What do men who have sex with men (MSM) taking post-exposure prophylaxis following sexual exposure (PEPSE) report about their recent sexual risk-taking behaviour?

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Aims and objectives

- Circumstances of the episode of sexual exposure
- Circumstances of accessing PEPSE
- Interpretation of risk
- Emotions and coping mechanisms
Methods

• Data collected as part of ongoing RCT\(^1\) evaluating the use of a psychological intervention to reduce risk behaviour
  
• Two audio-recorded 30-minute telephone interviews implementing an augmented motivational interviewing technique based on Information-Motivation-Behavioural skills model

• Transcribed for qualitative analysis of thematic content

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## Results

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“I arranged to meet someone, a *complete stranger*, online”

“I have a partner […] and *we’d essentially had sex with another person* that night”

“*anxiety actually works better* with sex than […] the boredom of using a condom”

“I was just *far too drunk* […] to make any […] calculations”
“he said “I'm [HIV] positive I assumed you were””

“because he said [his viral load] is undetectable […] and I'd heard about some horror effects of taking PEP, I was in two minds”

“PEP shouldn’t be regarded as some sort of contraceptive, it’s not a morning after pill”

“[PEP] gives you a perspective what it's like for people who take pills long term”
Discussion

- Varied responses with key themes and less dominant themes emerging
  - Internet and mobile-phone applications to seek partners
  - Exposure from oral intercourse and “dipping”
- Behavioural skills needed to incorporate condoms into sexual behaviour
- Need for similar research with other subgroups of MSM
  - Commercial sex-workers
  - MSM who identify as heterosexual
  - Older MSM
  - MSM engaging in sexual risk-taking who do not seek PEPSE