

Let's talk about **SEX** research and development of a new board game for adolescents with chronic conditions: SeCZ TaLK

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Introduction

Health-care providers and teachers often feel unprepared to discuss sexual matters. Of 954 Dutch adolescents with chronic conditions surveyed, 80% stated that sexuality is never discussed during medical consultations. Over 75% of 159 surveyed Dutch health-care providers found this topic very important, but stated they needed practical tools to facilitate the discussion. Aim of the study is to evaluate the feasibility of a new educational board game named *SeCZ TaLK*.

Methods

A new board game -SeCZ TaLK- was developed. The game consists of 264 items that address knowledge, attitude and communicative skills in four domains: Sexuality, Relationships, Your Body, and The Future. Evaluation of pilots (questionnaire): 85 adolescents with chronic

conditions/disabilities played the game in different settings (schools for the disabled, outpatient clinic and patient organization camp) and assessed their experiences in a questionnaire and 12 professionals acted as facilitators.

Results

- 85% of adolescents found it (very) important to discuss sexuality and intimate relationships and 81% felt that SeCZ TaLK enabled this.
- Girls were more positive about the game than boys ($p < .05$) and younger participants were more positive than older ones ($p < .01$). Youth in an outpatient clinic appreciated the game most ($p < .05$) (Table 1).
- Professionals asserted discussing these issues important for their work and would recommend the game to colleagues.



CONCLUSIONS

There is a real need to improve communication about sensitive issues including sexuality with adolescents with chronic conditions. SeCZ TaLK is a promising tool for communication with youth with special health care needs.

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Table 1 The Youth SeCZ TaLK Evaluation Questionnaire related to gender and age groups and type of organization with different patient groups

	Mean ¹	SD	N	p
The importance of discussing sexuality and relationships (scale 1-5)	4.35	1.03	85	
Boys	4.28	1.23	39	
Girls	4.41	.83	46	ns
11-14 years	4.00	1.11	30	
15-17 years	4.41	1.10	34	
>18 years	4.76	1.03	21	<.05
Special school	4.12	1.21	42	
Outpatient Clinic	4.50	.83	28	
Patient organization	4.73	.59	15	ns
Appreciation Scale (scale 7-35)	26.11	6.11	85	
Boys	25.53	6.31	39	
Girls	27.45	5.67	46	<.05
11-14 years	28.73	4.90	30	
15-17 years	25.26	5.74	34	
>18 years	23.76	7.10	21	<.01
Special school	25.11	6.00	42	
Outpatient Clinic	28.78	5.65	28	
Patient organization	23.93	5.92	15	<.05

¹Note: a higher score indicates a higher importance or appreciation

Collaborators Rutgers Nisso Groep, BOSK, Sophia Rehabilitation - The Hague, TransitieNet and Erasmus MC Rotterdam. SeCZ TaLK was created and manufactured by Gamesformatie.