

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

16th - 29th July
Phase 3



UNIVERSITY OF
ABERDEEN

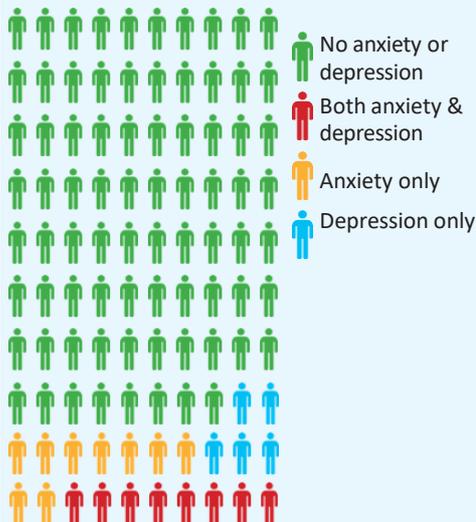
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

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

- 75 out of 100 people report their general health as being good or very good
- 78 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 and general health

Mental Health



Who is anxious or depressed?

Women
 People aged under 45yrs
 People living with children
 Those shielded by Government

People who ARE anxious and depressed:

Believe that COVID would be **serious** for them and would have major **consequences** for them

Are **confident** that they can and **intend** to keep 2m distance from other people

Are **worried** about getting COVID

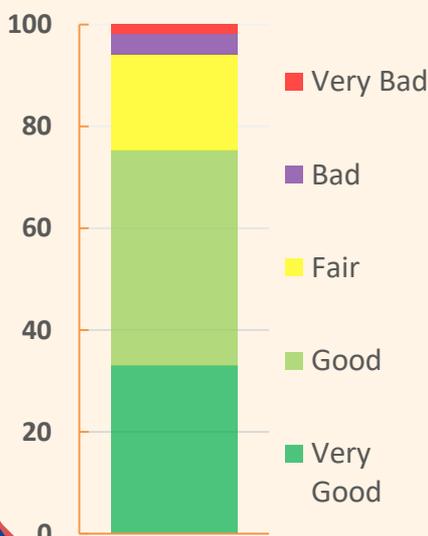
Who is NOT anxious or depressed?

Those working full time
 Those who own their own home

People who are NOT anxious and depressed:

Believe other people in their area are following Government

General Health



Who reports better general health?

Those working fulltime
 Those living with others
 Those who own their own home

People who report better general health:

Believe the **symptoms** of COVID are easy to recognise

Believe other people in their area are following Government recommendations about keeping 2m distant, wearing a face covering and hand washing.

Who reports worse general health?

Women
 Those shielding

People who report worse general health:

Are **worried** about getting COVID

Believe their risk of getting COVID is **higher** than other people

Are **confident** that they can keep 2m distance from other people