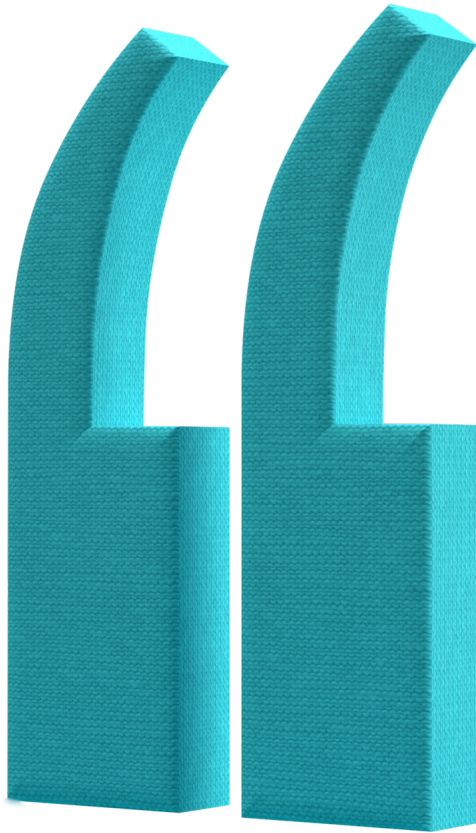


## #ONESTEPBETTER



National Depression Screening Day (NDS<sup>D</sup>), is an initiative designed to bring focus to our mental health. NDS<sup>D</sup> serves as a good reminder to check in on how we're doing and to get help if needed.

During the 2022 National Depression Screening Day (NDS<sup>D</sup>) initiative which took place from October 3 to 9, 2022, Calgary Counselling Centre, along with many community and corporate partners, encouraged Albertans to check in with their mental health and take small, manageable steps to feel better.

During this week, Calgary Counselling Centre (CCC) offered a free, anonymous, online questionnaire for everyone to check-in with their mental health. The online tool developed by the Harvard Department of Psychiatry and adopted by Calgary Counselling Centre, screens for symptoms of depression. It provides three possible results: not recommended for further evaluation, recommended for further evaluation, or strongly recommended for further evaluation. Referrals and resources are provided at the end of the questionnaire.

This summary highlights the results from NDS<sup>D</sup> 2022 and compares it to previous years.



## PARTICIPANT TOTALS

People who visited  
areyoufeelingok.com:

**42,410**

People who completed the  
evaluation Worldwide:

**3,645**

People from Calgary:

**2,092**

2022 Worldwide **3,645**



2022 Calgary **2,092**



0 20 40 50 80 100

- Not recommended for evaluation
- Recommended for evaluation
- Strongly recommended for evaluation

2021 Worldwide **10,639**

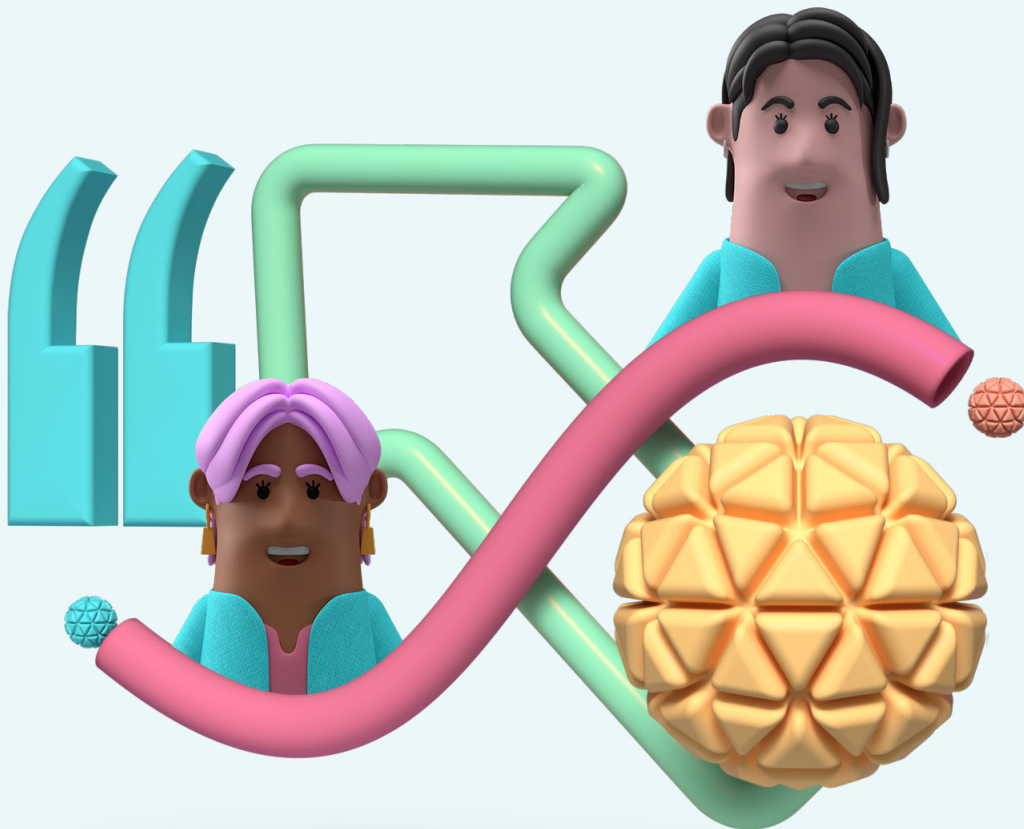


2021 Calgary **6,295**



0 20 40 50 80 100

- Not recommended for evaluation
- Recommended for evaluation
- Strongly recommended for evaluation

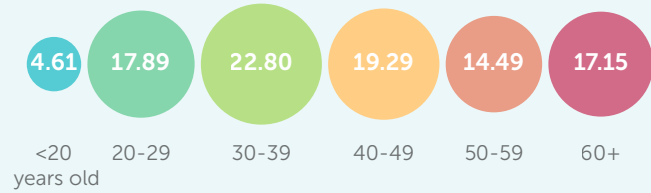


## AGE OF PARTICIPANTS WORLDWIDE

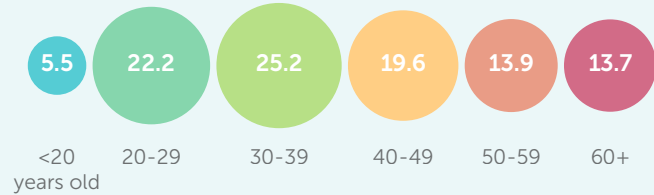
The average age of participants was 43 with the oldest participant being 105 and the youngest, 11. Younger people were more likely to be recommended for evaluation.

For example, the youngest participants (aged 19 years or younger) were strongly recommended for evaluation 44% of the time, in contrast with the oldest participants (older than 60 years) who were strongly recommended for evaluation at a 9% rate. Young adults aged 18-29 years, were more likely to be strongly recommended and less likely to be not recommended for evaluation than other adults.

### Worldwide Age 2022



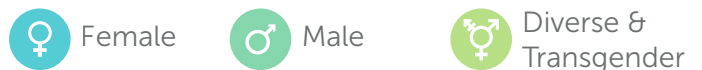
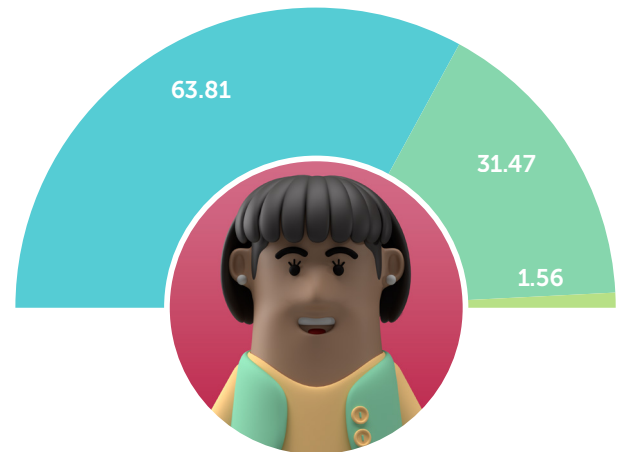
### Worldwide Age 2021



## GENDER OF PARTICIPANTS WORLDWIDE

Females made up the majority of participants with 65.9%. There were 32.5% male participants and 1.6% diverse gender participants.

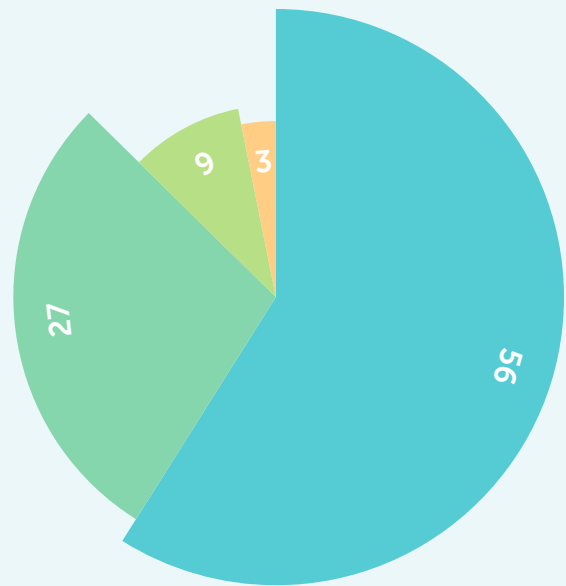
Participants that identified as gender-diverse were more often strongly recommended for evaluation than female and male participants.



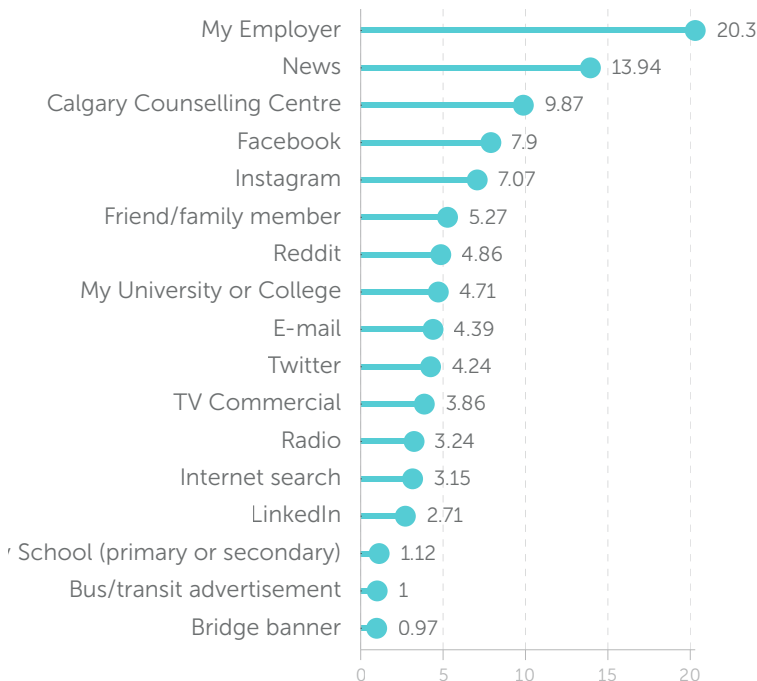
## MARITAL STATUS OF PARTICIPANTS WORLDWIDE

56.3% of participants indicated they are married or living with a partner, and 27.2% indicated they are single.

Singles were most likely to be strongly recommended for evaluation, however, younger participants are more likely to be single/never-married (57.3% of participants), and evaluation recommendations may be tied to age more than marital status, especially for those younger than 20 years old.



- Married/Living with partner
- Single/Never married
- Divorced/Separated
- Widowed



## HOW DID PARTICIPANTS WORLDWIDE HEAR ABOUT NDSD?

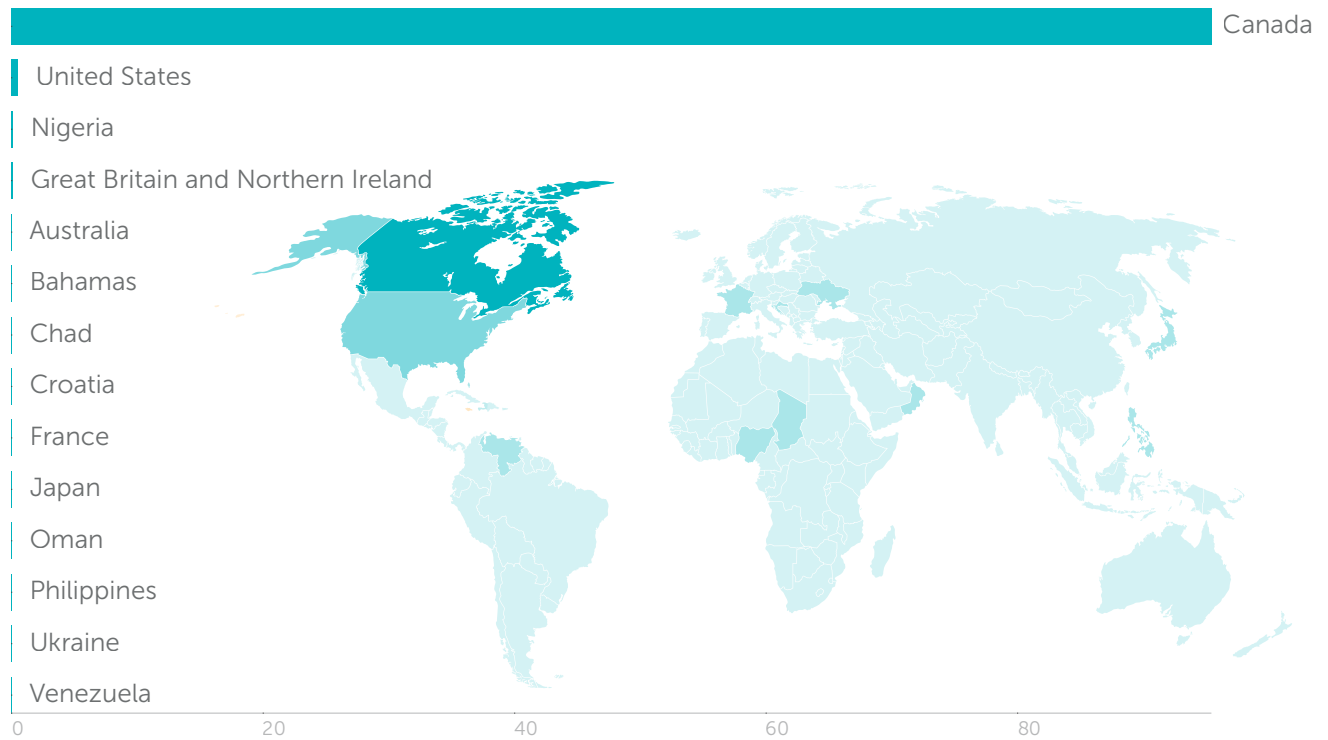
Through partnerships with corporations, educational institutions, and community organizations, 20.3% of participants found out about the NDSD quiz through their employer.

Calgary Counselling Centre appeared on several media outlets to raise awareness for National Depression Screening Day and the NDSD quiz, including: Global News, CBC, CBC Homestretch, 770 CHQR radio, High River Online, and an op-ed in the Calgary Herald and Airdrie Today. As a result of the media coverage, 13.9% of participants heard about the quiz through the news.

## MEDIA COVERAGE

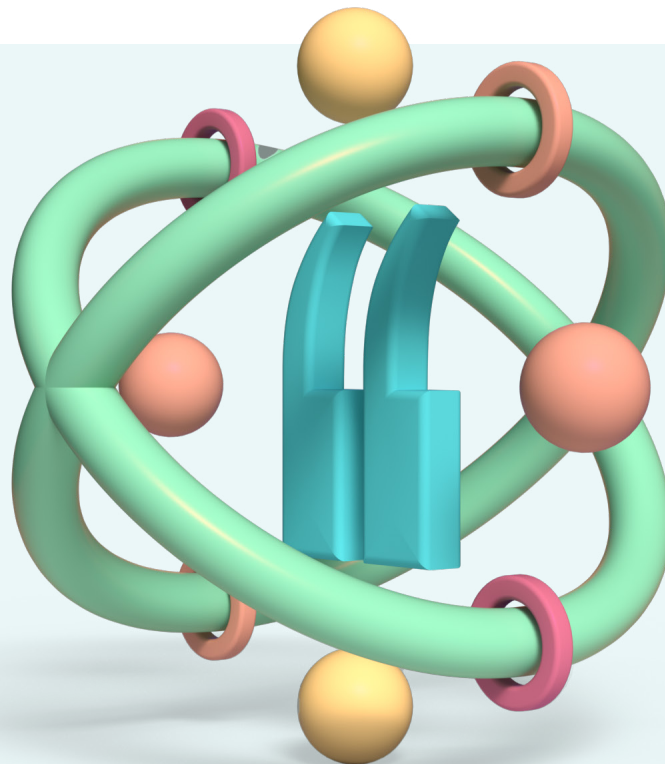


## WHERE WERE PARTICIPANTS WHEN THEY TOOK THE TEST?



Similar to last year, 98.9% of participants live in Canada. We also had participants from at least 13 other countries around the world.

Calgarians represented 57% of all participants.

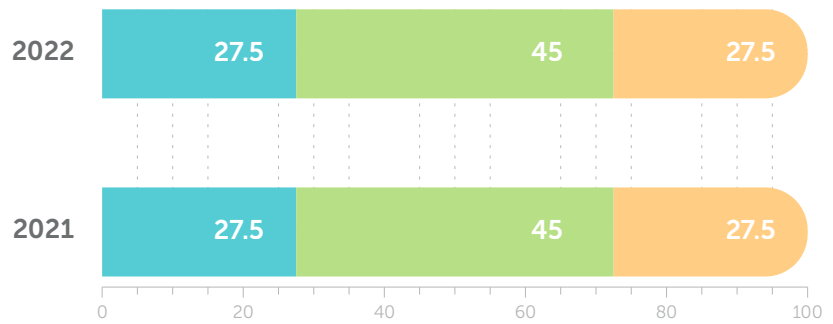


## POST-SECONDARY STUDENT & FACULTY PARTICIPANTS WORLDWIDE

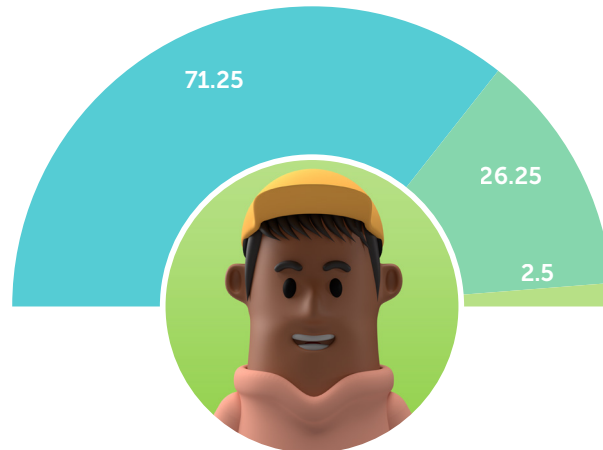
There were 182 post-secondary participants worldwide, 69% of those were female.

More post-secondary test-takers were recommended for further evaluation, 80.3% (compared to 68% in 2019) indicating higher levels of distress.

Students' age group (17–29) had the highest rates of depression with 80.3% recommended for further evaluation compared to 64% of all other Calgary respondents.



- Not recommended for evaluation
- Recommended for evaluation
- Strongly recommended for evaluation



- ♀ Female
- ♂ Male
- ♀♂ Diverse & Transgender

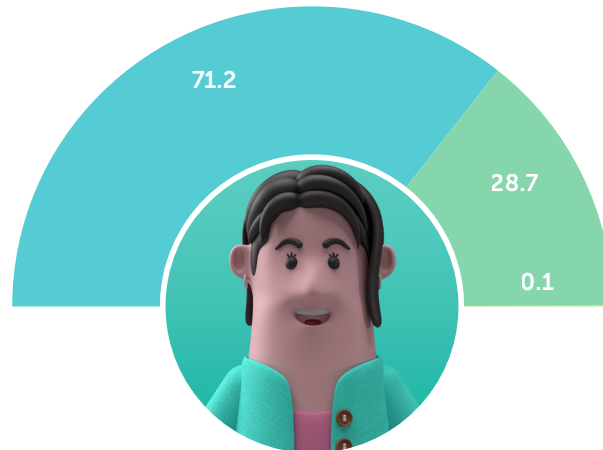
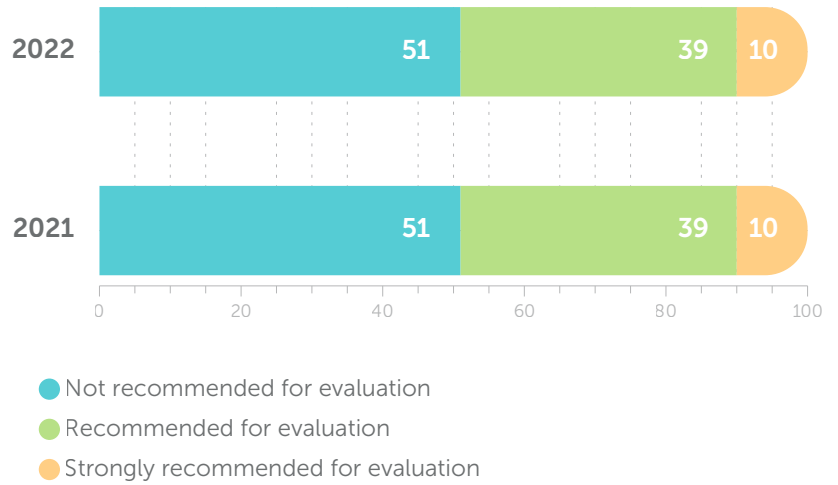
## EDUCATION PARTNERS



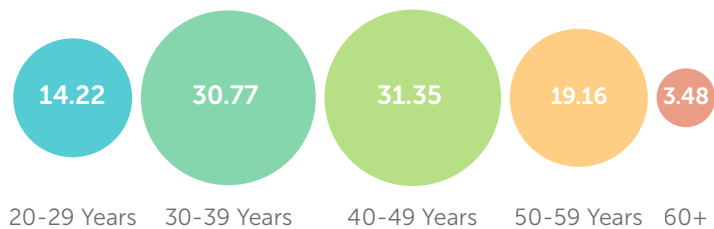
## WORKPLACES WORLDWIDE

This year, 689 participants learned about the NDSD quiz through their workplace with 49% of participants recommended or strongly recommended for evaluation.

62% of these participants were between the ages of 30 and 49.



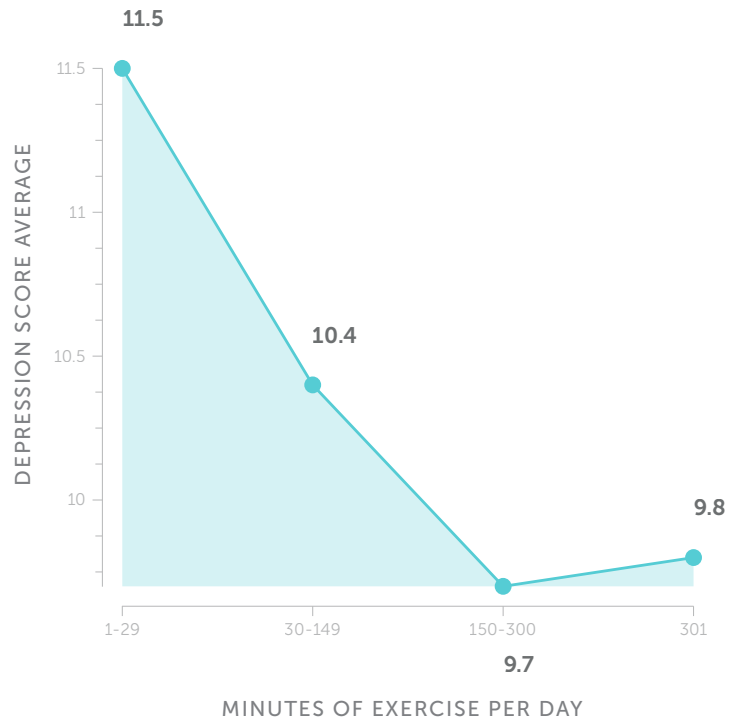
- ♀ Female
- ♂ Male
- ♀♂ Diverse & Transgender



## EXERCISE EFFECTS

Our physical health and mental health have a strong link. Recognizing this connection, Calgary Counselling Centre includes questions in the quiz about participants' level of exercise and physical activity.

Participants who exercised between 2.5 hours to 5 hours per week were associated with the lowest depression score<sup>1</sup>.

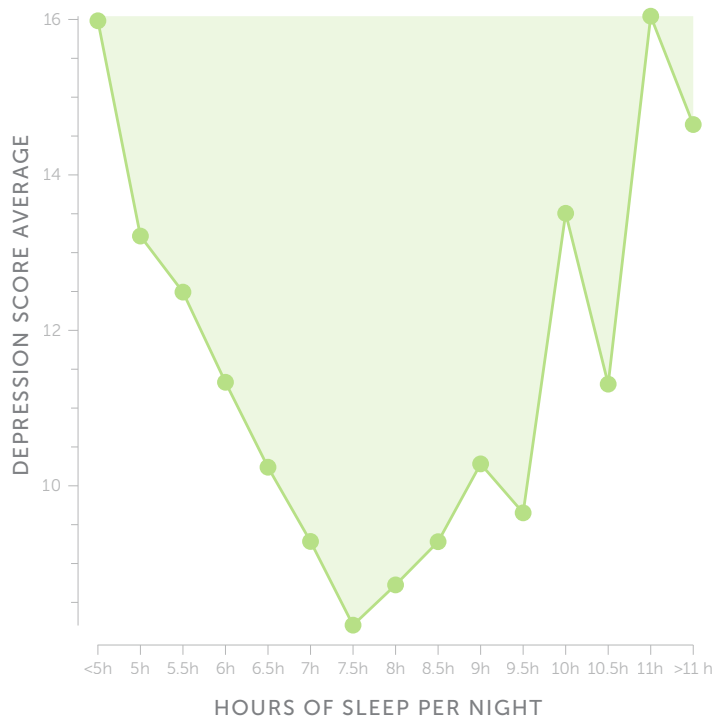


<sup>1</sup> The Canadian Physical Activity Guidelines recommend individuals should have 2.5 hours of exercise per week

## SLEEP EFFECTS

Sleep is very important for the maintenance of mental well-being and allowing us to cope during times of stress. People that reported getting an average of 7.5 hours of sleep a night received the lowest depression score of 8.0.

39.7% of participants met the recommendations of 7 to 9 hours of sleep per night in 2022 versus 38.4% in 2021.

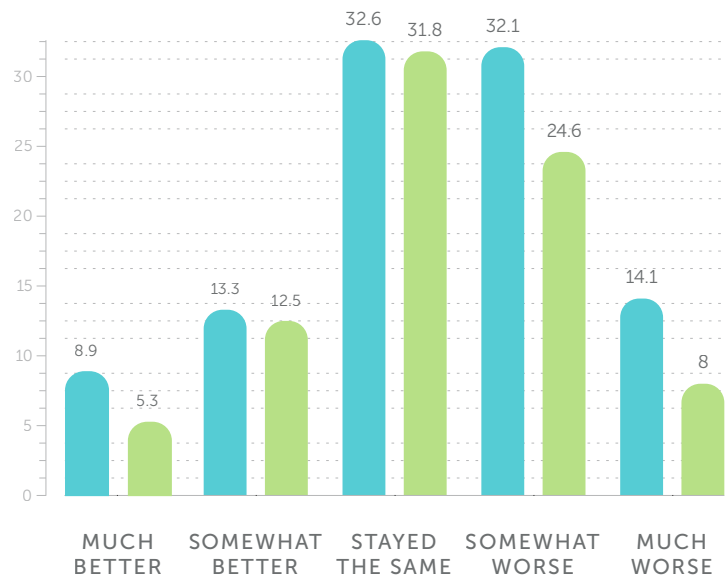




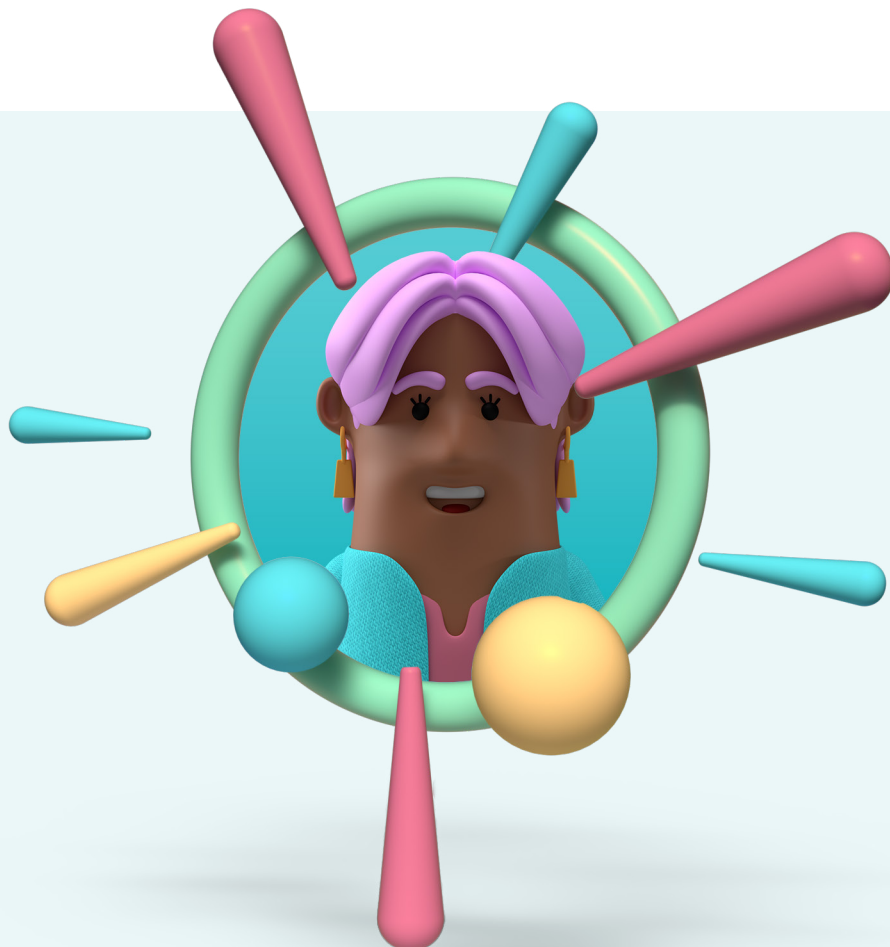
## COVID-19 EFFECTS

28.1% of participants reported that their symptoms of depression were somewhat worse or much worse during lockdown compared to now – 4.6% less than in 2021.

If you had symptoms of depression during COVID-19 lockdown, were your depression symptoms better, the same, or worse **during lockdown** compared to now?



- University/College
- All Participants



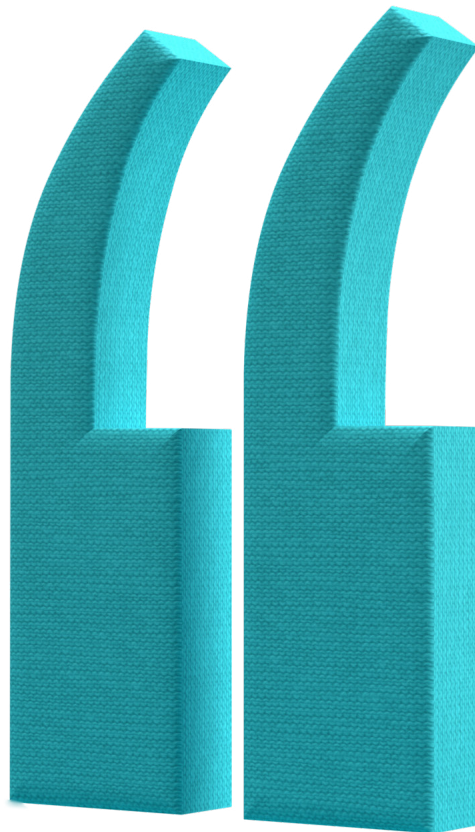


### **SELF-CARE KIT**

This year was the third year that we offered a free self-care kit respondents could download after taking the quiz. The self-care kit includes information and activities that promote mental health, as well as links to additional resources (YMCA and Momentum). There were over 480 downloads of the self-care kit.

## CONCLUSION

Depression continues to be prevalent in our community and worldwide. Over the past five years, the NDS D quiz has reported that over 60% of participants have been recommended for further evaluation of the depressive symptoms. With the help of our partners, the NDS D test page received over 42,000 visits and 2,784 Albertans took the time to check-in with their mental health and complete the NDS D test. Depression is treatable and NDS D serves as a reminder for everyone to make their mental health a priority and to get help if needed.



## THANK YOU TO OUR SPONSORS

We would like to acknowledge the support of Bell Let's Talk, our television advertising sponsor; Alberta Blue Cross and ATB Financial, our social media sponsor; and Petronas, our transit sponsor.

Thank you to ATB Financial for powering the 2022 National Depression Screening Day self-care kit.



## THANK YOU TO OUR COMMUNITY PARTNERS

National Depression Screening Day wouldn't be possible without the support of our community partners. Encouraging people to check in with their mental health can help change someone's life. Thank you to our NDS 2022 partners: 211 Calgary and Area, 4Sight Search Solutions, Action Dignity, Alberta Blue Cross, Alberta Medical Association, Alberta Veterinary Medical Association, Alex Biron, The Alex, Alyssa Briggs, Ambrose University, ATB Financial, Bell Let's Talk, The Bridges Society, Business Council of Alberta, Bow Valley College, Calgary Alliance for the Common Good, Calgary Arts Development, Calgary Firefighters Association, Calgary Foundation, Calgary Sports and Entertainment Corporation, Calgary West Central Primary Care Network, Calgary's Child, CCVO, Centre for Newcomers, Centre for Sexuality, Changing Ways Camrose, Chirp Foods Inc. (McDonalds), CMHA Calgary Region, Distress Centre, Elie Bouka, Graduate Students' Association of the University of Calgary, Homefront YYC, Iconium/ Optima Living, Immigrant Services Calgary, International Live Events Association Calgary, Jane Frank, Jessica Janzen, John F Gerrard, Kelly Brothers Productions, Kent Hehr, Kristal Hawryluk, KV Psychology & Wellness Clinic, Dashingdadyyc, Mental Health Commission of Canada, Mickey Amery, Momentum, Northwestern Polytechnic, Petronas Canada, Pride Centre of Edmonton, Rachel Anthony, Resolve Legal Group, Righteous Gelato, Sarah Sociables, Sean McCann, Tanis Larson, United Way Calgary, University of Alberta, University of Calgary Wellness Centre, Vibrant Calgary (Enough for All), Viewpoint Calgary Psychological Services, Village Ice Cream, WestJet