



Mental Health During COVID-19 Outbreak: Poll #7



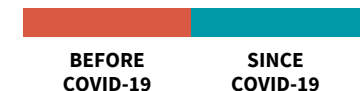
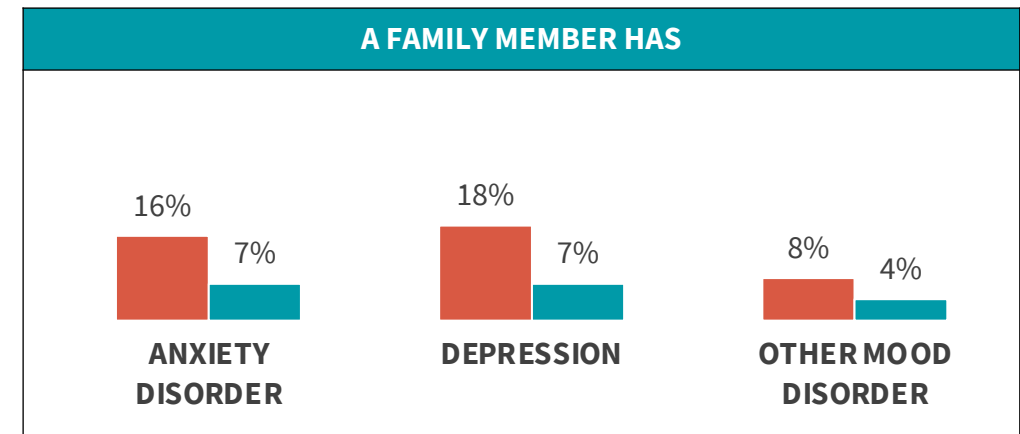
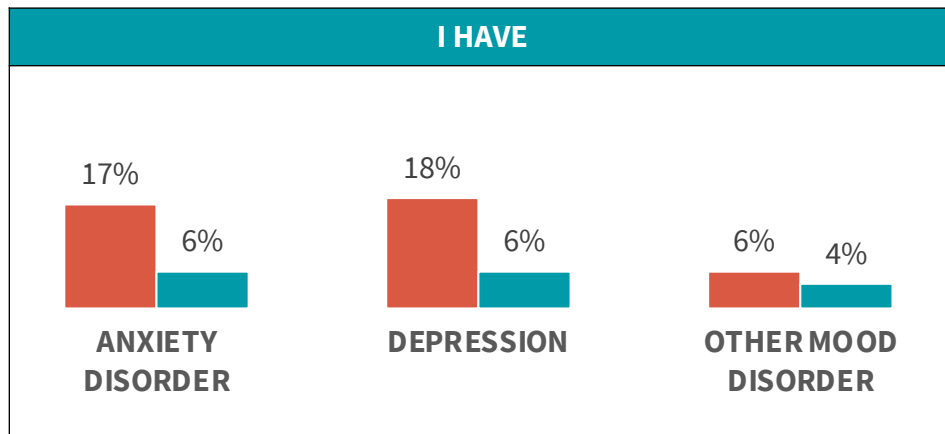
June 2021

Major Findings

- **Anxiety has decreased significantly since the height of the third wave of COVID-19.** Self-rated levels of high anxiety among Canadians has decreased to 24% (from 28% in Poll 6 and). This decrease is seen primary in Canadians 55+; high self-rated levels of anxiety among younger Canadians remain consistent (18-34 32%, 35-54: 27%). Overall, depression hasn't moved since Poll 6.
 - The percentage of Ontarians experiencing high levels of anxiety has decreased (from 33% in Poll 6 to 27% in Poll 7). However, the province maintains the highest levels of anxiety and depression.
- **16-17 year olds are showing higher levels of depression than any other age group.** Though less likely to have received a mood disorder diagnosis, high self rated levels of anxiety have increased from 18% to 30% since the onset of the pandemic, and high self rated levels of depression from 7% (similar to national average) to 25% post-COVID-19. In comparison, 19% Canadians aged 18-34 are reporting high levels of depression.
- **Canadians who have not received at least one dose of a vaccine are reporting higher self-rated levels of depression (19%) than those who are, at least partially, vaccinated (15%).** 83% of Canadians have received at least one dose of a vaccine. Of the 17% who have not yet received at least one dose, half (53%) are indicating hesitancy. 17% will get the vaccine as soon as possible and 19% are intending to get it at some point.
- **20% of younger Canadians (18-34) have thought about suicide in the past year,** 11% in the last three months. Suicidal ideation has remained consistent since our last poll, with 13% of Canadians having thought about suicide in the past year and 8% in the past three months.
- **Frontline healthcare workers are reporting a significant increase in diagnoses of anxiety.** 40% have received a diagnosis, a significant increase from 30% in Poll 6 (April 20-28, 2021) and up from 21% pre-COVID-19. Interestingly, reports of high levels of anxiety have decreased slightly since our last poll. This could be a lagging indicator following months of high levels of stress.
- **The LGBTQ2S+ community in Canada is experiencing high levels of anxiety and depression;** 45% of members of the LGBTQ2S+ community are reporting high self-rated levels of anxiety and 27% high self-rated levels of depression since the onset of the pandemic, this is a substantial increase from pre-COVID-19 levels of 9% and 11% respectively.

One-quarter of Canadians have been diagnosed with anxiety or depression

- Prior to the pandemic, almost one-fifth of Canadians had dealt with a personal or family diagnosis of anxiety (17% personal, 18% family) or depression (18% personal and family). Other mood disorders are less common, with 6% having a personal diagnosis, and 8% a diagnosis in their family.
- Since the onset of COVID-19, an additional 6% of Canadians say they have personally been diagnosed with anxiety or depression respectively. Another 7% say a family member has been diagnosed with anxiety or depression.



Base: (Total n=4,010)

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:

Disorder diagnoses are up among young Canadians and Frontline Healthcare workers



OF THE ONE IN FOUR DEALING WITH A MOOD DISORDER:

- Canadians most likely to be diagnosed with **anxiety**:
 - Females (25% vs. 20% of males) – Diagnosis since COVID-19 is similar among genders (6% men, 5% women)
 - Younger Canadians (18-34: 32%; 35-54: 27% vs. 55+: 13%) – 55+ are least likely to have received a diagnosis since COVID-19 (2% vs. 35-54: 6%; 18-34: 10%). 4% of both younger categories who had been diagnosed since COVID-19 in Poll 6)
 - Canadians with children (under 9: 28%, 10% since COVID-19; under 17: 30%, 9% since COVID-19; no children: 21%, 5% since COVID-19)
 - Employed (25%, 8% since COVID-19 vs. 20% unemployed, 3% since COVID-19).
 - Frontline Healthcare (40%, up from 30% in Poll 6 and from 21% pre-COVID-19).
- Canadians most likely to be diagnosed with **depression**:
 - Females (25% vs. 22% of males) – Diagnosis since COVID-19 similar among genders (5% men, 4% women).
 - Younger and middle aged (18-34: 27%; 35-54: 29% vs. 55+: 17%) – 55+ are least likely to have been diagnosed since COVID (2%).
 - Canadians with children (under 9: 27%; 9 – 17 years 31%; no children; 22%)
 - Ontario (26%) while lowest in Quebec (17%)
 - Frontline Healthcare (38%)

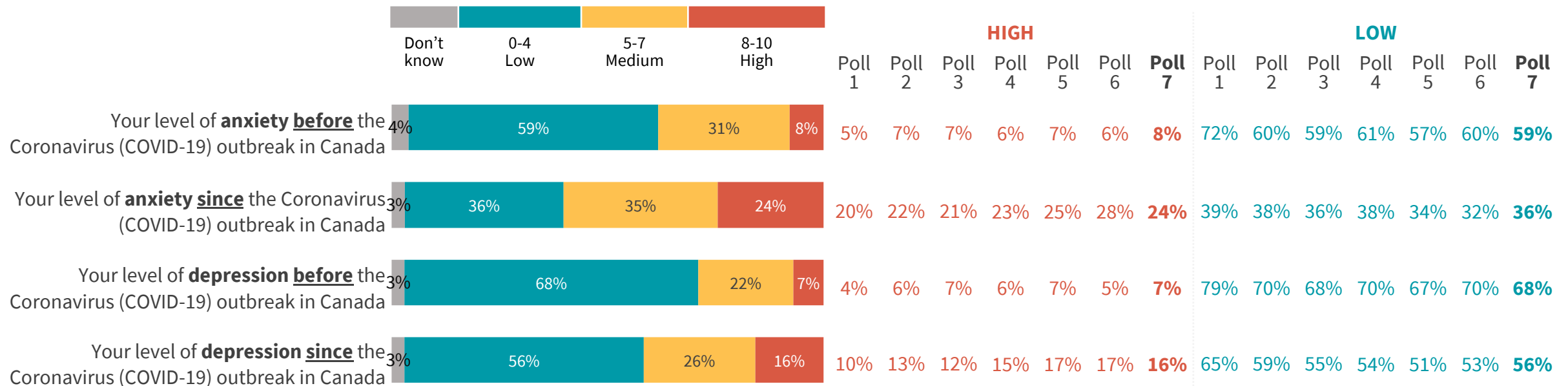
TOTAL % OF HOUSEHOLDS DEALING WITH MENTAL HEALTH CONDITIONS: Almost half of Canadian households have someone diagnosed with a mood disorder

TOTAL YES 46%
(Individual or households suffering from Anxiety or depression or other mood disorder)

(Individual or households suffering from each)	
33%	ANXIETY
36%	DEPRESSION
17%	OTHER

Anxiety levels have declined this poll, but remain higher than they were in 2020

- This poll has seen a decline in the number of Canadians reporting high anxiety (from 28% in Poll 6 to 24%). However, levels remain higher than those we saw in 2020 and remain much higher than the 8% who reported high anxiety levels were high before COVID-19.
- The percentage of Canadians reporting high depression has remained consistent over the last four polls, declining by just 1% (from 17% in Poll 5 and 6 to 16%).

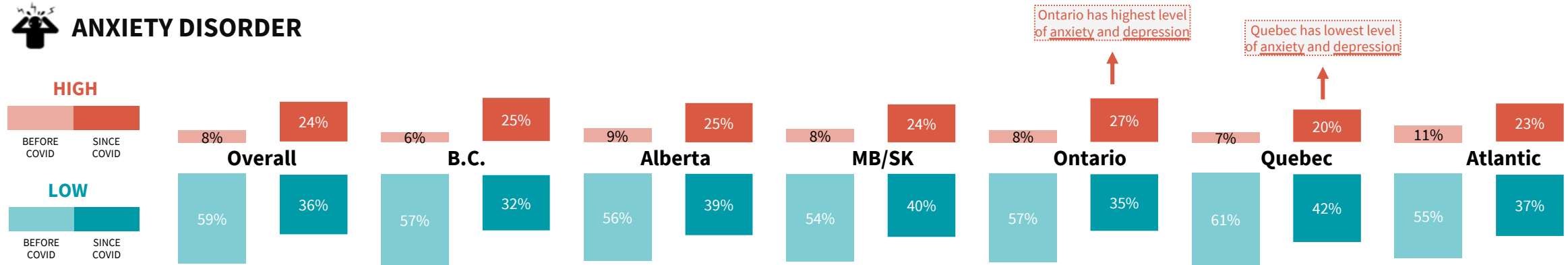


Females and younger Canadians (18-34) are most vulnerable to anxiety and depression

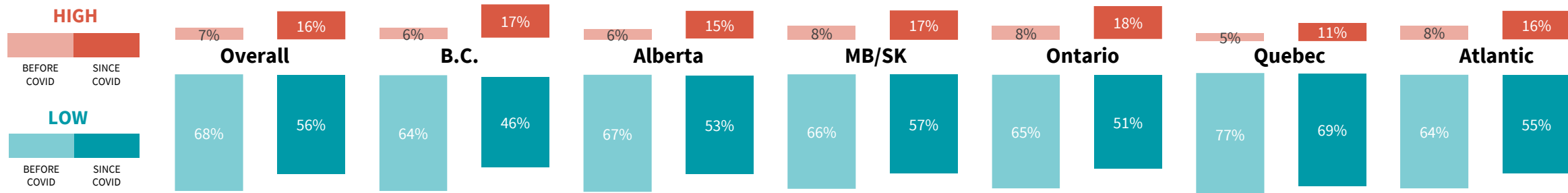
- Canadians most likely to rate **anxiety** high (8-10) since COVID-19:
 - Females – though levels have decreased for both genders (29% -3 women vs. 19% -3 of men)
 - Young Canadians – anxiety levels have decreased primarily among those 55+, while levels in 18-34 year olds remain constant (18-34 32% -1, 35-54: 27% -2; 55+: 17% -5)
 - Those with older children (9-17 years old) in the home - (31%, up 2%) compared to those with no children (23%, down 3%)
 - Ontario residents – continue to have the highest level of anxiety despite a decrease since Poll 6 (27%, down 6%)
 - Frontline healthcare workers – continue to have high anxiety despite a decreased since Poll 6 (32%, down 6%)
 - Canadians familiar with Wellness Together Canada Program (35% vs. unfamiliar: 24%)
 - Members of the LGBTQ2S+ community (37%)
 - Merged data from polls 6 and 7 together show pre-COVID-19 levels of high self-rated anxiety at 9%
- Canadians most likely to rate **depression** high (8-10) since COVID-19:
 - 18-34 and 35-54 (both age groups 19% compared to 9% 55+ - levels have declined among 18-34, down 4%, while increasing among 35-54, up 2%)
 - Older children (9-17 years old) in the home (20%, up 4%, vs. children under 9 15%, down 2% or no children 15%, down 1%)
 - Ontario residents (18%, with levels in Quebec being the lowest 11%)
 - Familiar with Wellness Together Canada Program (26% vs. unfamiliar: 15%)
 - Members of the LGBTQ2S+ community (28%)
 - Merged data from polls 6 and 7 together show pre-COVID-19 levels of high self-rated depression at 11%

Ontario continues to report the highest levels of anxiety and depression

ANXIETY DISORDER



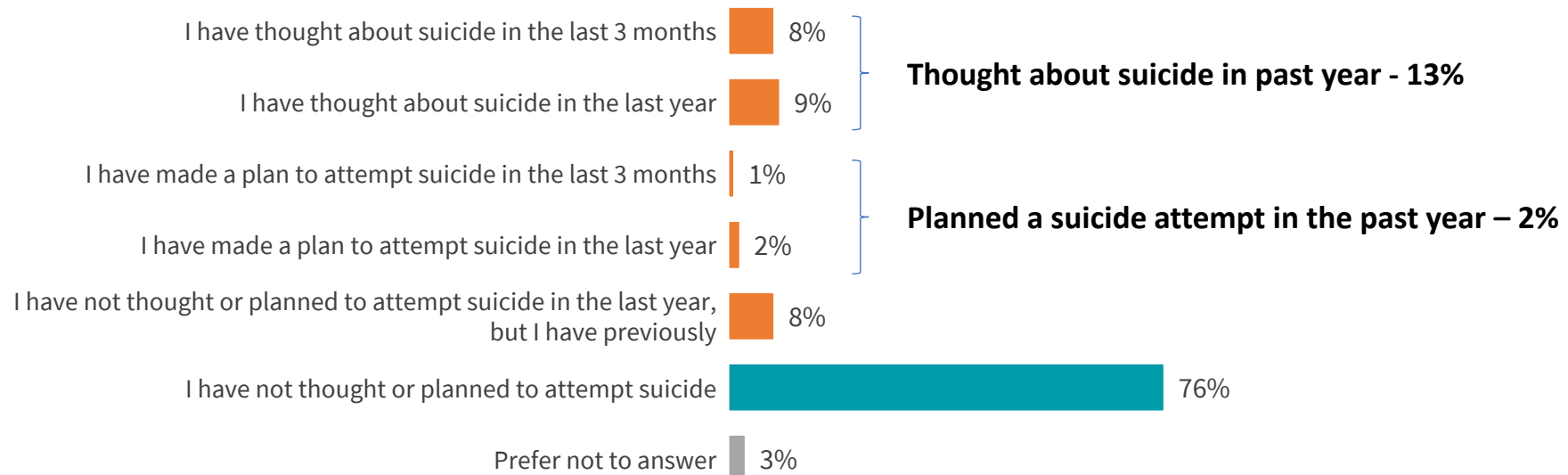
DEPRESSION



More than one-in-ten Canadians have thought about suicide in the past year

- Thoughts of suicide are more predominant among younger people, with 20% of 18-34 year olds having thought of it in the past year (11% in the past three months), and 3% having planned an attempt in the past year (1% in the past three months).
- Thoughts of suicide are also higher among those who live alone (15% past year).
- One-fifth (20%) of frontline healthcare workers have thought about suicide in the past year (27%) and 6% have planned an attempt.
- Those who rate their anxiety and depression as high (rated 9-10) since COVID-19 have more thoughts of suicide. More than half (53%) of those with high depression have thought of it in the past year (36% in the past three months) and almost one-in-ten (9%) have planned an attempt in the past year (7% in the past three months). Of those rating their anxiety as high, 36% have thought about suicide in the past year (23% in the past three months) and 6% have planned an attempt in the past year (3% in the past three months).

THOUGHTS RELATING TO SUICIDE

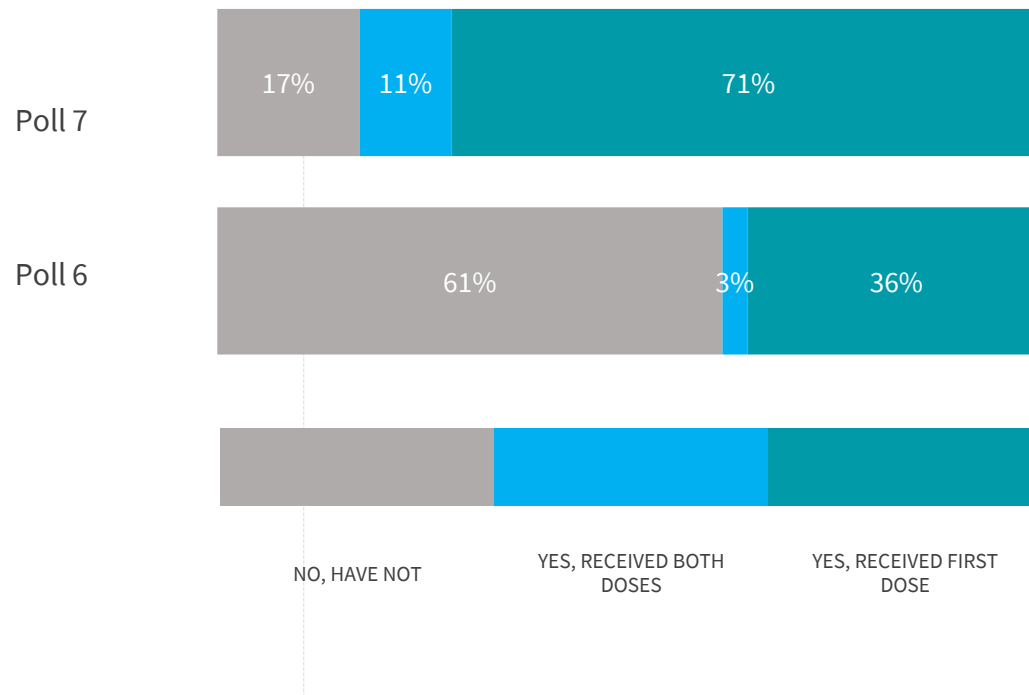


16-17 years old are more prone to mental health disorders

- While 16-17 years old are less likely to have received a diagnosis of anxiety or depression, they have a higher incidence of showing signs of these conditions:
 - Levels of high anxiety both before (18%) and since (30%) COVID-19 are higher than the national average (8% and 24%);
 - While pre-COVID-19 levels of high depression are on par with the average (7%), since COVID-19 is higher than the national average at 30% and the next closest age group (18-34: 25%).
 - More likely to experience symptoms of a severe mental disorder (GAD-7 30% moderate to severe, PHQ-9 44% moderate/severe to severe)
 - Half (50%) feel their mental health impacts their ability to function.
 - Almost three-fifths (58%) have felt impaired and 14% have lost days due to mental health, which is higher than 18-34 year olds (28% and 9% respectively)
 - 33% have thought of suicide in the past year (compared to 20% 18-34 year olds), 18% in past three months (compared to 11% 18-34 year olds), 6% have planned a suicide attempt in past year.
- Paired with these mental health challenges, 16-17 year olds are less resilient (8% high vs. 22% national average; 18-34: 14%), and pre-COVID-19 challenges in management of stress, anxiety or depression remain a factor.

Four-fifths of Canadians have received at least one dose of a vaccine

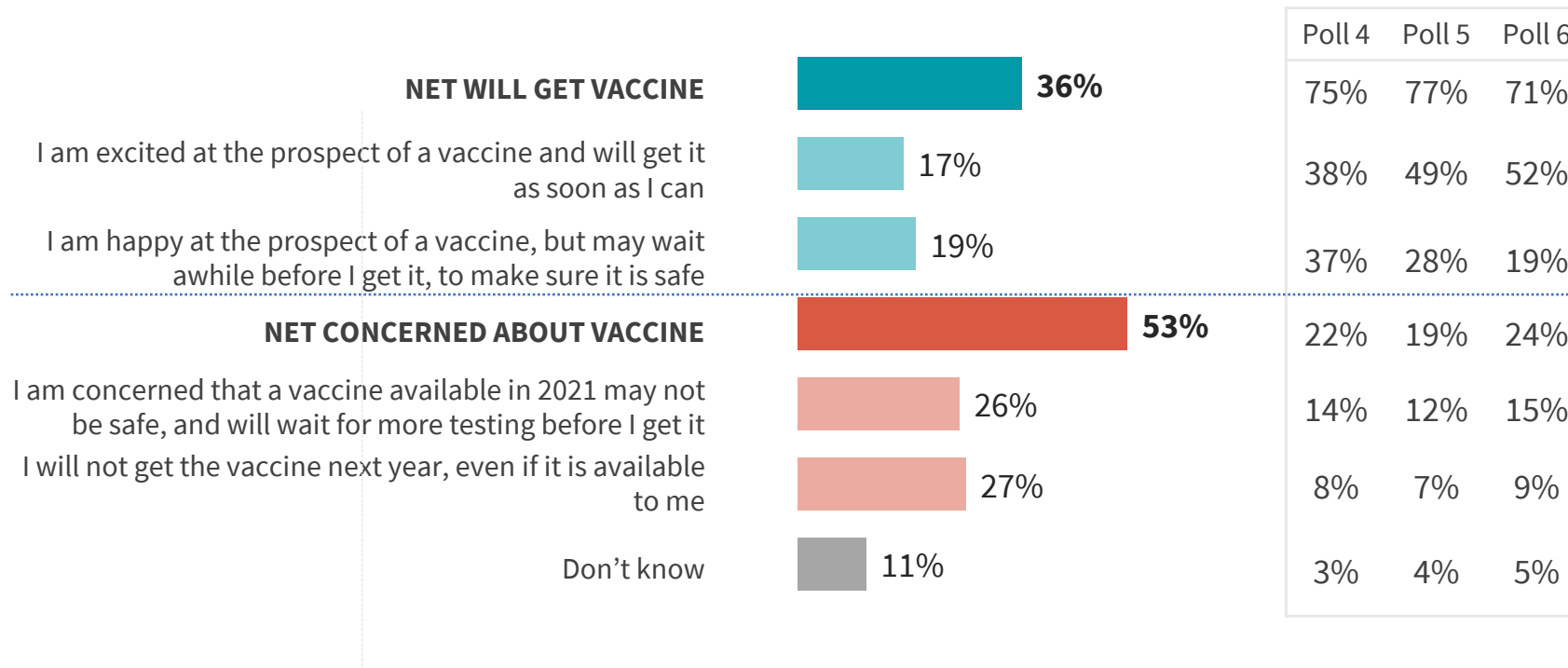
- A vast majority of Canadians have received a vaccine (83%), with most (71%) receiving only one dose, and 11% receiving both.
- Incidence of getting at least one vaccine is highest in Quebec (88%) and is lowest in Alberta (78%).
- Vaccine doses seem to have no impact on feelings of high anxiety. However, those who are not vaccinated are more likely to report high levels of depression than those who have received one or both doses (19% vs. 15% have received a vaccine).



Canadians who have received at least first dose – 83%

Half of Canadians who have not received a vaccine are hesitant to do so

- 17% of Canadians have not yet received a first dose of a vaccine, half of those (53%) are hesitant to do so, with 26% saying they may wait and 27% saying they will not get it.
- Of those who are not yet vaccinated, hesitancy is highest in Alberta (64%) and among 35-54 year olds (62%) and 55+ (65%). While 18-34 year olds are least likely to have been vaccinated thus far (76%) they are most likely to say they will get it when they can (48%).
- While depression rates are similar for those who are excited to get a vaccine (16%) as to those who have already gotten a vaccine (15%), on all other categories (might wait (23%), will wait (18%) and will not get at all (22%) it is notably higher.





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