

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

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

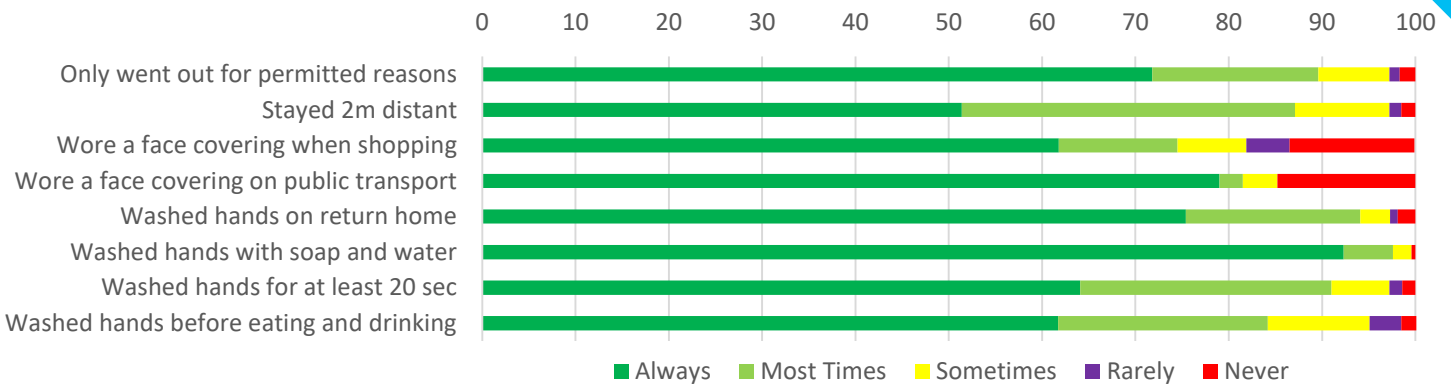
9<sup>th</sup> -15<sup>th</sup> July  
Phase 3



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## ADHERENCE OUTCOMES

Adherence to transmission reducing behaviours



## Highlights

- Adherence to wearing a face covering increased significantly from the previous week.
- Beliefs about the risk and threat of covid-19 did not predict any transmission reducing behaviour.
- Beliefs about what causes covid-19 and having an intention to and the confidence that you can adhere to the transmission reducing behaviours are associated with greater adherence.

## Understanding Adherence to Transmission Reducing Behaviours



**Physical distancing:** 9 out of 10 people kept 2m physical distance when outside



**Face covering:** 7 out of 10 people wore a face covering when shopping or on public transport



**Hand hygiene:** 8 out of 10 washed their hands thoroughly and frequently

## Who Adheres?

### Keeping 2m distance



**Who is MORE likely to?**  
Those aged 45yrs and older

**Who is LESS likely to?**  
People who work fulltime  
People with children in the home  
People living with 3 or more adults

### Face covering



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

### Hand hygiene



**Who is MORE likely to?**  
Women

**Who is LESS likely to?**  
People who believe they have had covid-19

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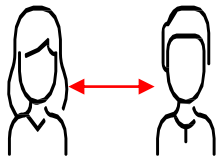
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## Using behavioural science to understand adherence

**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



You can get COVID more than once

COVID is **caused** by:

- my not washing my hands
- other people not staying 2m distant

I am **anxious** about getting COVID

Beliefs about risk of infection were not associated with staying 2m distant

I **intend** to keep 2m distance  
I am **confident** I can keep 2m distance



COVID is **caused** by:

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

Beliefs about risk of infection were not associated with staying 2m distant

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



COVID would have major **consequences** for my life

You can get COVID more than once

There are **actions I can take to influence** how my body responds to having covid-19

COVID is **caused** by:

- my not wearing a face covering

Beliefs about risk of infection were not associated with hand washing

I **intend** to wash my hands thoroughly and frequently and to keep 2m distance  
I am **confident** I can wash my hands thoroughly and frequently and wear a face covering and keep 2m distance