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Sexual Health

Supplementary Material

Partnership status, living arrangements, and changes in sexual behaviour and satisfaction during the COVID-19 lockdown: insights from an observational, cross-sectional online survey in Singapore

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Supplemental Figure 1. Advertisement for study on social media



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Supplemental Table 1. Frequency in sexual behaviors in the three months prior to the COVID-19 circuit-breaker measures

Sexual behaviors	Single (n=106)		Not living with partner (n=115)		Living with partner (n=117)		Total (n=338)		Chi- Square Test
	n	%	n	%	n	%	n	%	
Hugged, kissed or held hands with steady sexual partners (n=240)									
Never	1	2.7	5	5.0	4	3.9	10	4.2	<0.001
Monthly or less	9	24.3	8	8.0	12	11.7	29	12.1	
Two to four times a month	18	48.7	18	18.0	21	20.4	57	23.8	
Two to three times a week	7	18.9	36	36.0	23	22.3	66	27.5	
Four or more times a week	2	5.4	33	33.0	43	41.8	78	32.5	
Sexual activities with steady sexual partners (n=241)									
Never	7	18.9	18	17.8	9	8.7	34	14.1	0.679
Monthly or less	8	21.6	21	20.8	27	26.2	56	23.2	
Two to four times a month	12	32.4	35	34.7	36	35.0	83	34.4	
Two to three times a week	7	18.9	23	22.8	25	24.3	55	22.8	
Four or more times a week	3	8.1	4	4.0	6	5.8	13	5.4	
Condom use with steady sexual partners (n=241)									
Never	6	16.2	35	34.7	49	47.6	90	37.3	0.004
Rarely	1	2.7	9	8.9	11	10.7	21	8.7	
Sometimes	11	29.7	26	25.7	14	13.6	51	21.2	
Most of the time	14	37.8	18	17.8	15	14.6	47	19.5	
Always	5	13.5	13	12.9	14	13.6	32	13.3	
Sexual activities with casual sexual partners (n=333)									
Never	47	45.2	79	68.7	94	82.5	220	66.1	<0.001
Monthly or less	20	19.2	9	7.8	5	4.4	34	10.2	
Two to four times a month	26	25.0	14	12.2	8	7.0	48	14.4	
Two to three times a week	11	10.6	9	7.8	4	3.5	24	7.2	
Four or more times a week	0	0.0	4	3.5	3	2.6	7	2.1	
Condom use with casual sexual partners (n=116)									
Never	7	12.1	1	2.8	4	18.2	12	10.3	0.076
Rarely	3	5.2	8	22.2	3	13.6	14	12.1	
Sometimes	18	31.0	9	25.0	4	18.2	31	26.7	
Most of the time	15	25.9	14	38.9	8	36.4	37	31.9	
Always	15	25.9	4	11.1	3	13.6	22	19.0	
Masturbation (n=334)									
Never	13	12.4	21	18.4	50	43.5	84	25.2	<0.001
Monthly or less	18	17.1	17	14.9	21	18.3	56	16.8	
Two to four times a month	30	28.6	31	27.2	27	23.5	88	26.4	
Two to three times a week	30	28.6	29	25.4	8	7.0	67	20.1	
Four or more times a week	14	13.3	16	14.0	9	7.8	39	11.7	
Sent or received naked and semi-naked media (n=336)									
Never	44	41.9	55	47.8	92	79.3	191	56.9	<0.001
Monthly or less	18	17.1	24	20.9	12	10.3	54	16.1	
Two to four times a month	21	20.0	15	13.0	5	4.3	41	12.2	
Two to three times a week	21	20.0	17	14.8	5	4.3	43	12.8	
Four or more times a week	1	1.0	4	3.5	2	1.7	7	2.1	
Had sex in exchange for money, food or shelter (n=336)									

Never	70	66.7	91	79.1	102	87.9	263	78.3	0.021
Monthly or less	13	12.4	8	7.0	4	3.5	25	7.4	
Two to four times a month	13	12.4	9	7.8	5	4.3	27	8.0	
Two to three times a week	9	8.6	7	6.1	4	3.5	20	6.0	
Four or more times a week	0	0.0	0	0.0	1	0.9	1	0.3	
Watched pornography (n=335)									
Never	27	25.7	27	23.5	62	53.9	116	34.6	<0.001
Monthly or less	14	13.3	19	16.5	15	13.0	48	14.3	
Two to four times a month	24	22.9	35	30.4	20	17.4	79	23.6	
Two to three times a week	29	27.6	19	16.5	11	9.6	59	17.6	
Four or more times a week	11	10.5	15	13.0	7	6.1	33	9.9	
Performed or watched sexual acts over webcam (n=335)									
Never	67	63.8	79	68.7	97	84.4	243	72.5	0.034
Monthly or less	9	8.6	14	12.2	5	4.4	28	8.4	
Two to four times a month	16	15.2	10	8.7	8	7.0	34	10.2	
Two to three times a week	11	10.5	11	9.6	4	3.5	26	7.8	
Four or more times a week	2	1.9	1	0.9	1	0.9	4	1.2	

Abbreviation: COVID-19, Coronavirus Disease 2019

Supplementary Table 2. Change in sexual behaviors during the COVID-19 pandemic movement control measures

Sexual behaviors	Single		Partnered; not cohabiting		Partnered; cohabiting		Total		Chi-Square Test
	n	%	n	%	n	%	n	%	
Hugged, kissed or held hands with steady sexual partners (n=219)									
Decreased	6	26.1	69	71.1	17	17.2	92	42.0	<0.001
Stayed the same	9	39.1	21	21.7	67	67.7	97	44.3	
Increased	8	34.8	7	7.2	15	15.2	30	13.7	
Sexual activities with steady sexual partners (n=219)									
Decreased a lot	7	30.4	64	66.0	19	19.2	90	23.1	<0.001
Stayed the same	10	43.5	27	27.8	69	69.7	106	48.4	
Increased a bit	6	26.1	6	6.2	11	11.1	23	10.5	
Condom use with steady sexual partners (n=217)									
Decreased a lot	5	21.7	24	24.7	5	5.2	34	15.7	<0.001
Stayed the same	7	30.4	66	68.0	90	92.8	163	75.1	
Increased a bit	11	47.8	7	7.2	2	2.1	20	9.2	
Sexual activities with casual sexual partners (n=332)									
Decreased a lot	36	35.0	30	26.3	13	11.3	79	23.8	<0.001
Stayed the same	53	51.5	71	62.3	94	81.7	218	65.7	
Increased a bit	14	13.6	13	11.4	8	7.0	35	10.5	
Condom use with casual sexual partners (n=116)									
Decreased a lot	8	13.8	8	22.2	1	4.6	17	14.7	0.336
Stayed the same	32	55.2	15	41.7	14	63.6	61	52.6	
Increased a bit	18	31.0	13	36.1	7	31.8	38	32.8	
Masturbation (n=333)									
Decreased a lot	19	18.5	14	12.2	17	14.8	50	15.0	<0.001
Stayed the same	46	44.7	45	39.1	82	71.3	173	52.0	
Increased a bit	38	36.9	56	48.7	16	13.9	110	33.0	
Sent or received naked and semi-naked media (n=331)									
Decreased a lot	18	17.5	22	19.3	11	9.7	63	19.0	<0.001
Stayed the same	59	57.3	58	50.9	93	81.6	251	75.6	
Increased a bit	26	25.2	34	29.8	10	8.8	18	5.4	
Had sex in exchange for money, goods, favors, drugs or shelter (n=332)									
Decreased a lot	23	22.3	26	22.8	14	12.2	63	19.0	0.054
Stayed the same	71	68.9	83	72.8	97	84.4	251	75.6	
Increased a bit	9	8.7	5	4.4	4	3.5	18	5.4	
Watched pornography (n=334)									
Decreased a lot	17	16.5	17	14.8	13	11.2	47	14.1	<0.001
Stayed the same	45	43.7	54	47.0	86	74.1	185	55.4	
Increased a bit	41	39.8	44	38.3	17	14.7	102	30.5	
Performed or watched sexual acts over webcam (n=329)									
Decreased a lot	16	15.7	22	19.5	14	12.3	52	15.8	0.285
Stayed the same	68	66.7	75	66.4	88	77.2	231	70.2	
Increased a bit	18	17.7	16	14.2	12	10.5	46	14.0	

Abbreviation: COVID-19, Coronavirus Disease 2019

Supplemental Material. Survey Instrument

Supplemental Material: Survey Instrument

1. Selection			
Min 3 – Max 4			
1.1.	Choose your language	List of survey languages	
1.2	Do you live in Singapore?	1 Yes 2 No	If 1, go to 1.3
1.2a	Do you live in any of the following countries:	List countries	If in none of the countries, end survey
1.3.	How old are you? (in years)	(number)	If <18: end survey. “Unfortunately the survey is only for adults aged 18 year of more” If 18 or older, go to informed consent form
1.4	What is your residence status in Singapore?	1 Singapore citizen 2 Singapore permanent resident 3 Non-Singaporean	If 3, end survey.
2. Socio-demographics			
Min 12 – Max 16/19			
2.1.	What is your biological sex?	1 Woman 2 Man 3 Other (Please specify: _____)	
2.1.a	On a scale of 1 to 5, where 1 is completely as a man and 5 is completely as a woman, with what gender do you identify:	1 Completely as a man 2 Mostly as a man 3 Equally man and woman 4 Mostly as a woman 5 Completely as a woman 6 Other (please specify: _____)	
2.2.	What best describes your relationship status? (multiple responses possible)	1 Single, and never had a partner 2 Single, but had a partner previously or currently dating 3 In a relationship but not living together 4 Not legally married but living with a partner 5 Legally married and living together 6 Legally married and not living together 7 Legally married but separated 8 Widowed 9 Divorced 10 Other	
2.3.	How many children do you have, if any? Respond 0 if you don't have children.	(number)	
2.4.	What is your highest degree of schooling?	1 No formal education 2 Some primary school 3 Complete primary school 4 Some secondary school 5 GCE 'O' Levels	

		6 GCE 'N' Levels 7 GCE 'A' Levels 8 Polytechnic diploma 9 ITE diploma/ NITEC 10 Some university 11 Complete university 12 Postgraduate studies 13 Other	
2.5.	What is your religion?	1 No religion 2 Buddhism 3 Islam 4 Hinduism 5 Christianity 6 Taoism 7 Sikhism 8 Agnostic 9 Atheist 10 Others (please specify): _____	
2.6.	What is your race, as reflected on your identity card?	1 Chinese 2 Malay 3 Indian 4 Others (please specify): _____	

3. Compliance with COVID-19 social distancing measures			
Min/Max 4			
3.1.	How much would you say that you're following COVID-19 circuit breaker measures?	1 not at all 2 a little bit 3 a lot 4 very strictly	
3.2.	Were you ever on a leave of absence, stay-home notice, or quarantine order because of symptoms or because you were in close contact with someone with COVID-19 or because you returned from overseas?	1 No 2 Yes	
3.3.	Were you ever tested for COVID-19?	1 No 2 Yes, I tested positive at least once 3 Yes, I have always tested negative	
3.4.	How many people lived in your house in the three months before the COVID-19 circuit breaker? A household member is someone who has slept under the SAME roof as you for at least 4 nights per week during the past month	1 Number of adults >18 years 2 Number of children 0-9 years 3 Number of teenagers 10-18 years	
3.5.	Was your family composition different during the COVID-19 circuit breaker?	1 No, the composition of my family was the same 2 The composition of my family was different	If 1, go to 3.7
3.6.	How many people lived/ live in your house during the COVID-19 circuit breaker?	1 Number of adults >18 years 2 Number of children 0-9 years 3 Number of teenagers 10-18 years	
3.7.	What was your employment status the month before the COVID-19 circuit breaker?	1 Full time employee (30 hours a week or more) 2 Part time employee (less than 30 hours a week) 3 Self-employed/ business owner	

		4 Unemployed 5 Informal/ piecemeal work 6 Retired/ pensioned 7 Student 8 Other	
3.8.	Since the COVID-19 circuit breaker, has your employment status changed?	1 No change: I continue doing the same work and going to the usual job site 2 I keep doing the same work, but from home 3 I keep doing the same work, but partly work from home 4 I am employed and paid but unable to attend or do work 5 I work on reduced time 6 I lost my job/ work/ business 7 I am temporarily unemployed 8 I changed work/jobs	
3.9.	Below is an income scale on which 1 indicates the lowest income group and 10 the highest income group in your country. We would like to know in what group your household was in the year before the COVID-19 crisis? Please specify the appropriate number, counting all wages, salaries, pensions and other incomes	1 Lowest group 2 3 4 5 6 7 8 9 10 Highest group	
3.9a	What is your housing type?	1 1-room HDB Flat 2 2-room HDB Flat 3 3-room HDB Flat 4 4-room HDB Flat 5 5-room HDB Flat 6 Executive HDB Flat/ Maisonette 7 Condominium 8 Terrace, Bungalow or other private landed property 9 Other: _____	
3.9b	On average, what is your gross personal monthly income (before CPF and tax deductions, if any)?	1 not earning an income 2 SGD <1000 3 SGD 1000-SGD 1999 4 SGD 2000 – SGD 2999 5 SGD 3000- SGD 3999 6 SGD 4000- SGD 4999 7 SGD 5000-SGD 5999 8 SGD 6000- SGD6999 9 SGD 7000 – SGD 7999 10 SGD 8000 – SGD 8999 11 SGD 9000- SGD 9999 12 SGD 10000 and above	
3.10	Since the COVID-19 pandemic, the economic situation of many households has changed. Has this been the case for you?	1 Yes the economic situation of my household became worse 2 No, the economic situation of my household stayed the same 3 Yes, the economic situation of my household improved	
3.11	Have you personally experienced a loss of income?	1 Yes, a total loss of income 2 Yes, a partial loss of income 3 No loss of income 4 I had no personal income before COVID-19	
		Before the COVID-19 circuit breaker	During the COVID-19 circuit breaker, did this

			increase or decrease?
3.12	How often did you have a drink containing alcohol?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
3.13	How many standard drinks containing alcohol do you have on a typical day when you are drinking? A standard drink is typically equivalent to one can of beer OR one glass of wine OR one shot of hard liquor	1 1-2 2 3-4 3 5-6 4 7-9 5 10+	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
3.14	How often do you have six or more drinks on one occasion?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
3.15	How often do you use cannabis (marijuana, hash, grass)?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
3.15a	How often do you use prescription medication to help with sleep or relaxation? (e.g. opiate or benzodiazepam-containing medications like cough syrup, muscle relaxants etc.)	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
3.15b	If you are currently a smoker, what is the average number of cigarettes you smoke daily?	Open ended	Open ended
3.15c	How often do you use other recreational substances not covered above?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot

4. Couple and family relationships			
Min 0 – Max 6			
4.1.	Did you have a steady partner in the three months before the COVID-19 circuit breaker?	1 No 2 Yes	
4.2.	Are you currently still in this relationship?	1 No 2 Yes	
4.3.	Did your relationship end before, during, or after COVID-19 circuit breaker?	1 Before 2 During 3 After	
4.4.	Would you say the end of your relationship was precipitated by COVID-19 circuit breaker?	1 No 2 Yes 3 Not sure	
4.5.	Have you had a new steady partner since COVID-19 circuit breaker?	1 No 2 Yes	
4.6.	What is your sexual orientation?	1 Asexual 2 Bisexual 3 Gay 4 Heterosexual (straight) 5 Lesbian 6 Pansexual 7 Queer 8 Questioning or unsure 9 Other (specify)	
4.7.	During the COVID-19 circuit breaker, is/was your steady partner living with you in the same place? (only those responding 2 to 4.2 or 2 to 4.5)	1 No, s/he stays elsewhere 2 Yes, the whole time 3 Yes, part of the time	
4.8.	In the three months before the COVID-19 circuit breaker, how often did you experience tension in your relationship to your partner/spouse? (Only for those responding 2 to 4.2)	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	
4.9.	How has this changed since the COVID-19 circuit breaker? Only for those responding 2 to 4.2)	1 Much less tension than before 2 A bit less tension than before 3 About the same amount of tension 4 A bit more tension than before 5 A lot more tension than before	
4.10.	In the three months before the COVID-19 circuit breaker measures, how often did you experience tension in your relationship to your children? Only for those living with children (2.5)	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	
4.11.	How has this changed since the COVID-19 circuit breaker measures? Only for those living with children (2.5)	1 Much less tension than before 2 A bit less tension than before 3 About the same amount of tension 4 A bit more tension than before 5 A lot more tension than before	
4.12.	In the three months before the COVID-19 circuit breaker, how much would you say your partner provided you with emotional support? Only for those responding 2 to 4.2	1 A lot 2 Some support 3 little support 4 No support	
4.13.	How has this changed during the COVID-19 circuit breaker? Only for those responding 2 to 4.2	1 Much less support than before 2 A bit less support than before 3 About the same amount of support than before 4 A bit more support than before	

			5 A lot more support than before	
		<i>Before</i> the COVID-19 social distancing measures	<i>During</i> the COVID-19 social distancing measures	
4.14.	Who is doing most of the household work in your household? <i>(Only for those living with a cohabiting partner/spouse (i.e. those responding 3 or 4 to 4.3))</i>	1 I was doing most of the household work 2 My partner did most of the household work 3 My partner and I equally contributed to the household work 4 Most members of the household contributed equally 5 Someone else did most of the household work	1 I am doing most of the household work 2 My partner is doing most of the household work 3 My partner and I equally contribute to the household work 4 Most members of the household contribute equally 5 Someone else is doing most of the household work	
4.15.	In your household, who was most in control of household spending? <i>Only for those living with a cohabiting partner/ spouse (i.e. those responding 3 or 4 to 4.6)</i>		1 I had most control 2 My partner had most control 3 My partner and I had equal control 4 Someone else than my partner and I had most control	
4.16.	Has your power to control household spending changed because of the COVID-measures relative to your partner/spouse? <i>Only for those living with a cohabiting partner/ spouse (i.e. those responding 3 or 4 to 4.6)</i>		1 Yes, I now have more control 2 Yes, I now have less control 3 No, I have the same control	

5. Sexual behavior			
Min 1 – Max 18			
5.1.	Have you ever had a sexual experience? By 'sexual experience' we mean any kind of experience that you felt was sexually arousing. It could be kissing, touching, intercourse, masturbation, watching sexually explicit images, or any other form of sex.	1 No 2 Yes	If 1, go to section 9
		In the three months before the COVID-19 circuit breaker	During the COVID-19 circuit breaker
5.2.	How satisfied were you with your sex life..	1 Very satisfied 2 Somewhat satisfied 3 Not very satisfied 4 Not at all satisfied	1 Very satisfied 2 Somewhat satisfied 3 Not very satisfied 4 Not at all satisfied
5.3.	How often have you or your partner experienced sexual problems (problems getting an erection, or loss of sexual interest, arousal, orgasm, sexual satisfaction)? (Only those responding 2 to 4.2 or 2 to 4.5)	1 Never 2 Once 3 Sometimes 4 Often 5 Not applicable	1 Never 2 Once 3 Sometimes 4 Often 5 Not applicable
	The next questions will ask about sexual behaviours in the three months before and during the COVID-19 circuit breaker. How many times have you...	In the three months before the COVID-19 circuit breaker	During the COVID-19 circuit breaker measures
5.4.	Hugged, kissed, held hands with or cuddled with your steady partner? (only for those responding 2 to 4.2 or 2 to 4.5)	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.5.	Engaged in sexual activities with your steady partner? By sexual activities we mean oral, vaginal, anal intercourse or touching. (only for those responding 2 to 4.2 or 2 to 4.5)	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.5a	Used a condom when you had sex with your steady partner? (only those who responded 2,3,4,5 to 5.5)	1 Never 2 Rarely 3 Sometimes 4 Most of the time 5 Always	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.6.	Masturbated?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.7.	Had sex with someone who you are not in a long-term relationship with (a casual partner)?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.7a	Used a condom when you had sex with a casual partner?	1 Never 2 Rarely	1 Decreased a lot 2 Decreased a bit

		3 Sometimes 4 Most of the time 5 Always	3 Stayed the same 4 Increased a bit 5 Increased a lot
5.8.	Sent or received naked/semi-naked pictures or videos?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.9.	Had sex in exchange for money, material goods, favors, drugs, or shelter? By material goods, we mean things like food, rent, clothes/shoes/cell phones, cosmetics, transport, good marks in school or school fees, or items for your children, your family, or yourself	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.10.	Watched sexually explicit videos (pornography)?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot
5.11.	Performed/watched sexual acts before a webcam?	1 Never 2 Monthly or less 3 2-4 times a month 4 2-3 times a week 5 4 or more times a week	1 Decreased a lot 2 Decreased a bit 3 Stayed the same 4 Increased a bit 5 Increased a lot

Thank you for your participation! Here you can find a list of associations that you can contact if you would like help. You can also download this information for future reference:

For questions on HIV prevention and sexual health, you may approach:

Action for AIDS Singapore (info@afa.org.sg)

Department of Sexually Transmitted Infections Control (DSC) Clinic (apptdsc@nsc.com.sg)

For support or answers to your questions on sexual violence, you may approach:

AWARE Singapore (Sexual assault care centre helpline: 67790282)

For support or answers to your questions on suicide, you may approach:

Samaritans of Singapore (pat@sos.org.sg or at their 24-hour hotline 1800-221-4444)

For support or answers to your questions on sexual identity, stigma, or homophobia, you may approach:

Oogachaga Singapore (care@oogachaga.com or at their counselling hotline 62262002)

For support or answers to your questions on substance use, you may approach:

National Addictions Management Service (All addictions helpline: 67326837)

The Greenhouse Singapore (info@thegreenhouse.sg)