STDs

[Author’s Name]

STDs

**Response 1**

STDs are also known as sexually transmitted infections (STIs). It is an umbrella term that covers multiple sexually transmitted diseases. Regardless of sexual orientation or ways of sexual activity or STDs can be spread easily through intimate physical contact. As some of the infections depicts mild symptoms therefore it is possible that an individual has any kind of STDs but is not aware of it. Among all the STDs the most common are Bacterial vaginosis, chlamydia, and genital herpes. If detected at an early stage almost every STDs can be cured however some of the sexually transmitted diseases have no cure such as HIV/AIDS. Furthermore, STDs can result in infertility as well. This is because chlamydia and PID can cause infection in the fallopian tube and damage genital tract that can damage the uterus permanently. According to the statistics, out of every two sexually active individuals, there are high chances that one of them will come in contact with STD by the age of 25 ("STD Data and Statistics", 2019). Also, every eight people have herpes while almost 80% of people had HPV at some point in their life ("STD Data and Statistics", 2019). The reason for choosing is topic is because there is a stigma associated with the people who are diagnosed with any kind of STDs and lack of awareness among people regarding precautionary measures that needed to be taken while engaging in any kind of physical activity.

**Response 2**

In the context of STDs, there is a stigma associated with the disease that makes individuals diagnosed with any kind of STDs make an individual at an increased risk of developing several mental illnesses. I have bachelor’s degree in the field of mental health and I have taken several courses of behavioral therapy as well that will facilitate me in advocating and spread awareness among regarding the consequences of unprotected sex and how to get help from healthcare professionals if an individual gets infected with any type of STDs. Individuals interested in becoming a behavioral therapist must take coursework in behavioral and cognitive psychology. I have also taken a course in cognitive psychology while I was completing my bachelor’s degree. I have completed an internship at a local community center also I have worked voluntarily in collaboration with several social workers to provide awareness among people regarding HIV/AIDS and other STDs.

**Response 3**

To treat the patients having any type of STDs it is necessary that not only the patient but his or her significant other get expedited partner therapy. Being a therapist I have studied expedited therapy and its benefits. This therapy enables healthcare professionals to provide medications that may facilitate patients diagnosed with STDs without first examining their partners (Shiely & Golden, 2010). The method I have chosen is to interact with the patient first and then his or her significant other. Direct observation of a patient can facilitate in getting an insight into the patient’s mental and emotional health. In most cases when an individual is diagnosed with any kind of STDs their partners also come under the scrutiny of the healthcare professionals. This makes partners feel humiliated and they in return do not cooperate at all. So using this therapy a patient is treated without the involvement of their partners.

**Response 4**

It is a general perception among many people that STDs cannot be treated when in reality there are effective treatments that can facilitate in curing various STDs. Several pieces of evidence suggest that expedited partner therapy facilitates in treating patients with STDs. In research published by the author Matthew, he highlighted that EPT is an uncontroversial treatment to treat a chlamydial infection (Hogben & Burstein, 2012). He also performed an experiment on a group of both heterosexual and homosexual people. The results revealed the effectiveness of EPT. According to the report published by the CDC, EPT is an effective treatment that aids in reducing gonorrhea infection rates. (“CDC - Gonorrhea and Expedited Partner Therapy,” 2019). CDC also recommends using EPT for heterosexual males and females. This research will have a significant impact on individuals who are struggling after being diagnosed with any type of STDs. EPT is not limited to heterosexual people but patients having STDs regardless of sexual orientation can get benefit from this method of treatment.

**References**

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