

# **Engaging young men in sexual health through a dedicated Men's Sexual and Reproductive Health service**

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## **Background:**

Compared to women, young Australian men have poorer health outcomes, are less likely to attend a general practitioner, and infrequently seek sexual and reproductive health consultations (SRH). Unlike for women who both frequently access SRH consultations and shoulder contraceptive responsibilities, this poor SRH service utilisation also means that young men miss out on treatment for early identification of sexual health conditions, urogenital cancers and diseases which may first be signalled by a SRH condition, such as cardiovascular disease or poor mental health. Prior studies found health service avoidant young men were interested in engaging with a hypothetical dedicated Men's Health service (DMHS) but no study has gathered perspectives of young men on their motivations for attending such a DMHS with a SRH concern.

## **Methods:**

Semi-structured one-on-one interviews are being conducted with male patients of a Men's Health General Practitioner aged 18-39 at a private multidisciplinary Men's Health clinic located in Melbourne, Australia. Interviews will be conducted until data saturation is reached (N = 6 as of April 2024). Interviews were recorded, transcribed and thematically analysed.

## **Results:**

Preliminary analysis showed young men self-referred to the service seeking a specialised, comprehensive, and expert approach to their SRH concern, and felt comfortable discussing sensitive issues knowing it would be a safe and nonjudgemental environment. They were satisfied by the health service's professionalism, convenience, and online transparency about services offered. Being at a transition point in their lives was a common catalyst for healthcare engagement, such as starting a family or entering their 40s. Proactivity to seek help was contextualised as taking control of their health and self-improvement.

## **Conclusion:**

A dedicated Men's Sexual Health service supports men in engaging with Sexual and Reproductive health by improving comfort levels and facilitating proactivity.

## **Disclosure of Interest Statement:**

None