

Results with adherence as a continuous variable using bootstrapping

Multiple regression models using bootstrapping revealed that internalized HIV stigma was a significant predictor of poor adherence ($B = -0.132$, $SE = 0.045$, $p = .006$). When we added the interaction between internalized stigma and race, the interaction term was also a significant predictor of adherence ($B = 0.257$, $SE = 0.118$, $p = .027$). Therefore, regression analyses were repeated for each race category separately, which revealed a non-significant effect of internalized stigma on adherence for non-Hispanic whites ($B = 0.029$, $SE = 0.110$, $p = .802$), and a significant effect of internalized stigma on worse adherence for women in racial/ethnic minority groups ($B = -0.160$, $SE = 0.048$, $p = .002$).

Therefore, we examined the mediation hypotheses for the racial/ethnic minority group only.¹ In this subsample, the regression analysis revealed that internalized stigma was no longer a significant predictor of adherence when depression was added to the model ($B = -0.063$, $SE = 0.053$, $p = .238$). Depression was a significant predictor of worse adherence in this model ($B = -0.015$, $SE = 0.003$, $p = .001$). The mediation analysis yielded a significant indirect effect of internalized stigma on worse adherence through depression ($B = -0.097$, $SE = .020$, 95% $CI [-0.138, -0.059]$). Thus, the effect of internalized stigma on adherence was mediated by depression.

Social support was also a significant mediator of the effect of internalized stigma on lower adherence with a significant indirect effect ($B = -0.045$, $SE = 0.017$, 95% $CI [-0.084, -0.020]$). Finally, loneliness was also a significant mediator of the effect of internalized stigma on lower adherence with a significant indirect effect ($B = -0.073$, $SE = 0.021$, 95% $CI [-0.118, -0.035]$). For minority women, serial mediation analysis also yielded a significant indirect effect of stigma on lower ART adherence through less social support, and through higher depression (B

¹ Results were very similar (with significant indirect effects for all mediation analyses) when analyses were conducted for the whole sample instead.

= -0.012, $SE = 0.004$, 95% $CI [-0.023, -0.006]$). Results were very similar when loneliness was used instead of social support in the analyses. The serial mediation also yielded a significant indirect effect of stigma on lower ART adherence through lower loneliness and through higher depression ($B = -0.026$, $SE = 0.009$, 95% $CI [-0.047, -0.012]$).