

Difference in HIV prevention strategies used by gay, bi+, and queer men and non-binary people with male, female, and non-binary casual partners

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Background: Since 2024, the GBQ+ Community Periodic Surveys have included questions about casual sex with male, female and non-binary partners, to be more inclusive of gay, bi+ and queer (GBQ+) men and non-binary people's sex lives. This analysis reports on differences in HIV prevention strategies according to the gender/s of participants' casual partners, and factors associated with prevention coverage (use of condoms, PrEP, or U=U).

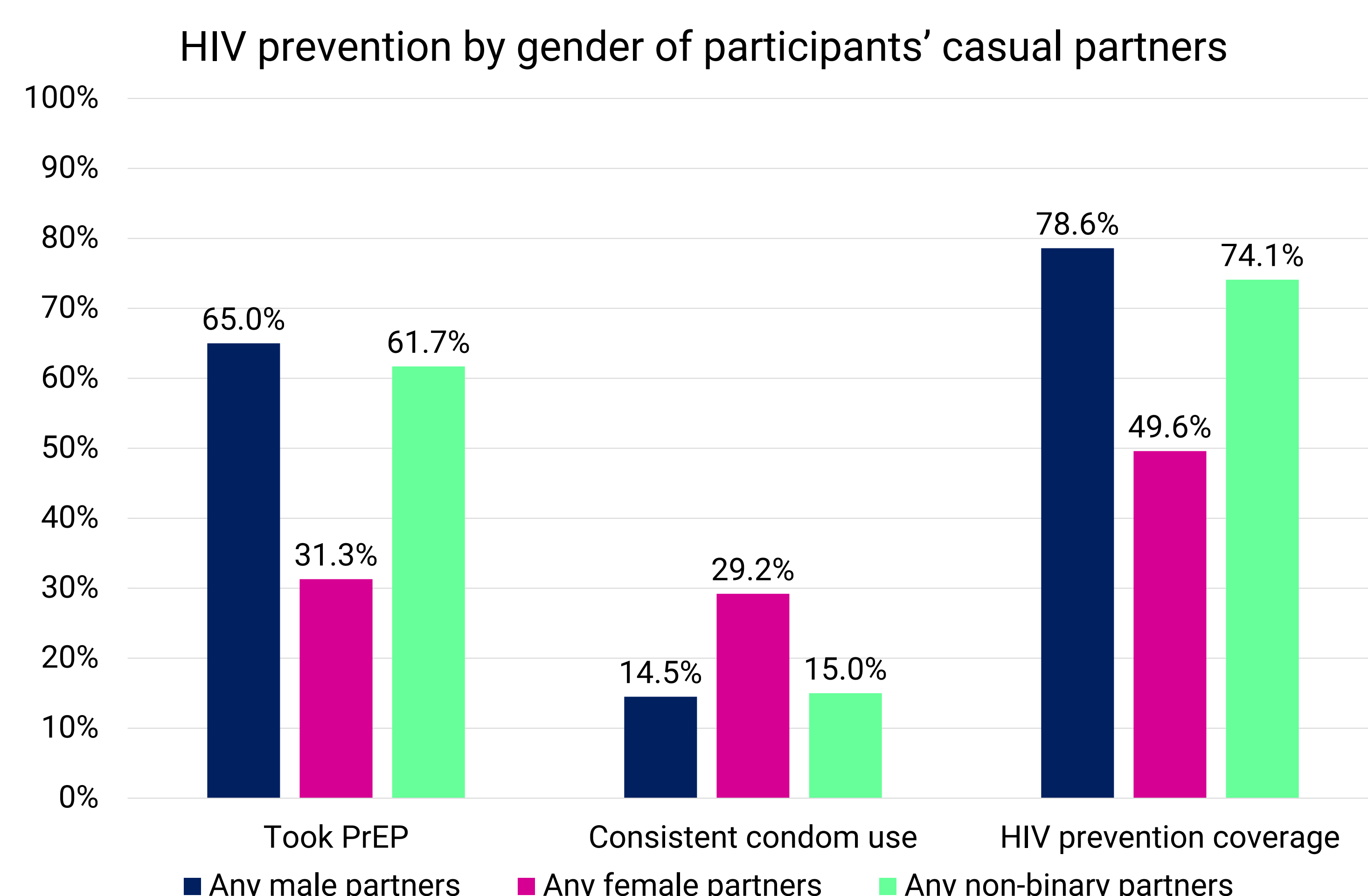
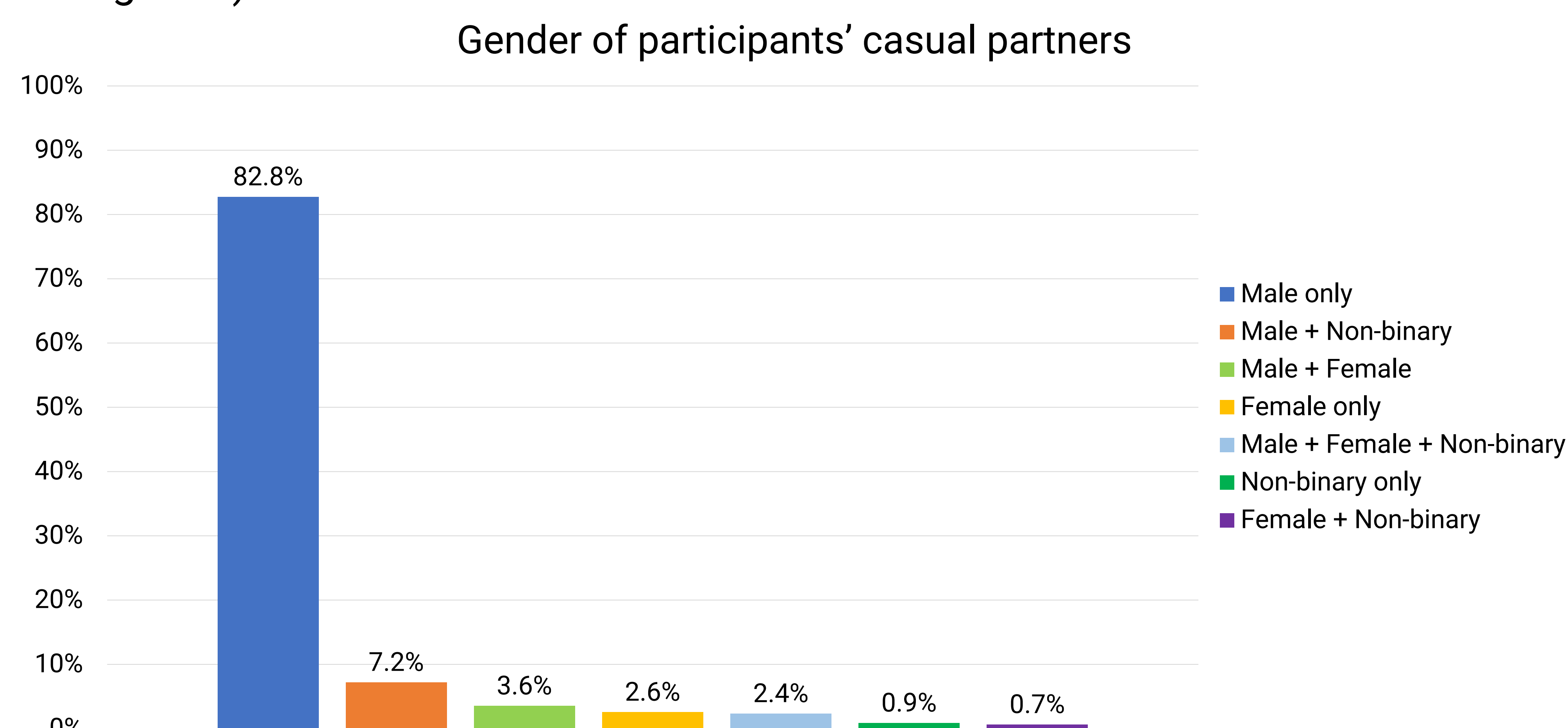
Methods: GBQ+ people were recruited at LGBTQ festivals/venues and online between 2024-2025. Participants reporting any casual sex in the previous six months were included for analysis. Comparisons were made between non-exclusive groups of participants reporting casual sex with male, female, and non-binary partners. Factors associated with HIV prevention coverage were assessed using logistic regression.

Results:

Table 1. Participant demographics (n=9,177)

	%
Age	
Under 25 years	9.3%
25-29 years	15.0%
30-39 years	37.0%
40-49 years	19.1%
50+ years	19.6%
Gender	
Cisgender	92.1%
Transgender	1.8%
Non-binary	4.9%
Sexuality	
Gay	78.5%
Bisexual/Pansexual	14.1%
Queer	4.9%
HIV status	
Living with HIV	7.0%
HIV-negative	87.3%
Unknown	5.7%

Most participants reported casual male partners (95.9%). Smaller proportions reported casual non-binary (11.1%) or female (9.1%) partners (non-exclusive categories).



PrEP use was highest among participants with both male and non-binary casual partners (73.4%) and lowest among those with only female casual partners (9.8%).

Consistent condom use was highest with female casual partners (29.2%) and lowest with male casual partners (14.5%).

Controlling for demographic variables, HIV prevention coverage was higher among participants with any male casual partners (aOR=1.88, 95%CI=1.46-2.42) and lower among participants with any female casual partners (aOR=0.36, 95%CI=0.30-0.43).

Conclusion: HIV prevention coverage is highest among GBQ+ people with casual male partners, driven by higher PrEP use. While condom use is higher with casual female partners, overall prevention coverage is lower. People who have casual sex with both men and women have poorer overall coverage than those with male partners only. Combination prevention (daily/on-demand PrEP and/or condoms) among those with female/non-binary partners may help improve overall coverage.