



Mental Health During COVID-19 Outbreak: Poll #5 of 13 in Series (Data collected in February 2021)



Financial contribution from



Health Canada Santé Canada



February 2021

Methodology

Methodology: This online survey was conducted among a sample of 3,005 adult Canadians, including an oversample of 500 surveys with residents of Saskatchewan. This was the fifth poll of this study (see below). Results between the polls are compared where applicable.

Weighting: National results have been weighted by the most current census data in terms of gender, age and region to ensure the total sample is representative of the population as a whole.

Region	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error
	Poll One		Poll Two		Poll Three		Poll Four		Poll Five	
	April 22 to 28, 2020		August 21 to 31, 2020		October 22 to 28, 2020		December 10 to 18, 2020		February 1 to 8 2021	
National	1,803	±2.3%	4,010	±1.5%	2,004	±2.2%	2,761	±1.9%	3,005	±1.8%
British Columbia	251	±6.2%	275	±5.9%	271	±6.0%	270	±6.0%	361	±5.2%
Alberta	252	±6.2%	273	±5.9%	270	±6.0%	271	±6.0%	357	±5.2%
Prairies	200	±6.9%	701	±3.7%	231	±6.5%	250	±6.2%	703	±3.7%
Ontario	701	±3.7%	826	±3.4%	801	±3.5%	803	±3.5%	918	±3.2%
Quebec	300	±5.6%	394	±4.9%	356	±5.2%	359	±5.2%	516	±4.3%
Atlantic Canada	99	±9.8%	1541	±2.5%	75	±11.3%	808	±3.5%	150	±8.0%

Table 1. Poll Sample Size, Margin of Error and Field Dates, Overall and by Province

Summary of Major Findings

- Self-reported levels of **anxiety (25%)** and **depression (17%)** are at their **highest**, with an increase in both self-reported and diagnosed anxiety and depression. This means that the proportion of Canadians who have reported their level of depression as high has increased by 70% since the height of COVID's first wave.
- **6% of the population – or more than 1.8 million Canadians ages 18 and older – have the negative indicators, based on a composite index, that this polling uses to track mental health.** The four negative indicators are: rated high in anxiety and depression, showing moderate to severe mental health symptoms, low management of stress and low resiliency. Younger and female Canadians are over-represented in this group.
- **Being outside is the best activity to support positive mental health**, with two-fifths of Canadians indicating a positive impact on mental health even during the winter months. The impact is significantly more positive than physical activity (21%) and a number of indoor activities including reading (30%) and entertainment (25%).
- **The economy is again having a negative impact on mental health**, countering the signs of improvement noted in Poll 4. And more than one-half of Canadians are worried about making ends meet, a considerable increase since before the pandemic.
- **Social isolation is now the leading stressor** having a negative impact on mental health, increasing again in Poll 5.
- **Younger Canadians, ages 18 to 34, are the group who tend to be the most vulnerable to a decline in mental health.** This group reports a higher incidence of anxiety and depression and are more likely to be scored as severe on the Kessler Psychological Distress Scale (K10) and experience symptoms on a daily basis. Also, the economic decline, ability to make ends meet financially and social isolation are disproportionately having a negative impact on this group's mental health. They are also less likely to be optimistic about their ability to recover and are less likely to be receiving treatment.



Key Findings



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Anxiety and depression continue to show an upward trend

- **The COVID-19 outbreak and restrictions were associated with an increase in both anxiety and depression**, and almost a year into the outbreak this has not lessened. In Poll 1, the proportion of Canadians reporting high levels anxiety quadrupled while depression doubled following the start of the outbreak. The number of Canadians experiencing high levels of anxiety and depression has been increasing overtime.
- Anticipated levels of anxiety and depression if the lockdown continues for another two months increased by 3% and 4%, respectively, since Poll 4. This finding is worth monitoring.
- **Levels of anxiety and depression are serious.** Two-thirds of Canadians who report high levels of anxiety and/or depression are likely to be scored as moderate to severe on the Kessler 10 scale. In addition, one-third experience symptoms daily or have had signs of mental stress as recently as the past two days.
- Adding to mental health concerns, even Canadians who were handling stress well before the pandemic are starting to fray – one-third who handled stress well before are not able to do so anymore.
- A majority of Canadians diagnosed with a mood disorder are receiving some form of treatment. Prescription medication is the most common treatment reported (by a majority). And a third are receiving therapy administered by a professional.
- **Close to a year into the pandemic Canadians are still not accessing mental health supports at the same rate** as before the outbreak. Not only are they less likely to be getting in-person support from a mental health professional, but they are also less likely to be speaking to their physician.

Social isolation is now the leading self-reported stressor on mental health

- In Poll 1, **one-third of Canadians** reported that the fear they may catch the virus was having a negative impact on their mental health. In Poll 2, this number increased slightly to **two-fifths** and remains stable through to Poll 5.
- Canadians remain more concerned about family members, with one-half reporting that the concern for family continues to have a negative impact on their mental health.
- **Social isolation** continues to have a negative impact on mental health for more than one-half of Canadians, increasing slightly in Poll 5 (+4%) to become the leading self-reported stressor on mental health.
- Poll 2 saw a deterioration of social support through family and friends. This poll shows that these levels have remained stable – while there has been no further decline, positive impacts of communication with family and friends have not returned to Poll 1 levels.
- The negative impact of the economic downturn decreased slightly in Poll 4 but has returned to previous levels in Poll 5 with Canadians again reporting that the economic downturn is having a negative impact on mental health. Adding to this, more than one-half of Canadians are now worried about making ends meet, up from only just over one-quarter with this concern before the pandemic.

Positive mental health supports continue to be less impactful

- Following the COVID-19 outbreak, Canadians reported that physical activity and engaging in reading and entertainment was having a positive impact on their mental health. By Poll 2, **the positive aspects of these activities had declined** and continue at the same levels in Poll 5.
- Going outside continues to have a positive impact on mental health, increasing again (+4%) in Poll 5 despite the winter months.
- **The negativity of daily news about COVID-19 remains steady in Poll 5** for the first time since Poll 2 to 4, which saw increases in all three polls.
- **Canadians continue to follow the rules and regulations required to limit the spread of the virus**, with three-quarters saying they monitor the guidelines and do what is expected. Of those who do not, most say they monitor the guidelines, but do what they think is reasonable.



Results in Detail



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Anxiety and Depression in the COVID-19 Outbreak

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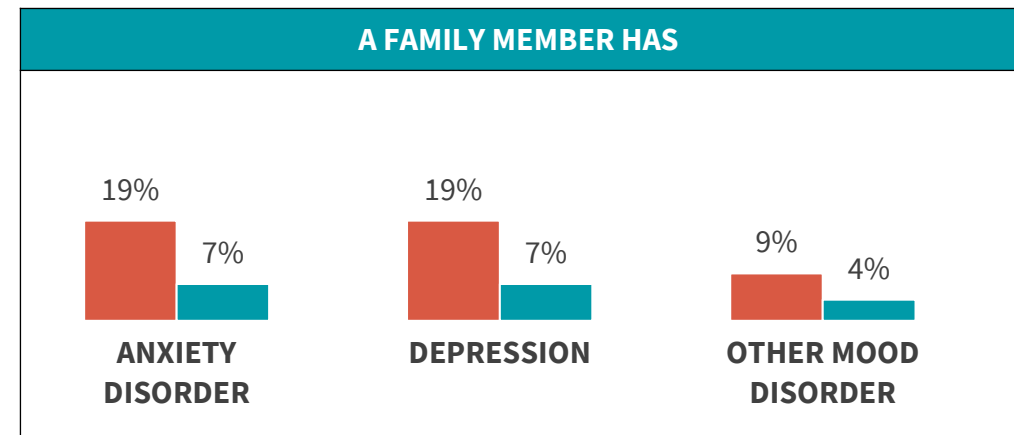
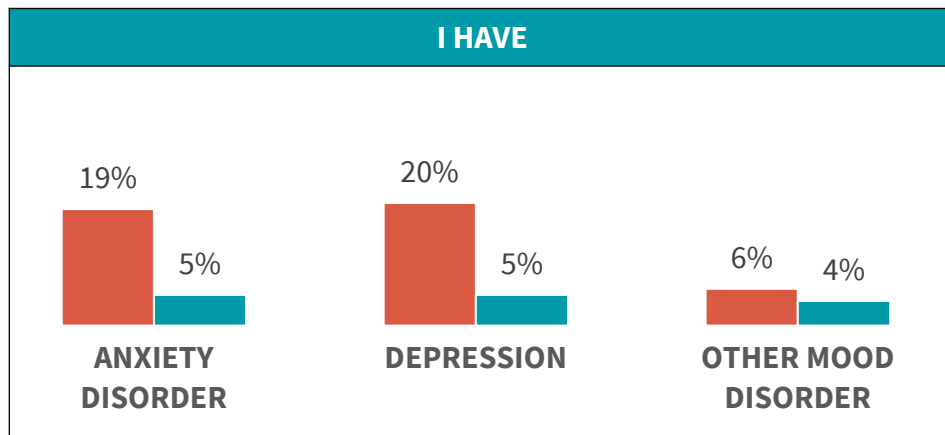
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One in four Canadians has been diagnosed with anxiety or depression

- Prior to COVID, one-fifth of Canadians have dealt with a personal or family diagnosis of anxiety (19% personal, 19% family) or depression (20% personal, 19% family). Other mood disorders are less common, with 6% having a personal diagnosis and 9% a diagnosis in their family.
- Since the outbreak, another 5% say they have personally been diagnosed with anxiety or depression, increasing the reported incidence of anxiety and depression to one in four. And another 7% say a family member has been diagnosed with anxiety or depression.



Base: (Total N=3,005)

A1. Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

Younger Canadians, frontline healthcare workers & women among the most vulnerable to anxiety and depression

OF THE ONE IN FOUR DEALING WITH A MOOD DISORDER:

- Canadians most likely to be diagnosed with **anxiety**:
 - Females (27% vs. 19% of males)
 - Younger (18-34: 32%; 35-54: 28% vs. 55+: 13%)
 - People with children in the home (0-8 years: 29%; 9-17: 28%; vs. None: 22%)
 - Ontario (26%)
 - Frontline healthcare workers (40%)
- Canadians most likely to be diagnosed with **depression**:
 - Females (28% vs. 21% of males)
 - Younger (18-34: 30%; 35-54: 30% vs. 55+: 17%)
 - Frontline healthcare workers (36%)
 - Canadians with children under 9 years (29% vs. 24% with no children)
 - Ontario (27%)

HOUSEHOLDS DEALING WITH MENTAL HEALTH CONDITIONS:

TOTAL YES 46%

(Individual or households suffering from anxiety or depression or other mood disorder)

(Individual or households suffering from each)	
35%	ANXIETY
37%	DEPRESSION
17%	OTHER

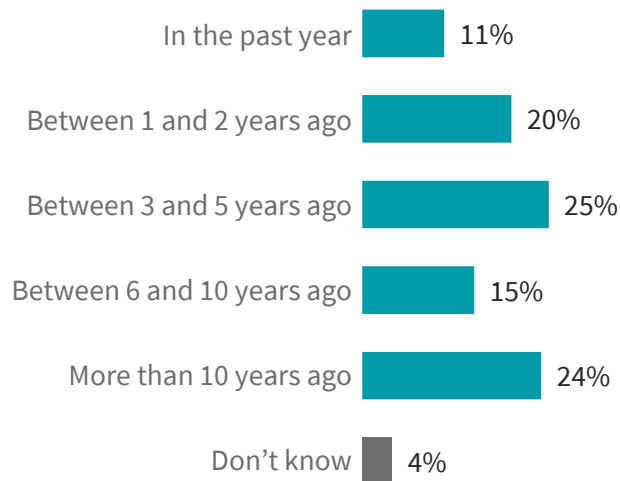
Base: (Total N=3,005)

A1. Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

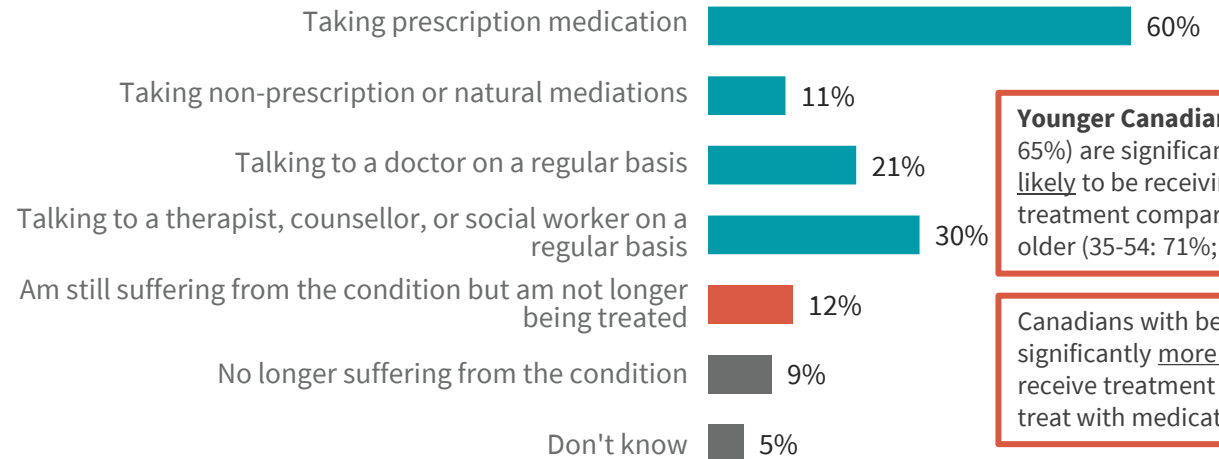
Majority of Canadians receive treatment; prescription medications the most common

- **One-third (31%)** of those who received a mental health diagnosis before COVID-19 received it in the past two years, with 11% receiving it in the past year.
- **Two-thirds (70%)** of those who have had a personal or family diagnosis are doing something to treat the condition, with prescription medication being most common (60%). Close to one-third (30%) talk to a therapist on a regular basis, and one-fifth (21%) talk to a doctor.

LENGTH OF TIME SINCE DIAGNOSIS



TREATING MENTAL HEALTH CONDITIONS: 70% Receiving treatment



Younger Canadians (18-34: 65%) are significantly less likely to be receiving treatment compared with older (35-54: 71%; 55+: 74%)

Canadians with benefits are significantly more likely to receive treatment (74%) and treat with medications (65%)

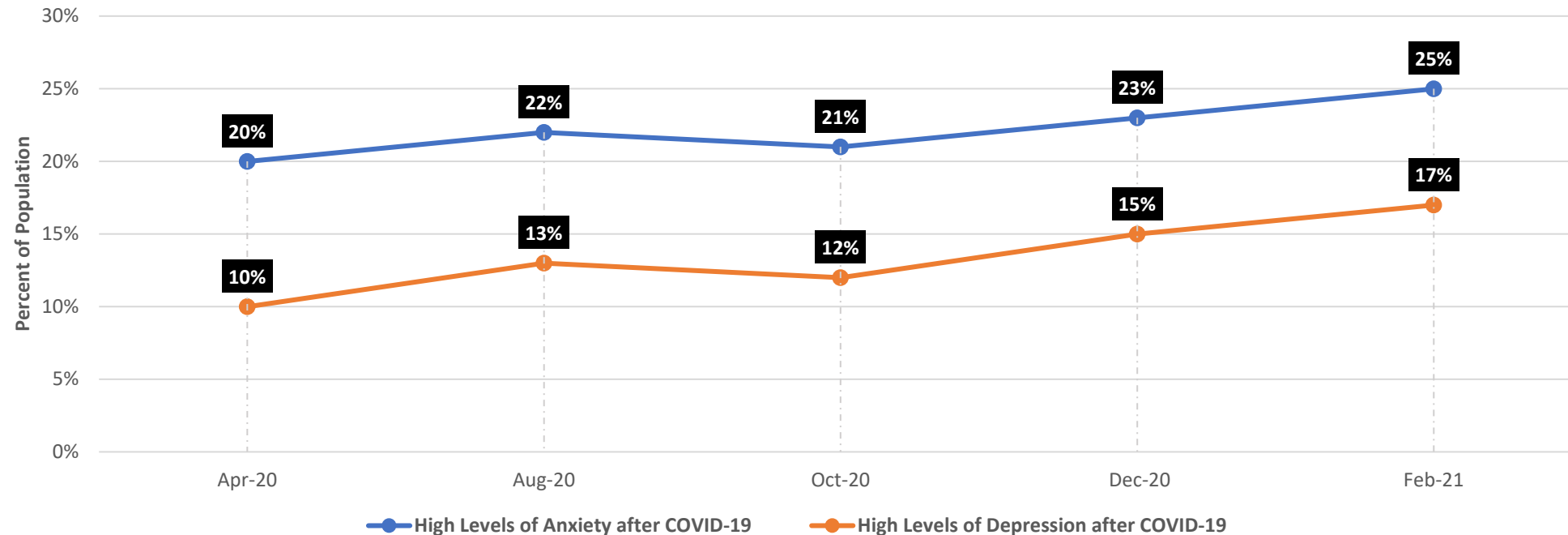
A1C. When did you/your family member receive the latest diagnosis of anxiety, depression or another mood disorder? Base: (Those who received diagnosis before COVID-19 n=1,184)

A1D. What, if anything, are you/your family member currently doing to treat the anxiety, depression or other mood disorder? (Base: Those who have received a diagnosis n=1,415)

Anxiety levels continue to be four times as high as pre-outbreak levels (1/3)

- Levels of anxiety and depression are not lessening as the pandemic continues. Similar to Poll 1, the proportion of Canadians reporting high levels of anxiety is close to four times pre-COVID levels with one-quarter (25%) reporting that they have high anxiety, up from 7% before the outbreak.
- The proportion of Canadians reporting high depression doubled following the COVID outbreak (from 4% to 10%) and by Poll 5 has increased to 17%, remaining more than double pre-COVID estimates (7%).
- Since the onset of COVID-19, one-in-three Canadians are indicating high anxiety and/or depression (29%), with 13% suffering from both.

High levels of Anxiety & Depression since COVID-19



A2A. Please rate each of the following using the scale 0-10 where “10” is Extremely high and “0” is None. Base: (Total N=3,005)

Younger Canadians (18-34) among most vulnerable to anxiety and depression (2/3)

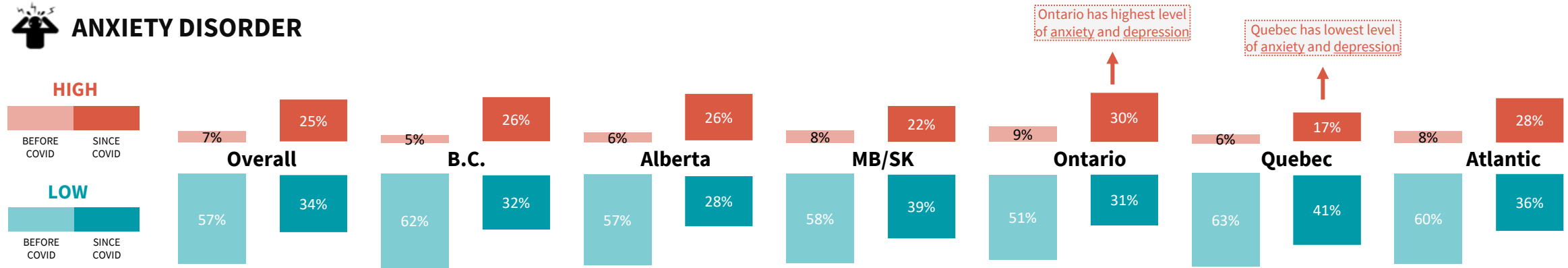
- Canadians most likely to rate **anxiety** high (8-10) since COVID:
 - Females (31% vs. 19% of males)
 - **Younger 18-34 (34% vs. 35-54: 27%; 55+: 18%)**
 - People with young children under 9 years in the home (30% vs. none: 24%)
 - Adults living with their parents are most likely to have high anxiety (37%) even more so than those living alone (25%), but those living with a spouse have the lowest likelihood of high anxiety (22%)
 - Ontario residents (30%)
 - Canadians exposed to COVID (32%), know someone with COVID (32%), or someone who has died (36%)
 - Canadians who either remain worried (42%) or are worried since COVID about making ends meet (38%)
 - Those who are negatively impacted by winter months (35%)
- Canadians most likely to rate **depression** high (8-10) since COVID:
 - Females (18% vs. 15% of males)
 - **Younger 18-34 (23% vs. 35-54: 18%; 55+: 11%)**
 - Adults living with their parents are most likely to have high depression (25%) even more so than those living alone (19%), but those living with a spouse have the lowest likelihood of high depression (14%)
 - Ontario residents (21%)
 - Frontline healthcare workers (26%)
 - Canadians exposed to COVID (22%) or know someone with COVID (20%)
 - Canadians who either remain worried (32%) or are worried since COVID about making ends meet (25%)
 - Those who are negatively impacted by winter months (24%)

Base: (Total N=3,005)

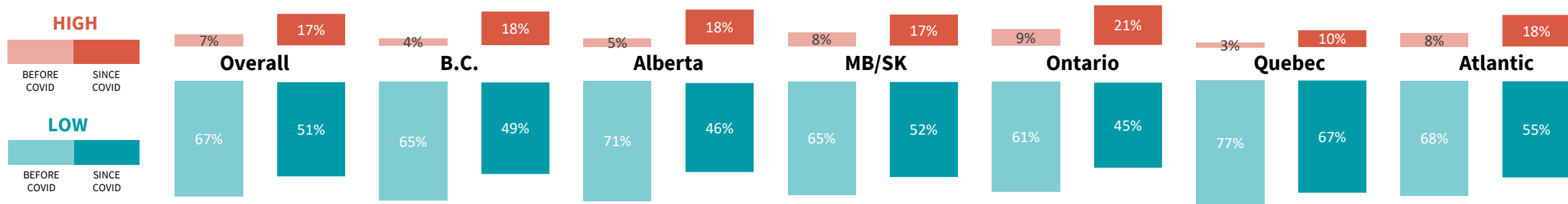
A1. Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

Levels of anxiety and depression since COVID outbreak are similar across the country (3/3)

ANXIETY DISORDER



DEPRESSION



Two-thirds of Canadians reporting high depression or anxiety levels score as moderate or severe using the Kessler 10 scale

- Two-thirds (62%) of Canadians who rated their anxiety or depression high since COVID (8-10) are likely to have a moderate (20%) or severe (43%) mental health symptoms, while two-fifths (37%) are likely to have a mild (18%) or no (19%) mental health disorder. Results are relatively consistent across polls with a small decrease in severe mental health disorders noted in Poll 3.
- Among those who rate their anxiety or depression as moderate (5-7), more than one-quarter (29%) are likely to have a moderate (14%) or severe (15%) mental health condition, while one-fifth (21%) are likely to have a mild mental health disorder and one-half (50%) are likely to have no mental health disorder.
- Canadians more likely to be scored as severe: Ontario residents; younger (18-34 Canadians); parents with children under 9; those exposed to COVID and those who continue to worry or worry about making ends meet since COVID; those living with roommates or their parents.

Psychological Distress 1-5 Point Scale Items

	(All/Most)	(None/Little)
Tired out for no good reason	29%	37%
Nervous	22%	42%
That everything was an effort	22%	52%
Depressed	18%	53%
Restless or fidgety	18%	51%
Hopeless	17%	62%
Worthless	15%	69%
So restless you could not sit still	10%	73%
So sad that nothing could cheer you up	12%	69%
So nervous that nothing could calm you down	9%	75%

Mental Health Scores among Canadians with high and moderate anxiety or depression since COVID

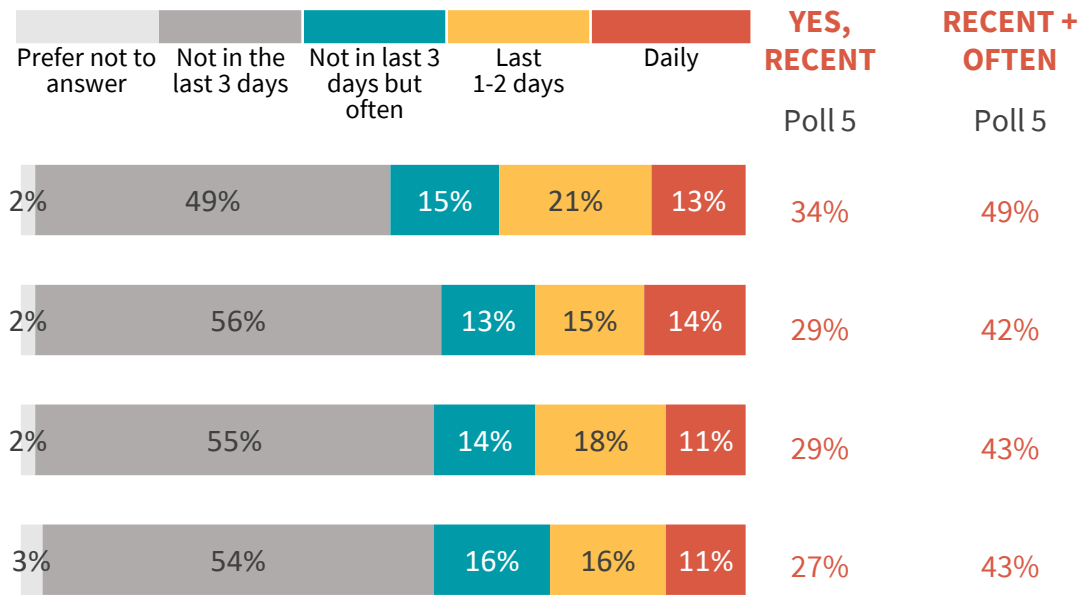
Moderate: 5-7

High: 8-10

	Poll 5	Poll 5	Poll 4	Poll 3	Poll 2	
	50%	19%	19%	18%	21%	Likely to have no mental health disorder (<20)
	21%	18%	18%	19%	16%	Likely to have a mild mental disorder (20-24)
	14%	20%	22%	26%	21%	Likely to have moderate mental disorder (25-29)
	15%	43%	40%	36%	42%	Likely to have severe mental disorder (30-50)

One-third of Canadians frequently experiences multiple symptoms of anxiety/depression

- More than one-third (36%) of Canadians say they experienced multiple symptoms of depression/anxiety recently, scoring as high (13%) or moderate (23%).
- Canadians more likely to be rated as high: Ontario (15%) and Alberta (19%) residents; **younger 18-34 (18% vs. 35-54: 14%; 55+: 7%)**; living alone (16%); and children under 9 (16% vs. None: 12%).
- In addition, those exposed to COVID (19%) and those who continue to worry (24%) or are now worried about making ends meet (19%) are more likely to classify as high.



Poll 5	Severity
13%	High (9-12): Experiencing > 2 symptoms of depression/anxiety recently and at least one symptom daily
23%	Moderate (5-8): Experiencing 2+ symptoms daily or recently
29%	Mild (1-4): Showing at least 1+ symptom daily or more than one recently or often
35%	None (0): Not showing signs of depression/anxiety recently

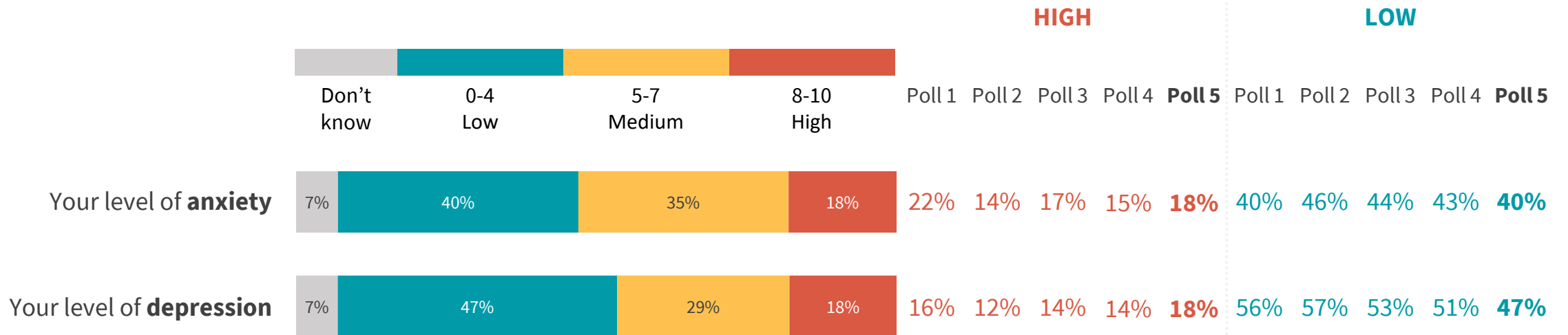
Negative impact of lockdown on mental health remains low with younger Canadians

- Following the outbreak, just over one-fifth (22%) of Canadians **expected their anxiety levels to be high** after two months of isolation (8-10). Close to a year since the outbreak, this has increased slightly by 3%. As well, the proportion who expect to have **a high level of depression** increased by 4%. While not yet an upward trend, it's worth monitoring.
- Canadians **younger than 55** (18-34: 24%; 35-54: 20%; vs. 55+: 13%) are significantly more likely to have an expectation of increased anxiety if they must isolate for another two months. And younger Canadians (18-34) are also more likely to anticipate higher rates of depression (18-34: 23%; 35-54: 20%; vs. 55+: 12%).
- Canadians living in Ontario are more likely to anticipate higher levels of anxiety (22%) and depression (21%) if the lockdown continues.
- Women anticipate higher levels of anxiety (21% vs. 15%) and depression (20% vs. 15%) compared with men if the guidelines remain in place.
- Canadians with children anticipate continued guidelines could increase both anxiety (under 9 years: 23%; 9-17: 23%; vs. None: 17%).
- Canadians worried about making ends meet both before and since COVID anticipate higher levels of anxiety and depression.
- Frontline healthcare workers anticipate a higher level of anxiety (31%) and depression (26%) than the general population as the pandemic wears on.
- Those who are negatively impacted by the winter are more likely to feel their anxiety (25%) and depression (25%) will be high if restrictions are in place for two more months.

Canadians remain optimistic about their mental health under restrictions

- Close to one-fifth (18%) of Canadians anticipate increased anxiety, a small increase of 3% since Poll 4, although not as high as estimates in Poll 1.
- Estimates of depression increased by 4% since Poll 4, and is at the highest level since the survey began, a trend worth monitoring if restrictions stay in place.
- Those living with their parents and, to a slightly lesser degree, roommates are most likely to feel their anxiety (25% and 21%) and depression (27% and 26%) will be high in two months. Those with a spouse are least likely to think so (anxiety 16%, depression 14%).
- **Of those who rated their anxiety high now, 64% feel their anxiety will be high if social isolation continues for two months. Of those who rate their depression high now, 75% feel it will be high if social isolation continues for two months.**

IF SOCIAL ISOLATION CONTINUES FOR TWO MORE MONTHS, WHAT DO YOU EXPECT...

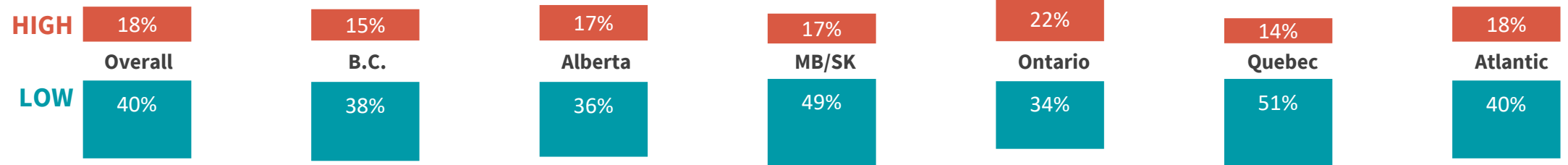


A2D. And, using the scale below... if COVID-19 – and the associated government guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) – remains in your province for 2 more months... what do you expect the following to be? Base: (Total N=3,005)

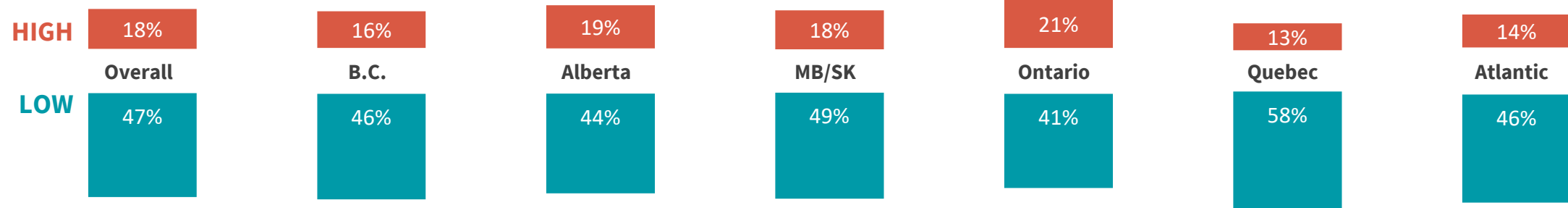
Ontario residents expect the highest levels of anxiety and depression if social isolation continues



ANXIETY DISORDER



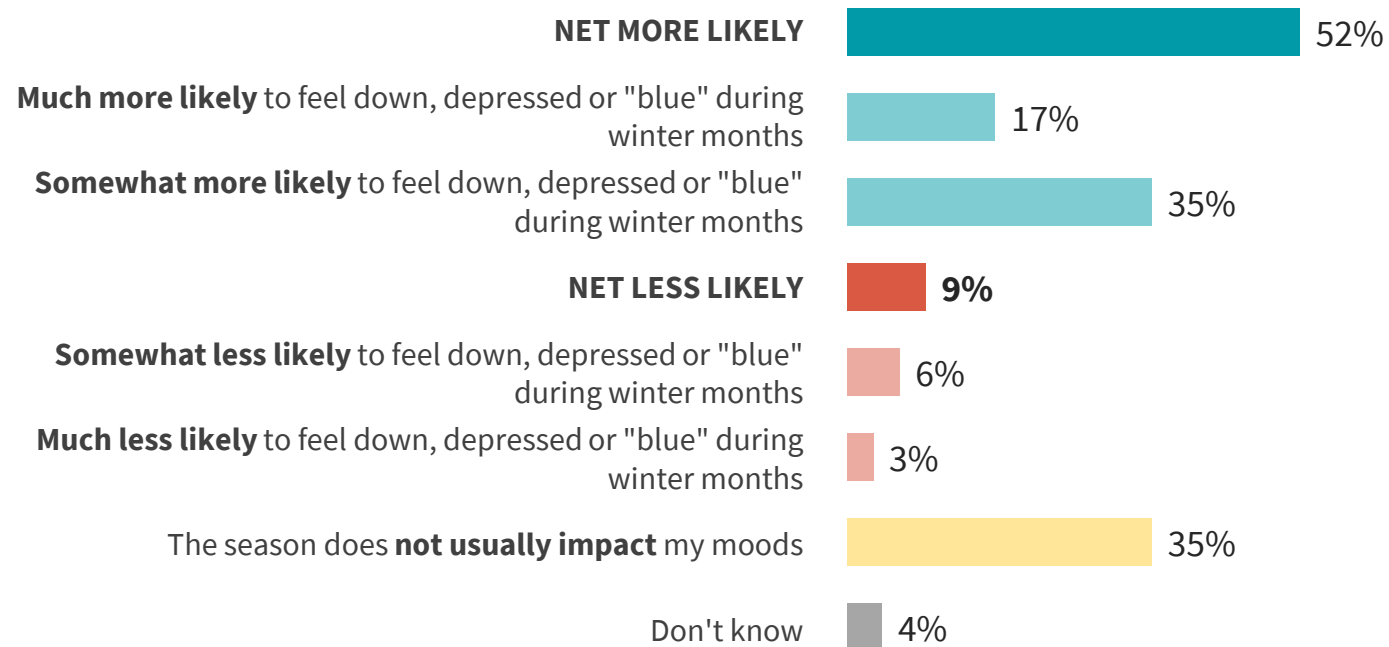
DEPRESSION



A2D. And, using the scale below... if COVID-19 – and the associated government guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) – remains in your province for 2 more months... what do you expect the following to be? Base: (Total N=3,005)

Half of Canadians report feeling down during winter months

- Younger Canadians, ages 18 to 34, are more likely to report feeling down in the winter months (60% vs. 35-54: 53%; 55+: 22%).
- Groups identified as being more vulnerable to seasonal affective disorder include women (58% vs. 45% of men); Ontario residents (54%); and Canadians with a mood disorder (64%).
- Winter is affecting those with multiple mental health risk factors – they are more likely to be impacted by the winter months (71%).

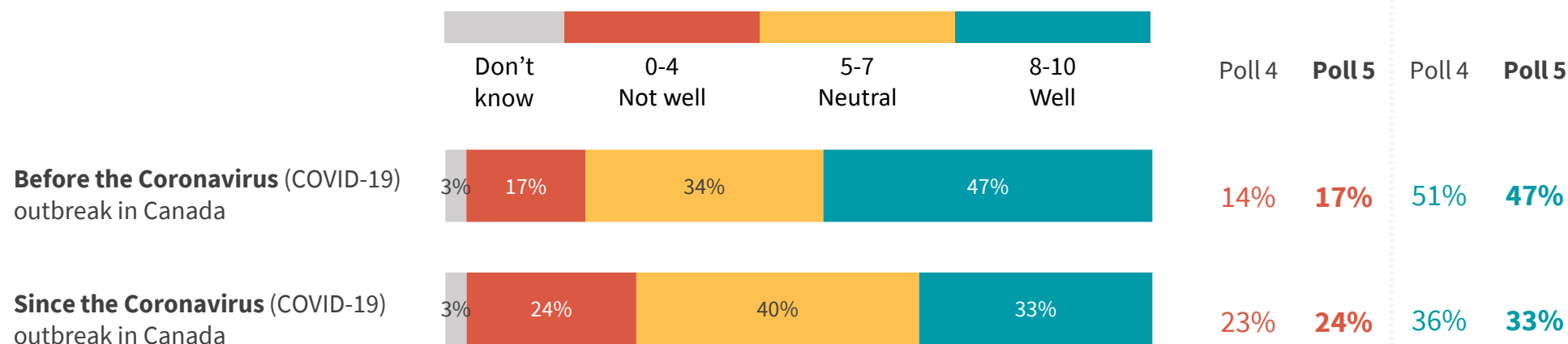


A9. Some people find the seasons affect their moods. In past years, before the COVID-19 outbreak, which of the following statement best describes how you have felt during the winter months? Base: (Total N=3,005)

COVID-19 continues to have a negative impact on the management of stress/mental health

- 47% of the Canadians say they were doing well managing feelings of stress, anxiety and depression prior to COVID. That is a 4% decrease from Poll 4.
- Consistent with Poll 4 findings, the proportion of Canadians in Poll 5 who say they are doing well managing their mental health following the outbreak dropped to just one-third (33%) with close to one-quarter (24%) reporting they are not doing well.
- Only 37% of the younger Canadians (18-34) felt that they were managing stress well before the pandemic. This fell further after the outbreak (26%) – the 35-54 group had a similar decline (42% to 29%, respectively).
- Those who are negatively impacted by winter months are not managing their feelings of stress, anxiety and depression well since the pandemic (29% vs. 17% of those not impacted by seasons).

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION



Most likely to handle stress well (8-10) since COVID:

- Men (38% vs. 28% women)
- 55+ age group (42% vs 35-54 29%, 18-34 26%)
- No children (34% vs. children under 9 28%)
- Not worried about finances (35% vs. now worried 24%)



Impacts on Mental Health



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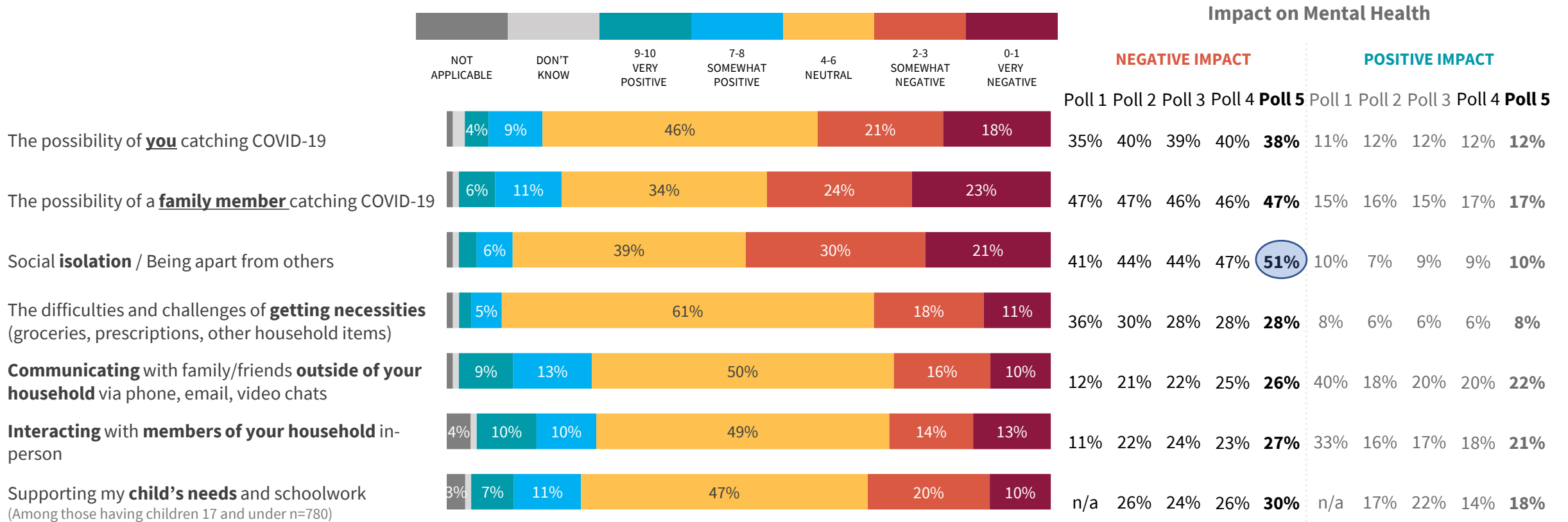
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Fear of the spread of COVID-19 continues to have a negative impact on mental health

- Two-fifths (38%) of Canadians say concerns about contracting COVID-19 is having a negative impact on their mental health while close to one-half (47%) remain concerned about family members contracting COVID-19. Results are on par with Poll 3 and 4 findings.
- **Social isolation** is now the leading stressor on mental health with one-half (51%) reporting a negative impact, an increase of 4% since Poll 4 and 10% since the first Poll. Those who live alone feel that social isolation has less of a negative impact (45%), although it is higher among those living with roommates (68%).
- However, social isolation is particularly hard on those who are more vulnerable to mental health conditions, with two-thirds (66%) saying it is having a negative impact on their mental health.
- In the early stages of the outbreak, Canadians reported that **communication with friends/family outside and inside the home** had a positive impact on mental health, but Poll 2 saw an increase in **the negative impact of these interactions**. In Poll 5, these interactions continue to have more of a negative impact with just over one-quarter saying communication with those outside the home (26%) and one-quarter saying that communication within the home is having a negative impact (27%, +4%) .
- Younger Canadians, ages 18-34, are feeling the negative impact of the pandemic on their mental health. They are more likely to be impacted by the following: social isolation (56% vs. 35-54: 51%; 55+: 47%); family member catching COVID (53% vs. 35-54: 47%; 55+: 43%); and buying necessities (33% vs. 35-54: 29%; 55+: 26%).
- Younger Canadians, ages 18-34, are more likely to identify **communicating** with others outside the home (28% vs. 35-54: 18%; 55+: 21%) and inside the home (24% vs. 35-54: 20%; 55+: 16%) as a **positive influence** on mental health despite the overall negative impact of communication already noted.
- Overall, **women** remain more likely to say the pandemic is having a negative impact including: social isolation(55%), a family member catching COVID (50%), catching COVID themselves (40%), and buying necessities (32%).

Social isolation remains a leading factor in poor mental health

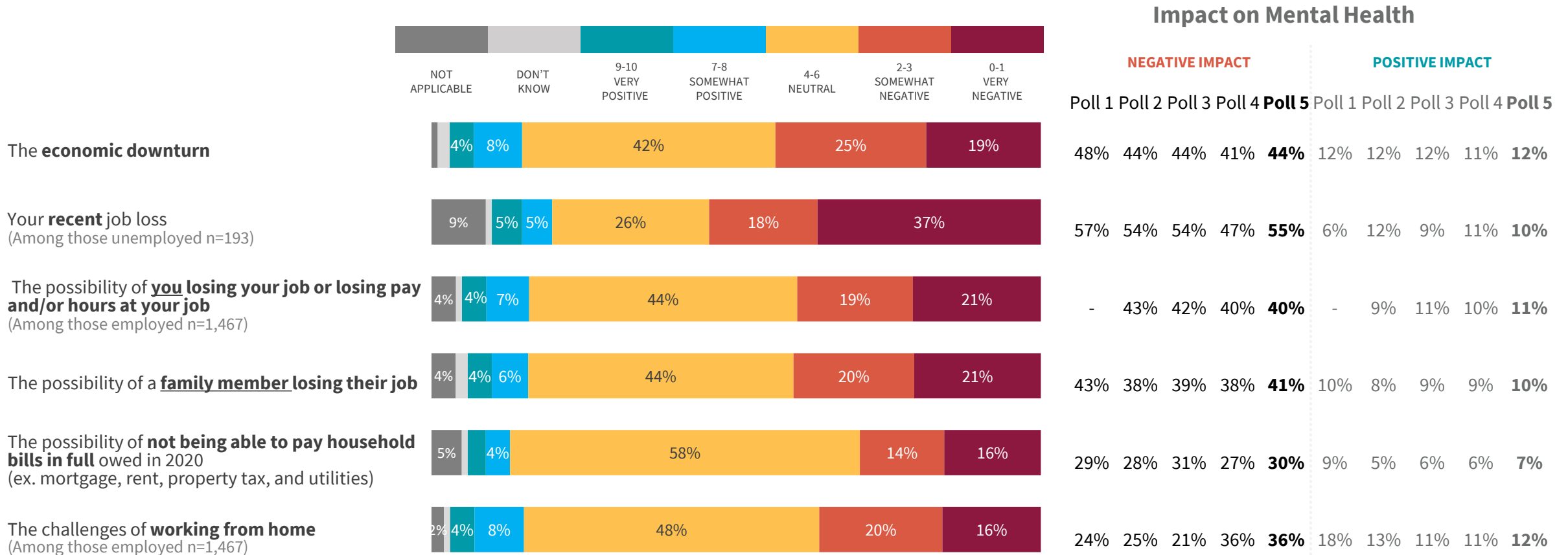


A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total N=3,005)

The economy remains a stressor for Canadians and is disproportionately affecting younger Canadians

- In Poll 4, the negative impact of the economy had lessened for a few indicators (economic downturn, job loss, paying bills), but in Poll 5, the negative impact has returned to similar levels reported in the earlier polls.
- Two-fifths (44%) of Canadians continue to feel that the economic downturn has had a negative impact on their mental health, up slightly (+3%) since Poll 4 and similar to the earlier polls.
- More than half (55%) of unemployed Canadians say job loss is having a negative impact as the pandemic continues, an increase of 7% since Poll 4 and similar to the earlier polls.
- The negative impact on mental health of the possibility of individuals (40%) or their family (41%, +3%) losing their jobs remains and is consistent with previous polls.
- One-third (30%) agree that the possibility of not being able to pay bills is having a negative impact (+3% since Poll 4), in line with the findings from Poll 1 and 2.
- The negative impact on mental health as a result of **working from home** increased significantly in Poll 4 to over one-third (36%) and remains at this level in Poll 5.
- Younger Canadians, ages 18-34, are more likely to report that the economic downturn is having a negative impact on their mental health including: fear of a family member losing a job (49% vs. 35-54: 40%; 55+: 35%) and concern about paying bills (35% vs. 35-54: 32%; 55+: 23%).

The economic downturn continues to have a negative impact on mental health as pandemic continues

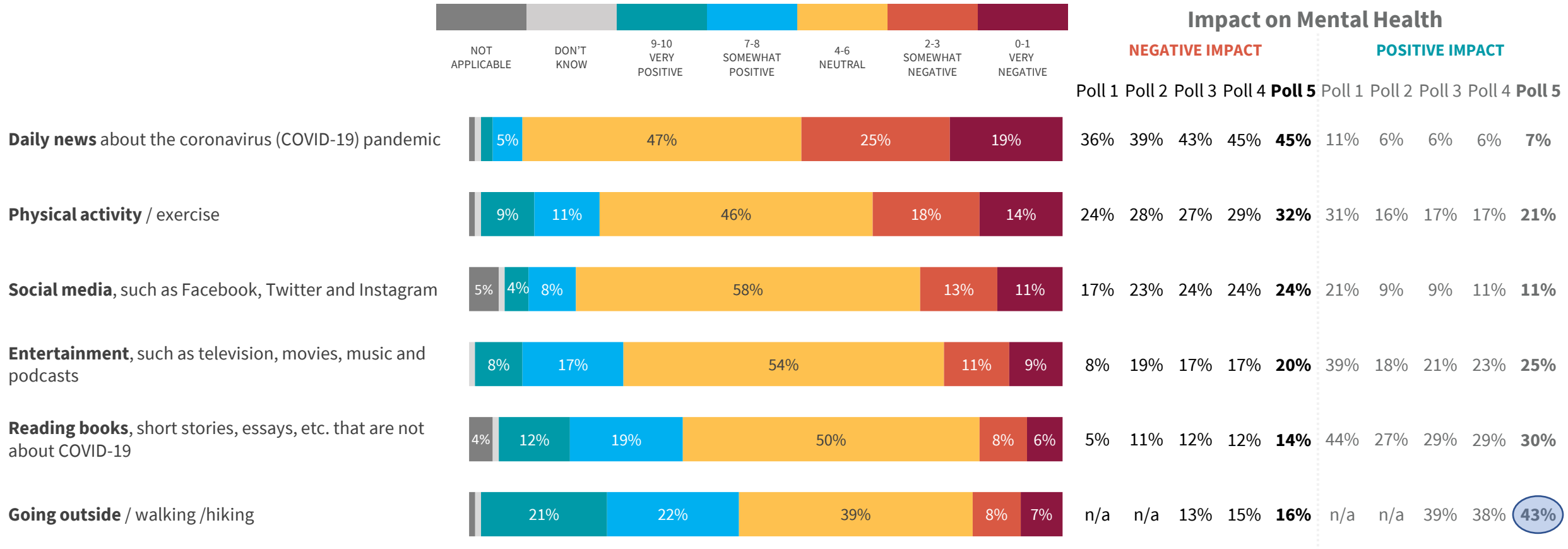


A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total N=3,005)

Daily news about the pandemic continues to have a negative impact on mental health for many Canadians

- Two-fifths (45%) of Canadians report that daily news about COVID continues to have a negative impact on mental health, similar to Poll 4.
- Physical activity, considered a positive influence on mental health in Poll 1 and declining in Poll 2, remains a negative influence in Poll 5 (32%, +3) with only one-fifth (21%, +4) agreeing physical activity has a positive impact.
- Entertainment (25% say positive) and reading books (30%) remain a more positive than negative impact on mental health, similar to Poll 4, but are still not as positive an influence as in Poll 1.
- **Going outside even during winter continues to be the self-reported activity with the most positive (43%, +5) impact on mental health – only 15% say going out has a negative impact.**
- Younger Canadians, ages 18-34, are more likely to say a number of activities are having a positive impact on mental health during the pandemic compared with other age groups. This includes: entertainment (33% vs. 35-54: 23%; 55+: 22%); physical activity (23% vs. 35-54: 19%; 55+: 18%); and social media (14%; 35-54: 10%; 55+: 11%).
- The influence of social media on mental health polarizes younger Canadians, 18-34. While it is a positive influence on mental health for some, it can also have a significant negative impact (0-3 rating) compared with older Canadians: (28% vs. 35-54: 26%; 55+: 20%).

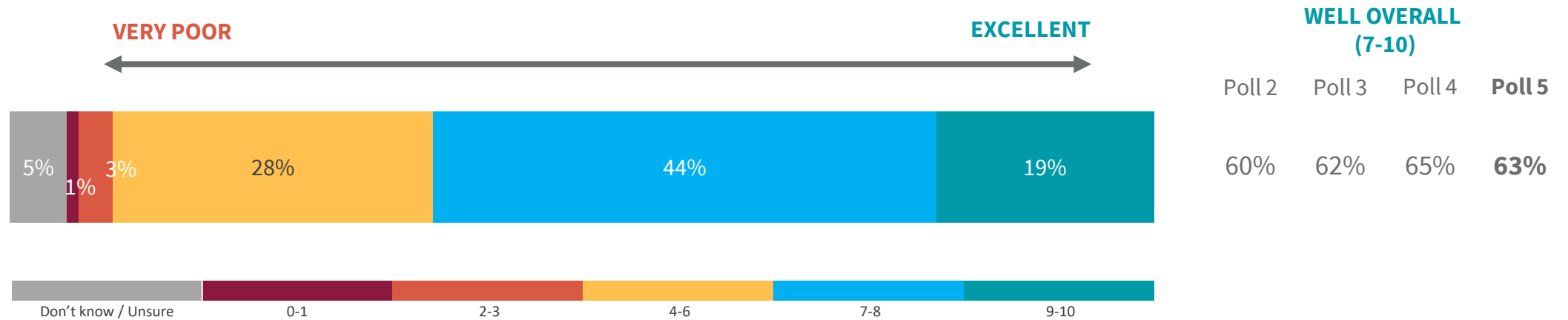
According to our polls, going outside continues to have the most positive impact on mental health



A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
 Base: (Total N=3,005)

Canadians continue to feel confident about their ability to recover from the challenges presented by COVID-19

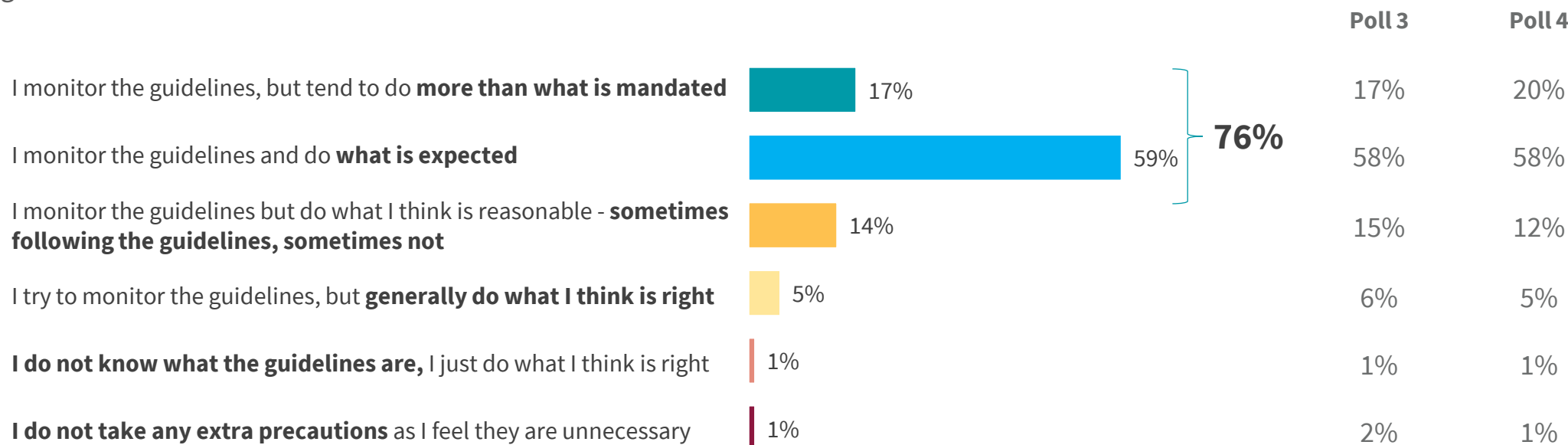
- Similar to Poll 4, three-fifths of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID (63% rate this 7 to 10, when 10 means excellent), with less than one-fifth feeling very confident (19% rating this a 9 or 10).
- Younger Canadians under age 55 are not as positive (7-10 rating) about their ability to bounce back from the challenges presented by COVID as older Canadians (18-34: 53%; 35-54: 60%; 55+: 73%).



A3B. Thinking about challenges and unexpected troubles that you have faced in your life... Overall, how would you rate your ability to manage and bounce back from these challenges and unexpected troubles? Base: (Total N=3,005)

Canadians are compliant with the government's COVID-19 guidelines

- While the majority of Canadians from across the country report they are following the guidelines, compliance is highest in the Atlantic region (83%) and Quebec (79%).
- Also more likely to follow guidelines: older Canadians 55+ (85% vs. 18 to 34: 64%; 35-54: 76%); and women (80% vs. 73% of men).
- Findings of Poll 4 show that those who do not monitor guidelines are more likely to rate their anticipated anxiety (29% vs. 18% of those who try to follow and 16% of those who do follow) and depression (25% vs. 15% of those who try to follow and 12% of those who do follow) as high.



A5. Which of the following best describes how you are complying with government COVID-19 guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) in your area? Base: (Total N=3,005)



Effect of COVID in the Workplace



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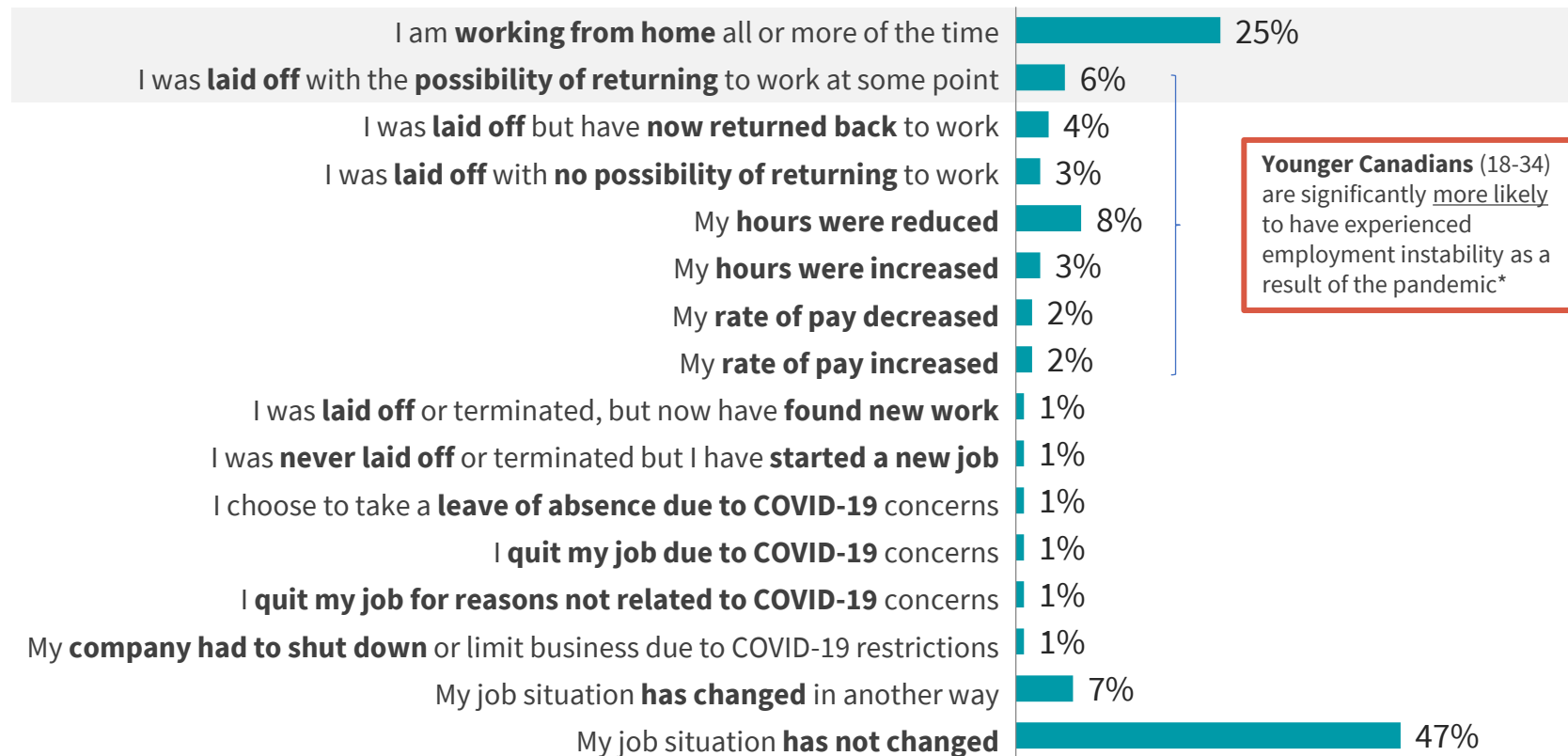
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Close to a year into the pandemic, half of Canadians still report no change in their job situation

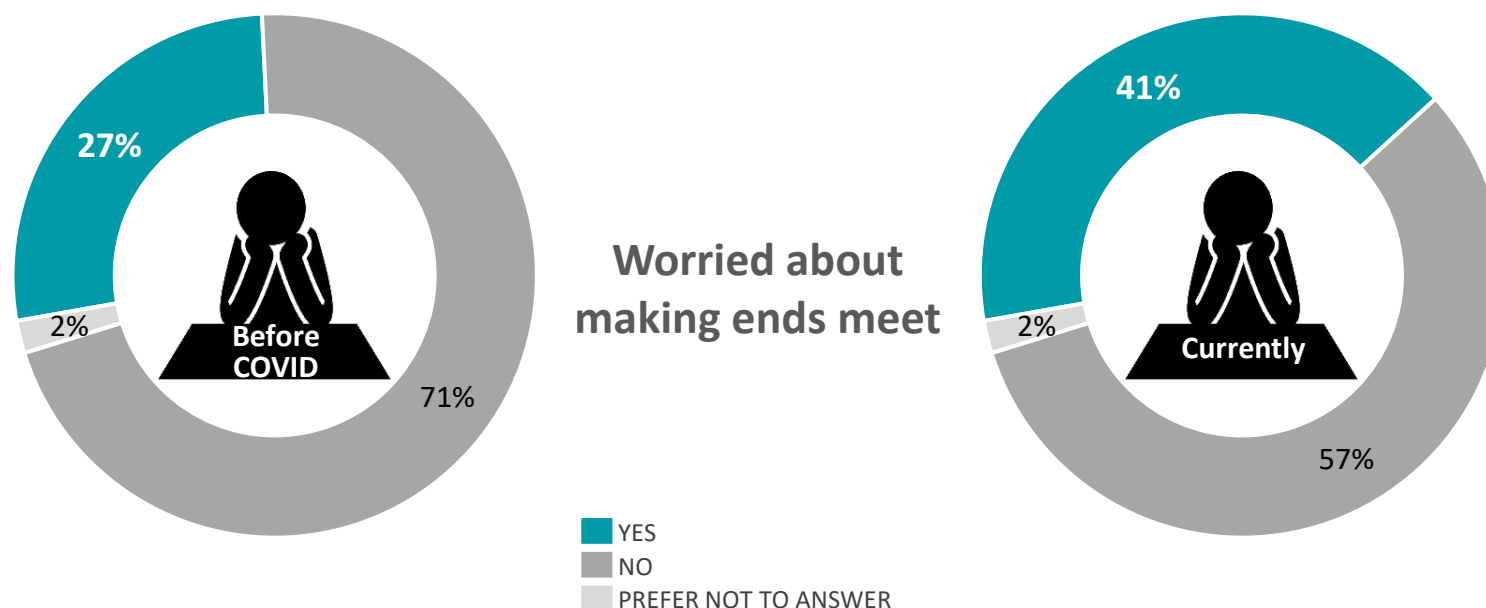
- Close to one-half (47%) of Canadians say their job situation has not changed and one-quarter (25%) report they now work from home.



SCR10. Has your employment situation been changed as a result of the COVID-19 pandemic? Base: (Total N=3,005)
 * Caution: Low base size

Since the pandemic, Canadians are more worried about finances

- Prior to the outbreak, only one-quarter (27%) of Canadians worried about making ends meet. Since the outbreak, the proportion has increased to two-fifths (41%).
- Younger Canadians (18-34) did not worry about finances more than other age groups prior to the outbreak, but since the pandemic they are significantly more likely to worry about making ends meet (48% vs. 55+: 29%) and are now on par with 35-54 year olds (48%) who continue to be worried about making ends meet (both before and after COVID).*



SCR15: Before the COVID-19 pandemic reached Canada, did you worry about making ends meet? Base: (Total N=3,005)

SCR16: Considering your current situation, are you now worried about making ends meet? Base: (Total N=3,005)

* The 35-54 group were significantly more likely to worry about making ends meet before the pandemic as well as after (33% and 48%, respectively)



Mental Health Supports

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Since COVID-19 the number of Canadians accessing mental health supports has decreased significantly

BEFORE COVID: one-third accessed support

NET YES 35%

Yes, **one-to-one in-person** with mental health professional (counsellor, psychologist, psychiatrist, etc.) 23%

Yes, one-to-one virtually **VIA ONLINE** (video chat) with mental health professional (counsellor, psychologist, psychiatrist, etc.) 3%

Yes, one-to-one virtually **VIA VERBAL PHONE CALLS** with mental health professional (counsellor, psychologist, psychiatrist, etc.) 3%

Yes, one-to-one virtually **VIA TEXTING/MESSAGING** with mental health professional (counsellor, psychologist, psychiatrist, etc.) 1%

Yes, my family doctor / GP 12%

Yes, group treatment/therapy 2%

Yes, trained peer support 1%

Yes, other mental health supports 3%

NET NO 61%

No - Needed mental health supports, but did not access any such supports 7%

No - Did not need mental health supports (and did not access any) 54%

Prefer not to answer 4%

SINCE COVID: less than a one-fifth accessed support

NET YES 19%

6%

6%

5%

1%

6%

1%

1%

2%

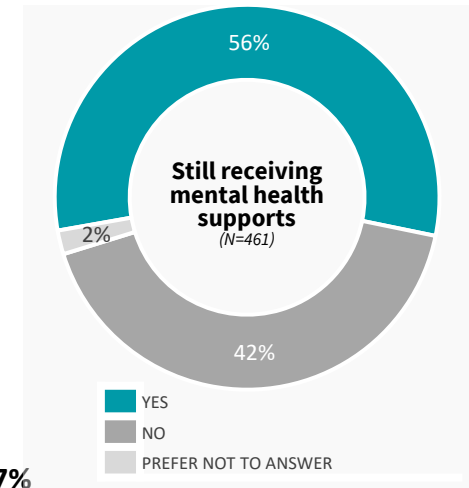
NET NO 77%

15%

62%

4%

A majority of those receiving mental health support before COVID still have support but two-fifths do not



Younger Canadians 18-34 are more likely to continue to access supports since COVID (30% vs. 35-54: 24%; 55+: 8%)

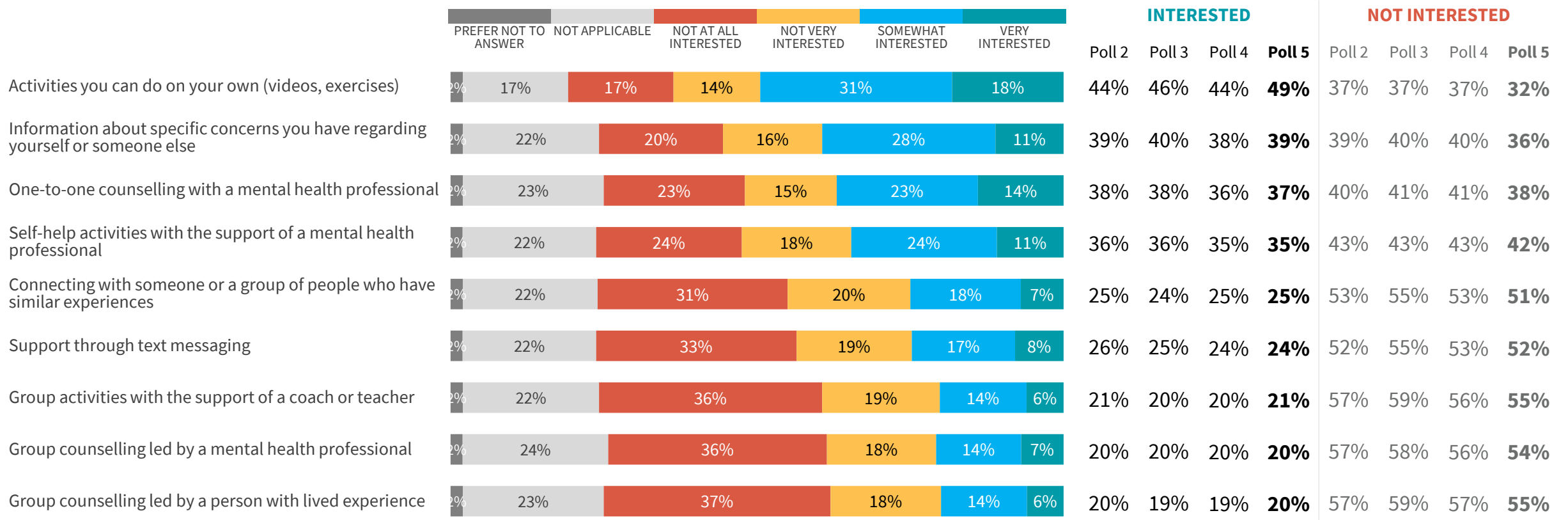
B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total N=3,005)

B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: N=3,005)

B14. Are you currently still receiving these mental health supports? (Total: N=605)

Canadians continue to be most interested in individual activities and mental health information

- Canadians continue to be most interested in activities they can do on their own (49%, +5 since Poll 4) and less interested in activities involving a group (only one-fifth are interested in group activities or counselling).

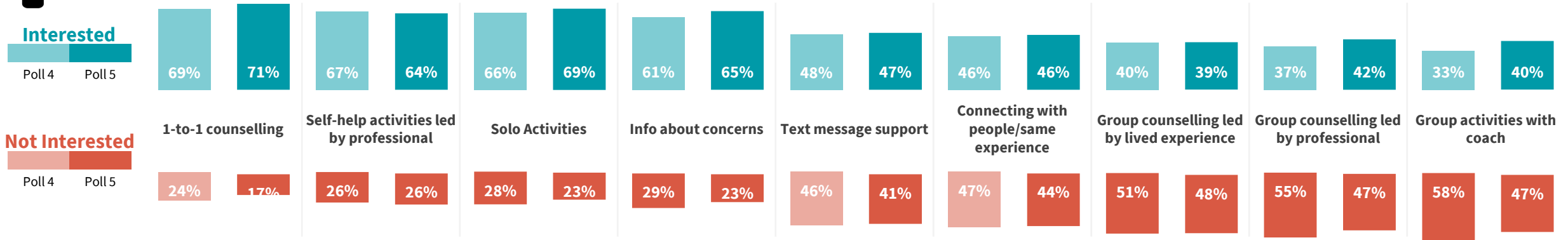


B5. How interested would you be in obtaining more information about each of the following mental health services either for yourself or to get information for someone else?
Base: (Total N=3,005)

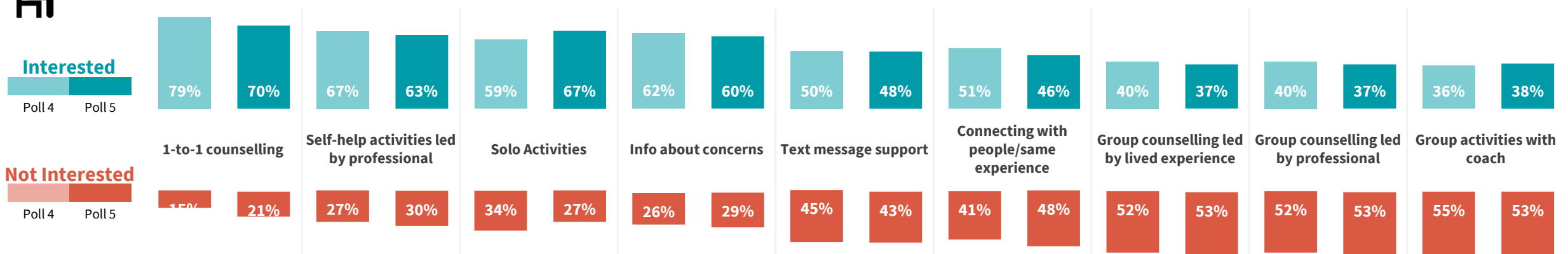
Canadians suffering from anxiety/depression want one-on-one professional support or activities that they can do on their own



High Anxiety since COVID (rated 9-10)



High Depression since COVID (rated 9-10)



B5. How interested would you be in obtaining more information about each of the following mental health services either for yourself or to get information for someone else?
 Base High Anxiety (n=331) High Depression (n=253)



Lesli Martin, Vice President, Pollara
Michael Cooper, Director, MHRC

Thanks to Dr. David Dozois, MHRC Board Member & National Spokesperson



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