

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

3rd-17th June
Route Map: Phase 1



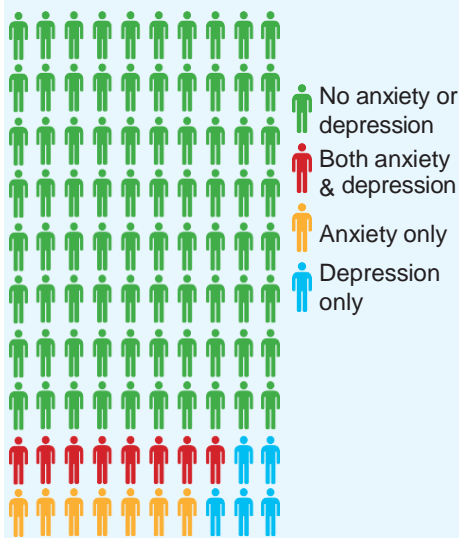
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

What is CHARIS? CHARIS is a research study, that is using behavioural science to understand how people in Scotland respond to the Coronavirus pandemic. CHARIS started in June and will conduct telephone interviews with a nationally representative sample of 500 adults each week for 6 weeks and then fortnightly until the end of October.

Health Outcomes Highlights

- Poorer mental health is associated with:
 - spending time worrying about COVID
 - feeling anxious about COVID
- Women report poorer mental health
- Worse general and mental health is reported by people who **believe**:
 - their **risk** of getting COVID is higher than other people
 - that COVID would have major **consequences** for their life

Mental Health



Who is MORE likely to be anxious or depressed?

Women
16-24 and 35-44 year olds

Who is LESS likely anxious or depressed?

People who own their own home

People who MORE likely to be anxious or depressed:

Believe:

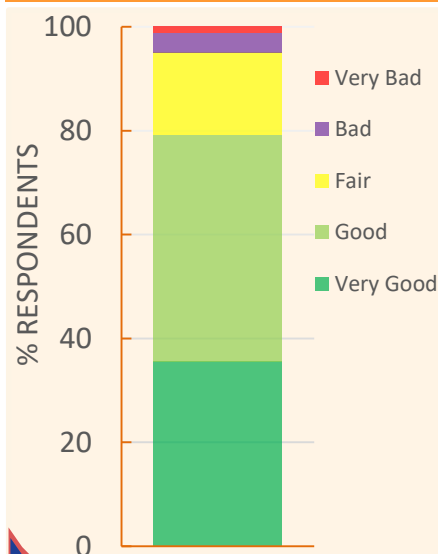
- COVID would have major **consequences** for their life
- COVID would **last a long time**
- They could **get it again**
- COVID would be **cured** with treatment

Are **worried** and **anxious** about getting COVID
Believe their **risk** of getting COVID is higher than other people

People who are LESS likely to be anxious or depressed:

Believe COVID is **caused** by a family member bringing it into their home
Believe most **other people** in their area are keeping the 2m distance, wearing a face covering and washing their hands

General Health



Who has better general health?

Those working fulltime
Those living with 1 person or more than 3 people

Who has worse general health?

People who:

- Live in Glasgow or Central Scotland
- Rent their home
- Are shielded by the Government

People who have better general health:

Believe COVID is **caused** by:

- poor hand washing
- a family member bringing it into their home

Believe most **other people** in their area are following government instructions about social distancing, hand hygiene and wearing face coverings

People who have worse general health:

Believe:

- their **risk** of getting COVID is higher than other people
- that COVID would have major **consequences** for their life

Are **anxious** about getting COVID
Intend to keep the 2m distance and wear a face covering
 Are **confident they can** keep the 2m distance and wear a face covering