



# Mental Health During COVID-19 Outbreak: Poll #10

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# Methodology

**Methodology:** This online survey was conducted among a sample of 3,701 adult Canadians. This was the tenth poll of this study (see below). Results between the polls are compared where applicable.

**Weighting:** Two provinces, Nova Scotia and Prince Edward Island, have been upsampled in this poll. National results have been weighted by the most current census data in terms of gender, age, & region to ensure the total sample is representative of the population as a whole.

| National   | Interview Dates           | Number of Interviews | Margin of Error | Poll Ten         | Number of Interviews | Margin of Error |
|------------|---------------------------|----------------------|-----------------|------------------|----------------------|-----------------|
| Poll One   | April 22 to 28, 2020      | 1,803                | ±2.3%           | British Columbia | 379                  | ±5.0%           |
| Poll Two   | August 21 to 31, 2020     | 4,010                | ±1.5%           | Alberta          | 325                  | ±5.4%           |
| Poll Three | October 22 to 28, 2020    | 2,004                | ±2.2%           | Prairies         | 197                  | ±7.0%           |
| Poll Four  | December 10 to 18, 2020   | 2,761                | ±1.9%           | Ontario          | 1136                 | ±2.9%           |
| Poll Five  | February 1 to 8, 2021     | 3,005                | ±1.8%           | Quebec           | 712                  | ±3.7%           |
| Poll Six   | April 20 to 28, 2021      | 4,005                | ±1.5%           | Atlantic Canada  | 952                  | ±3.2%           |
| Poll Seven | June 7 to 13, 2021        | 4,010                | ±1.5%           |                  |                      |                 |
| Poll Eight | August 17 to 24, 2021     | 3,010                | ±1.8%           |                  |                      |                 |
| Poll Nine  | October 22 to Nov 3, 2021 | 4,108                | ±1.5%           |                  |                      |                 |
| Poll Ten   | December 13 to 22, 2021   | 3,701                | ±1.6%           |                  |                      |                 |

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

# Major Findings

- Canadians who have been impacted by mental health challenges, whether through their own diagnosis or that of a loved one, feel that **improving mental health service provisions should be the most important focus** for mental health research (59%). This is followed by building support around individuals impacted by mental health challenges (32%).
- Beyond a research specific focus, those or loved ones of those who have received a mental health diagnosis before or since COVID-19 feel that **ending the stigma around mental health challenges, as well as the impact of the COVID-19 pandemic on mental health should be Canada’s highest priorities at this time**. Both of these responses received 12% of the “top priority” vote among a list of 13 potential areas including the effectiveness of virtual health services and the mental health of children.
- One third of parents are reporting the availability, or imminent availability, of this vaccine for their children as having had a positive impact on their mental health, while nearly half (47%) say it hasn’t had any impact. There is not a significant difference in the mental health indicators of parents with have/will vaccinate their children versus those who won’t.
- **Overall high levels of anxiety (24%) have not changed since Poll 9** and have done so only marginally since Poll 7 (June 2021). High self-reported levels of depression have been even more stagnant, moving only marginally outside 15% since Poll 4 (December 2020).

# Major Findings

- Despite the heightened likelihood of pandemic measures (lockdowns, restrictions etc.) that many Canadians are currently facing due to Omicron as well as the immense spike in reported cases, **self reported anxiety and depression remained stable, and the reported fear of catching COVID-19 (33% to 35) as well as the continuing threat over the COVID-19 virus (66% to 70%) were only marginally increased.**
  - The emergence of the Omicron variant has 65% of Canadians concerned (which is the same percentage of Canadians who are concerned about COVID-19 in general) and is having a negative impact on the mental health of nearly half of Canadians (45%).
- Results of the Kessler 10 scale of psychological distress indicate the highest percentage we have seen of Canadians experiencing symptoms of a severe mental disorder (44%). **Half of all healthcare workers are likely to be classified as severe using this scale, indicating a major mental health crisis within this sector.**
- The impact of economic downturn is having an increasingly negative effect on the mental health of Canadians. Though its overall impact is only slightly higher than Poll 9 (38% to 42%), a larger percentage of **unvaccinated Canadians have concerns about potential job loss** (46% vs. 36% overall).



# Key Findings

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# High anxiety and depression continue to impact many Canadians, with improvement in anxiety coming to a halt

- Although Poll 9 showed slight improvement in the mental health of Canadians, this progress has not continued through to Poll 10. Levels of high anxiety and depression have remained consistent since the last poll (24% and 15% respectively).
- Additionally, **reported levels of anxiety and depression continue to be serious**. While the likelihood of moderate to severe symptoms of anxiety on the GAD-7 (14%) and moderately severe to severe symptoms of depression on the PHQ-9 (12%) scales has not changed, those classified as likely to have severe symptoms of anxiety or depression using the Kessler 10 has increased (38% to 44%). There has also been a slight increase in the number of Canadians who say they are not handling their feeling stress, anxiety and depression well (from 19% to 21%).
- Anxiety and depression are still having a negative impact on the lives of Canadians. **One-quarter continue to feel the negative effect of their mental health on their ability to function**, one-fifth of whom are experiencing a loss of productivity and one-tenth a loss of days.
- One-sixth of the Canadians have thought about suicide in the past year, consistent to findings of Poll 9. This is even higher among younger Canadians, **within the last three months 22% of Canadians aged 16-17 have experienced suicide ideation**.

# Most Canadians have received at least two doses of vaccine while nearly half of eligible children have had at least one shot

- **Nine-in-ten Canadians have received two doses of vaccine.** While only 15% have received a booster, half plan to get it as soon as they can. Nearly half of parents say their 5 to 11 year olds have received at least one vaccine while another 16% say their children will receive it as soon as possible.
- At this stage in the vaccination roll out, vaccine status has little impact on mental health, those who are not vaccinated are feeling the same level of anxiety and depression and scoring similarly on the Kessler-10, GAD-7 and PHQ-9 tests. **Vaccinated people are indicating more fear about of the virus, and of the Omicron variant specifically.** Vaccinated people are also more likely to report the Omicron variant as having a negative impact on their mental health.
- **The mental health impacts of vaccine mandates continue to be more positive than negative.** That said, there has been an increase in the number of people who consider this mandate to have a negative effect on their mental health, as compared to Poll 9 (16% vs. 11% respectively). The availability of a vaccine for children also has more of a positive than a negative impact on mental health (32% vs 10% respectively).
- The gap between anxiety and depression between vaccinated and unvaccinated has shrunk to the point of insignificance.



# Results in Detail

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# Anxiety and Depression in the COVID-19 Outbreak

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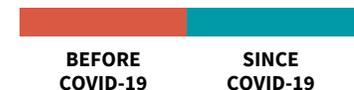
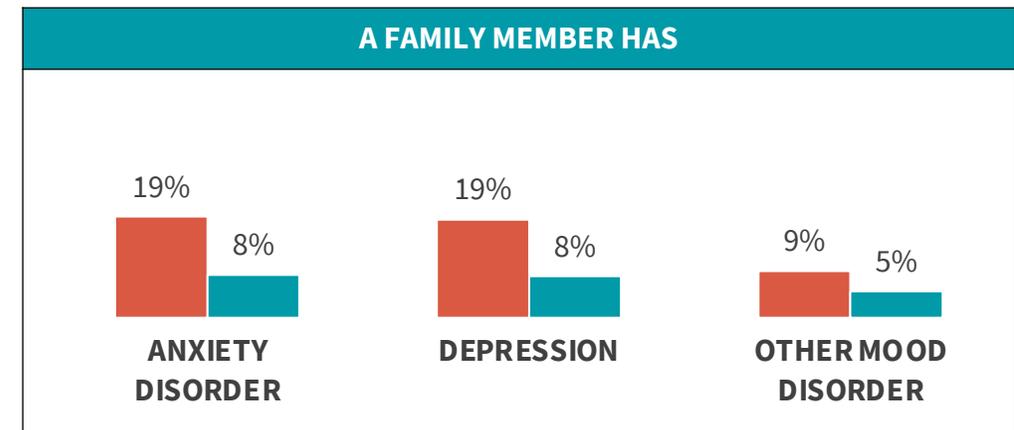
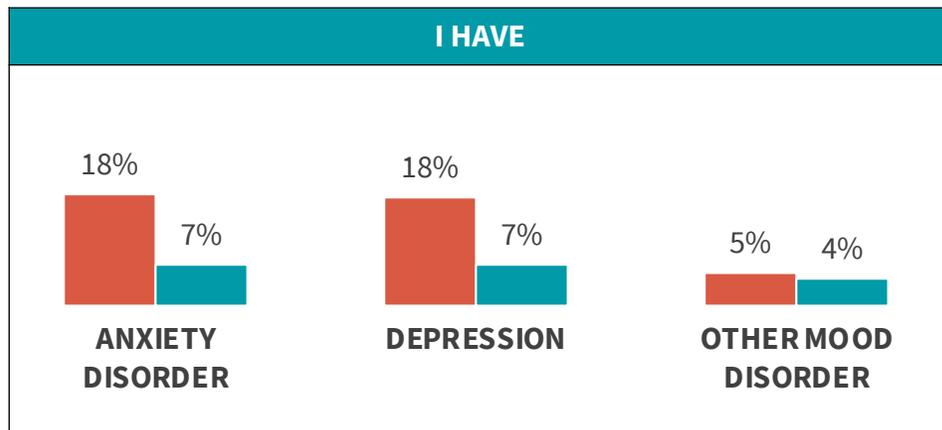
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# A quarter of Canadians have been diagnosed with anxiety or depression

- Prior to the pandemic, almost one-fifth Canadians had experienced a personal or family diagnosis of anxiety (18% personal, 19% family) or depression (18% personal, 19% family). Other mood disorders are less common, with 5% having a personal diagnosis, and 9% a diagnosis in their family.
- Since the onset of COVID-19, an additional 7% say they have personally been diagnosed with anxiety and 7% depression and an additional 8% say a family member has been diagnosed with anxiety or depression.



Base: (Total n=3,701)

**A1A.** 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:

**A1B.** Have a close family member 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:

# Mental health disorder diagnoses are more frequent among young Canadians and Frontline Healthcare workers

- Canadians most likely to be diagnosed with **anxiety**:
  - Women (29% vs. 20% of men) – Diagnosis since COVID-19 is similar among genders (7% men, 6% women)
  - Younger and middle aged (16-17: 38%, 18-34: 35%; 35-54: 26% vs. 55+: 16%) Canadians 55+ are least likely to have diagnosed since COVID-19 (3% vs. 35-54: 7%, 18-34: 12%, 16-17: 9%)
  - Canadians with children (under 9 years old: 33%, a 14% increase since COVID-19 vs. no children: 23%, a 5% increase since COVID-19)
  - Unemployed (36%, a 7% since COVID-19 vs. employed: 27% an 8% increase since COVID-19)
  - Front-line Healthcare (32%, a 14% increase since COVID-19 – though down by 6% since Poll 9)
- Canadians most likely to be diagnosed with **depression**:
  - Younger and middle aged (16-17: 30%, 18-34: 30%; 35-54: 28% vs. 55+: 18%) Canadians 55+ are least likely to have been diagnosed since COVID-19 (2%).
  - Canadians with children (under 9 years old: 29% vs. no children: 23%)
  - Women (29% vs. 19% of men) – Diagnosis since COVID-19 is similar among genders (7% women, 6% men)
  - Unemployed (36%, an increase of 7% since COVID-19 vs. employed: 26%, an increase of 9% since COVID-19)

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

**TOTAL YES 36%**  
(Individual or households suffering from Anxiety or depression or other mood disorder)

|  |                   |
|--|-------------------|
| (Individual or households suffering from each) |                   |
| <b>38%</b>                                     | <b>ANXIETY</b>    |
| <b>37%</b>                                     | <b>DEPRESSION</b> |
| <b>18%</b>                                     | <b>OTHER</b>      |

Base: (Total n=3,701)

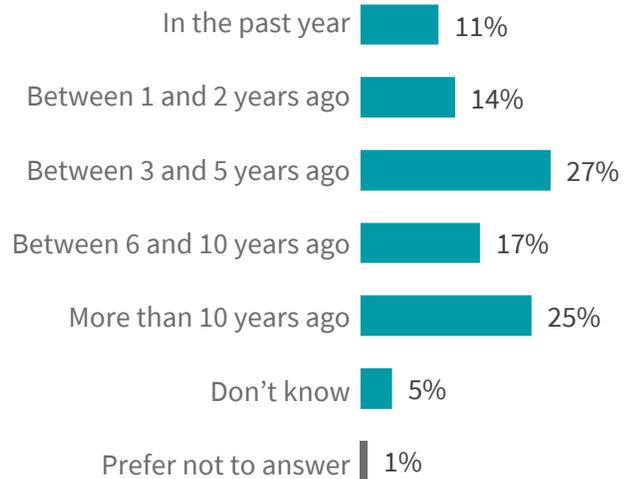
**A1A.** Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

**A1B.** Have a close family member 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:

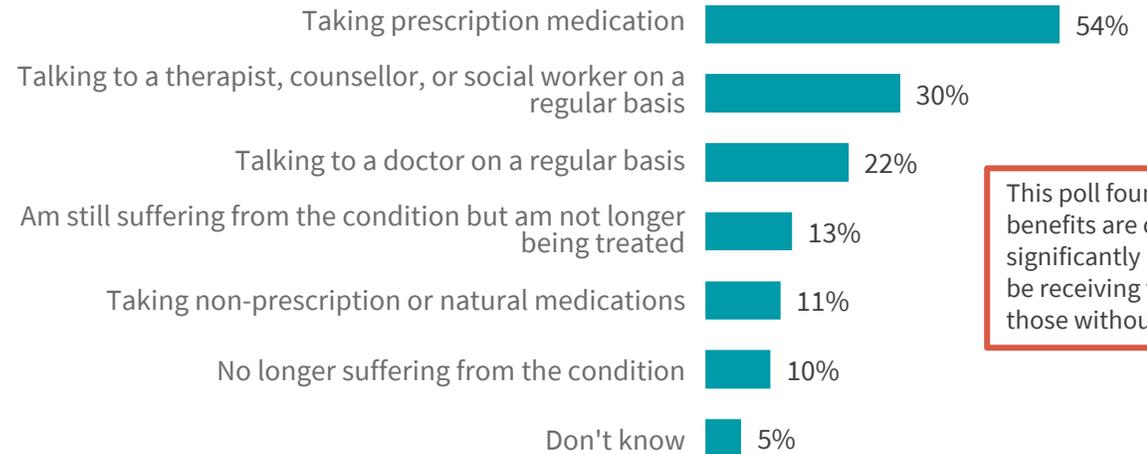
# Almost three quarters of Canadians with a mental disorder receive treatment; Prescription medications are most common

- **One-quarter (25%)** of those with a mental health diagnosis received it in the past two years, with 11% receiving it in the past year.
- **Three-quarters (73%)** of those who have had a personal or family diagnosis are doing something to treat the condition; Prescription medication are the most common (54%), and three-in-ten Canadians talk to a therapist (30%) or a doctor (22%) on a regular basis.

## LENGTH OF TIME SINCE DIAGNOSIS



## TREATING MENTAL HEALTH CONDITIONS: 73% Receiving treatment



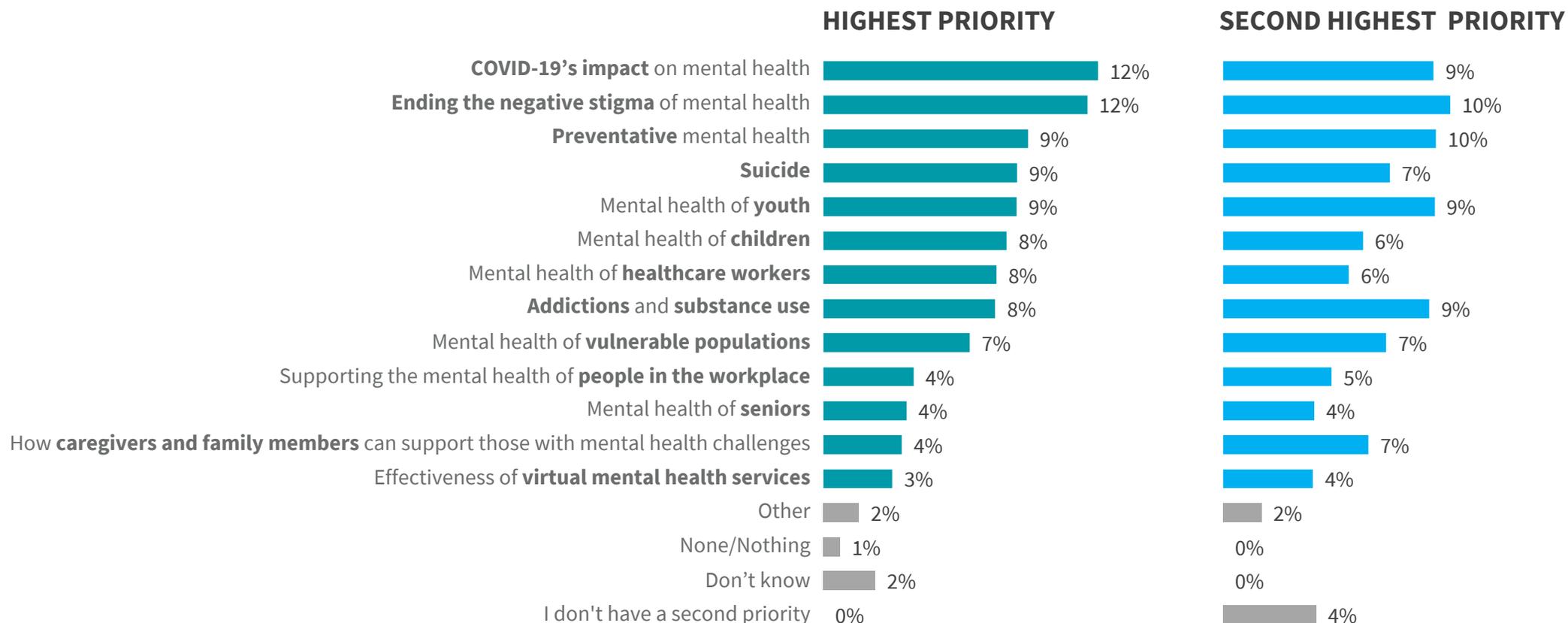
This poll found those with benefits are only significantly more likely to be receiving treatment than those without (78% vs. 67%)

**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=1,456)

**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=1,821)

# COVID-19's impact and ending the negative stigma associated with mental health should be the highest priority in Canada

- More than one-in-ten Canadians dealing with a mental health challenge (self or family) reported that the COVID-19's impact health (12%) and ending the negative stigma (12%) should be the highest mental health priority in Canada.

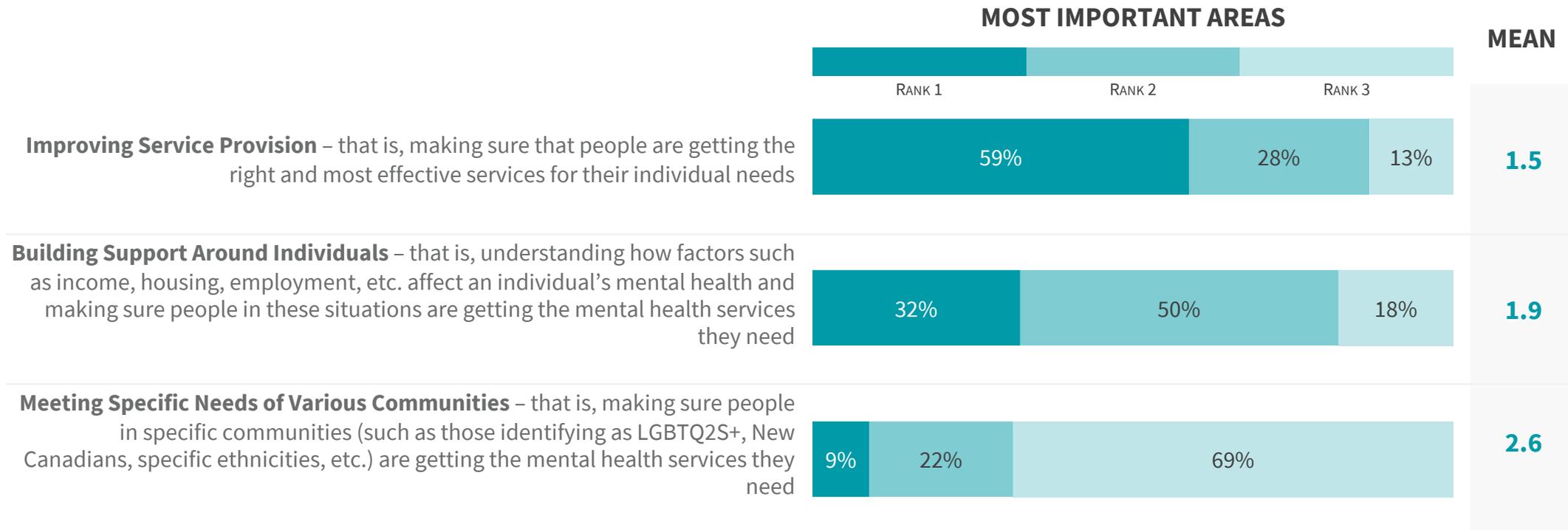


**A1E.** In your opinion, which of the following do you think should be the highest priority in mental health in Canada at this time?

Base: Those who received diagnosis before or since COVID-19 n=1,821

# Improving service provision is considered the most important area of research

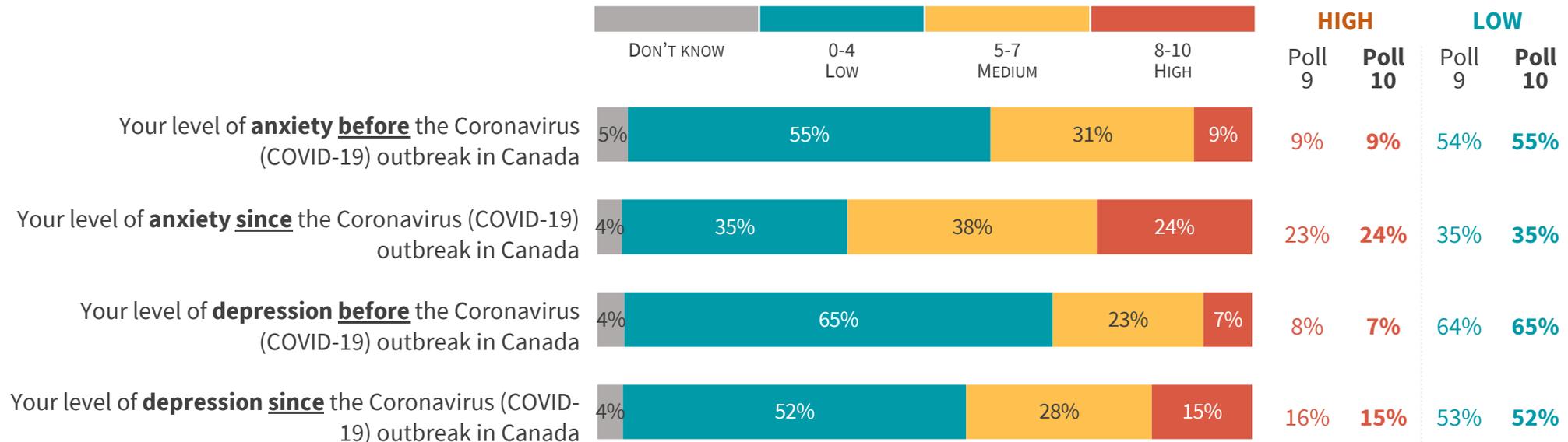
- Three-fifths of the Canadians dealing with a mental health issue (self or family) ranked ‘improving service provision’ as the number one area that should be researched. A higher percentage of older (55+) Canadians than younger (65% vs. 16-17 46%, 18-34 52%, and 35-54 58%) and employed Canadians (58% vs. students: 48%) want research in this area .
- ‘Building support around individuals’ was considered the second most important area with one-third (32%) ranking it first and half ranking it second. Younger Canadians consider this more important than other age groups (rating first: 16-17: 40%, 18-34: 36%, 35-54: 33% vs. 55+: 28%).
- ‘Meeting needs of various communities’ is considered by most to be the least least important area listed, with only 9% ranking it first while 69% rank it last.



**A1F.** Thinking about possible areas which could be researched in terms of mental health, please rank order the following three research areas in terms of how important they are, in your opinion. Base: Those who received diagnosis before or COVID-19 n=1,821

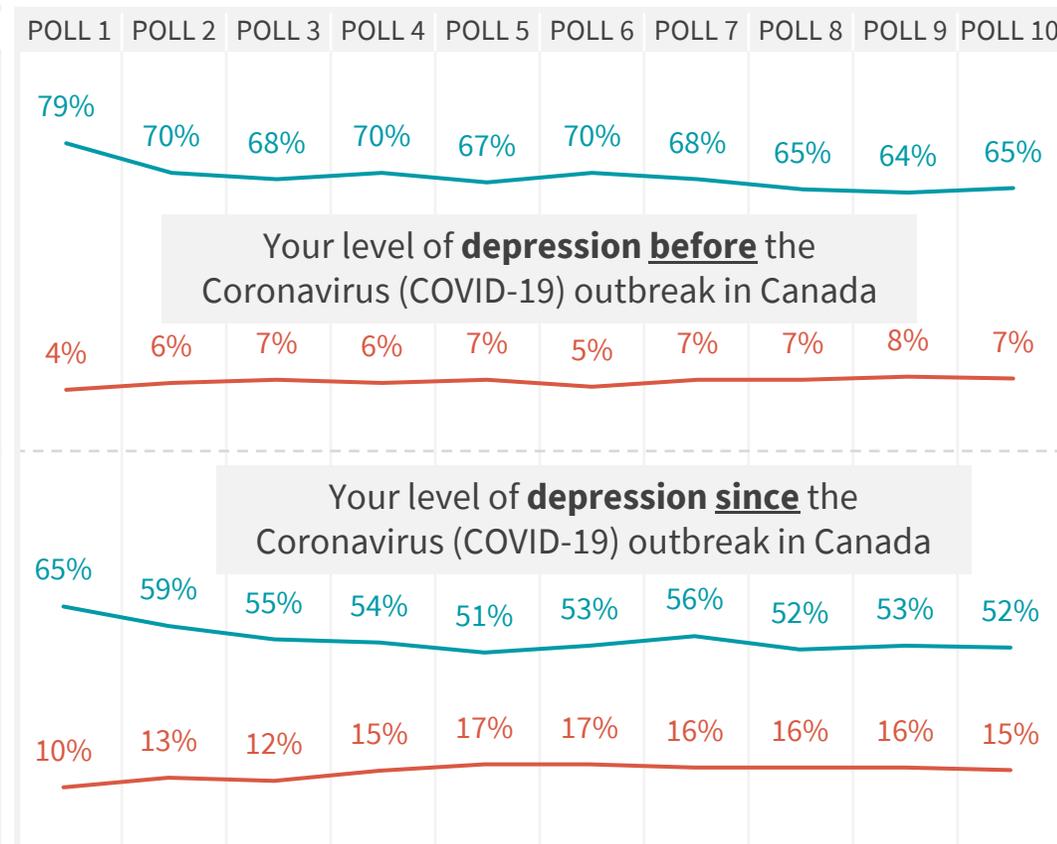
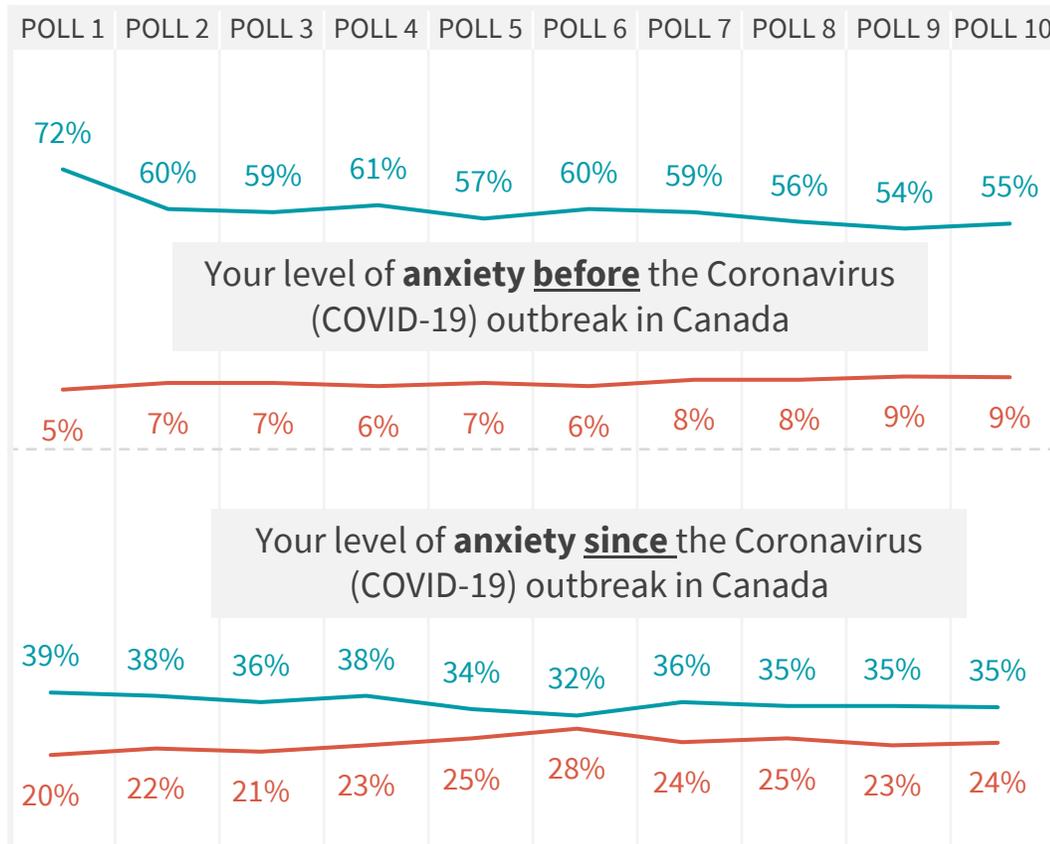
# Levels of both high anxiety and depression remained consistent this poll

- Despite two-fifths of Canadians (45%) feeling the Omicron variant of the COVID-19 virus has had a negative impact on their mental health, levels of anxiety and depression remained consistent in December, compared to October.
- A quarter of Canadians said they are experiencing high anxiety, which continues to be much higher than before COVID-19.
  - Anxiety continues to be worse for younger Canadians (16-17: 31%, 18-34: 30%, 35-54: 27%, 55+: 16%), and those who are unemployed (39%). Alberta and Ontario residents reported experiencing high levels of anxiety in this poll (27% and 26% respectively).
  - Members of the LGBTQ2S+ community are experiencing higher levels of anxiety (35%).
- The percentage of Canadians reporting high levels of depression has remained consistent with Poll 9 findings.
  - Depression also continues to be worse for younger Canadians (16-17 :26%, 18-34: 21%, 35-54: 17%, 55+: 9%), as well as among the unemployed (28%).
  - Frontline healthcare workers have higher levels of depression (20%).
  - Members of the LGBTQ2S+ community experience higher levels of depression (26%).
- Vaccine status has shown little impact on levels of high anxiety or depression.



A2A. Please rate each of the following using the scale 0-10 where "10" is Extremely high and "0" is None. Base: (Total n= 3,701)

# Self-rated levels of anxiety levels and depression have remained consistent since Poll 9

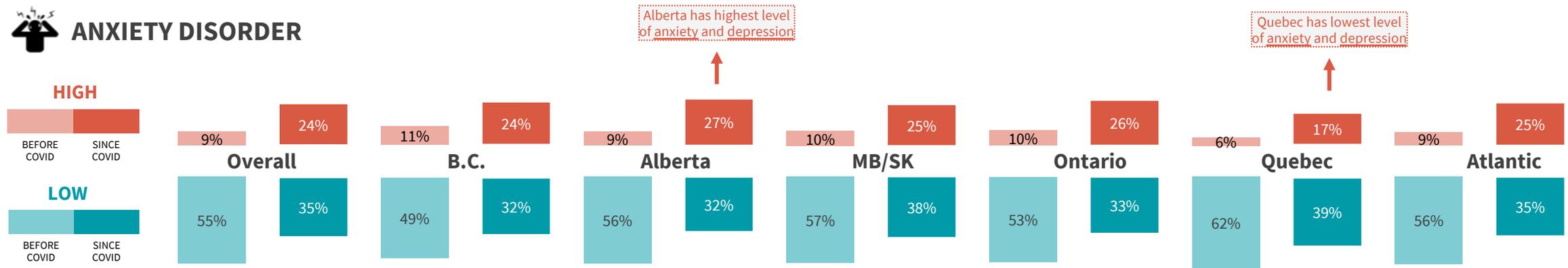


LOW  
HIGH

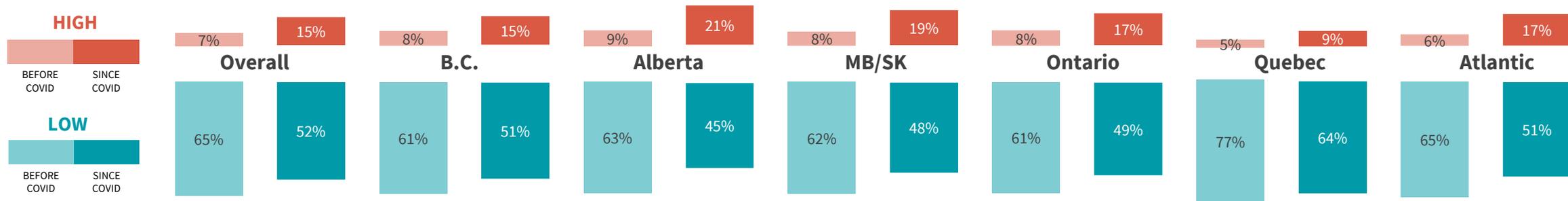
A2A. Please rate each of the following using the scale 0-10 where "10" is Extremely high and "0" is None. Base: (Total n= 3,701)

# While Alberta has the highest reported levels of anxiety and depression with depression up 3% since October

## ANXIETY DISORDER



## DEPRESSION



# More than half of the Canadians are indicating moderate or severe symptoms of anxiety and depression using the Kessler 10

- **Three-fifths (62%) of the Canadians who rated their anxiety or depression high since COVID (8-10) are likely to have a moderate (18%) or severe (44%) mental health disorder**, while two-fifths (38%) are likely to have a mild (19%) or no (19%) mental health disorder. While proportions of those likely to have at least a moderate disorder has increased only slightly this poll (from 60% to 62%), the severity of the symptoms has increased (those likely to have severe disorder +6%, those likely to have moderate disorder -4%).
- Among those who rate their anxiety or depression as moderate (5-7), **almost one-in-three is likely to have a moderate (14%) or severe (15%) mental health disorder**, while a fifth (21%) are likely to have a mild mental health disorder and half (49%) are likely to have no mental health disorder.
- Canadians more likely to be classified as severe: Younger (16-17\*: 59%, 18-34: 54% vs. 35-54: 40%, 55+: 34%); **frontline healthcare workers (50%)**.
- Those who have not received a vaccine are only somewhat more likely to be classified as severe (50% vs. 43% both shots).

# The healthcare sector is facing a mental health crisis with 50% experiencing severe symptoms of severe anxiety or depression

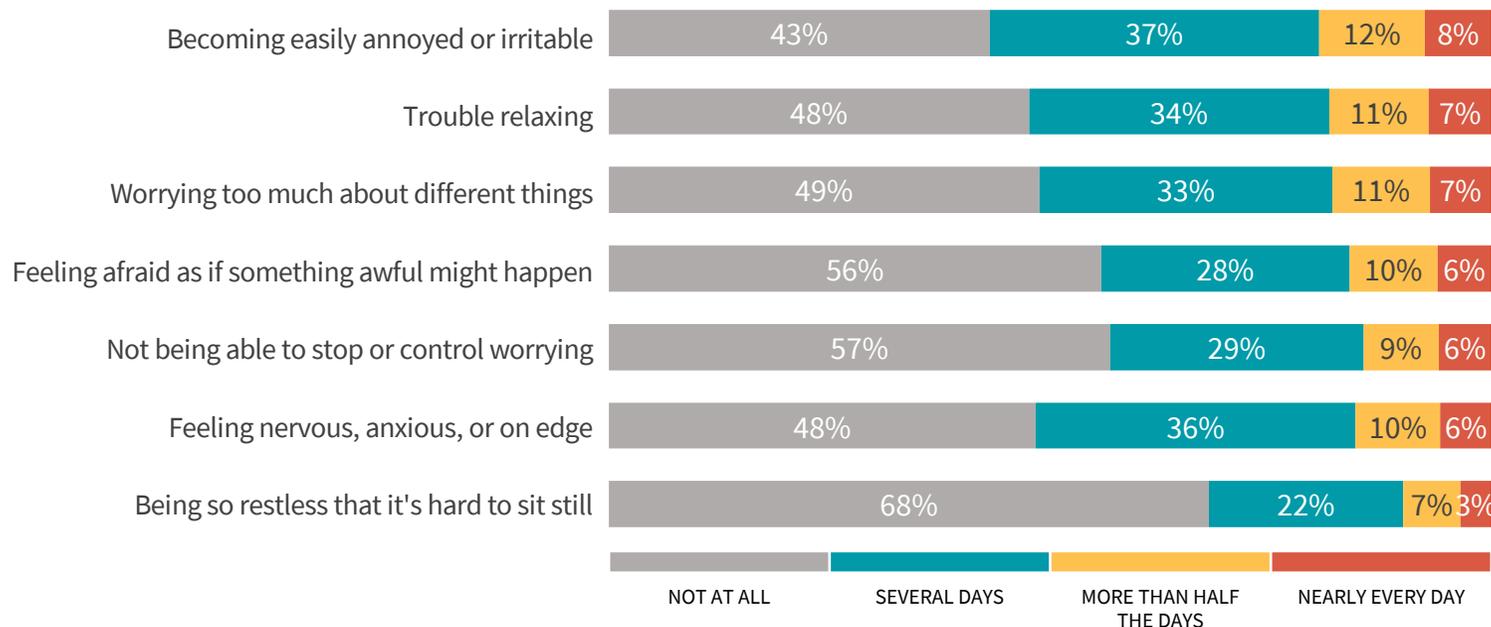
## Mental Health Scores among Canadians with symptoms of high and moderate anxiety or depression since COVID-19

| Psychological Distress 1-5 Point Scale Items | (All/Most) | (None/Little) | Moderate: 5-7 |        |        |        |        | High: 8-10 |        |        |        |     |   |
|--|------------|---------------|---------------|--------|--------|--------|--------|------------|--------|--------|--------|-----|---|
|  |            |               | Poll 10       | Poll 9 | Poll 8 | Poll 7 | Poll 6 | Poll 5     | Poll 4 | Poll 3 | Poll 2 |     |   |
| Tired out for no good reason                 | 29%        | 39%           | 49%           | 19%    | 20%    | 21%    | 20%    | 23%        | 19%    | 19%    | 18%    | 21% | Likely to have <b>no</b> mental health disorder symptoms (<20)  |
| That everything was an effort                | 23%        | 52%           | 21%           | 19%    | 19%    | 20%    | 19%    | 18%        | 18%    | 18%    | 19%    | 16% | Likely to have a <b>mild</b> mental disorder symptoms (20-24)   |
| Nervous                                      | 22%        | 41%           | 14%           | 18%    | 22%    | 22%    | 21%    | 21%        | 20%    | 22%    | 26%    | 21% | Likely to have <b>moderate</b> mental disorder symptoms (25-29) |
| Depressed                                    | 18%        | 56%           | 15%           | 44%    | 38%    | 38%    | 40%    | 37%        | 43%    | 40%    | 36%    | 42% | Likely to have <b>severe</b> mental disorder symptoms (30-50)   |
| Restless or fidgety                          | 18%        | 54%           |               |        |        |        |        |            |        |        |        |     |   |
| Hopeless                                     | 16%        | 62%           |               |        |        |        |        |            |        |        |        |     |   |
| Worthless                                    | 15%        | 68%           |               |        |        |        |        |            |        |        |        |     |   |
| So sad that nothing could cheer you up       | 12%        | 69%           |               |        |        |        |        |            |        |        |        |     |   |
| So restless you could not sit still          | 10%        | 74%           |               |        |        |        |        |            |        |        |        |     |   |
| So nervous that nothing could calm you down  | 9%         | 72%           |               |        |        |        |        |            |        |        |        |     |   |

# One-seventh of the Canadians are experiencing moderate to severe symptoms of anxiety using the GAD-7

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians have symptoms of severe anxiety and 9% have symptoms of moderate anxiety. Scores have remained consistent since including this test in Poll 6.
- Levels of anxiety are highest among younger Canadians, particularly 16-17 year olds (12% severe, 23% moderate), but also 18-34 year olds (8% severe, 13% moderate), particularly compared to those 55+ (2% severe, 5% moderate) and among women (moderate ratings 12% vs. men:7%, severe ratings 5% for both genders). Members of the LGBTQ2S+ community are also more likely to suffer from symptoms of severe (13%) or moderate (14%) anxiety based on this test.
- Those who have not received the vaccine are somewhat more likely to have symptoms of moderate anxiety (12% vs. 9%), while symptoms of severe anxiety are the same regardless of vaccine status.

## Psychological Distress Anxiety Frequency Scale Items



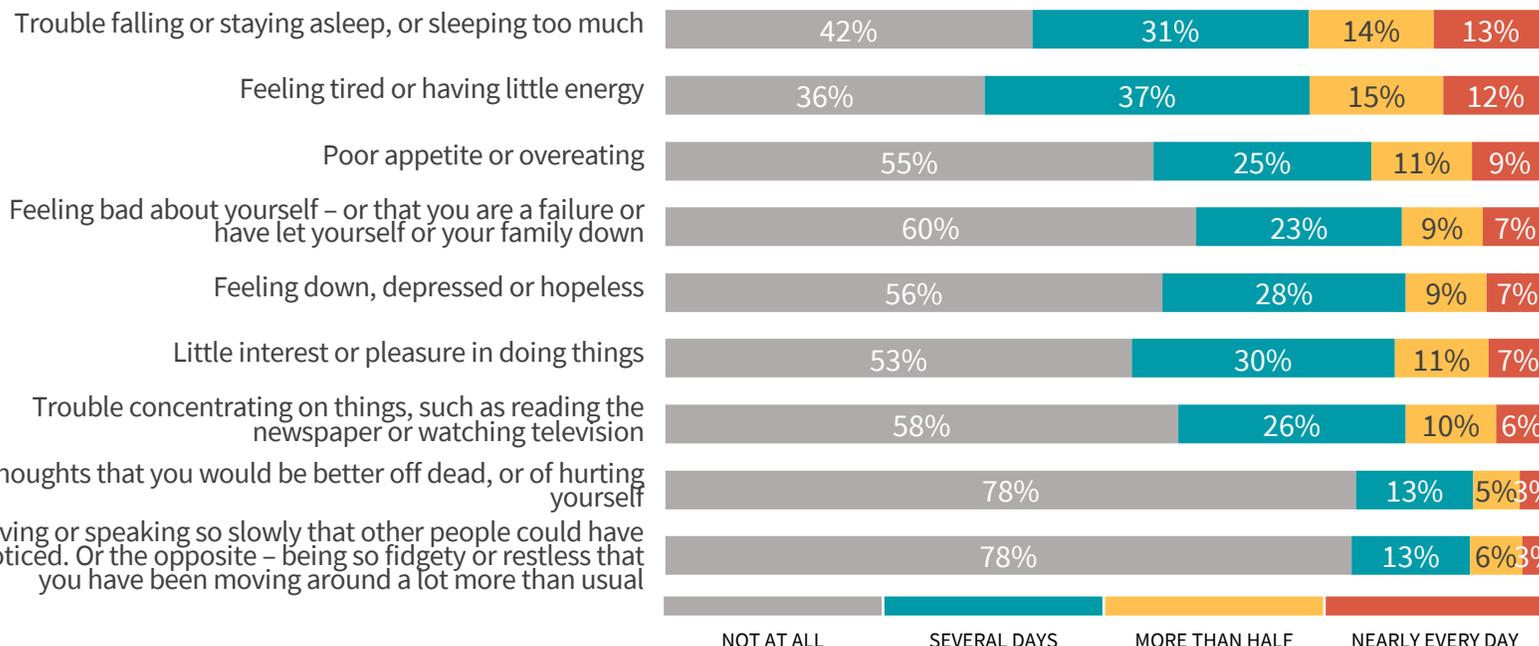
## Mental Health Scores among Canadians with symptoms of anxiety since COVID-19

| Poll 10 | Poll 9 | Poll 8 | Poll 7 | Poll 6 |  |
|---------|--------|--------|--------|--------|--|
| 62%     | 65%    | 63%    | 63%    | 62%    | Likely to have <b>no anxiety</b> disorder symptoms (0-5)         |
| 23%     | 22%    | 23%    | 22%    | 23%    | Likely to have <b>mild anxiety</b> disorder symptoms (6-10)      |
| 9%      | 9%     | 9%     | 9%     | 9%     | Likely to have <b>moderate anxiety</b> disorder symptoms (11-15) |
| 5%      | 4%     | 5%     | 5%     | 6%     | Likely to have <b>severe anxiety</b> disorder symptoms (16-21)   |

# Nearly a quarter of the Canadians are experiencing symptoms of moderate to severe depression using the PHQ-9

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 24% of Canadians have symptoms of a moderate to severe depression disorder, with 5% having symptoms of severe, 7% moderately severe and 12% moderate disorder. Results have remained consistent since last poll.
- Canadians more likely to be classified as severe: Younger (16-17: 9%, 18-34: 9% vs. 35-54: 5%; 55+: 3%); students and unemployed (10% and 7% respectively vs. employed: 5%), members of the LGBTQ2S+ community (12%) and those experiencing physical impairment (11%).
- Classifications are similar regardless of vaccine status.

## Psychological Distress Depression Frequency Scale Items



## Mental Health Scores among Canadians with symptoms of depression since COVID-19

| Poll 10 | Poll 9 | Poll 8 | Poll 7 | Poll 6 |  |
|---------|--------|--------|--------|--------|--|
| 54%     | 55%    | 53%    | 52%    | 52%    | Likely to have <b>no depression</b> disorder symptoms (0-4)                  |
| 21%     | 21%    | 23%    | 24%    | 24%    | Likely to have a <b>mild depression</b> disorder symptoms (5-9)              |
| 12%     | 13%    | 12%    | 12%    | 12%    | Likely to have <b>moderate depression</b> disorder symptoms (10-14)          |
| 7%      | 7%     | 7%     | 8%     | 9%     | Likely to have <b>moderately severe depression</b> disorder symptoms (15-19) |
| 5%      | 4%     | 4%     | 5%     | 5%     | Likely to have <b>severe depression</b> disorder symptoms (20-27)            |

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n= 3,701)

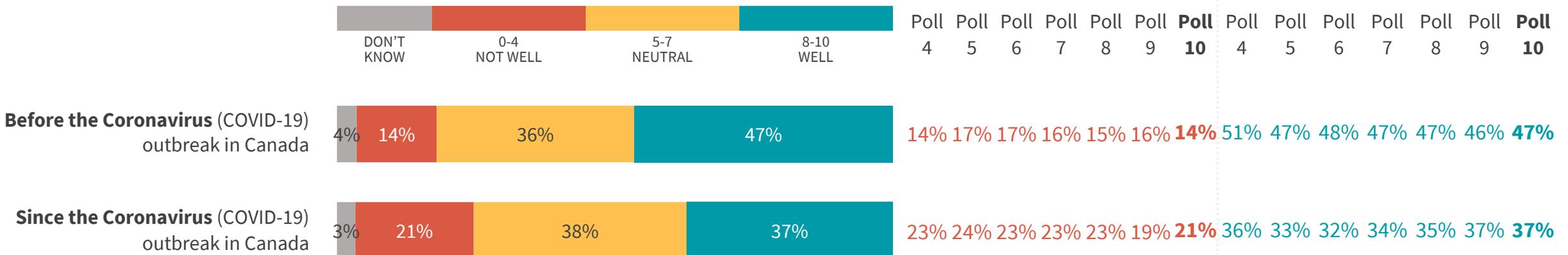
# The negative impact of COVID-19 on ability to cope has increased since the last poll

- Almost half of Canadians (47%) say they were doing well managing feelings of stress, anxiety, and depression prior to COVID-19, similar to the last five polls.
- This poll found that 37% indicate managing well since COVID-19; this number increasing steadily between Poll 6 and Poll 9 but saw no change this data collection. Additionally, the number of Canadians who say they are not coping well increased from 19% in Poll 9 to 21% in Poll 10.
- Young people continue to be less likely to feel they are now handling their stress well (16-17: 31% indicate not handling it well), a considerable increase since our October collection (16-17: 20%)
- People with a mental health condition continue to be more likely to say they are not handling their stress well (28%), consistent with the last poll.
- Those who are not vaccinated are slightly more likely to rate this resilience as not well (two doses: 21% vs. none: 27%).

## MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION

Not Well

Well





# Impacts on Mental Health

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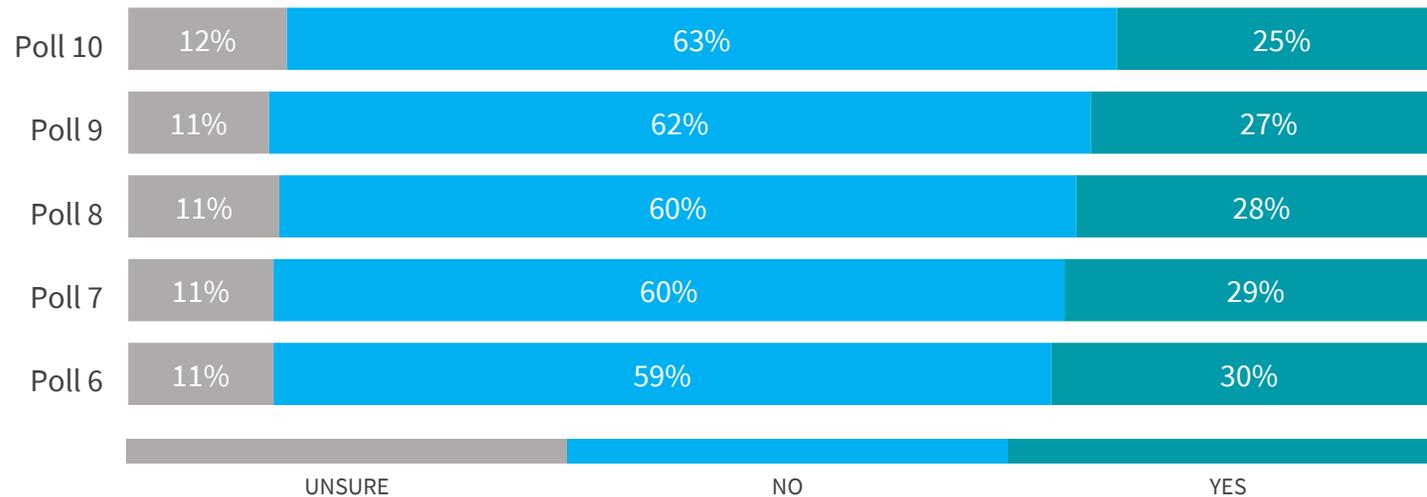
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# A quarter of Canadians report feeling the effects of mental health symptoms on their ability to function

- The proportion of Canadians who say their mental health has impacted their ability to function has declined by three percentage points since the poll, dropping from 27% in Poll 9 to 25% in Poll 10.
- Younger people are more likely to say their mental health has impacted their ability to function (16-17 49%, 18-34 35%, 35-54 27%, 55+ 15%), as are frontline healthcare workers (33%) and members of the LGBTQ2S+ (42%). However, these groups have also seen a decline since Poll 9.
- Vaccine status has limited impact on ability to function.

**EFFECTS OF MENTAL HEALTH ON ABILITY TO FUNCTION**

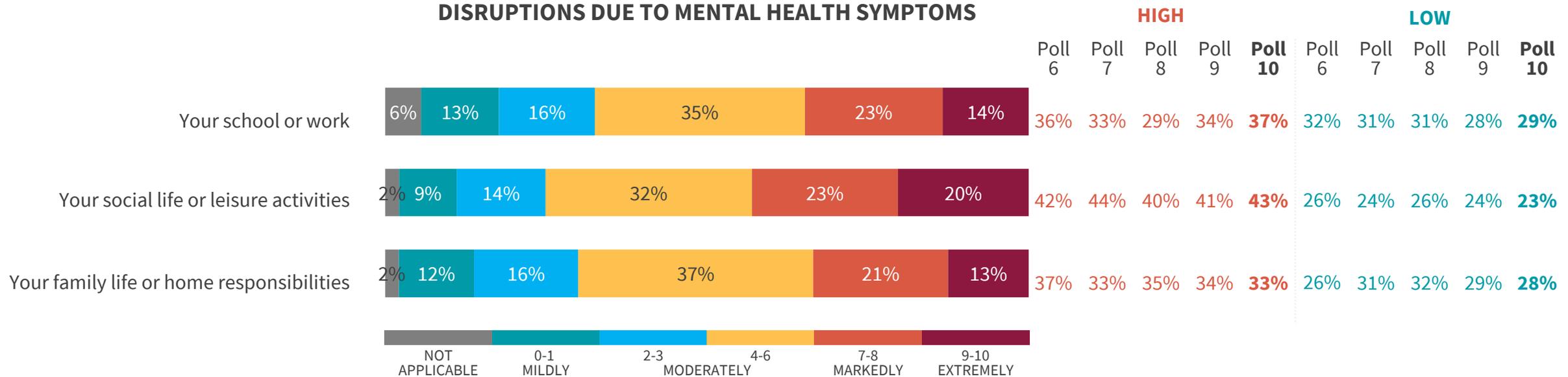


**A11.** The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (Total n= 3,701)

# Of that quarter of Canadians, three-in-ten are experiencing disruptions in their day-to-day life due to mental health symptoms

- More than two-fifths (43%) of those who are experiencing this describe the impact on their social activities as at least ‘markedly’, while a third say the same of their family responsibilities (33%) and more than a third of workers or students say that for school/work (37%).
- Students are more likely to say their school work is impacted (38%) than employed Canadians say their work day is (11%).

## DISRUPTIONS DUE TO MENTAL HEALTH SYMPTOMS

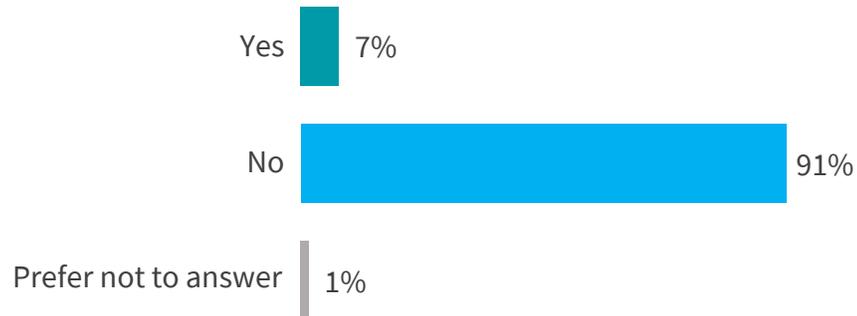


A12. Have mental health symptoms disrupted any of the following: Base: (Those who feel their mental health is affecting their ability to function n=996) Your work or school Base: (those working or students n=768)

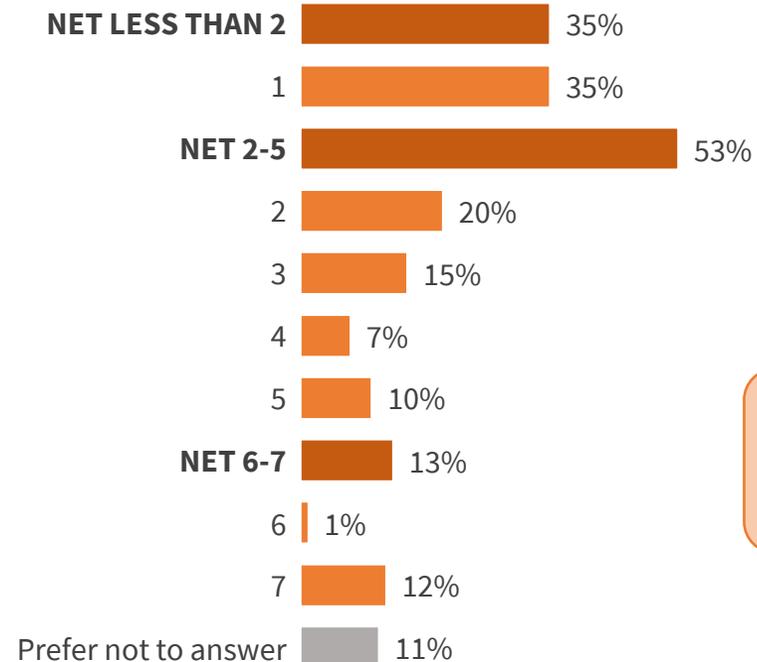
# While 7% have lost days of school/work due to mental health issues in the past week, more than one-in-ten lost almost the whole week

- The frequency of losing days due to mental health issues has not changed since Poll 6 (7%), with students missing on average 2.8 days and employed people 2.9.
- Employed Canadians are more likely than students to have missed only one day (33% vs. 25%) while on the other end of the spectrum they have equally missed 7 days (employed 12% and students 11%).
- More than one-in-ten front line health care workers have lost work time (15%); an average of 3.5 of the last 7 days.

## LOST DAYS OF SCHOOL OR WORK BECAUSE OF MENTAL HEALTH IN THE PAST WEEK



## DAYS LOST BECAUSE OF MENTAL HEALTH



**Mean  
2.9  
DAYS**

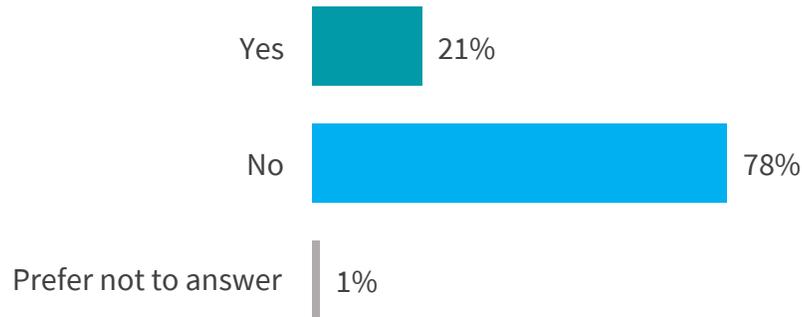
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,161)

A13A. How many days? Base: (Those who are employed or students and have lost days n=229)

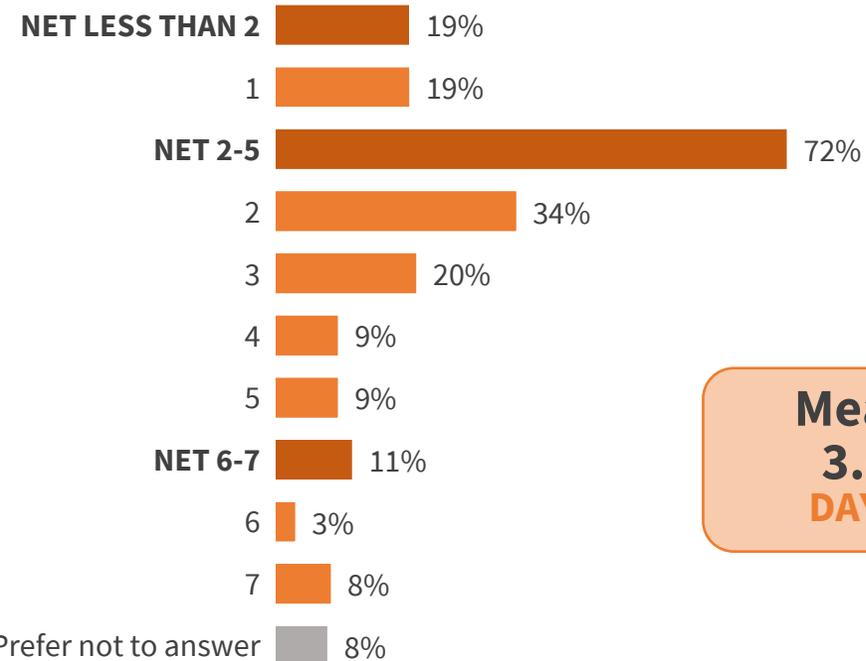
# Of the fifth that are feeling impaired or experiencing low productivity, most spend 2-5 days feeling that way

- Overall, feelings of impairment had been decreasing over the last few polls (from 30% in Poll 7 to 21% in Poll 9) but remain consistent with Poll 9
- Younger Canadians (18-34) continue to be most prone to feeling impaired, (27%), consistent with Poll 9 findings. While this feeling is less common among older Canadians, this has decreased (55+ from 14% to 8%).
- Vaccine status has limited impact on feelings of impairment.

## FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED AT SCHOOL OR WORK DURING THE LAST WEEK



## DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED



**Mean  
3.0  
DAYS**

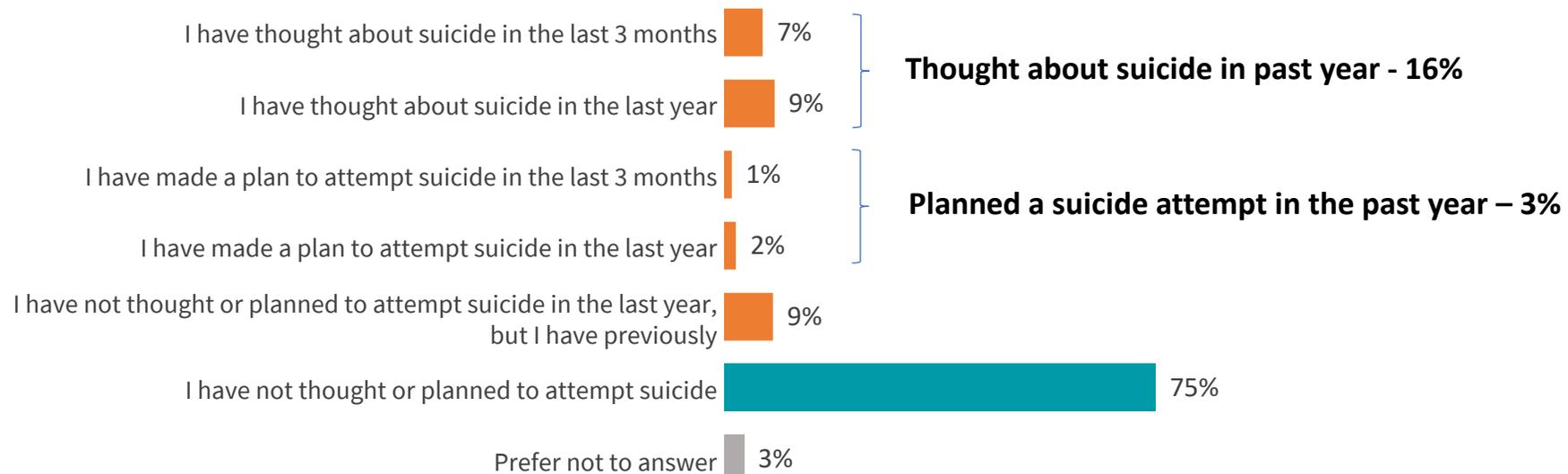
A14. Did you have any days in the last week in which you felt so impaired that, although you were at school or work, your productivity was reduced? Base: (Those who are employed or are students n=2,161)

A14A. How many days? Base: (those who have lost days n=698)

# Almost one-sixth of Canadians have thought about suicide in the past year

- Thoughts of suicide are more prevalent among younger people, with 30% of 16-17 year olds and 20% of 18-34 year olds having thought of it in the past year (22% and 10% respectively in the past three months), and 11% of 16-17 year olds and 5% of 18-34 year olds having planned an attempt in the past year (7% and 2% in the past three months).
- Thoughts of suicide are similar among men and women (12% and 13% respectively).
- One-quarter of front line healthcare workers have thought about suicide in the past year (23%).
- Those who rate their anxiety and depression as high (rated 9-10) since COVID-19 have more thoughts of suicide. Half (49%) of those with high depression have thought of it in the past year (34% in the past three months) and more than one-in-ten (15%) have planned an attempt in the past year (8% in the past three months). Of those rating their anxiety as high, 34% have thought about suicide in the past year (23% in the past three months) and 10% have planned an attempt in the past year (5% in the past three months).
- In the LGBTQ2S+ community, 33% have thought about suicide in the past year (19% in the past three months) and one-in-ten (9%) have made a plan in the past year (4% in the past three months).
- Results remain consistent with Poll 9 findings.

## THOUGHTS RELATING TO SUICIDE

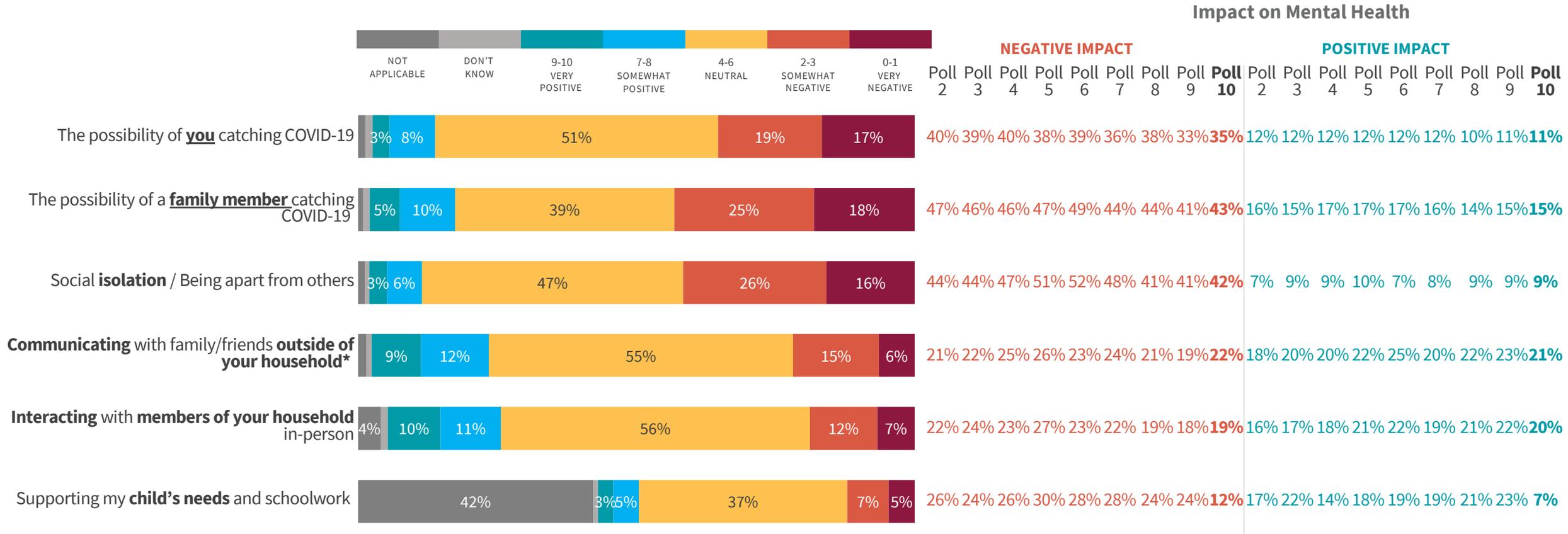


A15. The following questions may be sensitive to some people, but we have to ask the same questions of everyone. Base: (Total n= 3,701)

# Economic factors, social isolation and daily news continue to have a negative impact on mental health of Canadians

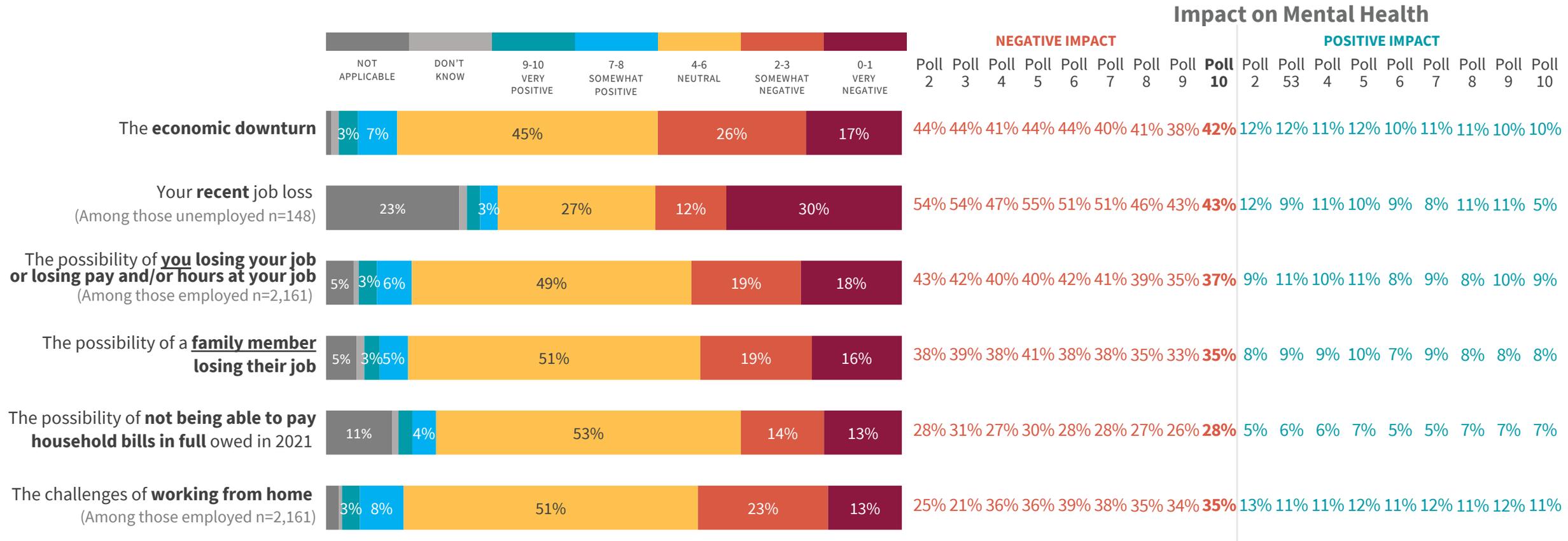
- With the rise of the Omicron variant, **fear of contracting COVID-19** saw only a slight increase this wave. The fear of personal contraction increased from 33% to 35% and fear of a family member contracting it increasing from 41% to 43%. Being vaccinated has little impact on this fear, with those who are vaccinated being slightly more afraid of contracting it themselves (36% vs. 25% of those unvaccinated) and much more afraid of family contracting it (44% vs. 32% of those unvaccinated).
- The economic downturn has a negative impact on more than two-fifths of Canadians, with this impact increasing since Poll 9 (from 38% to 42%). This continues to have the most negative impact on those in Alberta (52%, an increase of 8% since Poll 9). Younger Canadians are also more impacted with an increase since the last Poll (18-34 45% +4, 35-54 47% +5 vs. 55+ 37% +5).
- Those who have not been vaccinated are more concerned about economic factors than those who are (economic downturn 46% vs. 42%, possibility of losing job 46% vs. 36%, possibility of family losing job 45% vs. 43%).
- After seeing a decline in the negative impact of **daily news** over the past few polls, the negative impact increased this poll (from 38% to 42%). Younger Canadians continue to be most likely to feel the negative impact and it has increased in this age group (18-34 47% +3, 35-54 47% +2, 55+ 40% +7) this Poll.
- **Social isolation** continues to be the leading stressor on mental health. Although this has seen a declining trend over the past few polls, it remains consistent with Poll 9 findings (42%).

# Social isolation remains a dominant factor of poor mental health



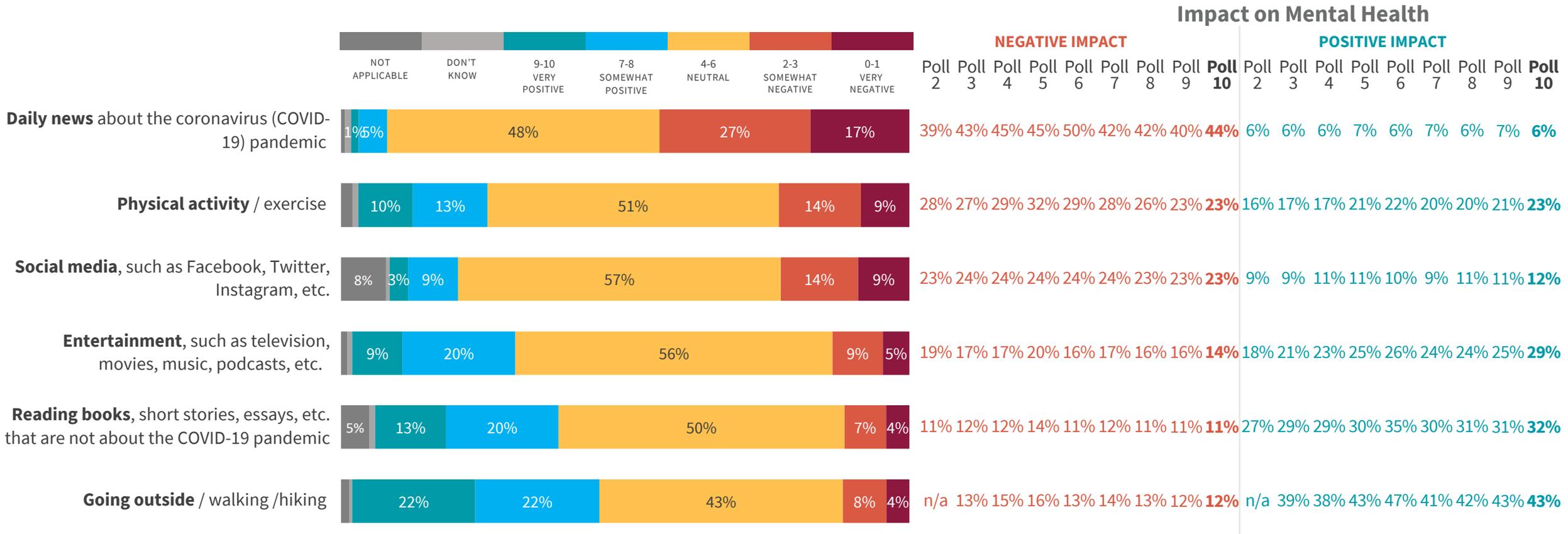
A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any: Base: (Total n= 3,701) \*W9 Wording: Communicating with family/friends outside of your household via phone, email, video chats, etc.

# The negative impact of the economic downturn on mental health has increased again this poll



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= 3,701)

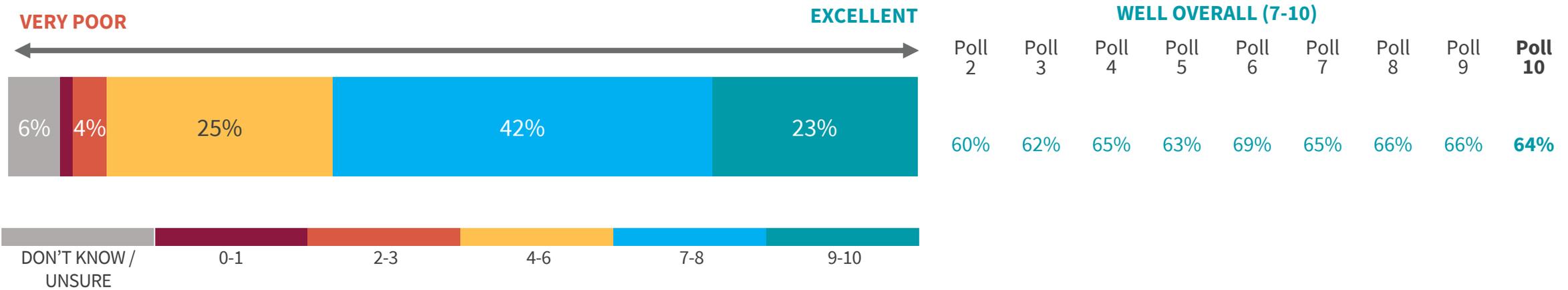
# Going outside continues to have the most positive impact on mental health despite the onset of winter



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= 3,701)

# Confidence in the ability to recover from challenges has declined after seeing a jump in the spring

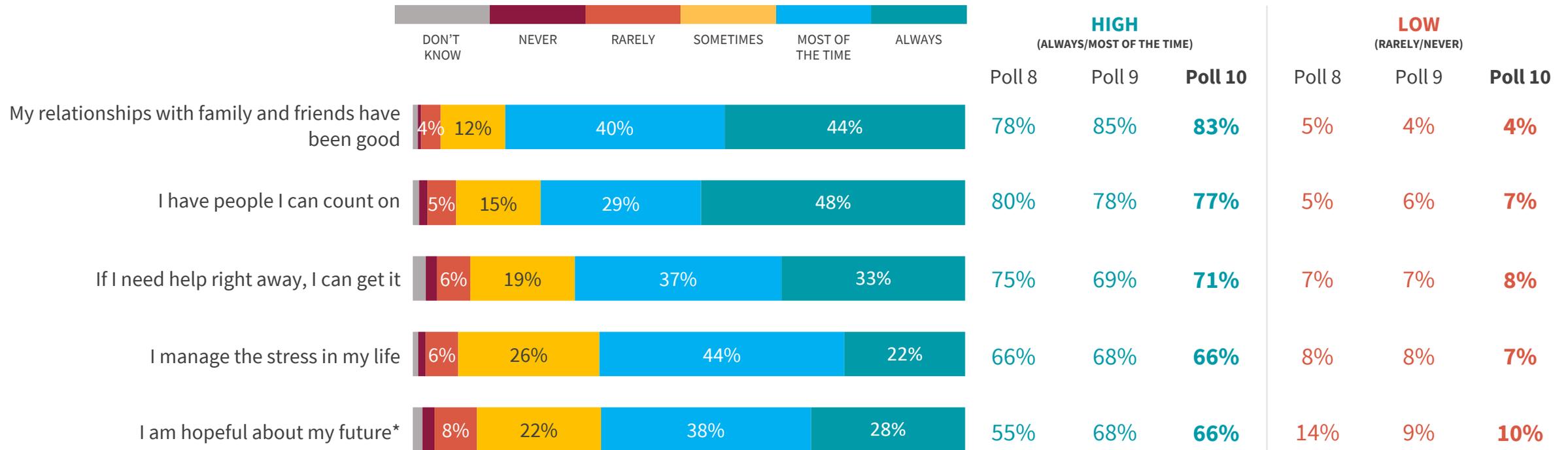
- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (64% rate this 7 to 10, when 10 means excellent). This has declined since Poll 9.
- Canadians under 55 years old are not as positive (7-10 rating) about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (16-17: 43%, 18-34: 51%; 35-54: 61%; 55+: 79%).
- Just half of the members of the LGBTQ2S+ community say they can bounce back from challenges (48%).
- People without a mental health disorder diagnosis are significantly more positive (7-10) about bouncing back from the challenges they faced due to the pandemic (74%) compared to those who are suffering from mental illness (55%).



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= 3,701)

# Canadian's hopefulness has declined only slightly since Poll 9

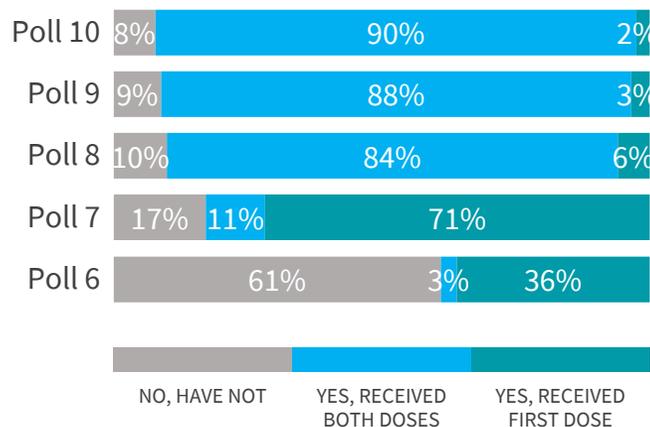
- Two-thirds of Canadians are feeling hopeful about their future, a slight decrease of 2% from last poll. Additionally, 83% are saying their relationships with family and friends have been good, down from 85% last poll.
- That said, there has been a slight increase in the number of people who feel they can get help if they need it (71% up from 69%), with a similar number indicating they have people they can count on (71%).
- People in Quebec (78%) and those over 55 (75%) are feeling most hopeful. Canadians who are vaccinated are indicating feeling more hopeful than those who are not (67% vs. 61%); those who are vaccinated also feel more positively about their relationship with their friends and family (84% vs. 77%). Members of the LGBTQ2S+ are less likely to feel hopeful (52%) and less likely to feel they can get help if they need it (57%).



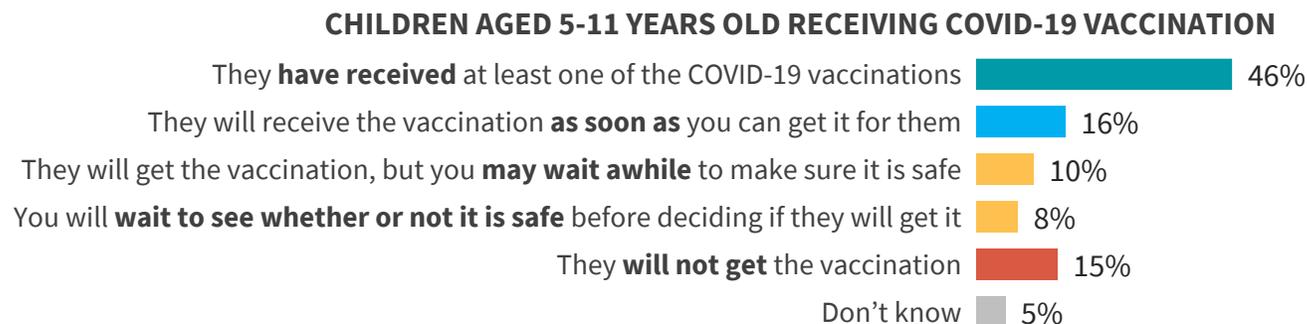
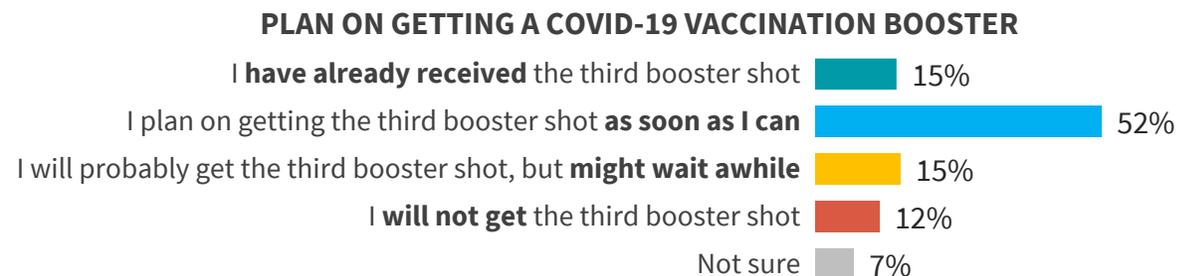
SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n=3,701). \*W8 wording: I have been hopeful about my future.

# Over half of Canadians who have not yet received a booster shot plan to get one

- While the number of Canadians who have received at least one dose of the vaccine has not increased outside the margin of error since October, Canadians are more likely to say they now have received both doses (90% up from 88%) with only 2% still sitting at one dose.
- One-sixth (15%) of Canadians reported to have already received the booster shot and more than half (52%) plans on getting it as soon as possible; 12% said they won't get the booster shot.
- Almost half (46%) of parents say their children between the ages of 5 to 11 have received at least one dose of vaccine and a sixth (16%) will take it as soon as possible. Another sixth (15%) said their child won't be getting the vaccination. Older parents (35-54) are more likely to have gotten their 5-11-year-old vaccinated (51% vs. 18- to 34-year-olds: 31%). Those who are concerned about Omicron are also more likely to have their children vaccinated (52% vs. those who are not concerned: 38%).
- Incidence of getting the booster shot is highest in Quebec (60%) and is lowest in Saskatchewan (29%).



**Canadians who have received at least first dose – 92%**



A5A. Have you received the COVID-19 vaccination? Base: (Total n=3,701)

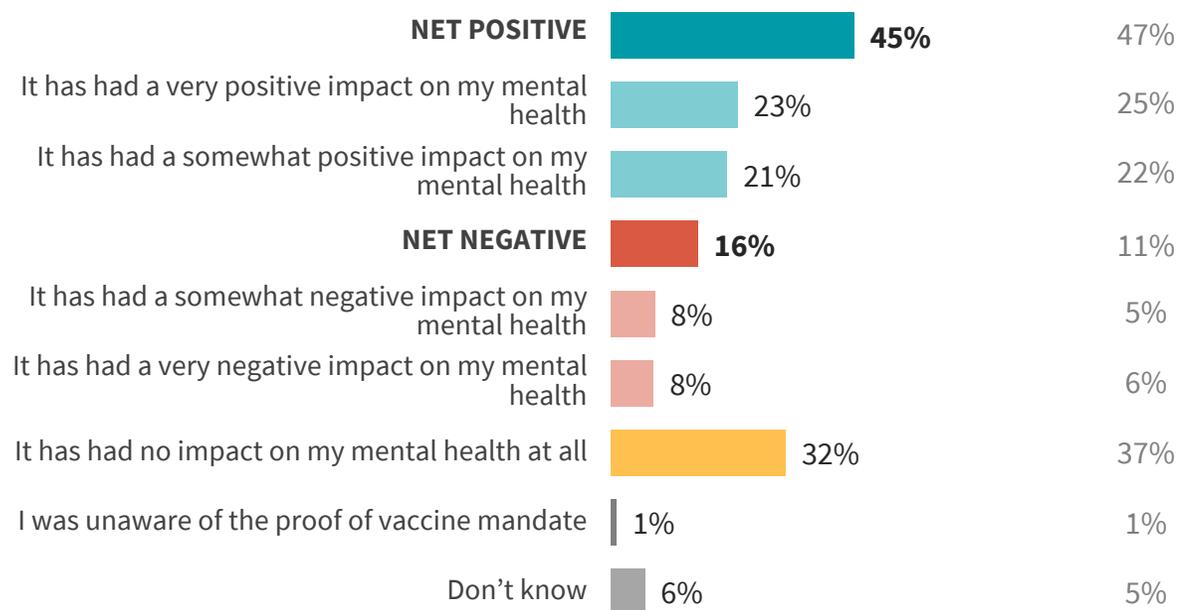
A5B. Have you, or do you plan on getting a COVID-19 vaccination booster (a third shot)? Base: (Total n=3,701)

A5C. Have your child(ren) between the ages of 5 to 11 years received the COVID-19 vaccination? Base: (Those who have children aged 5-11 years old n=488)

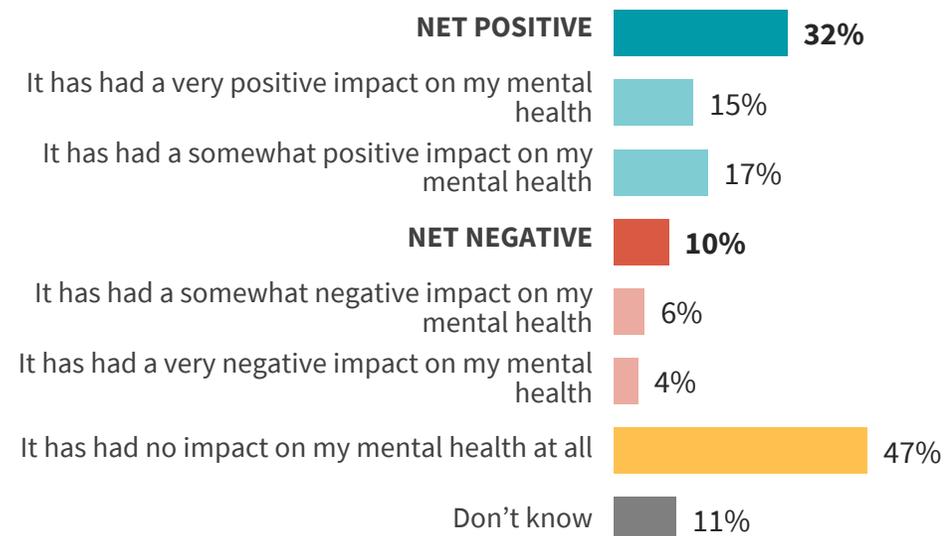
# The need for proof of vaccination as well as vaccine for children is more positive than negative when it comes to mental health

- Almost half of Canadians say the implementation of proof of vaccination in their province has had a positive impact on their mental health, with close to one-quarter (23%) saying it was very positive, and one-fifth (21%) somewhat positive. One-third (32%) say it has had no impact while a sixth say the impact has been negative. The negative impact has increased significantly this poll (from 11% to 16%), with the rate of those saying it has no impact declining. Older Canadians (55+) are most likely to consider this impact strongly positive (32%).
- A third of Canadians reported to have a positive impact of the vaccine for children on their mental health (very positive 15%; somewhat positive 17%) and only one-in-ten reported to have a negative impact. Almost half (47%) said they had no impact of the vaccine on their mental health.

## IMPACT OF PROOF OF VACCINATION ON MENTAL HEALTH Poll 9



## IMPACT OF CHILDREN'S VACCINE ON MENTAL HEALTH



Base: (Total n=3,701)

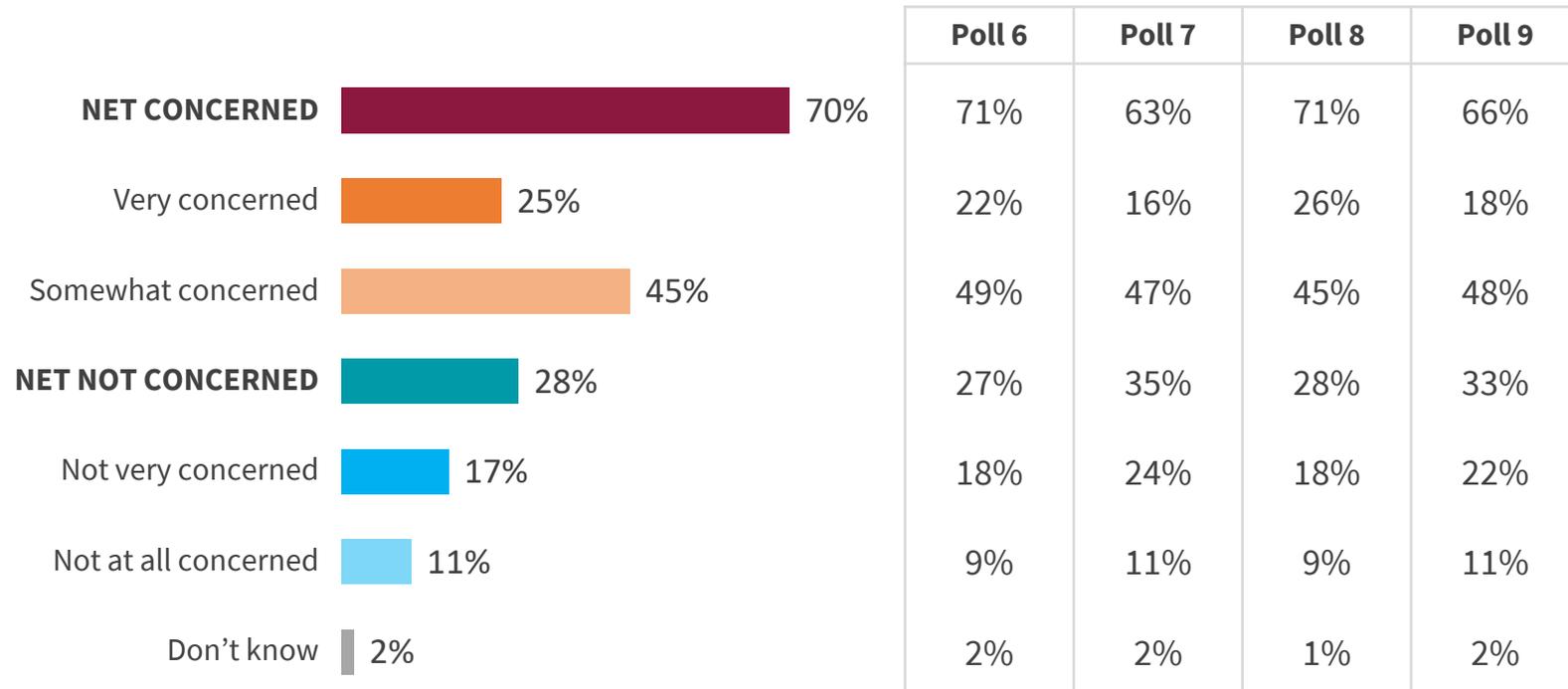
**A16A.** How, if at all, has the implementation of a proof of vaccine mandate in your province influenced your mental health?

**A5D.** What impact is the availability of a COVID-19 vaccine for children between the ages of 5 to 11 having on your mental health?

# Concern over continuing threat of COVID-19 has increased only slightly this poll

- The continuing threat of COVID-19 has fluctuated from poll to poll. While this threat declined from August to October (Poll 8 to 9) it increased again in December (Poll 10 – from 66% to 70%).
- Concern is lowest in Quebec (44%), while being highest in British Columbia (79%) and Ontario (77%). Those living in urban centres (71% vs. rural: 64%), women (73%) and those 55+ (76%) are also most concerned.
- Those who have received vaccines are more concerned about this continuing threat than those who have not (both doses: 73%, none: 35%).

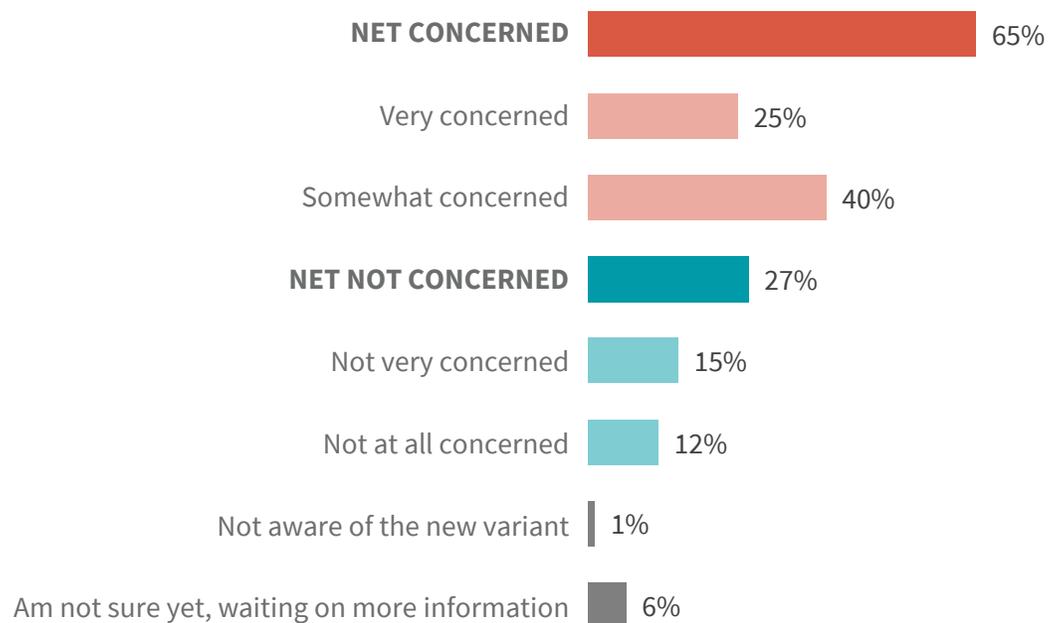
## CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19



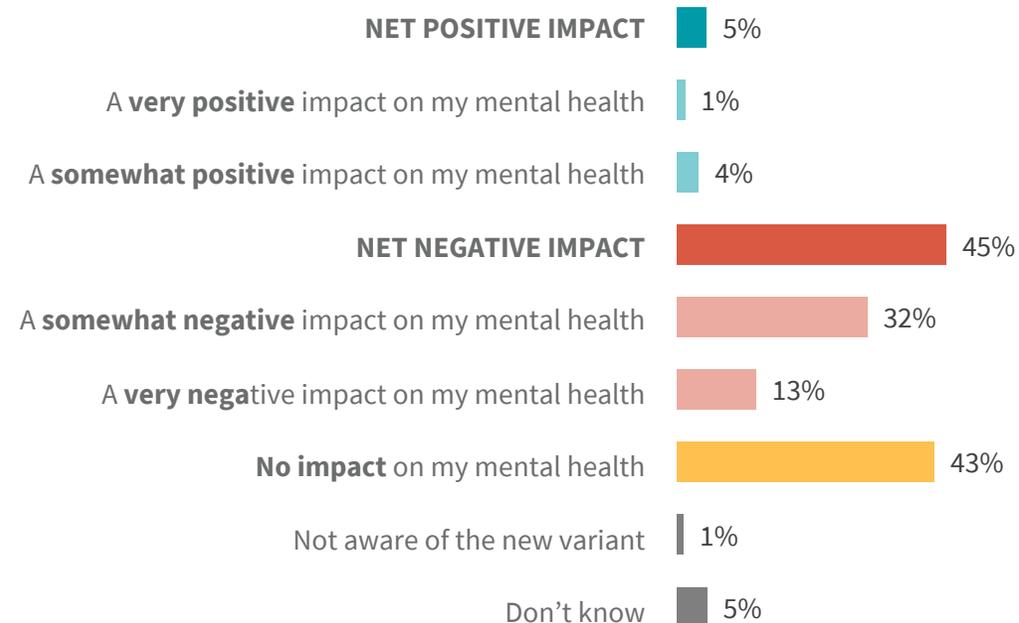
# Two-thirds are concerned about the Omicron variant and nearly half report it having a negative impact on their mental health

- Two-thirds (65%) of Canadians are concerned about the Omicron variant while a quarter are very concerned, and two-fifths are somewhat concerned. More than a quarter (27%) reported being unconcerned about the variant. Older Canadians (73% vs. 35-54: 62%, 18-34: 59%) are more concerned about the new variant. Those who are vaccinated are more worried about the variant (both doses: 69% none: vs. 24%) and are more likely to say it is having a negative impact on their mental health (47% both vs. 30% none).
- Close to half (45%) said that Omicron is having a negative impact on their mental health while two-fifths (43%) are experiencing no impact on their mental health. Despite some claims that this variant could “end the pandemic”, very few feel the impact has been positive.

## CONCERNED ABOUT OMICRON



## IMPACT OF OMICRON ON MENTAL HEALTH



A16C. Based on what you know or have heard, how concerned are you about the new COVID-19 variant, called Omicron? Base: (Total n=3,701)

A16D. And what impact is the new COVID-19 variant, Omicron having on your mental health? Base: (Total n=3,701)



# Mental Health Supports

RECHERCHE  
EN SANTÉ  
MENTALE  
CANADA

MENTAL  
HEALTH  
RESEARCH  
CANADA

Financial Contribution from

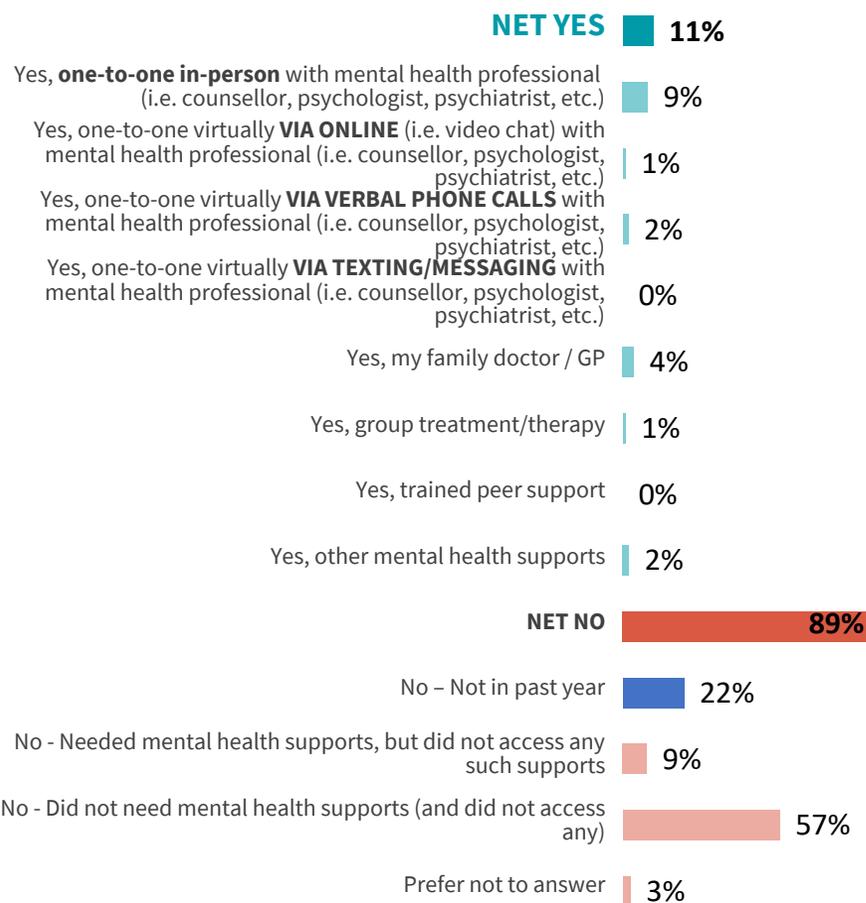
 Health Canada Santé Canada

**pollara**  
strategic insights

# One-fifth of Canadians continue to access mental health supports

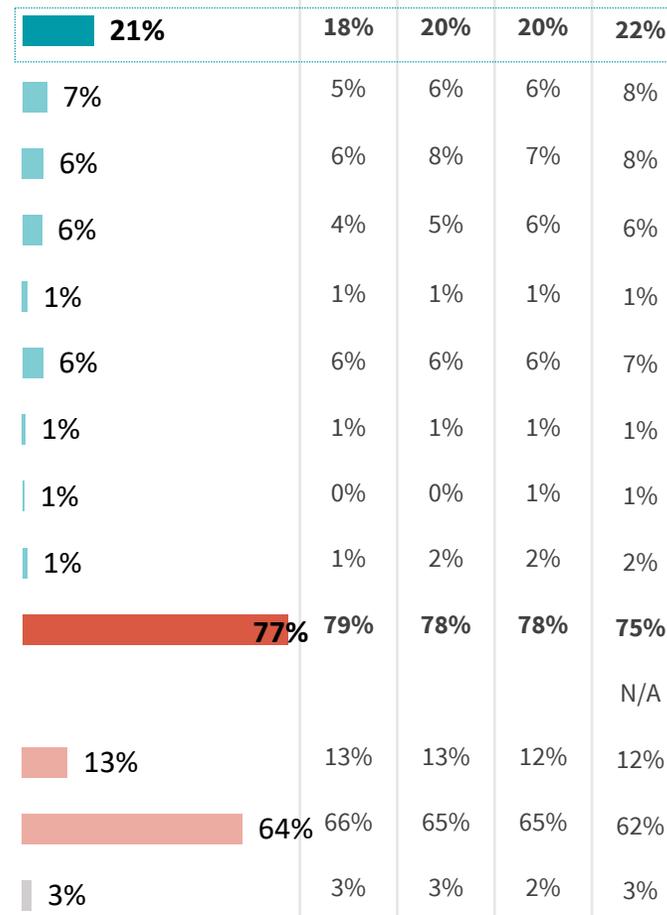
- In the year before COVID-19, 11% of Canadians had accessed mental health supports. This has increased to 21% in the year since the pandemic started. Of those who have accessed support since COVID-19, half are continuing to use these supports.

## ACCESSED SUPPORT IN YEAR BEFORE COVID:

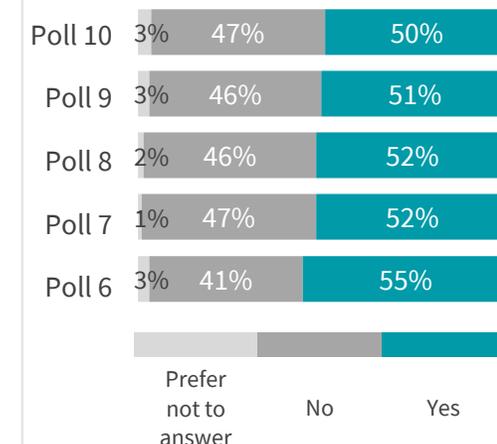


|  | Poll 6     | Poll 7     | Poll 8     | Poll 9     |
|--|------------|------------|------------|------------|
| <b>NET YES</b>   | <b>11%</b> | <b>12%</b> | <b>12%</b> | <b>12%</b> |
| Yes, one-to-one in-person with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)                              | 9%         | 10%        | 24%        | 9%         |
| Yes, one-to-one virtually VIA ONLINE (i.e. video chat) with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.) | 1%         | 2%         | 4%         | 1%         |
| Yes, one-to-one virtually VIA VERBAL PHONE CALLS with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)       | 1%         | 1%         | 3%         | 1%         |
| Yes, one-to-one virtually VIA TEXTING/MESSAGING with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)        | <1%        | 1%         | 1%         | 1%         |
| Yes, my family doctor / GP   | 5%         | 5%         | 13%        | 5%         |
| Yes, group treatment/therapy   | 1%         | 2%         | 4%         | 1%         |
| Yes, trained peer support  | 3%         | 0%         | 1%         | 1%         |
| Yes, other mental health supports  | <1%        | 1%         | 3%         | 1%         |
| <b>NET NO</b>  | <b>87%</b> | <b>84%</b> | <b>84%</b> | <b>86%</b> |
| No – Not in past year  | 22%        | 20%        | 20%        | 23%        |
| No - Needed mental health supports, but did not access any such supports   | 11%        | 8%         | 8%         | 8%         |
| No - Did not need mental health supports (and did not access any)  | 54%        | 56%        | 56%        | 55%        |
| Prefer not to answer   | 2%         | 2%         | 2%         | 3%         |

## SINCE COVID:



## WHETHER RECEIVE MENTAL HEALTH SUPPORTS



**Younger Canadians and those above 55 are more likely have accessed supports since COVID-19 (16-17 59%, 55+: 61% vs. 18-34 43% and 35-54: 51%)**

B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=3,701)

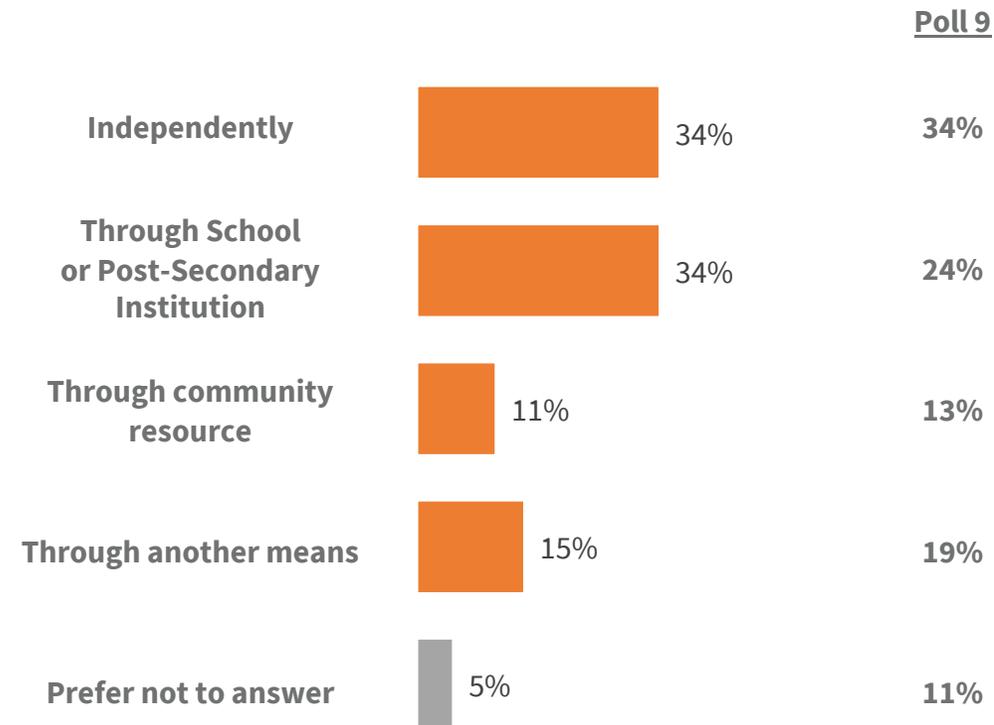
B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=3,701)

B14. Are you currently still receiving these mental health supports? (Total: n=815)

# Students are more likely to access mental health supports outside of school

- While one-third of students who are accessing mental health supports are doing so through their school (an increase of +10% since Poll 9), the same proportion are accessing support independently, 13% through a community resource and 19% in another way.

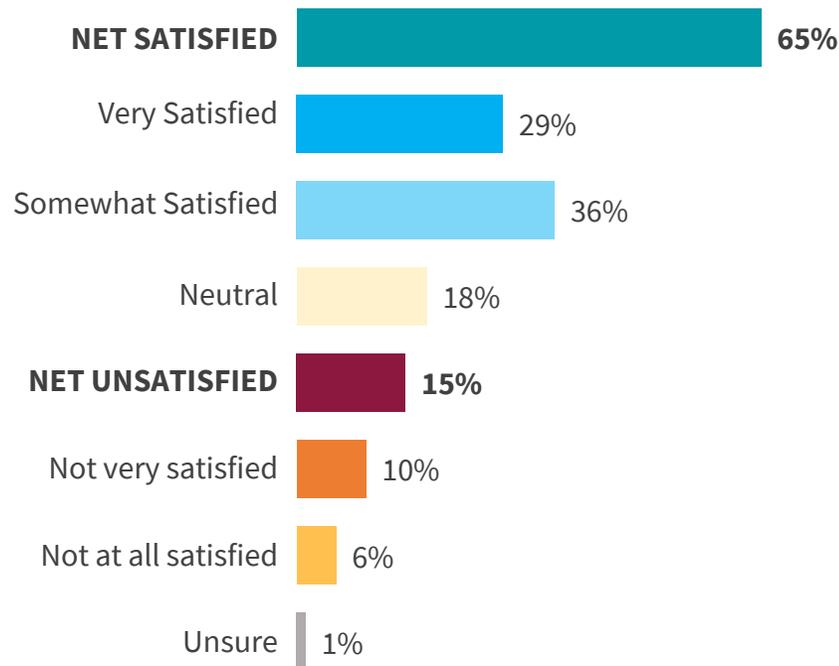
## HOW STUDENTS ACCESS MENTAL HEALTH SUPPORTS



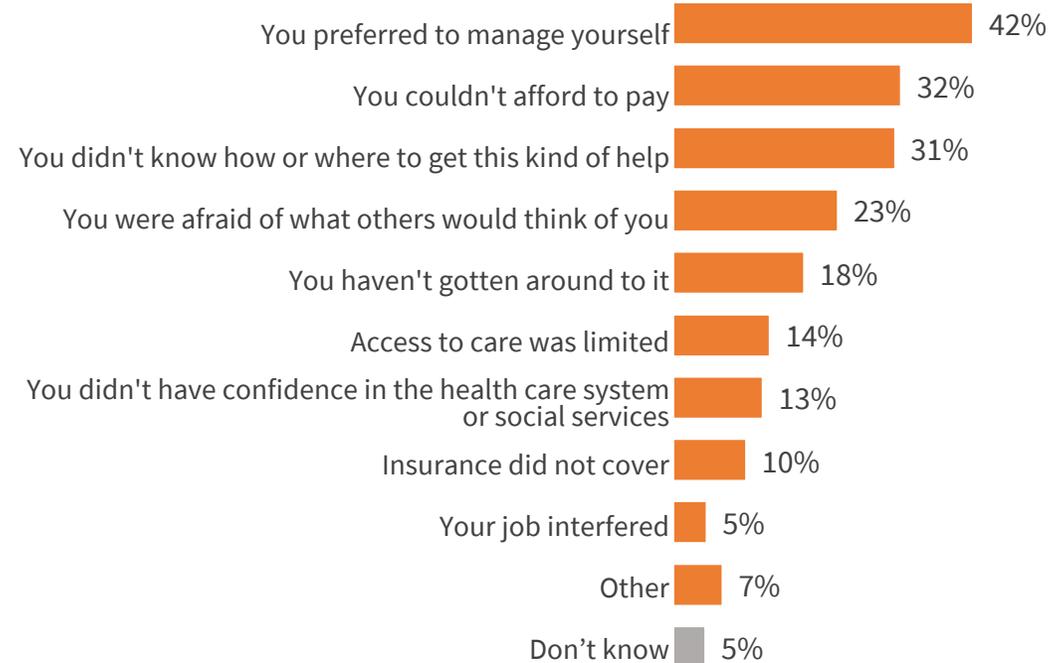
# Two-thirds were satisfied with the mental health support received before the pandemic

- The levels of perceived satisfaction before the pandemic has declined from 72% in Poll 9 to 65% this poll.
- Of those not accessing professional support for their mental health, two-fifths (42%) said they preferred to manage themselves while a third (32%) said they could not afford the professionals.

## SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



## REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



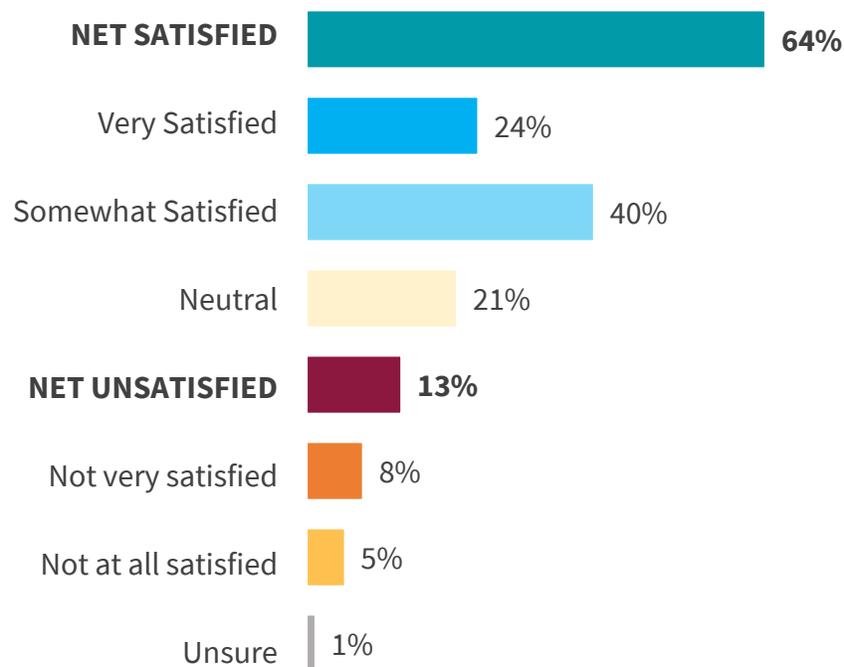
**B12A.** How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: **Ever had mental support before COVID-19** n=1,218)

**B12B.** Why did you not access the support of a mental health professional? Base: (“**No - Needed mental health supports, but did not access any such supports**” at B11 n=334)

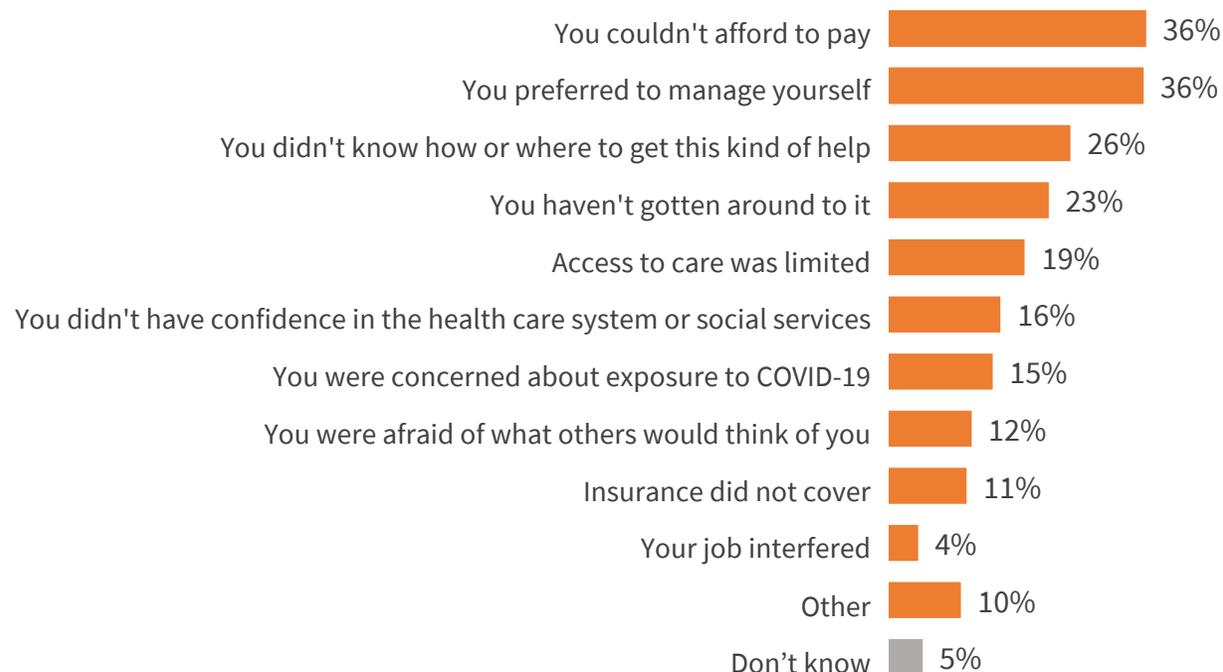
# Satisfaction with support accessed since COVID-19 has declined since Poll 9

- Almost two-thirds of those who have received support since COVID are satisfied with it, putting satisfaction rates similar to that of before COVID-19 (65%). However, satisfaction has decreased considerably since last poll (October/November 2021).
- Of those not accessing professional support for their mental health since COVID-19, a third (36%) said they preferred to manage themselves. Fear of contracting COVID-19 has declined greatly since Poll 6 (April 2021); while 31% said this was a reason in Poll 6, it is now down to 15% this poll (though up by 4% since Poll 9).

## SATISFACTION WITH THE SUPPORT RECEIVED SINCE COVID-19



## REASONS FOR NOT ACCESSING THE SUPPORT SINCE COVID-19



**B14A.** How satisfied were you with the support you received since the Coronavirus (COVID-19) outbreak in Canada Base: (Received any support from any mental health professional n=815)

**B14B:** Why did you not access the support of a mental health professional? Base: (“No - Needed mental health supports, but did not access any such supports” at B11 n=489)



**Lesli Martin, Senior Vice President, Pollara**  
**Michael Cooper, Vice President, MHRC**  
**Brittany Saab, Stakeholder Engagement, MHRC**

