

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

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

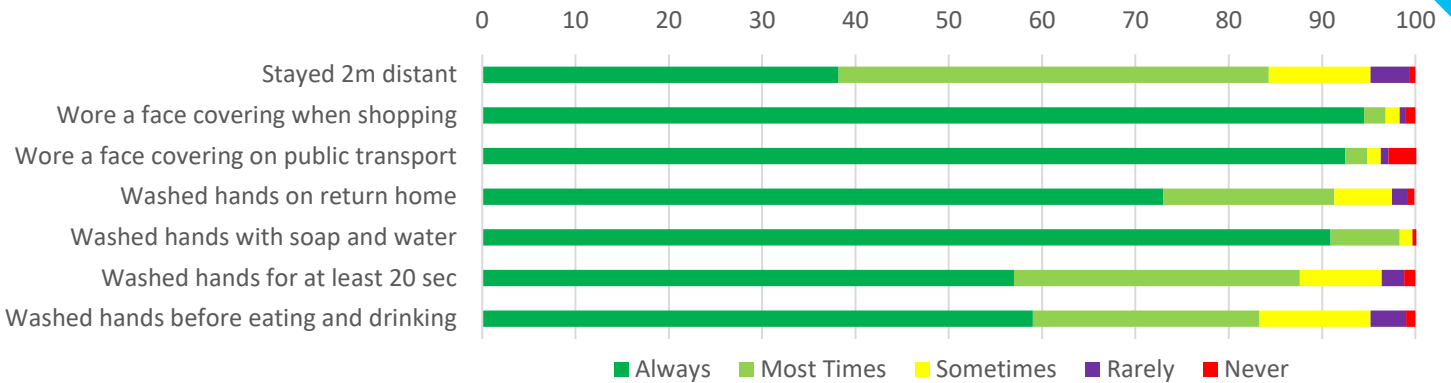
13<sup>th</sup>-26<sup>th</sup> Aug  
Phase 3



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## ADHERENCE OUTCOMES

Adherence to transmission reducing behaviours



## Highlights

- Adherence to wearing a face covering approached 100% (95.6%)
- Adherence to wearing a face mask and hand hygiene behaviours did not differ between groups
- Beliefs about behaviour, self-efficacy and intention, continue to predict all three behaviours
- Beliefs about what other people are doing predicts wearing a face covering and keeping 2m distance

## Understanding Adherence to Transmission Reducing Behaviours



**Physical distancing:** 8 out of 10 people kept 2m physical distance when outside



**Face covering:** 10 out of 10 people wore a face covering when shopping or on public transport



**Hand hygiene:** 7 out of 10 washed their hands thoroughly and frequently

## Who Adheres?

Keeping 2m distance



**Who are MORE likely to?**  
People aged over 55 years

**Who is LESS likely to?**  
People who work full time

Face covering



There were no associations between sociodemographic factors and wearing a face covering

Hand hygiene



There were no associations between sociodemographic factors and wearing a face covering

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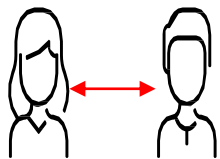
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## Using behavioural science to understand adherence

**CHARIS** is using three theories to understand how different beliefs and emotions affect adherence.

- Beliefs and emotions about COVID-19
- Beliefs about risk of infection
- Beliefs about the three types of transmission reducing behaviours (physical distancing, hand hygiene and face coverings)

## BELIEFS AND EMOTIONS ASSOCIATED WITH GREATER ADHERENCE



COVID will **last a long time**  
I could **get COVID more than once**  
COVID is **caused** by my not wearing a face covering  
I am **anxious** about COVID

If I got COVID it would be **serious** for me  
If I **follow government instructions** it will stop me getting COVID

I **intend** to keep 2m distance, and wear a face covering and to wash my hands thoroughly and frequently  
I am **confident** I can keep 2m distance and wash my hands thoroughly and frequently  
**Other people** in my area are adhering to government instructions



COVID will **last a long time**  
COVID is **caused** by:

- my not wearing a face covering
- other people not staying 2m distant

I am **confident** that I can avoid getting COVID-19 by following the government instructions

I **intend** to wear a face covering and to wash my hands thoroughly and frequently  
I am **confident** I can wear a face covering  
**Other people** in my area are adhering to government instructions



COVID will **last a long time**  
There are **actions I can take** to influence how my body responds to COVID  
COVID is **caused** by my not wearing a face covering  
I am **anxious** about getting COVID  
I **worry** about having COVID

If I got COVID it would be **serious** for me

I **intend** to wash my hands thoroughly and frequently and wear a face covering  
I am **confident** I can wash my hands thoroughly and frequently