

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



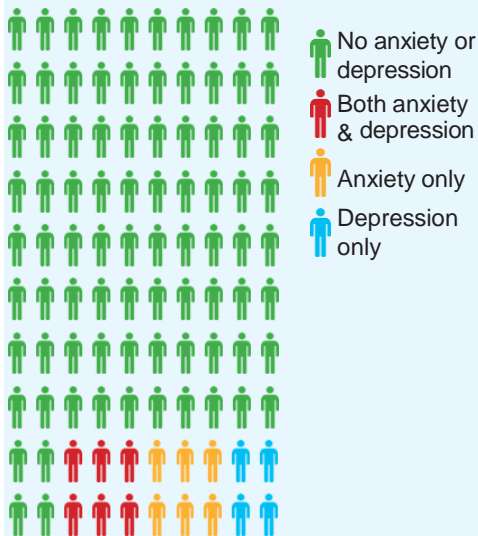
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

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. CHARIS is funded by a grant from the Chief Scientist Office, Edinburgh.

Health Outcomes Highlights

- Women and younger people were more likely to be anxious or depressed
- People with better general health believe COVID can be cured with treatment
- People who report better general health and those who are less likely to be depressed or anxious believe COVID is caused by a member of the family bringing it into the home

Mental Health



Who is MORE likely to be anxious or depressed?

Women
16-24 year olds
People who rent their home

Who is LESS likely to be anxious or depressed?

People who work fulltime
People with 1 or 2 other people in their household

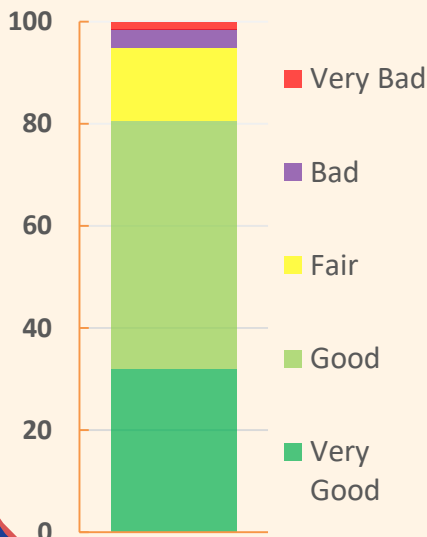
People who are MORE likely to be anxious and depressed:

Are worried about getting COVID

People who are LESS likely to be anxious or depressed:

Believe COVID is caused by a member of the family bringing it into their home

General Health



Who has better general health?

People who work fulltime
Households with children

Who has worse general health?

People who:

- Rent their home
- Are shielded by the Government

People who have better general health:

Believe:

- COVID can be cured with treatment

Believe COVID is caused by:

- Poor hand washing
- A member of the family bringing it into their home

People who have worse general health:

Believe:

- being ill with COVID would be **serious** for them
- their risk of getting COVID is higher than for other people