

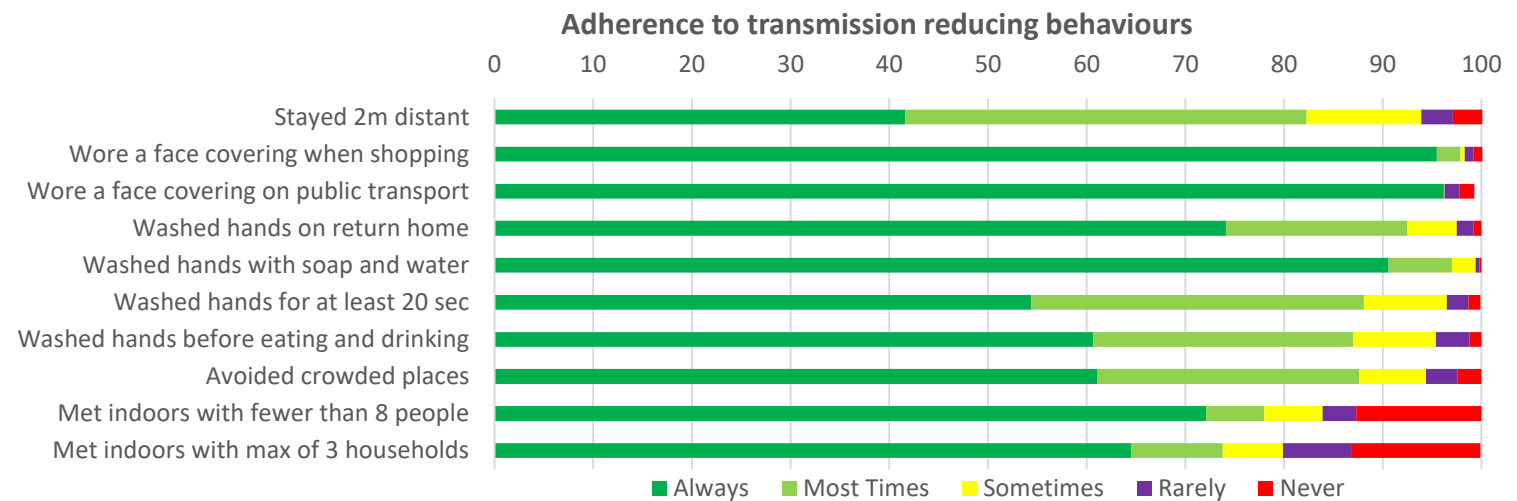
COVID-19 Health and Adherence Research In Scotland (CHARIS)

10th-23rd Sept
Phase 3

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ADHERENCE OUTCOMES



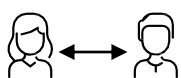
Highlights

- Adherence to wearing a face covering is almost 100% and doesn't vary between different groups
- Adherence to each of the 5 behaviours is 80% or more
- Adherence to the rules about meeting indoors does not vary between groups
- Beliefs about the behaviours are the only type of belief to predict all 5 types of behaviour

Understanding Adherence to Transmission Reducing Behaviours



Who is MORE LIKELY and who is LESS LIKELY to Adhere?



Age: 35+

Employment: Fulltime workers



Sex: female



Sex: female

Tenure: people who do not own or rent their home



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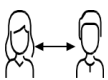
ADHERENCE OUTCOMES

CHARIS is using 3 theories to understand how different beliefs and emotions affect adherence.

Beliefs and emotions about COVID-19 Beliefs about risk of infection Beliefs about the 5 behaviours

BELIEFS AND EMOTIONS ASSOCIATED WITH GREATER ADHERENCE

COVID is caused by: my not washing my hands; other people not staying 2m distant



If I got COVID it would be **serious** for me. If I **follow government instructions** it will stop me getting COVID. I am **confident** that I can avoid getting COVID-19 by following the government instructions

I **intend** to keep 2m distance. I **intend** to wear a face covering. I am **confident** I can keep 2m distance.

COVID is caused by: other people not staying 2m distant; too much contact with other people; a family member bringing it into the house, my not wearing a face covering when I went outside, not washing my hands thoroughly and frequently.



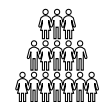
I **intend** to wear a face covering. I am **confident** I can wear a face covering. I am **confident** I can wash my hands thoroughly and frequently.

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



I **intend** to wash my hands thoroughly and frequently and keep 2m distance. I am **confident** I can wash my hands thoroughly and frequently and keep 2m distance.

COVID is caused by: other people not staying 2m distant; my not washing my hands thoroughly and frequently; too much contact with other people. I am **anxious** about getting COVID. I **worry** about having COVID



If I got COVID it would be **serious** for me. If I **follow** the government's instructions it will **stop me getting** COVID-19.

I **intend** to keep 2m distance, avoid crowds and not meet people from more than 3 households indoors. I am **confident** I can keep 2m distance, avoid crowds and not meet more than 8 people indoors.

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



I **intend** not meet more than 8 people from 3 households indoors. I am **confident** I can not meet people from more than 3 households indoors.