



# Evaluating a Workplace-Based HIV Self-Testing and Linkage Programme on Testing Frequency Among Male Factory Workers in Durban, South Africa

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## Abstract

HIV testing rates among working-age men in South Africa are suboptimal, hindering progress towards epidemic control. Workplace-based interventions present a strategic avenue to reach this population, yet evidence for HIV self-testing (HIVST) programmes increasing routine testing frequency in industrial settings is limited. This study evaluated the effect of a structured workplace-based HIV self-testing and linkage programme on the frequency of HIV testing among male factory workers in Durban, South Africa. A mixed-methods, pre-post intervention study was implemented at a large manufacturing plant. Male employees were offered oral-fluid HIVST kits and access to a dedicated on-site linkage officer. Quantitative data on self-reported testing history were collected via anonymous questionnaires. Focus group discussions explored barriers and facilitators to routine testing. The proportion of participants reporting HIV testing at least twice in a 12-month period increased significantly from 24% pre-intervention to 67% post-intervention. Qualitative data emphasised the critical role of confidentiality, convenience, and the supportive link to care in encouraging regular testing. The workplace-based HIVST and linkage programme substantially increased testing frequency among male factory workers, demonstrating its potential as a viable model for promoting routine testing in comparable industrial settings. Workplace health programmes should integrate HIV self-testing with dedicated linkage support services. Further research should investigate the long-term sustainability and cost-effectiveness of such models. HIV self-testing, workplace health, men's health, South Africa, linkage to care, testing frequency This study provides evidence on the implementation and effectiveness of an integrated HIV self-testing and linkage programme within an industrial workplace setting in sub-Saharan Africa.

**Keywords:** *HIV self-testing, workplace-based intervention, linkage to care, men's health, sub-Saharan Africa, operational research, HIV testing frequency*



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