

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

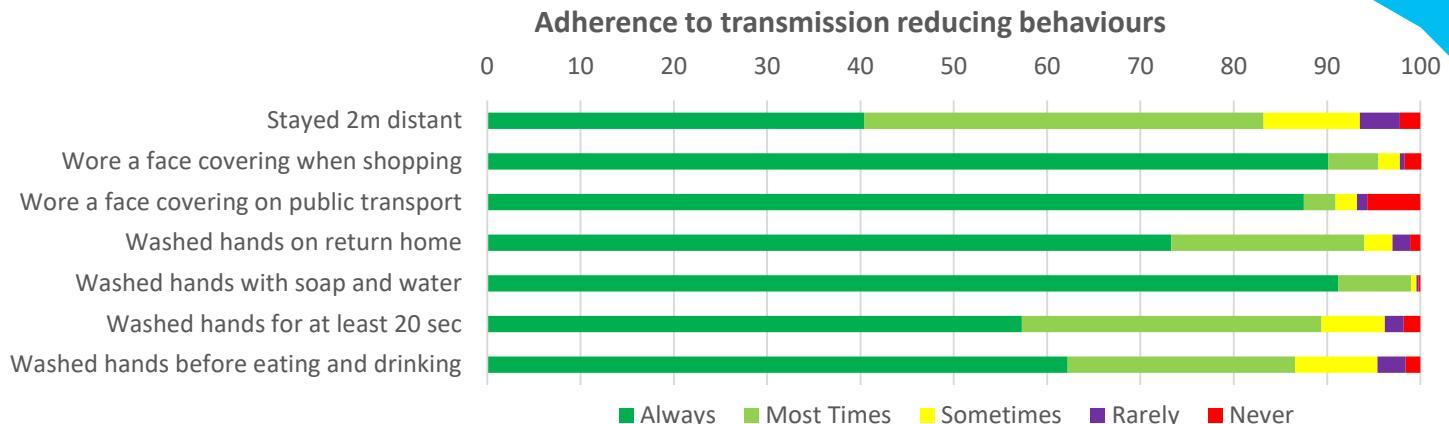
[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS\_CVD19

16<sup>th</sup>-29<sup>th</sup> July  
Phase 3



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## ADHERENCE OUTCOMES



## Highlights

- Adherence to all three behaviours is 80% or above
- Adherence to 2m distancing and hand washing behaviours differed between sociodemographic groups. Adherence to wearing a face mask did not differ between groups
- Believing other people in your area are adhering to government instructions about physical distancing, hand washing and wearing a face covering is associated with greater adherence

## Understanding Adherence to Transmission Reducing Behaviours



**Physical distancing:** 8 out of 10 people kept 2m physical distance when outside



**Face covering:** 9 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?**  
Women  
Those aged 45yrs and older

**Who is LESS likely to?**  
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  
People who work full time

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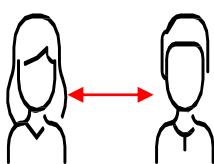
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## Using behavioural science to understand adherence

**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



COVID would have major **consequences** for my life  
**COVID is caused by:**

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

I am **anxious** about getting COVID  
I **worry** about having COVID

If I got COVID it would be **serious** for me  
I am **confident** that I can avoid getting COVID-19 by following the government instructions

Other people in my area are adhering to government instructions  
I **intend** to keep 2m distance and wear a face covering  
I am **confident** I can wash my hands thoroughly and frequently and wear a face covering and keep 2m distance



**COVID is caused by:**

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

I am **confident** that I can avoid getting COVID-19 by following the government instructions

Other people in my area are adhering to government instructions  
I **intend** to wear a face covering  
I am **confident** I can wear a face covering



COVID would have major **consequences** for my life  
**COVID is caused by:**

- other people not staying 2m distant

I am **anxious** about getting COVID  
I **worry** about having COVID

If I got COVID it would be **serious** for me  
It is **likely that I will get** COVID

Other people in my area are adhering to government instructions  
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 keep 2m distance