

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

18th -24th June
Route MAP: moving to phase 2



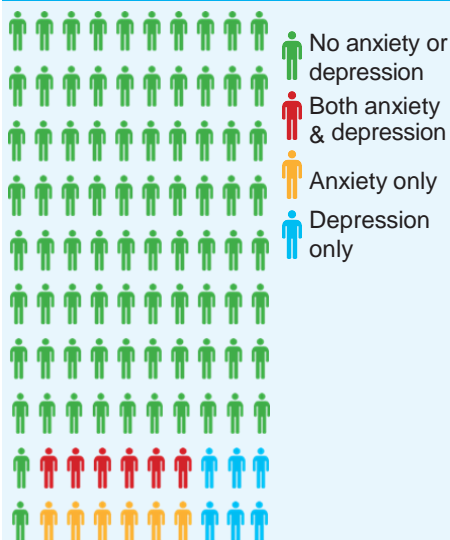
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

What is CHARIS? CHARIS is a research study that uses behavioural science to understand how people in Scotland respond to the Coronavirus pandemic. CHARIS is a telephone survey with a nationally representative sample of 500 adults. It began on the 3rd of June and will run for 5 months.

Health Outcomes Highlights

- Better mental health was associated with the belief that other people in your area are following Government instructions
- People with worse general health believe their risk of getting COVID is higher than for other people

Mental Health



Who is MORE likely to be anxious or depressed?

- People who
- Rent their home
 - Are shielded by the Government

People who are MORE likely to be anxious and depressed:

There were no significant associations between beliefs and emotions about COVID, or beliefs about the risk of COVID or beliefs about transmission reducing behaviours and adherence

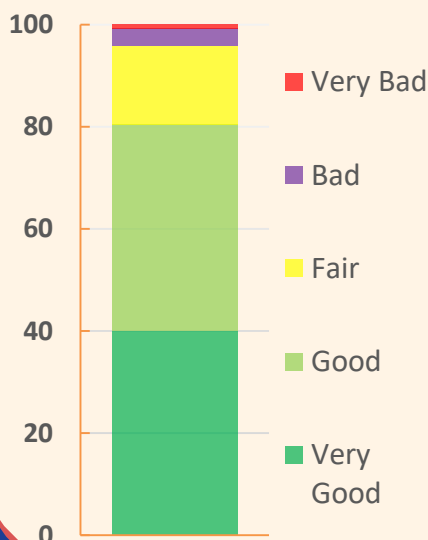
Who is LESS likely to be anxious or depressed?

People who work fulltime

People who are LESS likely to be anxious or depressed:

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?

People who work fulltime

People who have better general health:

There were no significant associations between sociodemographic factors and better general health

Who has worse general health?

- People who:
- Rent their home
 - Only have access to shared outdoor space
 - Are shielded by the Government

People who have worse general health:

- Believe:**
- they can get COVID more than once
 - being ill with COVID would be **serious** for them
 - their **risk** of getting COVID is higher than for other people

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