

## Poster Session II

#14

### *Predictors of Readiness For HIV Testing Among Midlife Women*

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**Purpose:** To identify factors that predict the readiness of midlife women to have an HIV test.

**Theoretical Framework:** Health Belief Model (HBM) Methods (Design, Sample, Setting, Measures, Analysis): Cross-sectional study using mailed self-administered survey with randomly selected sample of women (n = 369) ages 50 to 59 in MA. Measures were researcher-developed Health Belief and HIV Testing (HBHT) instrument and CES-D. Cronbach's alpha coefficient for latent factors ranged from .59 to .80. Analysis and hypothesis testing conducted with structural equation modeling (SEM) using MPlus.

**Results:** The final model fit the data adequately ( $\chi^2 = 334.8$ , 118 d.f.,  $p < .001$ ; CFI = .92, TLI = .93, RMSEA = .07 ) and explained 56.8% of the variance in readiness to have an HIV test (readiness). Significant predictors of readiness were the HBM constructs of perceived susceptibility ( $\beta = .553$ ,  $p < .01$ ), seriousness ( $\beta = -.923$ ,  $p < .01$ ), and barriers ( $\beta = .810$ ,  $p < .01$ ), although barriers and seriousness were not in the hypothesized direction. Additional significant predictors of readiness were preference for rapid testing ( $\beta = .350$ ,  $p < .001$ ) and having discussed HIV testing with a health provider or significant other ( $\beta = .458$ ,  $p < .001$ ) directly; and cues to action of knowing someone with HIV ( $\beta = .485$ ,  $p < .001$ ) indirectly.

**Conclusions and Implications:** Results suggest that discussion of HIV testing with a primary care clinician or significant other is an important factor contributing to the readiness of midlife women to have an HIV test. Findings support the full implementation of CDC recommendations for routine opt-out HIV testing for all persons to age 65. Findings have implications for interventions to increase routine HIV testing in primary care for midlife women and other groups generally considered at low risk for HIV infection and for research using the HBM as a theory of health behavior.