WHY WAS THE GOALS FRAMEWORK DEVELOPED?

The GOALS framework was developed in response to 4 key findings from the sexual health research literature:
- Universal HIV/STI screening and biomedical prevention education is more beneficial and cost-effective than risk-based screening.
- Emphasizing benefits—rather than risks—is more successful in motivating patients toward prevention and care behavior.
- Positive interactions with healthcare providers promote engagement in prevention and care.
- Patients want their healthcare providers to talk with them about sexual health.

WHY IS TAKING A SEXUAL HISTORY IMPORTANT?

Rather than seeing sexual history taking as a means to an end, the GOALS framework considers the sexual history taking process as an intervention that will:
- Increase rates of routine HIV/STI screening;
- Increase rates of universal biomedical prevention and contraceptive education;
- Increase patients’ motivation for and commitment to sexual health behavior; and
- Enhance the patient-care provider relationship, making it a lever for sexual health specifically and overall health and wellness in general.