I Want the Kit (IWTK) – What’s Your Risk for Having a Sexually Transmitted Infection (STI)?

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Background

I Want the Kit (IWTK) is an internet program that tests for chlamydia, gonorrhea, and trichomonas from self-collected genital and rectal swabs. The IWTK website has an educational component that informs users about sexually transmitted infections (STIs) and uses a quiz for sexually active people to estimate their risk of having an STI.

Methods

• From November 2010 through April 2014, IWTK asked its users to take a six-question quiz.
• From November 2010 through August 2013, the quiz was voluntary.
• Beginning in August 2013, the quiz was required of users who requested a kit and completed the online order process.
• Points are assigned to the responses for each question, and scores are calculated.

1. Are you < 25 years old?  “Yes” = 1 point.  “No” = 0 points.
2. Have you had a new sex partner, or multiple partners, in the last 90 days?  “Yes” = 1 point.  “No” = 0 points.
3. Do you have more than one current sex partner at the present time?  “Yes” = 1 point.  “No” = 0 points.
4. Have you ever been told you had, or been treated for, and STI in the past?  “Yes” = 1 point.  “No” = 0 points.
5. How many sex partners have you had in the last 90 days?  “10 or more” = 3 points.  “5-9” = 2 points.  “2-4” = 1 point.  “0-1” = 0 points.
6. When you have sex, do you use a condom?  “Never” = 3 points.  “Sometimes” = 3 points.  “Always” = 0 points.

A score of 7-10 is considered very high risk.
A score of 4-6 is considered high risk.
A score of 2-3 is considered intermediate risk.
A score of 0-1 is considered low risk.

Conclusions

• Risk scores may predict the likelihood of a person having a sexually transmitted infection.
• The score may help an IWTK user decide whether to order a test kit.

https://www.iwantthekit.org/

Results

• 1613/2989 females (53.9%) and 1080/1961 males (55.1%) who returned genital kits for testing provided risk scores.
• Of females, 21.3% were very high risk, 60.1% were high risk, 14.1% were intermediate risk, and 4.5% were low risk.
• Of males, 22.6% were very high risk, 51.3% were high risk, 19.1% were intermediate risk, and 7.0% were low risk.
• Females were more likely to report higher risk than males (p<0.001).
• Of very high risk females, 19.2% were infected with chlamydia, gonorrhea, and/or trichomonas. 12.1% of high risk females, 7.5% of intermediate risk females, and 6.9% of low risk females were infected.
• Of very high risk males, 10.2% were infected with chlamydia, gonorrhea, and/or trichomonas. 6.5% of high risk males, 5.3% of intermediate risk males, and 2.6% of low risk males were infected.
• There was a higher infection rate in females than in males in the very high risk group (19.2% vs 10.2%, p=0.003), and in the high risk group (12.1% vs 6.5%, p<0.001).

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