

# COVID-19 Health and Adherence Research In Scotland (CHARIS 2)

7-13<sup>th</sup> Feb  
Phase 4

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## Adherence to transmission reducing behaviours

Behaviour	Proportion of those adhering	Who is <b>MORE LIKELY</b> or <b>LESS LIKELY</b> to adhere?
Physical distancing	<p>8 out of 10 kept a safe physical distance when outside</p>	<p>Age: 35-44 and 55+ years old</p> <p>Sex: Males</p>
Face covering	<p>10 out of 10 wore a face covering shopping and on public transport</p>	<p>There were no associations between sociodemographic factors and face covering</p>
Hand hygiene	<p>10 out of 10 washed their hands thoroughly and frequently</p>	<p>There were no associations between sociodemographic factors and hand hygiene</p>
Avoid crowded places	<p>6 out of 10 avoided crowded places</p>	<p>Age: Over 35 years old</p> <p>Sex: Males</p>
Meet outside	<p>3 out of 10 met people outside</p>	<p>Sex: Males</p>
Open windows	<p>5 out of 10 opened windows when they had visitors</p>	<p>There were no associations between sociodemographic factors and opening windows</p>
LTF Testing	<p>6 out of 10 got two lateral flow tests last week</p>	<p>Employment status: Full time</p>
(PCR Testing*)	<p>4 out of 10* got a PCR test in the last week</p>	<p>There were no associations between sociodemographic factors and PCR testing*</p>

\*Restricted sample: Analysis restricted to people experiencing symptoms in the last week.

### Highlights

- Adherence remains high for wearing face coverings (98%) and handwashing (96%).
- Adherence for meeting others outside remains low (32%), males were more likely to meet outside.
- Opening windows with visitors had 49% adherence.
- Generally, those over 35 years old were more likely to avoid crowds and observe physical distancing. Males were less likely to avoid crowds and physically distance.

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**CHARIS 2** is using theories to understand how beliefs and emotions affect adherence:

**Theory 1:** Beliefs and Emotions about COVID-19 and risk of infection, such as beliefs about **seriousness** of illness, **likelihood of infection**, and **duration of symptoms**.

**Theory 2:** Beliefs about transmission reducing behaviours, such as **confidence** one is able to adhere to certain behaviours, one's **intention** to adhere, and beliefs about **social norms**.

## Beliefs and Emotions Associated with **GREATER/LESS** Adherence:

### Physical distancing

If I got COVID-19 it would be **serious** for me. • I am confident that if I **keep doing what I am doing** now I can avoid getting COVID-19.

I am **confident** I can keep a safe distance from others. • I **intend** to keep a safe distance from others.

### Face covering

*There were no associations found.*

*There were no associations found.*

### Hand hygiene

*There were no associations found.*

I am **confident** I can wash my hands thoroughly and frequently.

### Avoid crowded places

If I got COVID-19 it would be **serious** for me. • If I was ill with COVID-19 it would have **bad consequences** for my life. • ... and my symptoms would **last a long time**. • I am confident that if I **keep doing what I am doing** now I can avoid getting COVID-19.

I am **confident** I can avoid crowded places. • I **intend** to avoid crowded places.

### Meet outside

If I was ill with COVID-19 my symptoms would **last a long time**. • I am confident that if I **keep doing what I am doing** now I can avoid getting COVID-19.

I am **confident** I can meet people outside instead of indoors. • I **intend** to meet people outside instead of indoors.

### Open windows

*There were no associations found.*

I am **confident** I can open the windows when I have visitors. • I **intend** to open the windows when I have visitors.

### LFT Testing

I am confident that if I **keep doing what I am doing** now I can avoid getting COVID-19.

I am **confident** I can do two lateral flow tests a week. • I **intend** to do two lateral flow tests a week.