

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

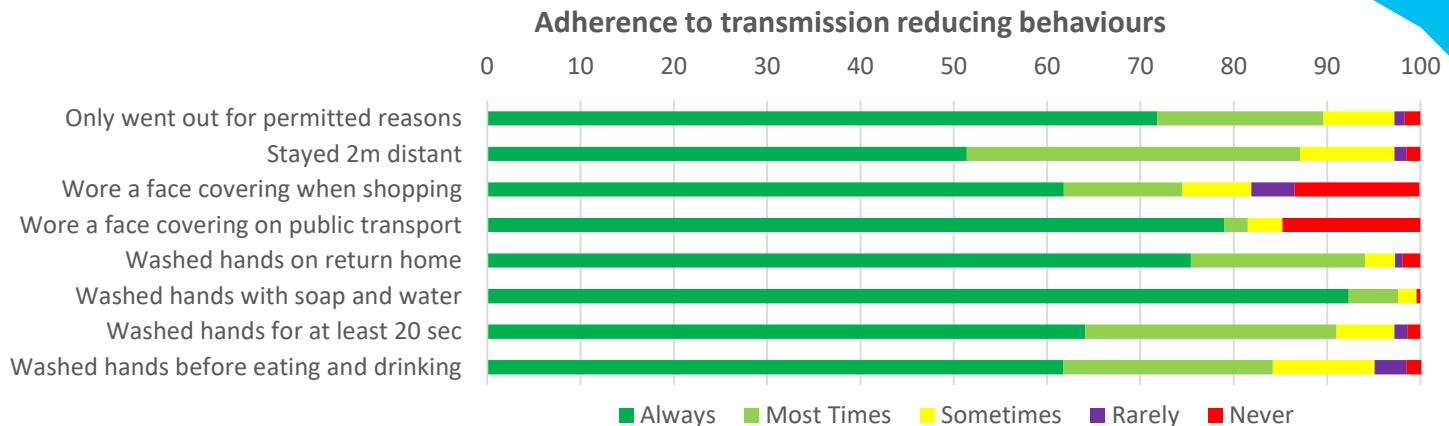
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9th -15th July
Phase 3



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ADHERENCE OUTCOMES



Highlights

- Adherence to wearing a face covering increased significantly from the previous week.
- Beliefs about the risk and threat of covid-19 did not predict any transmission reducing behaviour.
- Beliefs about what causes covid-19 and having an intention to and the confidence that you can adhere to the transmission reducing behaviours are associated with greater adherence.

Understanding Adherence to Transmission Reducing Behaviours



Physical distancing: 9 out of 10 people kept 2m physical distance when outside



Face covering: 7 out of 10 people wore a face covering when shopping or on public transport



Hand hygiene: 8 out of 10 washed their hands thoroughly and frequently

Who Adheres?

Keeping 2m distance



Who is MORE likely to?
Those aged 45yrs and older

Who is LESS likely to?
People who work fulltime
People with children in the home
People living with 3 or more adults

Face covering



There were no associations between sociodemographic factors and wearing a face covering

Hand hygiene



Who is MORE likely to?
Women

Who is LESS likely to?
People who believe they have had covid-19

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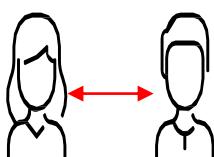
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Using behavioural science to understand adherence

CHARIS is using three theories to understand how different beliefs and emotions affect adherence.

- Beliefs and emotions about COVID-19
- Beliefs about risk of infection
- Beliefs about the three types of transmission reducing behaviours (physical distancing, hand hygiene and face coverings)

BELIEFS AND EMOTIONS ASSOCIATED WITH GREATER ADHERENCE



You can get COVID more than once
COVID is caused by:

- my not washing my hands
- other people not staying 2m distant

I am **anxious** about getting COVID

Beliefs about risk of infection were not associated with staying 2m distant

I **intend** to keep 2m distance
I am **confident** I can keep 2m distance



COVID is caused by:

- my not wearing a face covering
- other people not staying 2m distant

Beliefs about risk of infection were not associated with staying 2m distant

I **intend** to wear a face covering and to keep 2m distance
I am **confident** I can wear a face covering



COVID would have major **consequences** for my life
You can get COVID more than once
There are **actions I can take to influence** how my body responds to having covid-19
COVID is caused by:

- my not wearing a face covering

Beliefs about risk of infection were not associated with hand washing

I **intend** to wash my hands thoroughly and frequently and to keep 2m distance
I am **confident** I can wash my hands thoroughly and frequently and wear a face covering and keep 2m distance