

# COVID-19 Health and Adherence Research In Scotland (CHARIS 2)

13-20<sup>th</sup> Dec  
Phase 1

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## Adherence to transmission reducing behaviours

Behaviour	Proportion of those adhering	Who is <b>MORE LIKELY</b> or <b>LESS LIKELY</b> to adhere?
Physical distancing	<p>8 out of 10 kept a safe physical distance when outside</p>	<p>Age: Over 45 years old</p> <p>Employment status: Full time</p>
Face covering	<p>10 out of 10 wore a face covering shopping and on public transport</p>	<p>Age: 45-55 years old</p>
Hand hygiene	<p>9 out of 10 washed their hands thoroughly and frequently</p>	<p>Sex: Male</p>
Avoid crowded places	<p>7 out of 10 avoided crowded places</p>	<p>Age: Over 45 years old</p> <p>Employment status: Full time</p>
Meet outside	<p>4 out of 10 met people outside</p>	<p>There were no associations between sociodemographic factors and meeting outside</p>
Open windows	<p>5 out of 10 opened windows when they had visitors</p>	<p>Age: Over 65 years old</p> <p>Sex: Male</p>
LTF Testing	<p>5 out of 10 got two lateral flow tests last week</p>	<p>Employment status: Full time</p> <p>Sex: Male</p>
(PCR Testing*)	<p>4 out of 10* got a PCR test in the last week</p>	<p>Employment status: Full time*</p>

\*Restricted sample: Analysis restricted to people experiencing symptoms in the last week.

### Highlights

- Adherence to wearing face coverings remains high, with a 95% adherence rate when in shops and 87% when taking public transport.
- Meeting others outside (37% adherence) and opening windows with visitors (50% adherence) have the lowest adherence rates.
- Generally women and people aged over 45 years old showed greater adherence and this has been the case throughout the pandemic.

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**CHARIS 2** is using theories to understand how beliefs and emotions affect adherence:

**Theory 1:** Beliefs and Emotions about COVID-19 and risk of infection, such as beliefs about **seriousness** of illness, **likelihood of infection**, and **duration of symptoms**.

**Theory 2:** Beliefs about transmission reducing behaviours, such as **confidence** one is able to adhere to certain behaviours, one's **intention** to adhere, and beliefs about **social norms**.

## Beliefs and Emotions Associated with **GREATER/LESS** Adherence:

**Physical distancing**

If I got COVID-19 it would be **serious** for me. • If I was ill with COVID-19 my symptoms would **last a long time**.

I am **confident** I can keep a safe distance from others. • I **intend** to keep a safe distance from others.

**Face covering**

*There were no associations found.*

I am **confident** I can wear a face covering. • I **intend** to wear a face covering.

**Hand hygiene**

*There were no associations found.*

I am **confident** I can wash my hands thoroughly and frequently. • I **intend** to wash my hands thoroughly and frequently.

**Avoid crowded places**

*There were no associations found.*

I am **confident** I can avoid crowded places. • I **intend** to avoid crowded places.

**Meet outside**

*There were no associations found.*

I am **confident** I can meet people outside instead of indoors.

**Open windows**

*There were no associations found.*

I am **confident** I can open the windows when I have visitors. • I **intend** to open the windows when I have visitors.

**LFT Testing**

If I got COVID-19 it would be **serious** for me. • If I was ill with COVID-19 my symptoms would **last a long time**. • I am confident that if I **keep doing what I am doing** now I can avoid getting COVID-19.

I am **confident** I can do two lateral flow tests a week. • I **intend** to do two lateral flow tests a week.