Prevalence and Factors Associated with Risky Sexual Behaviors among Patients with Severe Mental Illness in Uganda: A Descriptive Cross Sectional Study

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Abstract

Background: Persons living with severe mental illness (SMI) which includes schizophrenia, bipolar affective disorder and recurrent major depressive disorder are predisposed to risky sexual behavior (RSB). There is a paucity of data on this problem in sub-Saharan Africa and where research has been undertaken, only a limited range of risk factors have been considered and most of it was undertaken before antiretroviral therapy was universally available, hence the need for this study. The objective of this study was to determine the prevalence and factors associated with risky sexual behavior among individuals with SMI attending care in central and south western Uganda. Methods: A cross sectional study was conducted among 393 persons with SMI attending two psychiatric out-patient facilities in Uganda. Psychiatric disorder was confirmed using MINI International Neuropsychiatric Interview version 7.2. RSB was defined as engaging in at least one of four risky sexual behaviours that have been associated with HIV infection in the Ugandan psychosocial environment in the last three months using an 8 item RSB questionnaire used for assessment of RSB. Prevalence of RSB and associated correlates were determined using multiple logistic regression. Results: The Prevalence of RSB in last 3 months’ periods was 24.2% (95% CI: 20.2% - 28.7%). The factors that were independently significantly associated with RSB were: trauma related (history of childhood trauma, past and current sexual abuse, past and current...
physical abuse) current psychosocial challenges (mental health stigma) and psychiatric illness factors (history of a past manic episode, current psychotic episode, severity of depressive symptoms and severity of manic symptoms).

Conclusions: One quarter of clinic attending respondents with severe mental illness in Uganda practice risky sexual behaviour. Factors associated with risky sexual behaviour fall under the domains of past and present trauma, current psychosocial challenges and psychiatric illness factors. This calls for a multi-sectoral approach that includes community awareness about the nature of SMI and the rights of persons with SMI and measures to improve Psychiatric symptom management.

Keywords
Risky Sexual Behaviour, Severe Mental Illness, Adults, Uganda

1. Background
Severe mental illness affects 3.2% of individuals worldwide [1], despite the fact that individuals living in low developed countries like Uganda being disproportionately affected by severe mental illness, there is limited data on the prevalence and correlates of severe mental illness in Uganda. Severe mental illness was defined as having any of the following disorders; which include schizophrenia, bipolar affective disorder and recurrent major depressive disorder. Patients with severe mental illness are predisposed to risky sexual behavior (RSB). Studies undertaken in middle income countries in South America and on the Indian sub-continent have reported equally high rates of RSB of between 7.0% to 70% [2] [3] [4] [5] [6]. Similarly, studies from sub-Saharan Africa have reported rates of between 7.0 to 49.1% [7] -[17]. Most of these studies from around the world have used a diversity of definitions for RSB which sometimes makes cross country comparisons difficult. Additionally, the studies that have been undertaken in sub-Saharan African have only considered a narrow band of risk factors and most were undertaken before antiretroviral therapy was universally available.

Studying RSB among individuals with SMI in HIV endemic sub-Saharan African settings such as Uganda is important because it is the single most important risk factor for HIV [16]. In Uganda, HIV infection rates among people with SMI have been estimated to be approximately 25.5%, much higher than the rates in the general population currently estimated to be 6.2% [17] [18] [19] [20]. Persons living with SMIs have been reported to be at risk for RSB for the following reasons: increased risk of experiencing exploitative sex and inter-partner violence [20]-[27]; the association of active SMI illness with impulsivity, altered judgment, increased sensitivity to personal rejection, low self-esteem, impaired reality testing [28] [29] [30] [31]; poor social support [28] [29] [30] [31]; perceived internal stigma [32] [33]; and use of substances of abuse [34] [35]. In this paper, we report on the prevalence of RSB among persons living...
with severe mental illness attending care at an urban and a rural psychiatric health facility in Uganda in the era following widespread availability of antiretroviral therapy. Using standardized structured assessment instruments, we explored the association of RSB with a range of psychosocial and psychiatric illness factors.

2. Methods

2.1. Study Setting and Design

A cross-sectional study was conducted at two psychiatric facilities in Uganda, namely: Out-patient Department of Butabika National Referral Mental Hospital and the Mental Health Department of Masaka Regional Referral Hospital. Butabika National Referral Mental Hospital is situated 10 kilometers east of Kampala city and is the only tertiary referral facility for psychiatric management in the country. Butabika hospital has an in-patient bed capacity of 550 adults and an outpatient clinic. Masaka Hospital is located in rural south-western Uganda approximately 130 kilometers from Kampala city. It is a regional referral hospital with specialist services including a mental health department with an in-bed capacity of 30 adult patients and an outpatient clinic. This study was undertaken among consecutive outpatient attendees at both health facilities. Study inclusion criteria were: 1) Having a clinical diagnosis of either Schizophrenia or Bipolar affective disorder or Recurrent Major Depressive Disorder as reported in the patient’s medical records [36]; 2) Adult aged 18 years and above; 3) Was clinically stable, on treatment and attending the outpatient departments of either Butabika or Masaka hospitals. Exclusion criteria were: a) Patients that fulfilled MINI-7.0.2 [37], criteria for a substance use disorder; b) Patients who did not understand any of the study languages (English or Luganda-predominant language spoken in central and south-western Uganda); c) Was too ill and required urgent psychiatric or medical attention; d) Patients unable to follow through with the interview for whatever reason.

2.2. Measures

Consented study respondents were consecutively enrolled into this study and assessed using a structured, standardized, locally translated psychosocial instruments. The tools were administered by the principal investigator (a psychiatrist) and trained psychiatric nurse/psychiatric clinical officer research assistants. Severe mental illness was confirmed using the MINI International Neuropsychiatric Interview version 7.2 [37]. RSB was defined as “over the last 3 months” period having engaged in any one of four risky sexual behaviours that have been associated with HIV infection in the Ugandan psychosocial environment, namely: engaging in unprotected sex (inconsistent use of condoms) with none regular partner, having multiple sexual partners, starting sex before age of 18 years and sex with commercial sex workers [37] [38] [39] [40]. The other variables collected included: 1) Socio-demographic factors (study site, gender, age category, religion,
| **Table 1.** Data collection tools for the study. |
|-----------------------------------------------|
| **Instrument used** | **Description** | **Questions or categories (examples)** | **Remarks** | **Reference** |
| **Socio-demographic variables** | | | |
| Structured socio-demographic questionnaire; Study site, age, gender, ethnicity, educational level attained, socio-economic status (SEI), and religion | Socio-economic index (SEI) was constructed from commonly available household items in a typical Ugandan households, has previously been used by this (Kinyanda et al., 2011 c) | Example of items used to assess SEI: Does your household have electricity? Response: Yes/no | Has previously been used by this study group. |
| **Psychiatric illness and psychosocial factors associated with physical and sexual abuse** | | | |
| Primary diagnosis | Review of patient clinical records by senior mental health worker | Review based on DSM-5 criteria | Question: *What is the primary psychiatric diagnoses of this patient?* Responses: 1 = Schizophrenia 2 = Bipolar affective disorder 3 = Recurrent Major depressive disorder | [36] |
| Childhood trauma | Childhood Trauma Questionnaire-Short Form (CTQ-SF) | The Childhood Trauma Questionnaire-Short Form (CTQ-SF) is a 28-item questionnaire that assesses childhood trauma experiences. | Example of question items: *I got hit so hard by someone in my family that I had to see a doctor or go to the hospital.* Responses: 1 = Never true 2 = Rarely true 3 = Sometimes true 4 = Often true 5 = Very often true | [41] |
| Social support | Multidimensional Scale of Perceived Social Support | 12-item questionnaire on perceptions of support received. | Previously employed by this study group. | [42] |
### Dependent Variables

| Variable          | Source                                                                 | Example of Items                                                                                     | Response | Notes                                                                 |
|-------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------|
| Physical abuse    | Obtained from the Uganda modified Life-events and histories module of the European Parasuicide Interview schedule (EPSIS I) | Example of items: *Ever seriously beaten up or otherwise physically mistreated by those responsible for your upbringing?* Response: 1 = Yes 2 = No |          | Previously adapted to the Ugandan socio-cultural context by this study group. |
| Sexual abuse      | Obtained from the Uganda modified Life-events and histories module of the European Parasuicide Interview schedule (EPSIS I) | Example of items: *Did your father or mother ever force you to have sexual intercourse against your will?* Response: 1 = Yes 2 = No |          | Previously adapted to the Ugandan socio-cultural context by this study group. |

### Clinical and Behavioral Outcome Variables

| Variable             | Measure                                                                 | Example of Items                                                                                           | Response | Notes                                                                 |
|----------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------|
| Mental health stigma | The Stigma Scale                                                       | Example of items: *I have been discriminated against in education because of my mental health problems* Response: 1 = Strongly Disagree 2 = Mildly Disagree 3 = Mildly Agree 4 = Strongly Agree |          | This tool was used for the first time in this study environment. Had a Cronbach Alpha of 0.71 |
Continued

Severity of depressive episode

| Hamilton depression rating scale (HAM-D) |
|----------------------------------------|
| The HAM-D is designed to rate the severity of depression in patients. It is a 21-item scale. |
| Example of items used: Depressed mood (Gloomy attitude, pessimism about the future, feeling of sadness, tendency to weep) |
| Responses: 0 = Absent |
| 1 = Sadness, etc. |
| 2 = Occasional weeping |
| 3 = Frequent weeping |
| 4 = Extreme symptoms |
| This tool was used for the first time by this study group. Had a Cronbach Alpha of 0.80 |

Severity of manic episode

| Young Mania Rating Scale (YMRS) |
|---------------------------------|
| The YMRS rates the severity of manic symptoms that the patient may be experiencing. It is an 11-item scale. The 4 items of irritability, speech, thought content, and disruptive/aggressive behaviour are rated on a scale of 0 to 8. While the remaining 7 items are rated on a scale of 0 to 4. |
| Example of items; Elevated mood |
| Response: 0 = Absent |
| 1 = Mildly or possibly increased on questioning |
| 2 = Definite subjective elevation; optimistic, self-confident; cheerful; appropriate to content |
| 3 = Elevated; inappropriate to content; humorous |
| 4 = Euphoric; inappropriate laughter; singing |
| This tool was used for the first time by this study group. Had a Cronbach Alpha of 0.71 |

Severity of psychotic episode

| Clinician-rated Dimensions of Psychosis Symptom Severity Scale (CRDPSS) |
|------------------------------------------------------------------------|
| We assessed five dimensions of psychosis using this scale. These were: hallucinations, delusions, disorganized speech, abnormal psychomotor behavior, and negative symptoms. For each item the research assistant (psychiatric nurses/psychiatric clinical officers) was asked to rate the severity of the symptom as experienced by the respondent during the past 7 days. |
| Example of items; Hallucinations |
| Response: 0 = not present |
| 1 = Equivocal (severity or duration not sufficient to be considered psychosis) |
| 2 = Present, mild (little pressure to act upon voices, not very bothered by voices) |
| 3 = Present, moderate some pressure to respond to voices, or is somewhat bothered by voices) |
| This tool was used for the first time by this study group. Had a Cronbach Alpha of 0.65 |
Continued

4 = Present, severe (severe pressure to respond to voices, or is very bothered by voices)

Example of items: *In the last 3 months, have you had sex with anyone other than your regular partner?*
Response:
1 = Yes
2 = No

Previously used in the HIV situation of Uganda by this research group.

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Risky sexual behaviour

Assessed for high risk sexual behaviours that have been associated with HIV transmission in the Ugandan cultural context.

12-items on risky sexual behaviour that have been associated with HIV transmission in the Ugandan socio-cultural context.

Example of items: *In the last 3 months, have you had sex with anyone other than your regular partner?*
Response:
1 = Yes
2 = No

Previously used in the HIV situation of Uganda by this research group.

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2.3. Statistical Analysis

Data was entered into Open Clinica and then exported to STATA* version 15 for data cleaning and analysis. Data analysis was guided by the above described conceptual framework. The dependent variable was “risky sexual behavior” (RSB) whose prevalence was estimated together with exact binomial 95% confidence limits. To investigate the correlates of RSB, a conceptual framework based on the theories of both (Jessor et al. 1991 and Meade et al. 2005 was used [49] [50] (see Figure 1)). Using this model, variables were categorized as general risk factors (socio-demographic factors); psychosocial risk and protective factors (psychiatric illness factors, severity of psychiatric symptomatology, physical/sexual abuse, social support); maladaptive behaviors (alcohol/drug use, suicidal ideation/behaviour, poor adherence to medications); risk perception factors (beliefs about personal risk for HIV); and risk outcomes (which in this case is risky sexual behavior).
Figure 1. Conceptual framework based on theories derived from Jessor (1991) and Meade and Sikkema (2005) [49] [50].

To ascertain the association between RSB and other variables binary logistic regression was performed. Variables with p value less than or equal to 0.20 at binary analysis were entered into multiple logistic regression analysis. Hosmer Lemeshow goodness of fit with backward elimination was used to test for model fitness. Variables with p value of < 0.05 at multiple regression were considered as statistically significant. The results were expressed as Odds Ratio (OR) and adjusted odds ratios (AOR).

3. Results
3.1. Background

(Table 2) The study sample consisted of 393 individuals with severe mental illness attending Butabika National Referral Mental Hospital (n = 227, 57.8%) and Masaka Regional Referral Hospital (n = 166, 42.2%). Majority of respondents were females (n = 211, 53.4%) and unmarried (n = 267, 68.1%). Median (IQR) age was 36 (29, 46) years. Majority had little formal education (7 - 11 years) (n = 318, 70.9%), while about half (n = 212, 54%) were in some form of employment.
Table 2. Characteristics of the sample.

| Factor                  | Level                      | N  =  393 n (%) |
|-------------------------|----------------------------|-----------------|
| Site                    | Butabika (urban)           | 227 (57.8%)     |
|                         | Masaka (rural)             | 166 (42.2%)     |
| Gender                  | Male                       | 182 (46.3%)     |
|                         | Female                     | 211 (53.4%)     |
| Age                     | Median (IQR)               | 36 (29.46)      |
|                         | <25                        | 44 (11.2%)      |
|                         | 25 - 34                    | 128 (32.6%)     |
| Age (grouped)           | 35 - 49                    | 141 (35.9%)     |
|                         | ≥50                        | 80 (20.4%)      |
| Socio-economic status   | Median (IQR)               | 4 (3.6%)        |
|                         | 0 - 2                      | 60 (15.3%)      |
| Socio-economic status   | 3 - 4                      | 145 (36.9%)     |
|                         | (grouped)                  | 5 - 6           | 151 (38.4%)     |
|                         | 7 - 8                      | 37 (9.4%)       |
| Marital status          | Currently married          | 125 (31.9%)     |
|                         | Widowed                    | 17 (4.3%)       |
|                         | Separated/divorced         | 102 (26.0%)     |
|                         | Single                     | 148 (37.8%)     |
| Employment status       | Farmer/fisherman           | 106 (27.0%)     |
|                         | Professional               | 43 (10.9%)      |
|                         | Informal employment        | 63 (16.1%)      |
|                         | Unemployed                 | 180 (45.9%)     |
| Religion                | Christian                  | 317 (80.7%)     |
|                         | Moslem                     | 72 (18.3%)      |
|                         | Others                     | 4 (1.0%)        |
| Education level         | No formal education        | 13 (3.3%)       |
|                         | Primary                    | 164 (41.7%)     |
|                         | Secondary                  | 154 (39.2%)     |
|                         | Tertiary                   | 62 (15.8%)      |
| Risky sexual behaviour  | Butabika (urban)           | 28.2% (22.6% - 34.4%) |
|                         | Masaka (rural)             | 18.7% (13.4% - 25.4%) |
|                         | Male (24.7%)               | 24.7%           |
|                         | Female (23.7%)             | 23.7%           |

A total of 24.2% (20.2 - 28.7) indulged in RSB, males were 24.7% and females were 23.7%. RSB was noted to be more prevalent in the urban setting (28.2%) (22.6% - 34.3%) compared to the rural setting 18.7% (13.4% - 25.4%).

3.2. The Prevalence of Risk Sexual Behaviour (RSB)

Overall, those who reported at least one risky sexual behaviour in the last 3 months was 24.2% (95% CI: 20.2 - 28.7), with higher rates 28.2% (95% CI: 22.6 - 34.4) reported in the urban hospital of Butabika compared to the rural hospital of Masaka 18.7% (95% CI: 13.4 - 25.4).
Table 3. Sexual behaviour associating with HIV risk.

| Question                                                                 | Level   | N = 393 n (%) |
|--------------------------------------------------------------------------|---------|---------------|
| Have you had sex with anyone other than your regular partner             | Yes     | 49 (12.5%)    |
| Have you engaged in sex in exchange for money/gifts                      | Yes     | 12 (3.0%)     |
| Have you engaged in forced sex including rape                            | Yes     | 5 (1.3%)      |
| Have you engaged in sex with someone much older/younger than you         | Yes     | 17 (4.3%)     |
| Have you suffered an STD (urethral discharge, painful discharge)         | Yes     | 10 (2.5%)     |
| Have you had sex under the influence of alcohol or other substances of abuse | Yes     | 8 (2.0%)      |
| Practiced at least one of the items above                               | Yes     | 95 (24.2%)    |
| Practiced at least one of the items above and never used a condom regularly | Yes     | 29 (30.5%)    |

(From Table 3) On the specific risky sexual behaviours practiced over the last 3 months, the following was reported: ever had sex with anyone other than their regular partner (n = 49, 12.5%); sex in exchange for money/gifts (n = 12, 3.0%); forced sex including rape were (n = 5, 1.3%); sex with someone much older or younger (n = 17, 4.3%); ever suffered a sexually transmitted disease (n = 10, 2.5%); sex under the influence of alcohol and other substances of abuse (n = 8, 2.0%). Only about a third of individuals who practiced RSB (n = 29, 30.5%) had never used a condom in the last 3 months.

(From Table 4) The psychosocial factors significantly associated with RSB were: mental health stigma (AOR = 1.04, 95% CI: 1.01 - 1.08; childhood trauma (AOR = 1.02, 95% CI: 1.01 - 1.04); past and current sexual abuse (AOR = 3.48, 95% CI: 1.97 - 6.14 and (AOR = 8.92, 95% CI: 4.01 - 19.85) respectively; past and current physical abuse (AOR = 2.10, 95% CI: 1.28 - 3.44) and (AOR = 2.66, 95% CI: 1.43 - 4.94) respectively. All analyses were adjusted for age, gender and marital status of the respondents, significant at 5% level of significance.

(From Table 5) The psychiatric illness factors that were significantly associated with RSB were: current psychotic episode (AOR = 1.92, 95% CI: 1.11 - 3.32); a past manic episode (AOR = 1.88, 95% CI: 1.04 - 3.39); the severity of depressive symptoms (AOR = 1.09, 95% CI: 1.03 - 1.14); severity of manic symptoms (AOR = 1.16, 95% CI: 1.08 - 1.25); and use of alcohol and substances of abuse (AOR = 2.45, 95% CI: 1.31 - 4.57). Individuals who had severe symptoms of depression and mania had a unit increase in RSB (1.03; 1.14) and (1.08; 1.25) respectively.

(From Table 6) Individuals with severe mental illness who used alcohol were more likely to have RSB (1.31; 4.57), p = 0.005. on the association between RSB and maladaptive behaviour, perception of severe risk of getting HIV was significantly associated with RSB (AOR = 3.08, 95% CI: 1.43; 6.66) compared with low risk.
Table 4. Socio-factors associating with risky sexual behavior.

| Factor                                | level             | aORs   | 95% CI     | Likelihood ratio | pvalue |
|----------------------------------------|-------------------|--------|------------|------------------|--------|
| Social support scale                   | Per unit increase | 1.01   | (0.98; 1.03)| 0.674            |        |
| Mental health stigma scale             | Per unit increase | 1.04   | (1.01; 1.08)| 0.017            |        |
| Childhood trauma questionnaire         | Per unit increase | 1.02   | (1.01; 1.04)| 0.002            |        |
| Past sexual abuse in adulthood         | No                | 1      | reference  |                  |        |
|                                        | Yes               | 3.48   | (1.97; 6.14)| <0.001           |        |
| Current sexual abuse in adulthood      | No                | 1      | reference  |                  | <0.001 |
|                                        | Yes               | 8.92   | (4.01; 19.85)|                  |        |
| Past physical abuse in adulthood       | No                | 1      | reference  |                  | 0.003  |
|                                        | Yes               | 2.10   | (1.28; 3.44)|                  |        |
| Current physical abuse in adulthood    | No                | 1      | reference  |                  | 0.002  |
|                                        | Yes               | 2.66   | (1.43; 4.94)|                  |        |
| Family member ever had mental illness  | No                | 1      | reference  |                  | 0.099  |
|                                        | Yes               | 1.52   | (0.92; 2.49)|                  |        |

Table 5. Psychiatric illness factors.

| Factor                          | level             | aORs   | 95% CI     | Likelihood ratio | pvalue |
|---------------------------------|-------------------|--------|------------|------------------|--------|
| Current depressive episode      | Yes               | 1.21   | (0.62; 2.34)| 0.576            |        |
| Current manic episode           | Yes               | 2.06   | (0.91; 4.67)| 0.082            |        |
| Current psychotic episode        | Yes               | 1.92   | (1.11; 3.32)| 0.018            |        |
| Past depressive episode          | Yes               | 1.35   | (0.81; 2.24)| 0.245            |        |
| Past manic episode               | Yes               | 1.88   | (1.04; 3.39)| 0.036            |        |
| Past psychotic episode           | Yes               | 1.14   | (0.65; 2.01)| 0.651            |        |
| Severity of depressive symptoms  | Per unit increase | 1.09   | (1.03; 1.14)| 0.002            |        |
| Severity of Manic episodes       | Per unit increase | 1.16   | (1.08; 1.25)| <0.001           |        |
| Severity of psychotic episodes   | Per unit increase | 1.07   | (0.95; 1.20)| 0.260            |        |
Table 6. Maladaptive behavior.

| Factor                                      | level | aORs  | 95% CI        | Likelihood ratio pvalue |
|---------------------------------------------|-------|-------|---------------|--------------------------|
| Use of alcohol/drugs                        | Yes   | 2.45  | (1.31; 4.57)  | 0.005                    |
| Use of Tobacco                              | Yes   | 1.59  | (0.60; 4.18)  | 0.348                    |
| Missed taking psychiatric pills in the last 3 days | Yes   | 1.22  | (0.70; 2.14)  | 0.479                    |
| If taking ART, Missed taking art medication in the last 3 days | Yes   | 0.89  | (0.05; 14.52) | 0.934                    |

3.3. Discussion

Risky sexual behavior is the most common behavioral disorder and public health is important at the global level. The study found that a number of participants met criteria for risky sexual behavior. In this study, we assessed the prevalence of RSB and factors associated to RSB among individuals with severe mental illness receiving care at Butabika national referral mental hospital and Masaka regional referral hospital in Uganda.

3.4. Prevalence of RSB

The prevalence of RSB was 24.2%. The Prevalence among male and female individuals was 24.7 and 23.7% respectively, 28.2% in Butabika hospital and 18.7% in Masaka hospital for the last 3 months’ period compared to the general population, which is 6.2% [51]. Other studies have reported a higher prevalence of 25.8%-48% [15] [52] [53]. This shows how vulnerable individuals with severe mental illness are as far as RSB is concerned. However, the prevalence in our study was higher than that obtained in India (5.5%) among inpatients with mental illness, maybe because these were inpatients and hence were not sexually at risk at the time of the study and the prevalence was lower among school going adolescents in Nigeria respectively [54] [55]. Our prevalence was comparable in other studies 22.4-26% [56] [57]. The possible reason for the difference might be differences in study design, sample size, data collection tool and cultural differences in study population. In our study, RSB was more common among urban individuals, a factor which was significant in a study carried out in Ethiopia [52]. The odds of having risky sexual behavior was higher among clients living in urban than living in rural area. It might be due to prostitution, being homeless which is more common in urban than rural area This may be because urban dwellers usually have to buy literally everything in order to live including paying for their accommodation yet in rural settings accommodation is generally free and food is cheap, which can be obtained in one’s garden [54].

In this study sample, 12.5% reported ever having had sexual exposure with anyone other than their regular partners. This is lower than a study done in Ethiopia [55]. Those who had engaged in sex in exchange for money/gifts was
3.0%, those who had engaged in forced sex including rape was 1.3%; those who had engaged in sex with someone much older/younger (4.3%); those who had suffered a sexually transmitted disease (2.5%). About 2.0%, were reported to have had sex under the influence of alcohol and other substances of abuse, this is lower than findings from a study done in Ethiopia among patients with Bipolar affective disorder, where the prevalence was 49.1% [16]. Alcohol use prevalence was comparable to a study done in Nigeria [14], among patients with severe mental illness. Overall, 24.2%, practiced at least one of the above behaviors and 30.5%, never used a condom in the last 3 months. This is lower than studies done elsewhere [55] [56]. But these studies were done among the youth. However, our prevalence is still high may be due to low self-esteem and high internal stigmatization in individuals with severe mental illness younger adults with mental illness may result in a failure to provide healthier romantic relationship and are associated with failure to advocate for safer sex.

3.5. Factors Associated with Risky Sexual Behaviour

In this study, physical abuse predicted unprotected sex and mediated effects of emotional maltreatment on unprotected sex and on assertiveness in sexual refusal and the effects of sexual abuse on unprotected sex. These findings are comparable to studies done elsewhere [57] [58] [59] [61]. Both past and current sexual and physical abuse emerged as important factors in risky sexual behavior. The two past events appear to be an important pathway by which maltreatment confers risk for risky sexual behavior. Interventions to reduce risky sexual behavior should include assessment and treatment for trauma symptoms and for history of child maltreatment in all its forms [61].

Our findings underscore the need to better understand the mechanisms underlying the association between childhood sexual abuse and long-term outcomes. Some existing research points to biological mechanisms through which childhood abuse increases the risk of psychopathology. For example, the effect of childhood sexual abuse on obesity might be due to depression [32] [62] [63] [64] [65] [66]. Proponents of the child development model argue that exposure to abuse in childhood negatively impacts on the child’s development leading to cognitive, psychological, and social impairment [67] [68] [69] [70].

4. Conclusion

The prevalence of risky sexual behavior among individuals with severe mental illness was found to be high compared to the general population. individuals with severe mental illness who are female, in urban areas, who are current alcohol users, who have a history of physical and sexual abuse, those with past manic episodes, current psychotic episodes and those present with severe symptoms of depressive and manic disorders should be assessed for risky sexual behaviour. Interventions should contain widespread sexual and reproductive health awareness on issues such as sexual education safe sex and sexually transmitted infections for individuals with severe mental illness in various health care facilities.
5. Limitations of the Study

In general, the present study reported the burden of RSBs and associating factors among individuals with severe mental illness. The sensitive nature of sexual behaviors on face-to-face interview could have a social desirability bias. Moreover, this study is institution-based study. Therefore, the findings cannot be generalized to those who remain undiagnosed or untreated in the community.

Declarations

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Availability of Data and Materials

The data that support the findings of this study are available from Medical Research Council/Uganda Virus Research Institute & London School of Hygiene and Tropical Medicine, Uganda research unit (MRC/UVRI & LSHTM) but restrictions apply to the availability of these data, which were used under license for the current study, and so are not publicly available. Data are however available from the authors upon reasonable request and with permission of MRC/UVRI & LSHTM.

Authors’ Contributions

BC designed the study, analyzed and interpreted the data. WS guided the data analysis, NK reviewed data analysis results, NN reviewed the literature review and implementation of study. EK reviewed the study, analysis and interpretation of the data. EK contributed in reviewing the manuscript. EK sought and obtained funding. All authors read and approved the final manuscript.

Ethics Approval and Consent to Participate

I confirm that the proposal, research tools were approved before the study commenced and to conduct the study was obtained from the Higher Degrees Research Ethics Committee (HDREC), the Uganda National Council of Science and Technology (HS 2337), the Uganda Virus Research Institute’s Research and Ethics Committee (GC/127/19/10/612) and Permission was obtained from Directors of Butabika National Referral Mental and Masaka Regional Referral Hospital. Written informed consent was obtained from all participants. I confirm that all methods were carried out in accordance with relevant guidelines and regulations (HDREC, UVRI and UNCST). Confidentiality was ensured by using de-identified codes.

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Conflicts of Interest
The authors declare that they have no competing interests.

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