

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

9<sup>th</sup> -15<sup>th</sup> July  
Phase 3



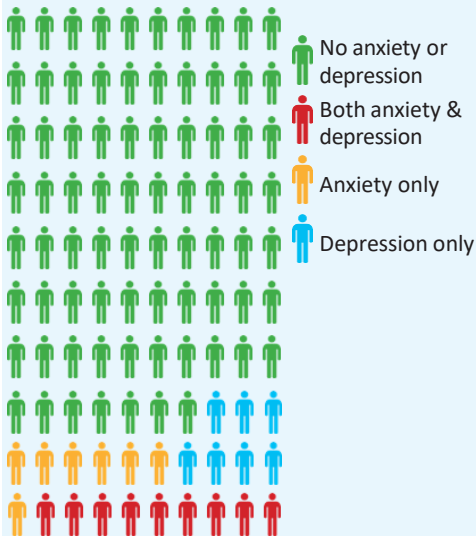
[www.abdn.ac.uk/CHARIS](http://www.abdn.ac.uk/CHARIS) | @CHARIS CVD19

**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

- 75 out of 100 people report their general health as being good or very good
- 77 out of 100 people report no signs of anxiety or depression
- Renting your home is associated with worse general and mental health
- People shielded by the Government have poorer mental as well as general health

## Mental Health



### Who is anxious or depressed?

- Women
- Those shielded by Government
- Those who rent their home
- Those living in south and central Scotland

### Who is NOT anxious or depressed?

- Those working full time
- Those living with 1 or 2 other adults

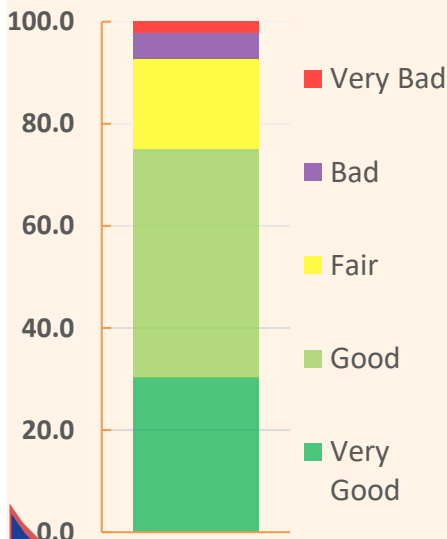
### People who ARE anxious and depressed:

- Believe** their risk of getting COVID is higher than other people
- Intend** to wash their hands thoroughly and frequently
- Are **worried** about getting COVID

### People who are NOT anxious and depressed:

- There were no associations between being less anxious and depressed and beliefs about COVID

## General Health



### Who reports better general health?

- People aged under 34yrs
- Those working fulltime
- Those living with children
- Those living with others

### Who reports worse general health?

- Those who rent their home
- Those shielding

### People who report better general health:

- Believe** COVID is caused by one of their family bringing it into the home
- Believe other people** in their area are following Government recommendations about keeping 2m distant, wearing a face covering and hand washing.

### People who report worse general health:

- Are **worried** about getting COVID
- Believe** their risk of getting COVID is higher than other people, that it would be **serious** for them.
- Believe having COVID would have serious **consequences** for them
- Are **confident** that they can keep 2m distance from other people
- Intend** to keep 2m distance from other people