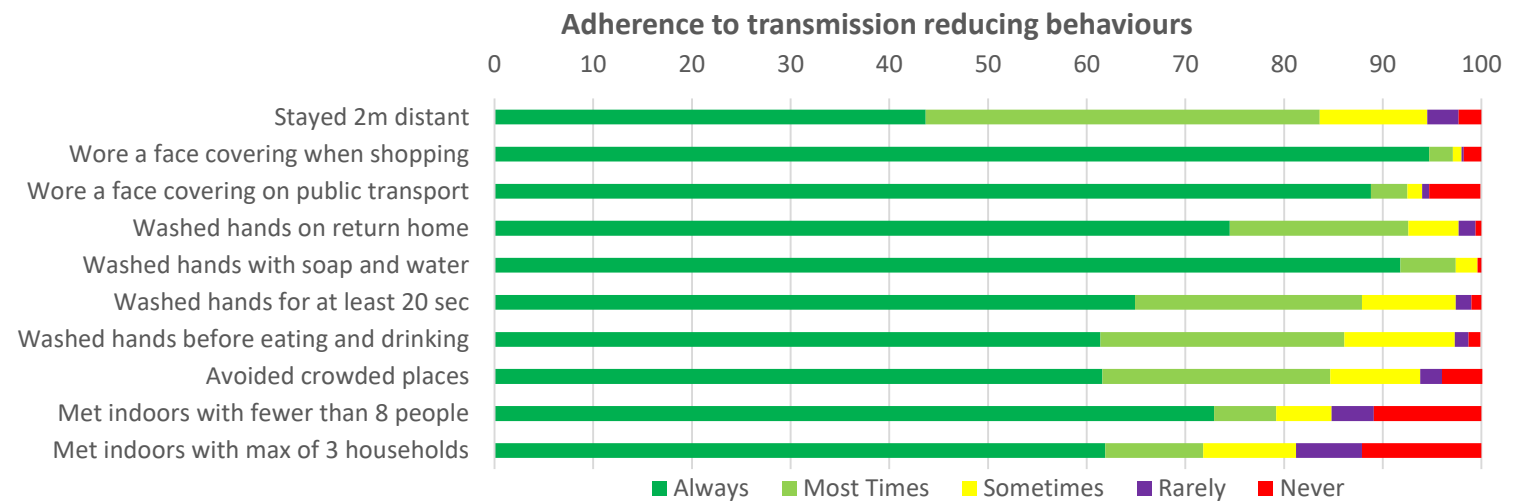


# COVID-19 Health and Adherence Research In Scotland (CHARIS)

[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS CVD19



## ADHERENCE OUTCOMES



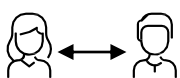
## Highlights

- Adherence to wearing a face covering is almost 100%
- Adherence to each of the 5 behaviours is 80% or more
- Beliefs about the risk and threat of covid, beliefs about the illness covid-19 and beliefs about the transmission reducing behaviours are all important in understanding differences in adherence

## Understanding Adherence to Transmission Reducing Behaviours



## Who is MORE LIKELY and who is LESS LIKELY to Adhere?



Age: 35+



Tenure: people who rent their home



Sex: female



Age: 35-44 and 65+

Tenure: people who do not own or rent their home



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

27<sup>th</sup> Aug-9<sup>th</sup> Sept  
Phase 3

[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS CVD19



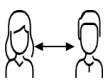
## ADHERENCE OUTCOMES

CHARIS is using 3 theories to understand how different beliefs and emotions affect adherence.

Beliefs and emotions about COVID-19 Beliefs about risk of infection Beliefs about the 5 behaviours

### BELIEFS AND EMOTIONS ASSOCIATED WITH GREATER ADHERENCE

COVID will **last a long time**. **Symptoms** of COVID are easy to recognise. COVID would have major **consequences** for my life. **COVID** is **caused** by other people not staying 2m distant



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

I **intend** to keep 2m distance. I am **confident** I can keep 2m distance. **Other people** in my area are adhering to government instructions

COVID will **last a long time**. **COVID** is **caused** by: other people not staying 2m distant; too much contact with other people. I am **anxious** about getting COVID



If I **follow government instructions** it will stop me getting COVID. I am **confident** that I can avoid getting COVID-19 by following the government instructions

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

COVID will **last a long time**. **COVID** is **caused** other people not staying 2m distant



If I got COVID it would be **serious** for me. **Compared to other people** I am more likely to get COVID

I **intend** to wash my hands thoroughly and frequently and keep 2m distance. I am **confident** I can wash my hands thoroughly and frequently

COVID will **last a long time**. You can get COVID more than once. **COVID** is **caused** by: a virus; other people not staying 2m distant; too much contact with other people. 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

I **intend** to wear a face covering, keep 2m distance, avoid crowds and not meet more than 8 people from 3 households indoors. I am **confident** I can wear a face covering and avoid crowds and not meet more than 8 people from 3 households indoors

COVID will **last a long time**. **COVID** is **caused** by: other people not staying 2m distant; too much contact with other people. I **worry** about having COVID



If I got COVID it would be **serious** for me. **Compared to other people** I am more likely to get COVID

I **intend** not meet more than 8 people from 3 households indoors. I am **confident** I can wear a face covering and not meet more than 8 people from 3 households indoors. **Other people** in my area are adhering to government instructions