

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

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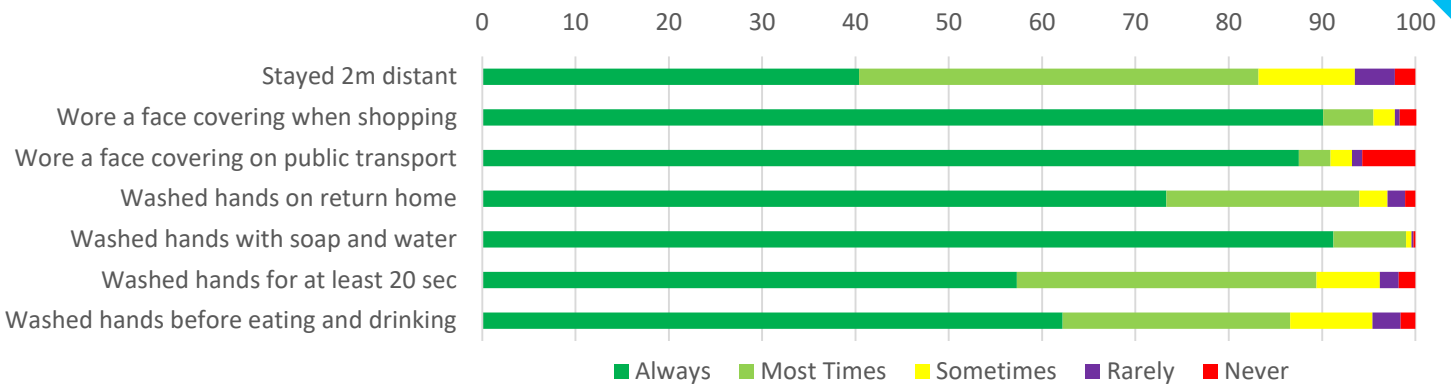
16th-29th July
Phase 3



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ADHERENCE OUTCOMES

Adherence to transmission reducing behaviours



Highlights

- Adherence to all three behaviours is 80% or above
- Adherence to 2m distancing and hand washing behaviours differed between sociodemographic groups. Adherence to wearing a face mask did not differ between groups
- Believing other people in your area are adhering to government instructions about physical distancing, hand washing and wearing a face covering is associated with greater adherence

Understanding Adherence to Transmission Reducing Behaviours



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



Face covering: 9 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?

Women
Those aged 45yrs and older

Who is LESS likely to?

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
People who work full time

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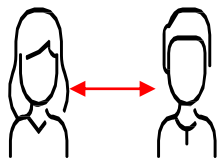
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Using behavioural science to understand adherence

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 would have major **consequences** for my life
COVID is caused by:

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

I am **anxious** about getting COVID
I **worry** about having COVID

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

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



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

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



COVID would have major **consequences** for my life
COVID is caused by:

- other people not staying 2m distant

I am **anxious** about getting COVID
I **worry** about having COVID

If I got COVID it would be **serious** for me
It is **likely that I will get** COVID

Other people in my area are adhering to government instructions
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 keep 2m distance