

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

16th - 29th July
Phase 3



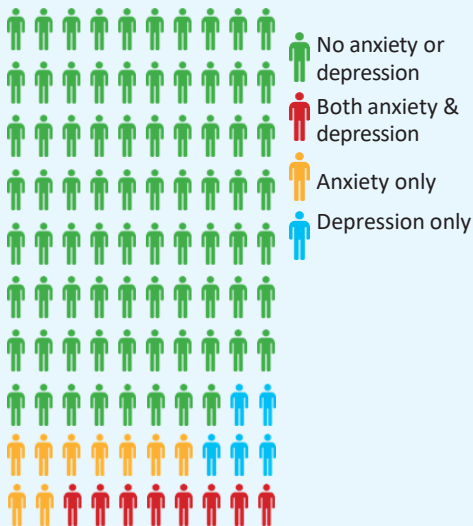
www.abdn.ac.uk/CHARIS | @CHARIS CVD19

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
- 78 out of 100 people report no signs of anxiety or depression
- Living with others is associated with better general and mental health
- Women report poorer mental and general health

Mental Health



Who is anxious or depressed?

- Women
- People aged under 45yrs
- People living with children
- Those shielded by Government

People who ARE anxious and depressed:

- Believe** that COVID would be **serious** for them and would have major **consequences** for them
- Are **confident** that they can and **intend** to keep 2m distance from other people
- Are **worried** about getting COVID

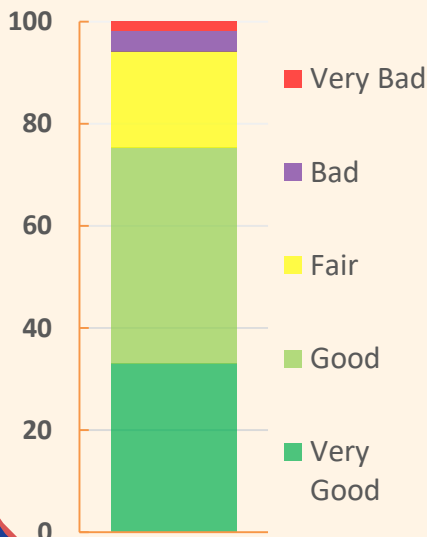
Who is NOT anxious or depressed?

- Those working full time
- Those who own their own home

People who are NOT anxious and depressed:

- Believe other people** in their area are following Government

General Health



Who reports better general health?

- Those working fulltime
- Those living with others
- Those who own their own home

People who report better general health:

- Believe** the **symptoms** of COVID are easy to recognise
- Believe other people** in their area are following Government recommendations about keeping 2m distant, wearing a face covering and hand washing.

Who reports worse general health?

- Women
- Those shielding

People who report worse general health:

- Are **worried** about getting COVID
- Believe their risk of getting COVID** is **higher** than other people
- Are **confident** that they can keep 2m distance from other people