, M., Flores-Aranda, J., Bertrand, K., Pronovost, F., Aubut, V., Ortiz R., & Saint-Jacques, M. (2017). *Links between your Substance Use and your Sexual Health* (v. 1.1). Retrieve at https://oraprdnt.uqtr.quebec.ca/pls/public/gscw031?owa_no_site=4242&owa_no_fiche=193&owa_aperçu=N&owa_imprimable=N&owa_bottin=

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Suggested reading for conducting a comprehensive assessment

- Anderson, S. C. (2009). *Substance use disorders in lesbian, gay, bisexual, and transgender clients: Assessment and treatment*. New York, NY: Columbia University Press.
- Barbara, A. M., & Doctor, F. (2007). *Asking the right questions 2: Talking with clients about sexual orientation and gender identity in mental health, counselling and addiction settings*. Toronto, On: Centre for Addiction and Mental Health.
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