

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

30<sup>th</sup> July - 12<sup>th</sup> Aug  
Phase 3



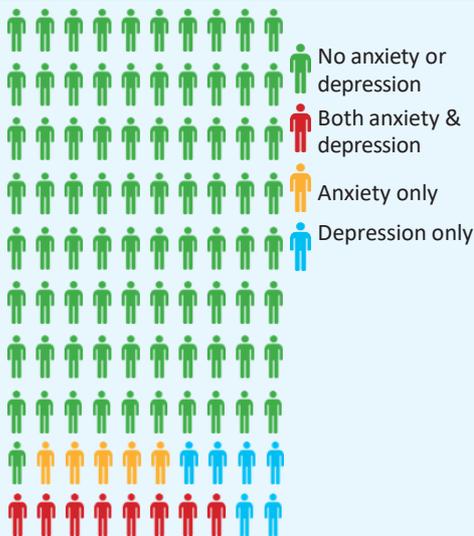
[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS CVD19

**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

- 77 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
- People who report worse general health have stronger negative beliefs about COVID
- Young people report poorer mental health

## Mental Health



### Who is anxious or depressed?

- Women
- People aged 16-34yrs
- People who rent their home
- Those shielded by Government

### People who ARE anxious and depressed:

Believe that COVID would have major consequences for them

### People who are NOT anxious and depressed:

- Believe **other people** in their area are following Government instructions
- Believe the **symptoms** of COVID are easy to recognise
- Believe there are **actions** they can take to influence how their body responds to COVID
- Believe if they **follow Government instructions** it will **stop them getting COVID**
- Intend to wear a face covering

## General Health



### Who reports better general health?

Those working fulltime

### People who report better general health:

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 shielded by Government  
People who do not own their own home

### People who report worse general health:

- Believe they could get **infected again**
- Believe having COVID would have major **consequences** for them
- Believe COVID would be **serious** for them
- Believe COVID would **last a long time**
- Believe their **risk of getting COVID** is **higher** than other people
- Are **confident** that they can keep 2m distance from other people