

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

21-27th Feb
Phase 5

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Adherence to transmission reducing behaviours

Behaviour	Proportion of those adhering	Who is MORE LIKELY or LESS LIKELY to adhere?
Physical distancing	<p>7 out of 10 kept a safe physical distance when outside</p>	Age: 25-34 years old
Face covering	<p>10 out of 10 wore a face covering shopping and on public transport</p>	There were no associations between sociodemographic factors and face covering
Hand hygiene	<p>9 out of 10 washed their hands thoroughly and frequently</p>	There were no associations between sociodemographic factors and hand hygiene
Avoid crowded places	<p>6 out of 10 avoided crowded places</p>	Employment status: Full time
Meet outside	<p>3 out of 10 met people outside</p>	Employment status: Full time
Open windows	<p>5 out of 10 opened windows when they had visitors</p>	There were no associations between sociodemographic factors and opening windows
LTF Testing	<p>4 out of 10 got two lateral flow tests last week</p>	There were no associations between sociodemographic factors and LTF Testing
(PCR Testing*)	<p>4 out of 10* got a PCR test in the last week</p>	There were no associations between sociodemographic factors and PCR testing*

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

Highlights

- Adherence remains high for wearing face coverings (98%) and handwashing (91%).
- Physical distancing had 74% adherence.
- People aged 25 -34 years old less likely to physically distance.
- Opening windows with visitors had 45% adherence.
- Avoiding crowded places had 64% adherence, those working full time were less likely adhere.

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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. • If I was ill with COVID-19 it would have **bad consequences** for my life. • 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

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

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

Hand hygiene

If I was ill with COVID-19 it would have **bad consequences** for my life.

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

There were no associations found.

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

Open windows

If I was ill with COVID-19 it would have **bad consequences** for my life.

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

LFT Testing

It is **likely** that I will get COVID-19. • 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.