

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

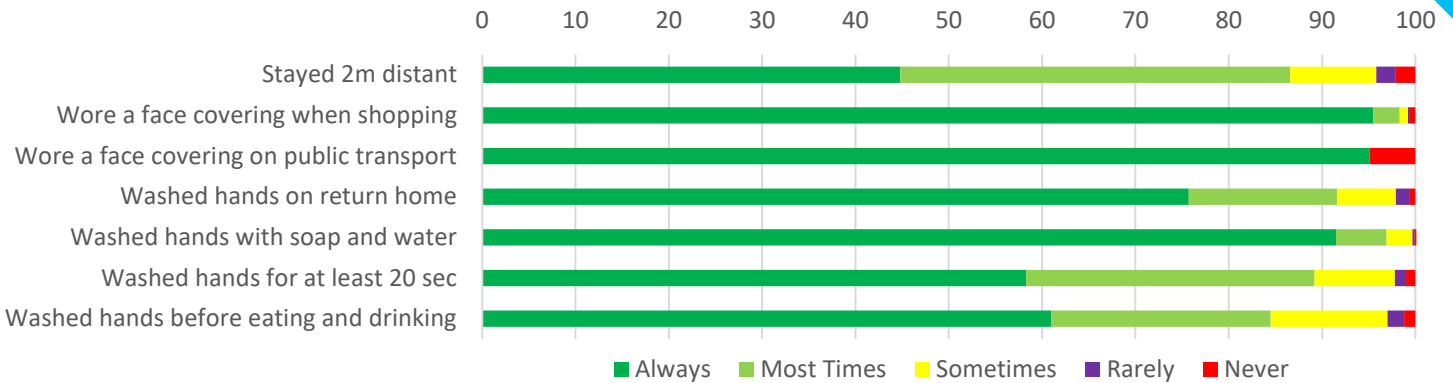
[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS CVD19

30<sup>th</sup> July - 12<sup>th</sup> Aug  
Phase 3



## ADHERENCE OUTCOMES

Adherence to transmission reducing behaviours



## Highlights

- Adherence to wearing a face covering approached 100% (97.4%)
- Adherence to wearing a face mask did not differ between groups; all adults are adhering to wearing a face covering
- Beliefs about behaviour, self-efficacy and intention, continue to predict all three behaviours

## Understanding Adherence to Transmission Reducing Behaviours



**Physical distancing:** 9 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:** 8 out of 10 washed their hands thoroughly and frequently

## Who Adheres?

Keeping 2m distance



Face covering



Hand hygiene



**Who is LESS likely to?**

25-34 year olds (compared to 65+yrs)

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

**Who is MORE likely to?**  
Women

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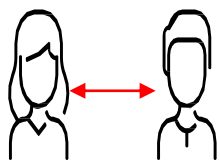
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## Using behavioural science to understand adherence

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



The likelihood that I will get COVID is low

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

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



COVID would have major **consequences** for my life  
I am **anxious** about getting COVID

Beliefs about risk were not associated with adherence

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



Beliefs and emotions about COVID were not associated with adherence

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

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