

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

10-16th Jan
Phase 2

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Adherence to transmission reducing behaviours

Behaviour	Proportion of those adhering	Who is MORE LIKELY or LESS LIKELY to adhere?
Physical distancing	<p>8 out of 10 kept a safe physical distance when outside</p>	<p>Age: Over 35 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>There were no associations between sociodemographic factors and face covering</p>
Hand hygiene	<p>9 out of 10 washed their hands thoroughly and frequently</p>	<p>Sex: Male</p> <p>Age: 16-35 years old</p>
Avoid crowded places	<p>8 out of 10 avoided crowded places</p>	<p>Age: Over 45 years old</p> <p>Sex: Male</p>
Meet outside	<p>4 out of 10 met people outside</p>	<p>Age: 45-55 years old</p>
Open windows	<p>6 out of 10 opened windows when they had visitors</p>	<p>Sex: Male</p>
LTF Testing	<p>6 out of 10 got two lateral flow tests last week</p>	<p>Employment status: Full time</p> <p>Age: Over 65 years old</p>
(PCR Testing*)	<p>4 out of 10* got a PCR test in the last week</p>	<p>There were no associations between sociodemographic factors and PCR testing*</p>

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

Highlights

- Adherence remains high for wearing face coverings (98% adherence) and handwashing (92% adherence).
- Meeting others outside (37% adherence) and PCR testing (38% adherence) have the lowest adherence.
- Opening windows with visitors slightly increased as compared to before Christmas (56% adherence), males tended to be less adherent in opening windows.

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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

There were no associations found.

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. • I **intend** to 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

There were no associations found.

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