

APPENDIX A:

HIV and AIDS in Sport Questionnaire

GENERAL INSTRUCTIONS

This questionnaire is part of a study of male athletes and their attitudes, knowledge and relationship behaviour related to HIV and AIDS. This questionnaire is divided into four sections:

Section 1: Demographic information (e.g. age, marital status)

Section 2: HIV and AIDS knowledge

- ❖ 26 statements with 3 possible response options: true, false or unsure
- ❖ 3 questions relating to your sources of HIV and AIDS information

Section 3: HIV and AIDS attitudes

- ❖ 14 questions

Section 4: Relationship behaviour

- ❖ Questions 1-19: Relating to your relationship experience and precautionary measures
- ❖ Questions 20-27: Relating to HIV and AIDS Health

Section 5: Sport and HIV prevention

- ❖ 4 Questions

Please fill in all details on this questionnaire as indicated in each section. Please answer all questions completely and as honestly and openly as possible. There are no right or wrong answers to the questions relating to your attitudes (section 3) and behaviour (section 4). Please do not write your name anywhere on this questionnaire. This is to ensure that your answers remain confidential. If at any stage you feel you cannot continue answering the questionnaire or you have any questions, please alert the researcher or your coach and they will help you. Individual answers will not be shared with anyone and this questionnaire will only be seen by the researcher.

Thank you.

Venise Germanos

SECTION 1: DEMOGRAPHIC INFORMATION

Please fill in all details in this section in the space provided.

Age: _____ years

Marital status (please circle):

Single	1
Married	2
Separated	3
Divorced	4
Widowed	5
Living with Partner	6

Race group (please circle):

White	1	
Black	2	
Coloured	3	
Indian	4	
Other (please specify)	5	

Educational background (please circle):

No schooling	0	
Primary school	1	
High/Secondary School	2	
Tertiary level (University/College/Technikon)	3	
Other (please specify)	4	

What is your present employment? _____

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At present, what sport are you participating in (please circle)?

Boxing	1	
Martial Arts	2	
Rugby	3	
Wrestling	4	
Other (please specify)	5	

Period of sport participation: _____ years

Level of sport participation: _____

SECTION 2: HIV and AIDS KNOWLEDGE

1. The following questions concern HIV and AIDS related knowledge. Please read each statement and mark the option that best suits your belief.

General HIV and AIDS Related Knowledge:			
1.1. AIDS is caused by HIV	True	False	Unsure
1.2. Homosexuals are responsible for spreading HIV and AIDS	True	False	Unsure
1.3. People can acquire HIV and AIDS from being bewitched	True	False	Unsure
1.4. People who are HIV positive die from diseases other than from AIDS	True	False	Unsure
1.5. A person can have the virus that causes AIDS but not have the symptoms	True	False	Unsure
Mode of HIV Transmission:			
1.6. A person can become infected with HIV during one sexual contact	True	False	Unsure
1.7. People who are HIV positive cannot transmit the virus until they have AIDS	True	False	Unsure
1.8. Having unprotected sex with several people makes a person susceptible to contracting HIV	True	False	Unsure
1.9. HIV cannot be contracted through anal sex	True	False	Unsure
1.10. HIV is transmitted through vaginal sexual intercourse	True	False	Unsure
1.11. HIV can be transmitted through saliva of a person who is HIV positive	True	False	Unsure
1.12. A person can get HIV by sharing a towel or cup with someone who has HIV	True	False	Unsure
1.13. Receiving a blood transfusion is unsafe because of the risk of contracting HIV	True	False	Unsure
1.14. A pregnant woman can transmit HIV to her baby	True	False	Unsure
1.15. HIV can be transmitted through mosquito bites	True	False	Unsure

HIV Prevention and Treatment:			
1.16. Proper use of condoms can serve as a preventive measure against HIV infection	True	False	Unsure
1.17. A person can change their behaviour to reduce the risk of getting AIDS	True	False	Unsure
1.18. Western medicine has a cure for AIDS	True	False	Unsure
1.19. Traditional African medicine has a cure for AIDS	True	False	Unsure
1.20. Having sex with a virgin can cure you of AIDS	True	False	Unsure
HIV and AIDS Knowledge as related to sport:			
1.21. HIV can be transmitted through sharing sports equipment	True	False	Unsure
1.22. There are many cases of HIV transmission occurring during sporting activities	True	False	Unsure
1.23. HIV can be transmitted when a bleeding wound in an HIV-infected player is met with an open wound in a player who is not infected.	True	False	Unsure
1.24. A person playing sport can get AIDS from someone who is HIV positive through their perspiration/sweat	True	False	Unsure
1.25. There is a high risk of HIV infection when athletes share needles used for injecting steroids, hormones, vitamins, or illegal drugs	True	False	Unsure
1.26. Keeping in good physical shape is the best way to keep from getting AIDS	True	False	Unsure

2.1. How often have you heard about HIV and AIDS from somebody involved in your sport, e.g. coaches, managers, sports administrators?

Never	1
Sometimes	2
Often	3

2.2. Where have you heard or read about HIV and AIDS?

Radio	1	
Television	2	
Newspapers	3	
Magazines	4	
Doctors or health workers	5	
Religious leaders	6	
Sports coaches	7	
Team mates in your sport	8	
Sports administrators	9	
School	10	
College/University/Technikon	11	
Never heard or read about it	12	
Other (please specify)	13	

2.3. With whom do you discuss HIV and AIDS?

Friends	1	
Team mates in your sport	2	
Sports Coaches	3	
Doctors or health workers	4	
Religious leaders	5	
Sexual partners	6	
Parents	7	
Siblings	8	
Other family members	9	
Teachers	10	
Do not discuss it	11	
Other (please specify)	12	

SECTION 3: HIV and AIDS ATTITUDES

The following questions concern HIV and AIDS related attitudes. There are no right or wrong answers. For each of the following questions, please answer in the space provided.

HIV Testing

1. Explain whether there should be mandatory HIV testing for athletes in your sport.

2. How would you feel about being tested for HIV? Explain

Disclosing HIV Test Results

3. Explain whether HIV positive athletes should inform their coach and other athletes of their status.

4. If you became infected with HIV, how would you feel about disclosing your status?
Explain

Sport Participation of HIV Positive Athletes and Coaches

5. Explain whether an athlete who becomes infected with HIV should be prevented from participating in sport.

6. If you became infected with HIV, how would you feel about continuing to participate in sport? Explain

7. Explain whether you are concerned about contracting HIV during sport participation.

8. How would you feel about a coach/manager with HIV or AIDS being involved with the sports team? Explain

Attitude toward HIV Positive Athletes

9. How would you react to an athlete, diagnosed as HIV positive, participating in your team? Explain

10. How would you feel about competing in contact sport against HIV positive athletes? Explain whether there would be a change in strategy towards the sport.

11. Explain whether you would use the same changing room or equipment with an athlete who is HIV-positive.

Prevention of HIV Transmission on the Sports Field

12. What precautions (e.g. wearing gloves) do coaches and medical personnel take to prevent HIV transmission in your sport?

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13. Explain whether you think these precautions are adequate.

Education about HIV and AIDS

14. What effect will HIV and AIDS education programmes have on sport in general and on sexual habits in particular? Explain

SECTION 4: RELATIONSHIP BEHAVIOUR

The following questions concern HIV and AIDS and relationship behaviour. Please circle the number that appropriately answers the question. At this time, you are reminded that your answers are completely confidential.

1. Are you currently in a relationship; i.e. do you have a girlfriend, boyfriend, wife or partner?

Yes	1
No	2

From this point onwards, I will refer to your girlfriend, boyfriend, wife or partner, simply as your partner. If you are not currently in a relationship, please circle the answer that says that you do not have a partner at this time.

2. My partner is ...

Male	1
Female	2
I do not have a partner at this time	0

3. How long have you been involved with your current partner?

_____ months

_____ years

I do not have a partner at this time	0
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If you have never had sexual intercourse, please move to question 20 (page 14). If you have had sexual intercourse, please continue on to question 4 below.

4. How old were you when you first had sexual intercourse?

_____ years

5. At this time, do you have a regular sexual partner?

Yes	1
No	2

6. Have you had sexual intercourse with someone other than your regular partner in the past year?

Yes	1
No	2

7. Over the last month, how many *different* persons have you had sexual intercourse with? (please include regular partner in this number, if applicable)

None	0
One person	1
Two people	2
Three people	3
Four people	4
Five people or more	5

8. Over the last 6 months, how many *different* persons have you had sexual intercourse with? (please include regular partner in this number, if applicable)

None	0
One person	1
Two people	2
Three people	3
Four people	4
Five people or more	5

9. Over the last 12 months, how many *different* persons have you had sexual intercourse with? (please include regular partner in this number, if applicable)

None	0
One person	1
Two people	2
Three people	3
Four people	4
Five people or more	5

10. Generally, how would you describe the relationship with your sexual partners?

One night stands / Casual sex	1	
Short-term relationship (0-3 months)	2	
Medium-term relationship (3-12 months)	3	
Long-term relationship (more than 12 months)	4	
Life Partner (long-term relationship but not married)	5	
Fiancé (engaged to be married)	6	
Wife/Husband only	7	
Other (please specify)	8	

11. What contraceptives do you or your partner use (you may circle more than one answer, if appropriate?)

None	0	
Condoms (male)	1	
Condoms (female)	2	
Birth control pills (female)	3	
Spermicide	4	
Diaphragm (female)	5	
Other (please specify)	6	

12. How often are condoms used when you and your partner(s) have sexual intercourse?

Never	1
Sometimes	2
Often	3
Always	4

13. Generally, who takes the responsibility for providing condoms?

I do	1
My partner does	2
My partner and I share responsibility	3
My partner and I do not use condoms	0

14. How important is it to you to use a condom every time you have had or will have sexual intercourse?

Not at all important	1
Not that important	2
Somewhat important	3
Very important	4

15. Reasons why I might use a condom include (you may circle more than one answer, if appropriate):

To prevent transmission of sexually transmitted diseases	1
To specifically prevent transmission of HIV	2
To prevent my partner getting pregnant	3
I do not use condoms	0

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16. Reasons why I might not use a condom include (you may circle more than one answer, if appropriate):

Condoms are/would be offensive to my partner	1
My partner refuses to use condoms	2
Reduced sexual pleasure	3
Difficulty getting condoms	4
It is embarrassing to use condoms	5
It is inconvenient to find condoms	6
It is against my religion	7
My partner and I wish for her to get pregnant	8
I always use condoms	0

17. Do you use condoms during sexual intercourse more often since hearing about HIV and AIDS?

Yes	1
No	2
Maybe	3
Haven't thought about it	4

18. Have any of your friends changed their behaviour as a result of hearing about AIDS?

Yes	1
No	2
Maybe	3
Haven't spoken about it	4

19. What do you do to protect yourself from the risk of contracting HIV?

HIV and AIDS Health Questions

Questions 20 - 27 are HIV-related health questions and should be answered by all participants. Please circle the appropriate option to each question.

20. Have you ever been tested for HIV?

Yes	1
No	2

21. In what year were you last tested for HIV?

— — — — (please fill in the year)

Never been tested	1
Don't remember	2

22. What is your current HIV status?

HIV-Positive	1
HIV-Negative	2
Unknown	3

23. In what year were you diagnosed as HIV positive?

— — — — (please fill in the year)

Never been tested	1
Don't remember	2
Have never tested positive for HIV	3

24. This question is only to be answered if you are HIV positive.

Who is aware of your status (you may circle more than one answer, if appropriate)?

Doctors or health workers	1
Sports coaches	2
Team mates	3
Opposing team members	4
Friends	5
Family members	6
Sexual partner/s	7
Only I am aware of my status	8

25. Do you personally know anyone who has HIV or AIDS?

Yes	1
No	2
I'm not sure	0

26. If you personally know someone who has HIV or AIDS, do they participate in sport?

Yes, this person participates in the sport I am participating in	1
Yes, this person participates in another sport	2
No, this person is not an athlete	3
I don't know anyone who has HIV or AIDS	0

27. How likely are you to contract HIV and AIDS?

Extremely unlikely	1
Somewhat unlikely	2
Unsure	3
Somewhat likely	4
Extremely likely	5
I have HIV or AIDS	6

SECTION 5: SPORT AND HIV PREVENTION

1. How does participation in sport lead to the development of a healthy lifestyle? Explain

2. How does participation in sport prevent individuals adopting behaviours which lead them to contracting HIV? Explain

3. What benefit does sport participation have for HIV-positive athletes or individuals? Explain

4. What life skills or values do you think that you have developed as a result of participation in sport? (Please mark the box next to the appropriate option; mark as many as are appropriate)

Effective communication with peers or colleagues (interpersonal skills)		Performing well under pressure		Development of leadership skills as well as learning from guidance given		Developing a good sense of responsibility	
Effective decision-making and judgement		Managing stress		Handling success and failure effectively		Acquiring coping strategies	
Sportsmanship		Meeting deadlines and challenges		Receiving and benefiting from feedback		Developing self-esteem and self-confidence	
Health and fitness		Problem solving		Teamwork and cooperation		Setting goals	
Other (please specify)							

Thank you for your time and participation in this study; it is truly appreciated. A resource list is provided if you need further information on HIV and AIDS.

Venise Germanos

APPENDIX B:

Request for Coaches' Permission to Conduct Research at Sports Clubs

To Coach/Manager

September 2004

Request for permission to carry out research at your sports club

Hello! My name is Venise Germanos, and I am currently completing a Master's degree in Counselling Psychology (PSYC 530) at the University of the Witwatersrand. I am conducting research as part of the requirements for the course. My area of focus is that of male athletes' attitudes, knowledge and relationship behaviour relating to HIV and AIDS. HIV and AIDS have reached epidemic proportions and South Africa has the highest rate of infection in the world. The aim of this study is to determine the attitudes and degree of knowledge of male athletes related to the human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS); how these link together and how they influence relationship behaviour. This study may provide useful information for directing future HIV and AIDS prevention efforts in the sports arena. I would like to invite the athletes at your sports club to participate in this study.

A questionnaire will be handed out to willing participants in order to investigate this. All athletes will be assured that all information given will be confidential and no names are included on these questionnaires. Only my supervisors and I will have access to the questionnaires. With your permission, I would like to hand out the questionnaire at your sports club. Completing the questionnaire should take no longer than 45 minutes. Individual consent from the athletes will be requested and participation is voluntary. On completion of this study, each participant will receive written feedback. Once permission has been obtained, I will contact you to make arrangements to administer the questionnaires. Please do not hesitate to contact me if there are any questions regarding the procedure or purpose of this study.

Thanks, Venise Germanos (Ms)

Cell:

Venise Germanos

APPENDIX C:

Participant Information Sheet

Hello! My name is Venise Germanos, and I am currently completing a Master's degree in Counselling Psychology (PSYC 530) at the University of the Witwatersrand. I am conducting research as part of the requirements for the course. My area of focus is that of male athletes' attitudes, knowledge and relationship behaviour relating to HIV and AIDS. HIV and AIDS have reached epidemic proportions and South Africa has the highest rate of infection in the world. The aim of this study is to determine the attitudes and degree of knowledge of male athletes related to the human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS); how these link together and how they influence relationship behaviour. This study may provide useful information for directing future HIV and AIDS prevention efforts in the sports arena. I would like to invite you to participate in this study.

Participation in this research will entail completing the attached questionnaire. This should take no longer than 45 minutes to complete. Participation is voluntary and no athlete will be advantaged or disadvantaged in any way for choosing to complete or not complete the questionnaire. Confidentiality will be assured as no names or identifying details are included on these questionnaires. Your completed questionnaire will not be seen by anyone other than by myself. If you choose to participate in this study please complete the consent form attached. This will be collected before starting with the questionnaire. Then, please complete the attached questionnaire as carefully and honestly as possible. Once you have answered the questions, place only the questionnaire in the envelope provided and deposit it in the sealed box provided. This will ensure that no one will have access to the completed questionnaires, and will ensure your confidentiality. On completion of this study, you will receive general written feedback (group responses not individual perceptions). Please do not hesitate to contact me if there are any questions regarding this study.

Thanks, Venise Germanos (Ms)

Cell:

APPENDIX D:

Participant Consent Form

I, (full name), voluntarily agree to participate in the study of attitudes, knowledge and sexual behaviour related to HIV and AIDS amongst male athletes. I have been fully informed and understood the procedures and purpose of the study. I understand that the information given is confidential. I am also aware of my rights to withdraw from the study at any time without negative consequence to me. I have been given the opportunity to ask questions which have been answered adequately.

Sign Date

Witness Date

APPENDIX E:

Resource List for Athletes

RESOURCE LIST FOR ATHLETES 2005

Study: Attitudes, Knowledge and Sexual Behaviour Relating to HIV and AIDS in Contact
Sports

Helplines:

AIDS Helpline:	0800 012 322
Lifeline:	0861 322 322
Loveline:	0800 121 900
Circle of Support:	0860 222 777
Soul City:	(011) 643 5852

National Association of People Living with HIV/AIDS (NAPWA): (011) 872 0975

National Department of Health: (012) 312 0122

Sport and Recreation, South Africa: (012) 334 3100 (Information, Education, Referral)

Sport, Recreation, Arts & Culture: (012) 303 2957 (Awareness, Information, Referral,
Training, Workshops)
(011) 355 2633 (Education, Awareness, Information,
Community mobilisation)

Legal Services:

Legal Resources Centre: (free legal advice for all)	(011) 836 9831
Wits Law Clinic:	(011) 716 5644
Justice Centres:	(011) 980 8130
Lawyers for Human Rights:	(011) 339 1960

SA Human Rights Commission: (011) 484 8300

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APPENDIX F:
Ethical Clearance

APPENDIX G:

Results

Appendix G.1: Table of the Numbers of Sexual Partners

NUMBER OF PARTNERS	LAST MONTH		LAST 6 MONTHS		LAST 12 MONTHS	
	N	%	N	%	N	%
None	12	36.36	5	15.15	4	12.12
One	17	51.52	19	57.58	17	51.52
Two	2	6.06	4	12.12	3	9.09
Three	2	6.06	2	6.06	3	9.09
Four	0	0	1	3.03	3	9.09
Five or more	0	0	2	6.06	3	9.09

Appendix G.2: Table of the Relationship Categorisations of Sexual Partners

DESCRIPTION TYPE	N	%
One night stands / casual sex	9	27.27
Short-term (0-3 months)	6	18.18
Medium-term (3-12 months)	6	18.18
Long-term (more than 12 months)	3	9.09
Life partner	4	12.12
Fiancé	3	9.09
Wife / Husband	5	15.15

* could mark more than one answer

Appendix G.3: Table of the Years in which Participants were Last Tested for HIV

YEAR	N	%
2005	4	10.53
2004	11	28.95
2003	1	2.63
2002	2	5.26
1997	2	5.26

One participant did not remember