

ORAL, VAGINAL AND ANAL SEXUAL PRACTICES AMONG HETEROSEXUAL MEN AND WOMEN ATTENDING A SEXUAL HEALTH CLINIC: A CROSS-SECTIONAL SURVEY IN MELBOURNE, AUSTRALIA

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Background: Oral and anal sex practices among heterosexuals are not well-studied. We aimed to explore these sexual practices among heterosexuals attending a sexual health clinic.

Methods: This cross-sectional survey was conducted at Melbourne Sexual Health Centre between March-April 2019. This survey collected data on oral sex (fellatio or cunnilingus), anal sex and rimming in the previous 3 months among heterosexuals. Univariable and multivariable logistic regression analyses were performed to examine the associations between engaging in anal sex and other sex practices.

Results: 709 participants (333 males; 376 females) completed the survey with a median age of 26 (IQR: 23-31) and 35.0% (n=250) born in Australia. In the past 3 months, most participants had had vaginal sex (n=677; 95.5%), with a mean of 3.0 (standard deviation [SD]: 3.9) partners, and half reported engaging in condomless vaginal sex in the past 3 months (n=358; 50.1%). 135 (19.0%) participants had had anal sex, with a mean of 1.3 (SD:1.0) partners, with 63.5% (n=94) engaging in any condomless anal sex in the past 3 months. Most participants (n=637, 89.8%) had received oral sex in the past 3 months; this did not differ by age group or gender. Females (n=351, 93.4%) were more likely to perform oral sex than males (n=275; 82.6% males) ($p<0.001$) and to receive rimming in the past 3 months (26.6% females vs 12.6% males; $p<0.001$). Males were more likely to perform rimming (25.5% males vs 9.3% females; $p<0.001$). Performing but not receiving rimming increased with age ($p_{\text{trend}}=0.011$). In the multivariable analysis, anal sex was associated with being ≥ 35 years (adjusted odds ratio [aOR]: 2.3; 95%CI: 1.2-4.2), receiving rimming (aOR: 3.8; 95%CI: 2.4-6.0) and performing rimming (aOR: 2.8; 95%CI: 1.8-4.6).

Conclusion: Rimming and anal sex are practiced by one fifth or more heterosexuals. Older heterosexuals were more likely to engage in anal sex and to perform rimming.

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