

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

2nd – 9th July
Phase 2



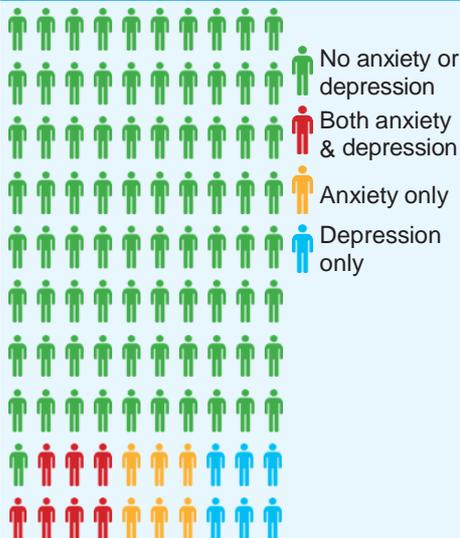
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

What is CHARIS? CHARIS is a research study, that is using behavioural science to understand how people in Scotland respond to the Coronavirus pandemic. CHARIS started in June and will conduct telephone interviews with a nationally representative sample of 500 adults each week for 6 weeks and then fortnightly until the end of October.

Health Outcomes Highlights

- 80 out of 100 people report their general health as being good or very good
- 81 out of 100 people report no signs of anxiety or depression
- Living with others is associated with better general and mental health
- Women report poorer mental health

Mental Health



Who is anxious or depressed?

Women
25-35 year olds
People without access to an outdoor space

Who is NOT anxious or depressed?

Those working full time
Those living with others

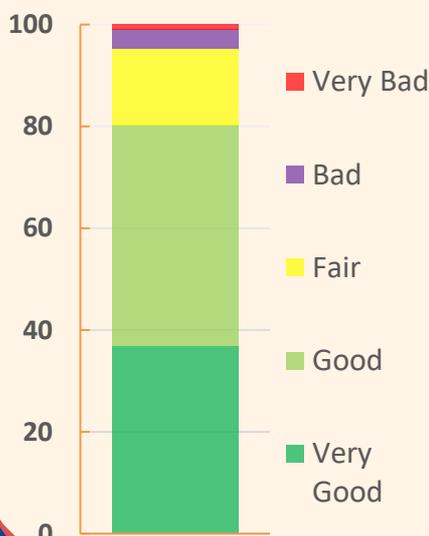
People who ARE anxious and depressed:

Believe they could get COVID again
Believe their risk of getting COVID-19 is higher than other people and that COVID would be serious for them and that if they follow Government guidelines they will be less likely to get COVID

People who are NOT anxious and depressed:

Are **confident** that they can wash their hands frequently and thoroughly

General Health



Who reports better general health?

Those working fulltime
Those living with others

Who reports worse general health?

Those shielding
Those who rent their home

People who report better general health:

Intend to wash their hands thoroughly and frequently

People who report worse general health:

Believe the consequences of COVID are serious for them; COVID would last a long time and that they can get infected again
Believe their risk of getting COVID-19 is higher than other people and that COVID would be serious for them