



# Mental Health During COVID-19 Outbreak: Poll #12



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April 2022

# Methodology

**Methodology:** This online survey was conducted among a sample of 3,000 adult Canadians. This was the twelfth 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, & region to ensure the total sample is representative of the population as a whole.

National	Interview Dates	Number of Interviews	Margin of Error
<b>Poll One</b>	April 22 to 28, 2020	1,803	±2.3%
<b>Poll Two</b>	August 21 to 31, 2020	4,010	±1.5%
<b>Poll Three</b>	October 22 to 28, 2020	2,004	±2.2%
<b>Poll Four</b>	December 10 to 18, 2020	2,761	±1.9%
<b>Poll Five</b>	February 1 to 8, 2021	3,005	±1.8%
<b>Poll Six</b>	April 20 to 28, 2021	4,005	±1.5%
<b>Poll Seven</b>	June 7 to 13, 2021	4,010	±1.5%
<b>Poll Eight</b>	August 17 to 24, 2021	3,010	±1.8%
<b>Poll Nine</b>	October 22 to Nov 3, 2021	4,108	±1.5%
<b>Poll Ten</b>	Dec 13 to 22, 2021	3,701	±1.6%
<b>Poll Eleven</b>	Feb 15 to 22, 2022	3,512	±1.7%
<b>Poll Twelve</b>	April 13 to 25, 2022	3,000	±1.8%

Poll Nine	Number of Interviews	Margin of Error
<b>British Columbia</b>	370	±5.1%
<b>Alberta</b>	370	±5.1%
<b>Prairies</b>	249	±6.2%
<b>Ontario</b>	958	±3.2%
<b>Quebec</b>	653	±3.8%
<b>Atlantic Canada</b>	400	±4.9%

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



# Major Findings



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# Major Findings

- The mental health of Canadians slowly continues to improve. Though only marginally, **high levels of self-rated anxiety is trending positively from 24% in December 2021 to 21% this poll.** The Kessler 10, GAD-7 and PHQ-9 clinical screeners are demonstrating marginal improvement as well with a reduced number of respondents indicating symptoms of a severe mental health disorder and a higher number of respondents indicating no symptoms at all. Furthermore, the Sheehan scale of disability shows a slight drop in the percentage of Canadians experiencing day-to-day difficulty functioning caused by mental health challenges.
- **Concern around the continued threat of COVID-19 has not** dropped, increasing marginally from 59% to 61%, despite the cross country ease of related public health measures. In fact, a higher percentage of Canadians are of the opinion that all restrictions should be reimplemented due to the fact that “people are still catching the virus” (65%). Concern around yourself (34%) or a family member (41%) catching the virus has also increased as a factor in negative mental health.
- Mental health is a topic that is not frequently thought about, discussed, nor read about in Canada. One fifth of respondent report never thinking of their own mental health with those aged 55+ being the least likely to do so (4%) on a daily basis. Based on our metrics, students are demonstrating the highest levels of mental health literacy.

# Major Findings

- More than one in ten Canadians have thought about suicide in the past year, and 3% report having planned an attempt in the same time frame. Our analysis is consistent with those of other organization in the Canadian mental health research field\* in finding **higher rates of suicide ideation among Black Canadians with over 5% having planned a suicide attempt in the past three months**; we have found this increase to be specific to those who identify as a visible minority of primarily African ancestry.
- **The pandemic is contributing to high levels self-rated anxiety in new mothers**, 3-in-10 (31%) mothers of children between 0 and 1 year old are reporting high levels of anxiety compared to 21% of the population. They are particularly concerned with themselves or their family contracting the virus, while also being impacted by social isolation and the economic downturn. However, new mothers are very hopeful for the future and report having good relationships with other. While they do not spend a lot of time thinking about their own mental health, they are more likely to consider that of others and are more likely to talk to a professional about it, at least occasionally.

\* Mental Health and Substance Use During COVID-19 – Canadian Centre for Substance Use and Addiction and the Mental Health Commission of Canada (January, 2022)



## Key Findings

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HEALTH  
RESEARCH  
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**pollara**  
strategic insights

# Canadians remain hopeful despite an increase in concern about COVID-19

- **Canadians' concern over the continuing threat of COVID-19 has gone up slightly:** with three-fifths saying they are very or somewhat concerned, a 2% increase from February. Likewise, concerns over catching the virus themselves, or someone in their household catching the virus also increased slightly.
- **While levels of anxiety and depression have improved slightly, Canadians are still not coping well:** the levels of high anxiety and high depression have gone down this wave but are still significantly higher than that seen before the pandemic. Levels of anger have also seen only a slight decline. Despite this, Canadians are less confident in their ability to handle stress, anxiety, and depression well.
- **Burn-out is an issue for one-in-three Canadians of working age:** While only one-in-ten retired Canadians are feeling burnt-out, one-in-three of those of working age are feeling this exhaustion. This is even higher among those who are currently looking for work.
- **Canadians continue to be hopeful:** despite the issues they are facing, the majority of Canadians continue to be hopeful for their future and feel their relationships are valued and allow them to get help when they need it.
- **One-fifth of Canadians have accessed mental health support** since the pandemic. After a considerable decline in satisfaction with these supports in Poll 10, satisfaction increased this poll and is back to levels seen in Poll 9.
- **Canadians actively think of their mental health, but rarely talk about it:** Two-fifths think of their own mental health and a third think of others' mental health at least a few times a week. However, Canadians are less likely to consume information or communicate with others about mental health, and most never talk to a professional about it.



# Results in Detail



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# Anxiety and Depression in the COVID-19 Outbreak



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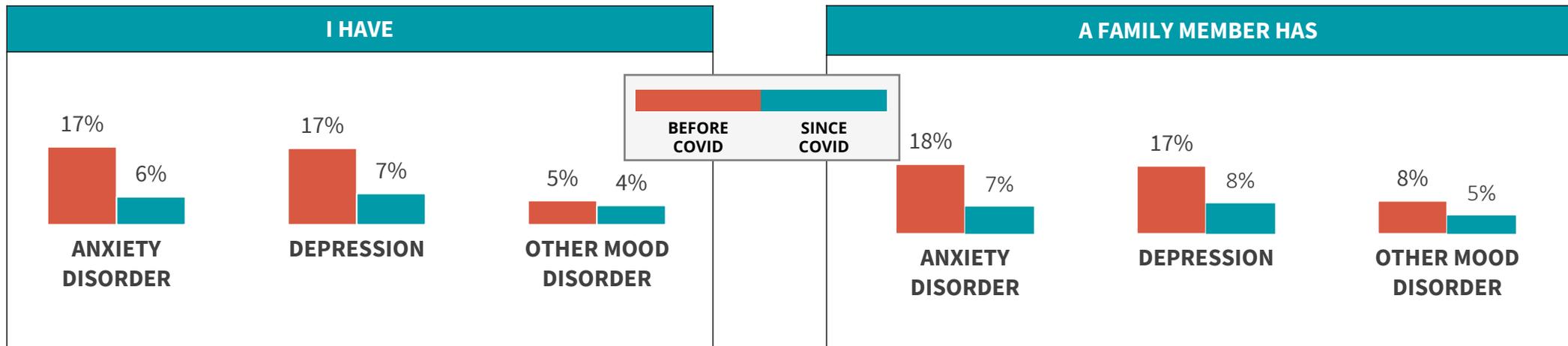
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# There has been an increased in diagnoses of anxiety and depression since the onset of COVID-19

- Prior to the pandemic, almost one-fifth of Canadians have experienced a personal or family diagnosis of anxiety (17% personal, 18% family) or depression (17% personal, 17% family). Other mood disorders are less common, with 5% having a personal diagnosis, and 8% a diagnosis in their family.
- Since the onset of COVID-19, another 6% say they have personally been diagnosed with anxiety and 7% with depression. And another 7% and 8% say a family member has been diagnosed with anxiety or depression, respectively.
- Younger Canadians (18-34 10%, 35-54 7% vs. 55+ 2%) and healthcare workers are more likely to receive an anxiety diagnosis since COVID-19.
- Residents of Alberta (10%) and BC (9%), younger Canadians (18-34 11%, 35-54 7% vs. 55+ 3%) and frontline healthcare workers (16%) and visible minorities are more likely to have experienced high levels of depression diagnosis since the start of the pandemic.



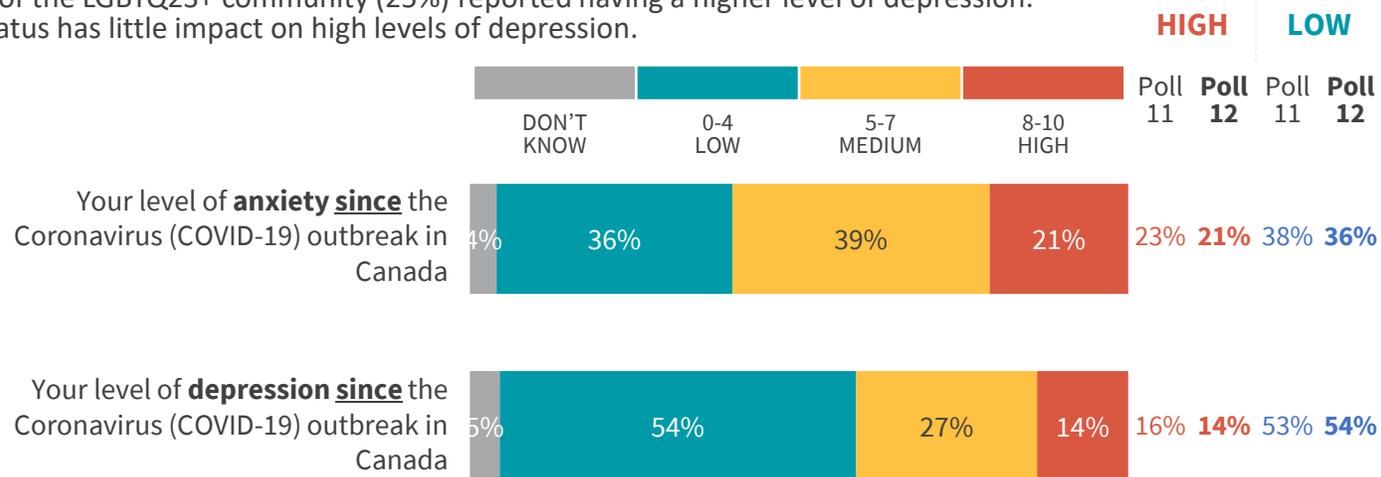
Base: (Total n=3,000)

**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

# Levels of high anxiety are trending positively with another slight decrease since Poll 11

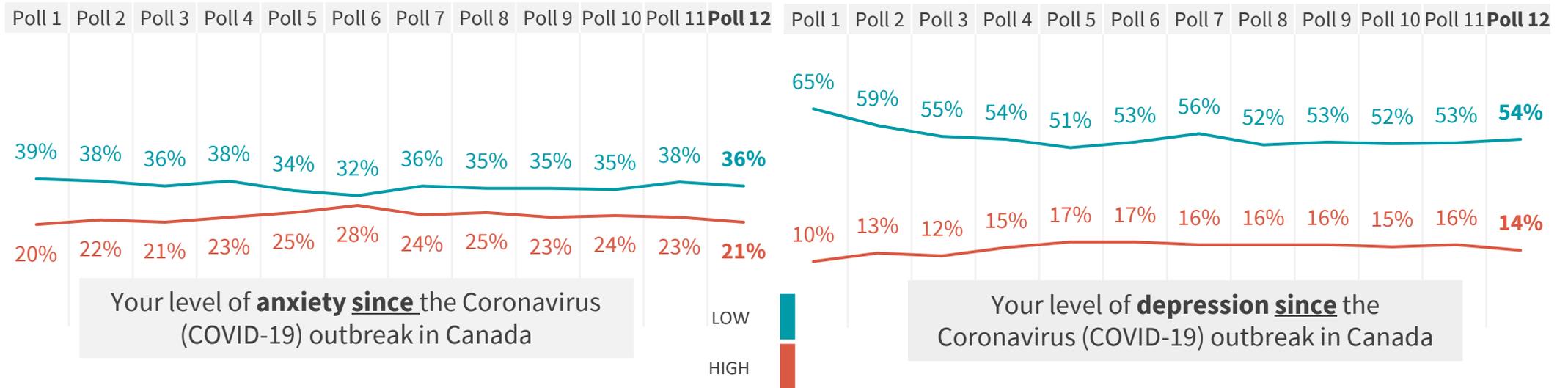
- Despite the negative impact of COVID-19 on Canadians’ mental health and a sharp jump in their anxiety and depression levels since the onset of the pandemic, levels of anxiety and depression declined slightly in April, compared to February.
- Three-in-ten (31%) of the new mothers (those having children between 0-1 year old) are also experiencing high anxiety compared to 12% having high anxiety before COVID.
- A fifth 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 28%, 18-34 26%, 35-54 27% vs. 55+ 12%), women (25% vs. 16% of men), and those who are unemployed (34%). LGBTQ2S+ identifying Canadians (32%) also experience higher levels of anxiety.
  - Vaccine status has little impact on high levels of anxiety.
- The percentage of Canadians reporting high depression has declined slightly since Poll 11.
  - Depression continues to be worse for Canadians aged 35-54 (16-17 15%, 18-34 17%, 35-54 19% vs. 55+ 7%), as well as among the unemployed (22%).
  - Members of the LGBTQ2S+ community (25%) reported having a higher level of depression.
  - Vaccine status has little impact on high levels of depression.



**Poll 1: Before COVID-19**  
 High Anxiety 5%  
 High Depression 4%

# Levels of anxiety and depression are not back to levels seen in late 2021

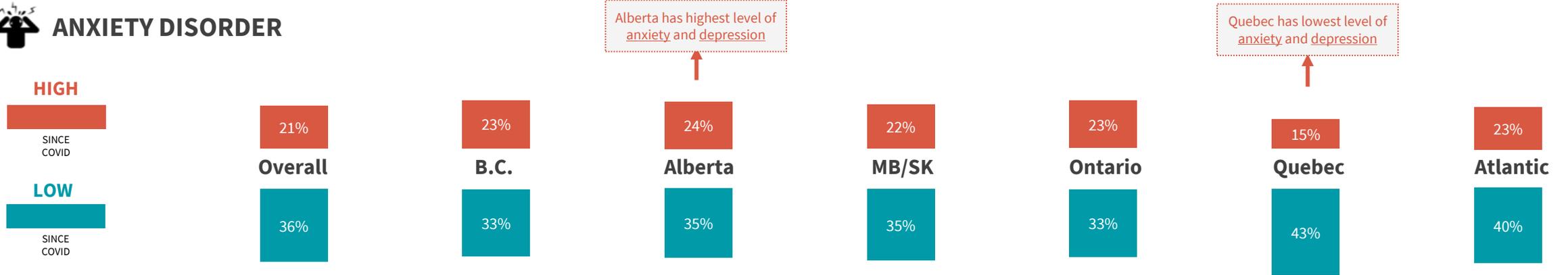
**Poll 1: Before COVID-19**  
Anxiety 5%  
Depression 4%



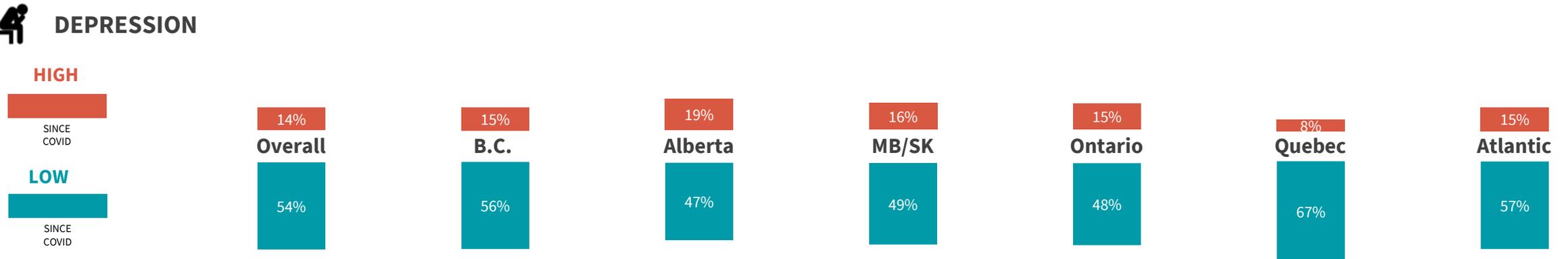
A2A. Please rate each of the following using the scale 0-10 where “10” is Extremely high and “0” is None. Base: (Total n= 3,000)

# Though prior to COVID-19 all regions had similar levels of anxiety and depression, Alberta is experiencing the highest levels since COVID-19

## ANXIETY DISORDER



## DEPRESSION



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

- Two-thirds (60%) of the Canadians who rated their anxiety or depression high (8-10) since COVID-19 are reporting symptoms of a moderate (18%) or severe (42%) mental health disorder, while two-fifths (39%) are reporting symptoms of a mild (16%) or no (23%) mental health disorder. The percentages of those with symptoms of at least a moderate disorder have decreased only slightly this poll (from 64% to 60%), a trend worth noticing.
- Among those who rate their anxiety or depression as moderate (5-7), almost one-in-three is experiencing symptoms of a moderate (13%) or severe (15%) mental health condition, while a fifth (19%) are experiencing symptoms of mild mental health disorder.
- Canadians more likely to be classified as experiencing severe symptoms: Younger Canadians (16-17\* 60%, 18-34 51% vs. 35-54: 42%; 55+: 27%); and men (47% vs. 39% of women).
- Members of LGBTQ2S+ community (59%) and visible minority (48%) and those who have been diagnosed with a mood disorder (48% vs. 25% with no mood disorder) are experiencing symptoms of a severe mental health disorder.

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

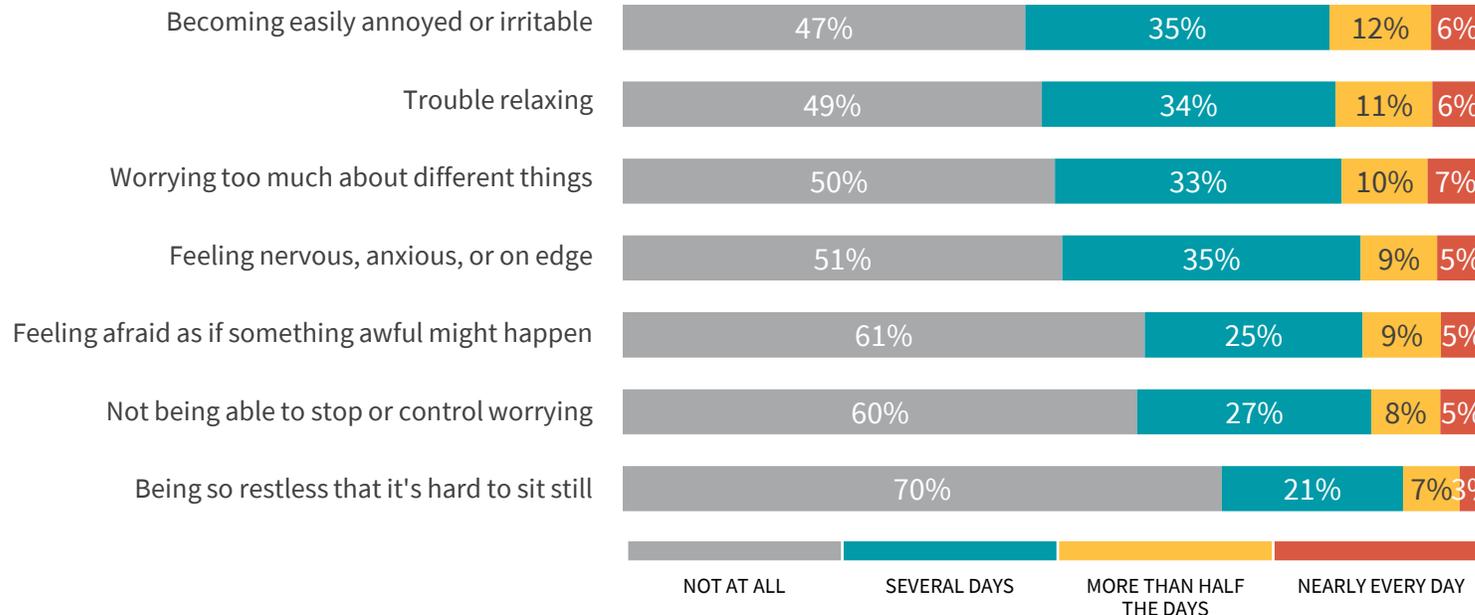
Psychological Distress 1-5 Point Scale Items	(All/Most)	(None/Little)
Tired out for no good reason	29%	39%
Nervous	23%	46%
That everything was an effort	22%	53%
Restless or fidgety	18%	56%
Depressed	17%	59%
Hopeless	15%	67%
Worthless	13%	71%
So sad that nothing could cheer you up	11%	70%
So restless you could not sit still	9%	75%
So nervous that nothing could calm you down	9%	75%

Moderate: 5-7	High: 8-10											
	Poll 12	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	
53%	23%	19%	19%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder symptoms (<20)
19%	16%	17%	19%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have a mild mental disorder symptoms (20-24)
13%	18%	19%	18%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have moderate mental disorder symptoms (25-29)
15%	42%	45%	44%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have severe mental disorder symptoms (30-50)

# 5% of Canadians with high self-rated anxiety report symptoms of a moderate to severe anxiety disorder using the GAD-7

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians have severe anxiety and 8% have moderate anxiety. Scores have remained consistent since this test was started in Poll 6.
- Symptoms of anxiety are highest among younger Canadians, particularly 16-17 year olds\* (11% severe, 13% moderate), but also 18-34 year olds (5% severe, 14% moderate), particularly compared to those 55+ (3% severe, 4% moderate). Those with physical impairments (12% severe, 13% moderate) and members of the LGBTQ2S+ community are also more likely to suffer from symptoms of severe (12%) or moderate (15%) anxiety based on this test.

## Psychological Distress Anxiety Frequency Scale Items



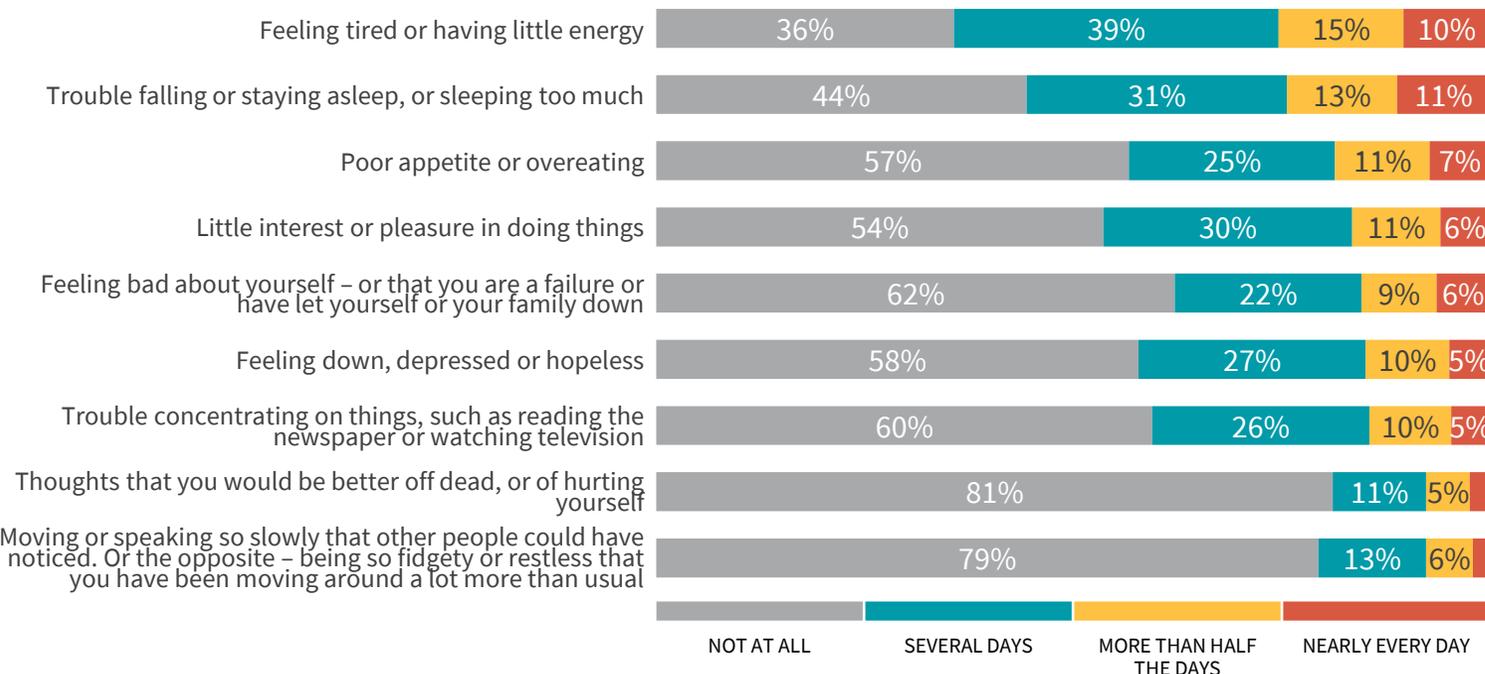
## Mental Health Scores among Canadians with anxiety since COVID-19

Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
65%	64%	62%	65%	63%	63%	62%	Likely to have <b>no anxiety</b> disorder symptoms (0-5)
23%	22%	23%	22%	23%	22%	23%	Likely to have a <b>mild anxiety</b> disorder symptoms (6-10)
8%	10%	9%	9%	9%	9%	9%	Likely to have <b>moderate anxiety</b> disorder symptoms (11-15)
5%	5%	5%	4%	5%	5%	6%	Likely to have <b>severe anxiety</b> disorder symptoms (16-21)

# More than a fifth of the Canadians report symptoms of moderate to severe levels of depression using the PHQ-9

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 23% of Canadians are experiencing symptoms of a moderate to severe depression disorder, with 4% experiencing symptoms of severe, 7% moderately severe, and 12% moderate disorder. Results have remained consistent since the implementation of this test (Poll 6).
- Canadians more likely to be classified as severe: Younger 16-17\* (12%, 18-34: 4% vs. 35-54: 5%; 55+: 1%); unemployed (7% vs. employed 3%), members of the LGBTQ2S+ community (12%) and those experiencing physical impairment (12%), and income less than 30k (8%).

## Psychological Distress Depression Frequency Scale Items



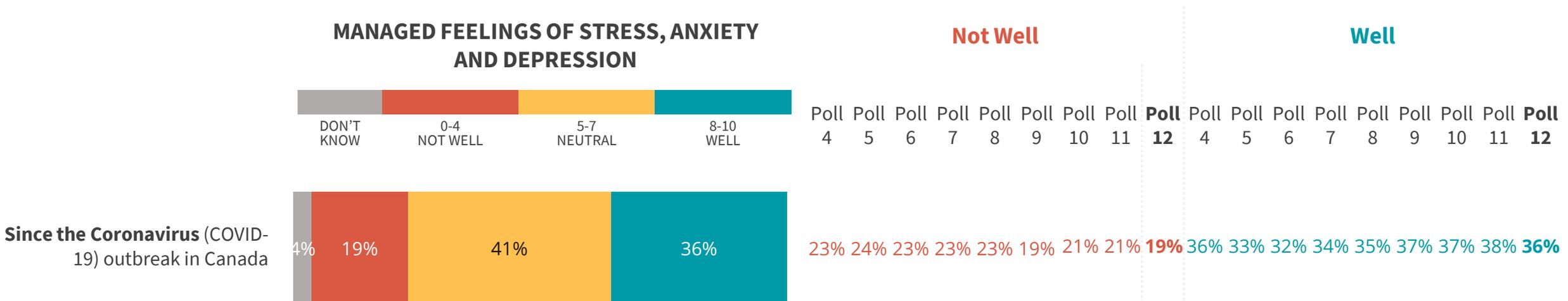
## Mental Health Scores among Canadians with depression since COVID-19

Pol 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
55%	55%	54%	55%	53%	52%	52%	Likely to have <b>no depression</b> disorder symptoms (0-4)
23%	21%	21%	21%	23%	24%	24%	Likely to have a <b>mild depression</b> disorder symptoms (5-9)
12%	12%	12%	13%	12%	12%	12%	Likely to have <b>moderate depression</b> disorder symptoms (10-14)
7%	8%	7%	7%	7%	8%	9%	Likely to have <b>moderately severe depression</b> disorder symptoms (15-19)
4%	4%	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=3,000)

# Canadians are feeling more unsure of their ability to cope with COVID-19 related mental health challenges, compared to Poll 11

- This poll has shown a slight decrease in both the number of Canadians who say they are coping well, (a 2% decrease to 36%) and not coping well (a 2% decrease to 19%), with those reporting a neutral score (a 3% increase to 41%) or saying they don't know (a 1% increase to 3%) increasing.
- Young Canadians continue to be less likely to feel they are now handling their stress well (16-17: 17%, 18-34: 23% vs. 35-54 30%, 55+ 50%), a finding consistent with the last Poll.
- People with a mental health condition continue to be more likely to say they are not handling their stress well (24%).





# Impacts on Mental Health



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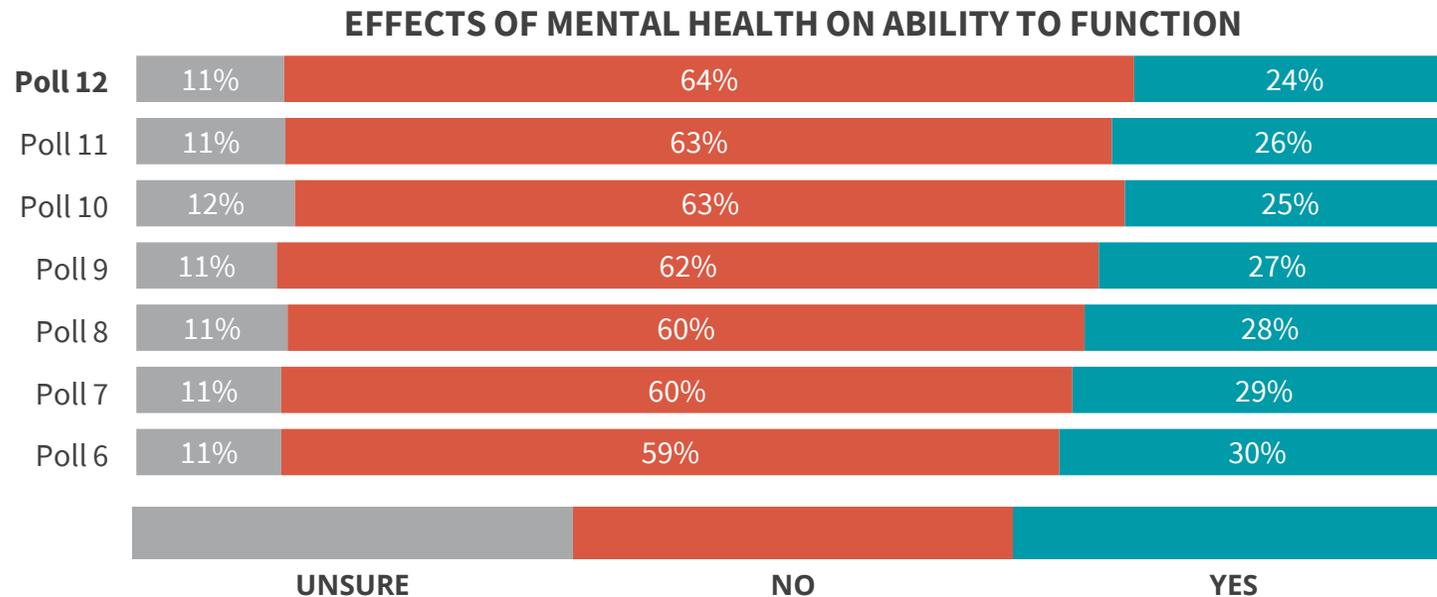
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# A quarter of Canadians continue to experience the effect of mental health symptoms on their day-to-day life

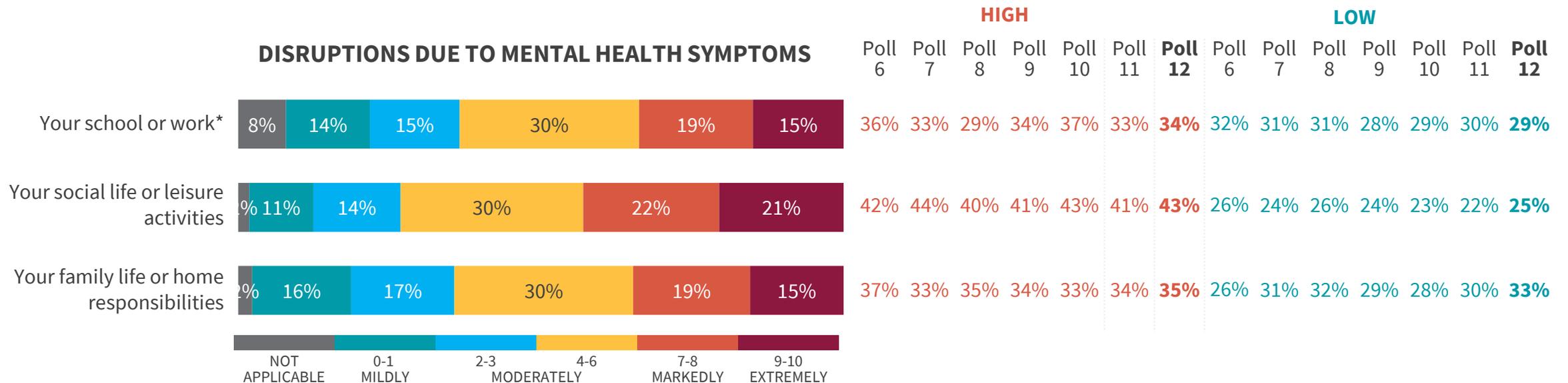
- The percentage of Canadians who say their mental health has impacted their ability to function has decreased slightly by two percent since the Poll 11 (26% to 24%). This continues the downward trend that has been evident since Poll 6.
- Younger people are more likely to say their mental health has impacted their ability to function (16-17: 33%, 18-34: 32%, 35-54: 31% vs. 55+ 12%), as are registered nurses (39%), unemployed (39% vs. employed 26%), members of the LGBTQ2S+ community (48%) and those with physically impairments (38%).
- Vaccine status has a limited impact on the 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= 3,000)

# Social life and leisure activities continue to suffer more than other areas due to day-to-day mental health challenges

- Two-fifths (43%) of those who have had these impacts described the impact on their social activities as at least markedly, while a third say the same of their family responsibilities (35%) and their school or work (34%).
- Students are more likely to say their schoolwork is extremely impacted (49%) than employed Canadians say their workday is (31%).



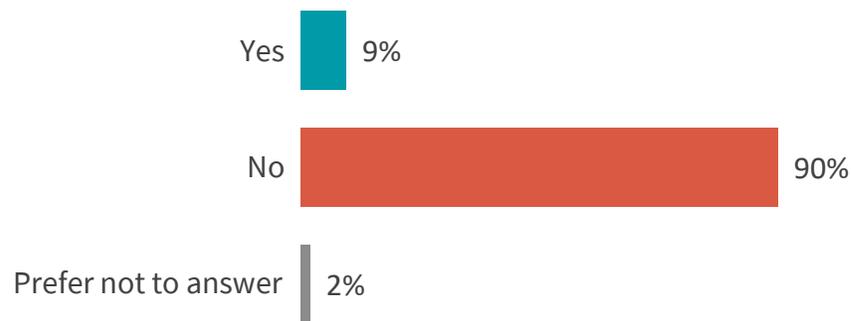
A12. Have mental health symptoms disrupted any of the following:

Base: (Those who feel their mental health is affecting their ability to function n=745) \* Employed/Students who feel mental health is affecting their ability to function (n=543)

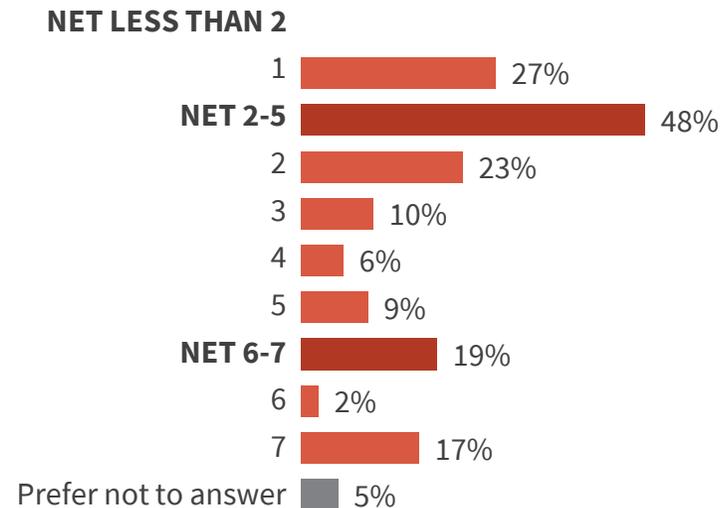
# While 10% of those impacted by mental health challenges have lost days of school/work in the past week, 20% lost almost the whole week

- The incidence of losing days due to mental health issues has not changed significantly since Poll 6 (7%), with students missing on average 2.6 days and employed people 3.4.
- Employed Canadians are more likely to miss seven days (20%) compared to the students 5%.
- More than one-seventh of frontline health care workers have lost work time (14%); an average of 2.8 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  
3.2  
DAYS**

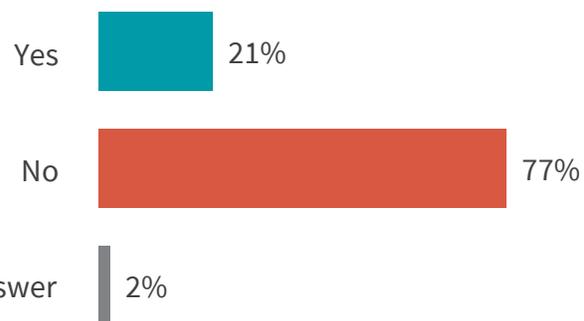
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,006)

A13A. How many days? Base: (Those who are employed or students and have lost days n=171)

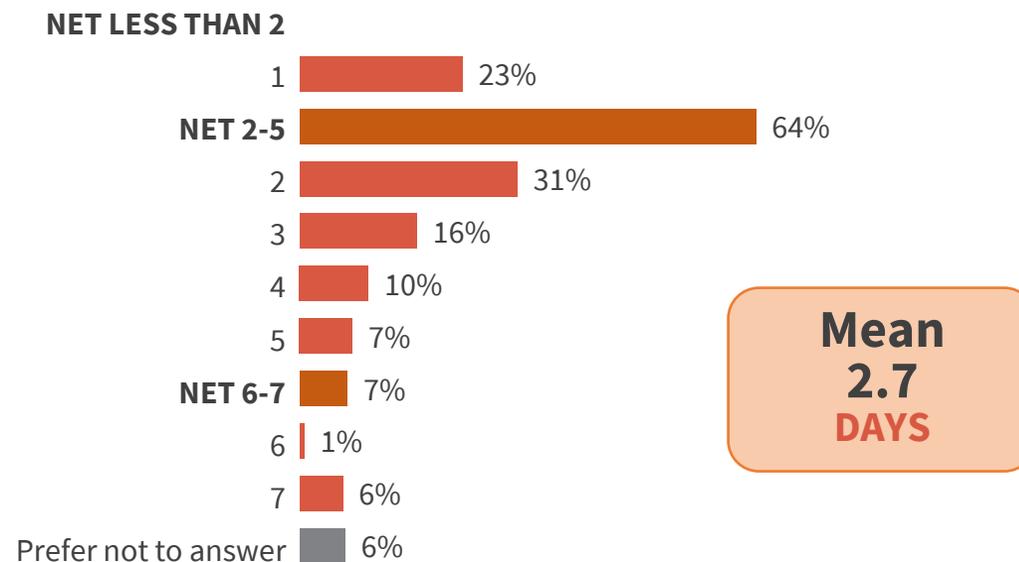
# Of the fifth that felt impaired or experienced low productivity, most spent 2-5 days feeling that way

- Overall, feelings of impairment remain consistent with Poll 9, but have decreased considerably from Poll 7 levels (26%).
- Younger Canadians continue to be most prone to feeling impaired (16-17: 45%, 18-34: 27%). This feeling is not as common among older Canadians and has decreased slightly this poll (55+ from 11% to 9%).
- Vaccine status has limited impact on feelings of impairment.

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



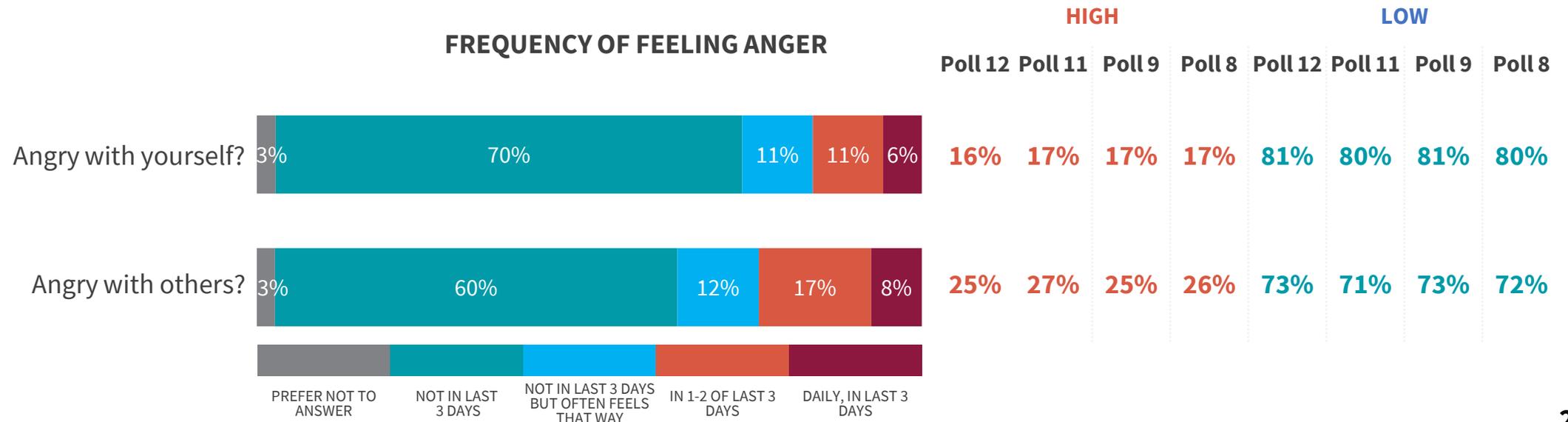
## DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED



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=2,006) | A14A. How many days? Base: (those who have lost days n=429)

# While a quarter report being angry with others, a sixth are angry with themselves at least once in three days

- A quarter (25%) reported being angry with others in at least 1-2 of the last 3 days, and a sixth (16%) reported being angry with themselves in at least 1-2 of the last 3 days.
- Those who say their anxiety or depression is high (either before or since COVID-19) are more likely to say they have felt angry with both themselves and others on a daily basis (high anxiety since COVID-19: angry with self 25%, others 28%; high depression since COVID-19: angry with self 32%, others 32%). Additionally, those with a diagnosis are more likely to feel angry on a daily basis than those without (anxiety: angry at self 11%; depression: angry at self 11%; anxiety: angry at others 13%; depression: angry at others 13%).
- Younger Canadians (15% vs. 18-34 8%, 35-54 7%, 55+ 3%), students and unemployed (12% respectively), those with a household income of less than 30k (11%), members of LGBTQ2S+ community (14%), and those who are physically impaired (14%) are more prone to be angry with themselves daily.

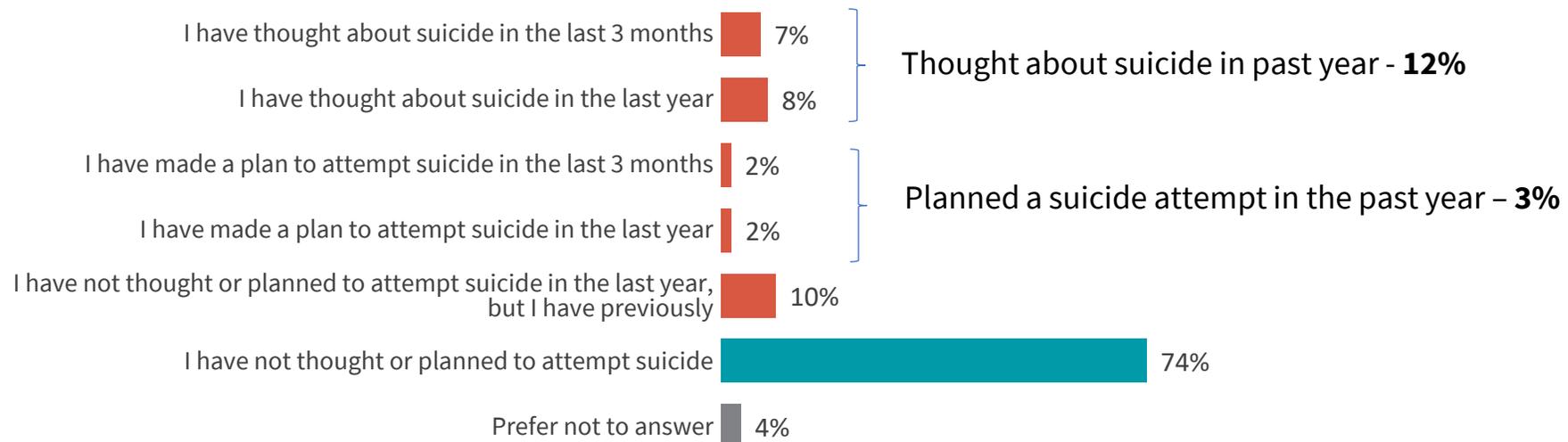


A14B. In the last 3 days, how often have you felt... Base: (Those who had days where they felt so impaired their productivity was reduced n=3,000)

# More than a tenth of Canadians have thought about suicide in the past year

- Thoughts of suicide are more predominant among younger people, with 19% of 16-17 year olds and 18% of 18-34 year olds having thought of it in the past year (11% and 10% respectively in the past three months), and 10% of 16-17 year olds and 5% of 18-34 year olds having planned an attempt in the past year (7% and 3% in the past three months).
- Thoughts of suicide are almost similar among men and women (13% for men and 11% for women).
- One-fifth of front-line healthcare workers have thought about suicide in the past year (20%).
- Half (49%) of those with high depression have thought of it in the past year (35% in the past three months) and one-in-ten (12%) have planned an attempt in the past year (8% in the past three months). Of those rating their anxiety as high, 35% have thought about suicide in the past year (25% in the past three months) and 10% have planned an attempt in the past year (6% in the past three months). These numbers also show an upward trend in this Poll compared to the last Poll(s).
- In the LGBTQ2S+ community, 34% have thought about suicide in the past year (21% in the past three months, similar to the findings of Poll 11) and 9% have made a plan in the past year (6% in the past three months).

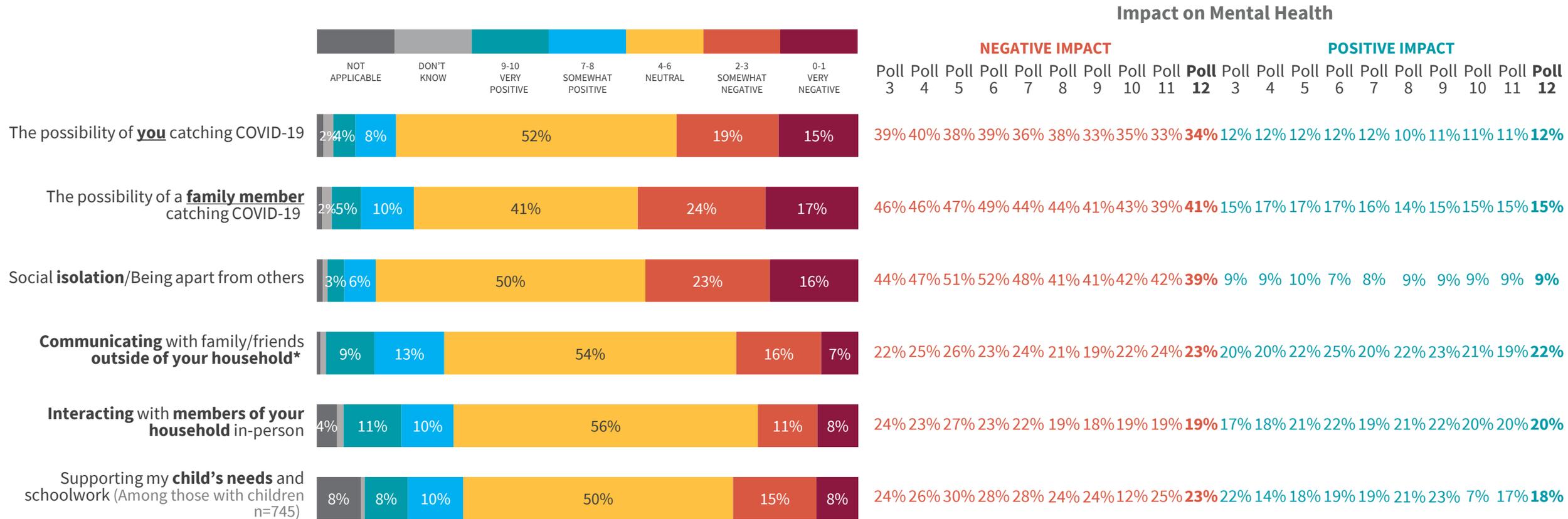
## THOUGHTS RELATING TO SUICIDE



# The negative impact of the spread of COVID-19 has increased slightly

- As the pandemic continues, **fear of contracting COVID-19** saw an increase this poll, with the fear of a family member contracting it slightly increasing from 39% to 41%. **Young people are more likely to be concerned** about the following: Catching COVID-19 themselves (16-17: 38%, 18-34: 38%), family members catching COVID-19 (16-17: 43%, 18-34: 46%), and social isolation (16-17: 47%, 18-34: 45%). Being vaccinated has a notable impact on this fear, with those who are vaccinated being significantly more afraid of contracting it themselves (35% vs. 26% of those unvaccinated) and much more afraid of family contracting it (42% vs. 29% of those unvaccinated).
- **Social isolation** continues to be the leading stressor on mental health. Although this has seen a slight increase in Poll 10 and remained consistent last poll, this poll saw a slight decrease, with 39% saying it has a negative impact on mental health.
- The economic downturn has had a negative impact on more than two-fifths of Canadians. This continues to have the most negative impact on those in Alberta, albeit this impact has decreased since last poll (45%, a decrease of 5% since last poll). Younger Canadians continue to stay more impacted by the economy (18-34: 46%, 35-54: 46% vs. 55+: 36%).
- When asked about the challenges of a current workplace, not related to COVID-19, three-in-ten (29%) reported to have a negative impact. Only one-in-ten feels positive about the challenges they face at their workplace. Those in urban centers (31% vs. 24% rural), younger (18-34: 33%, 53-54: 31% vs. 55+: 22%), women (32%), those diagnosed with mental health disorders (35% vs. 25% with no mental health disorder) and unvaccinated (39% vs. 30% vaccinated) feel the negative impacts of the challenges their work brings to them.
- New mothers (those with children between 0-1 year old) are negatively impacted by the spread of COVID-19. More than two-fifths (43%) are concerned about catching COVID-19 themselves and more than half (56%) are concerned about the possibility of a family member catching it. Nearly half (46%) of new mothers are negatively affected by social isolation as well.

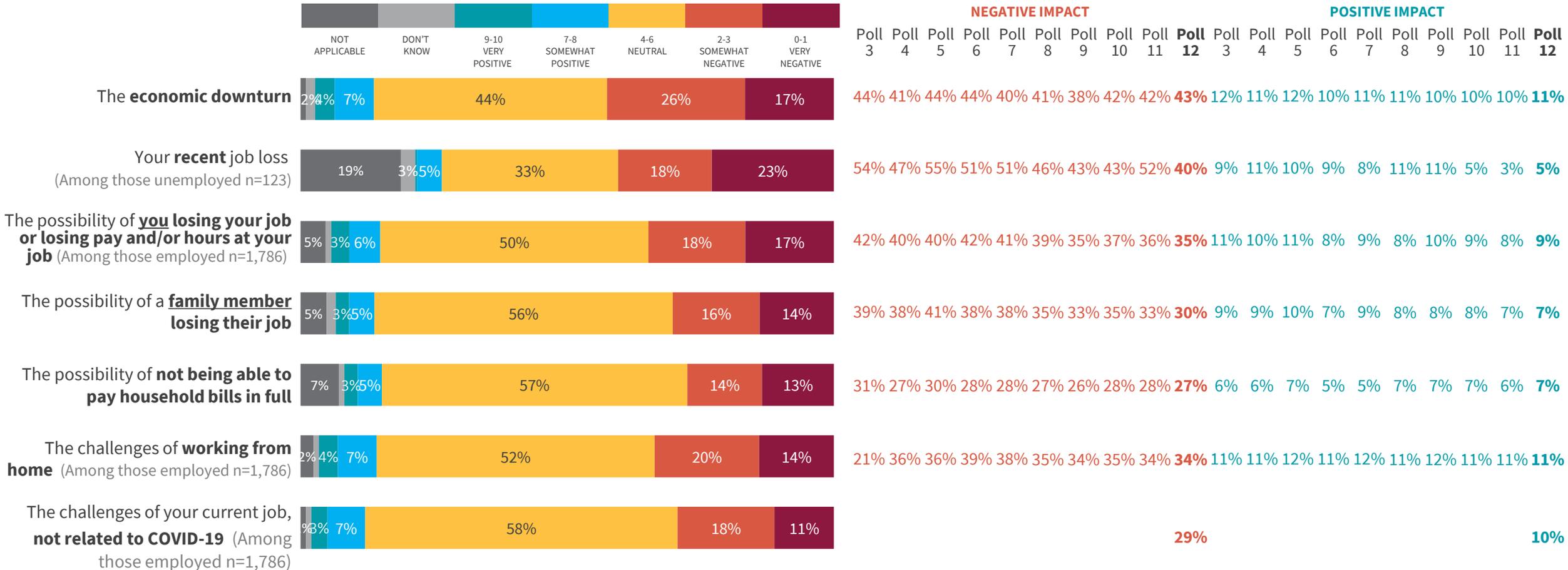
# Social isolation remains one of the dominant factors in poor mental health and the possibility of a family member catching COVID-19 has a more negative impact this poll



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= 3,000) \*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 stayed consistent with the last poll

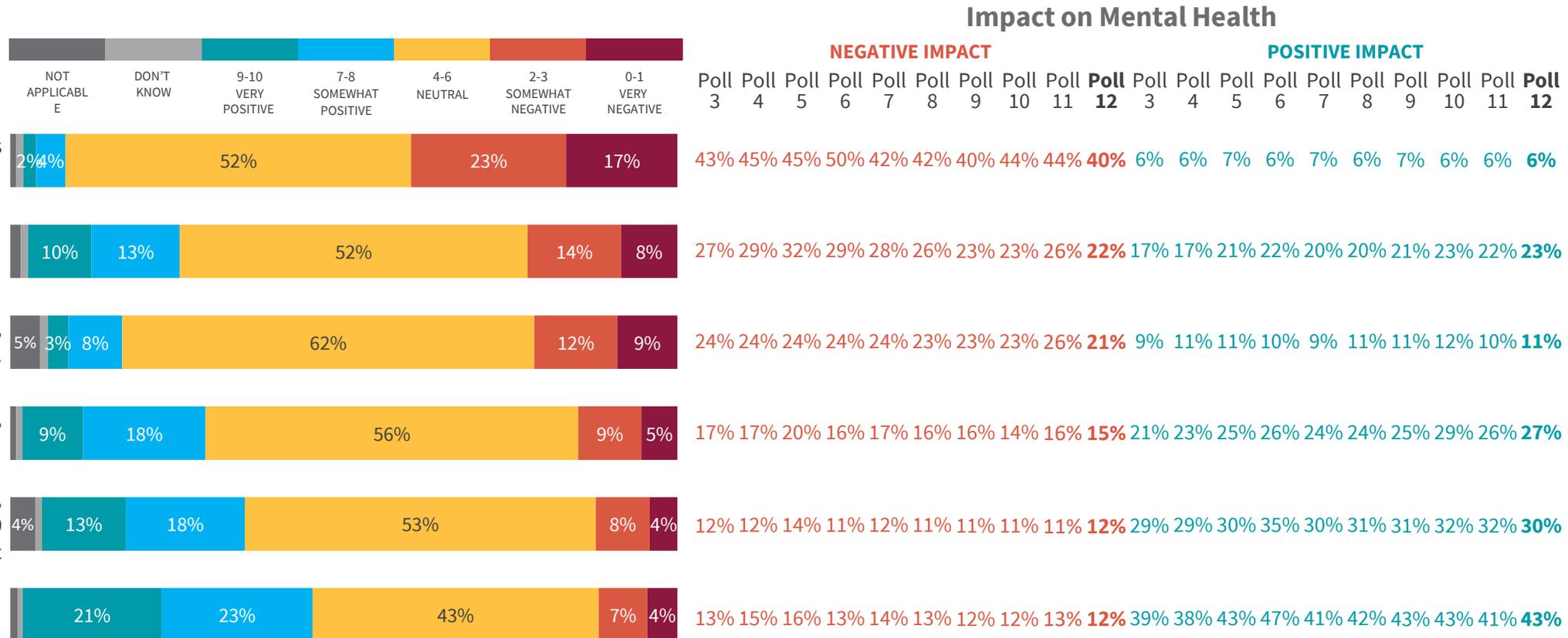
## Impact on Mental Health



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= 3,000)

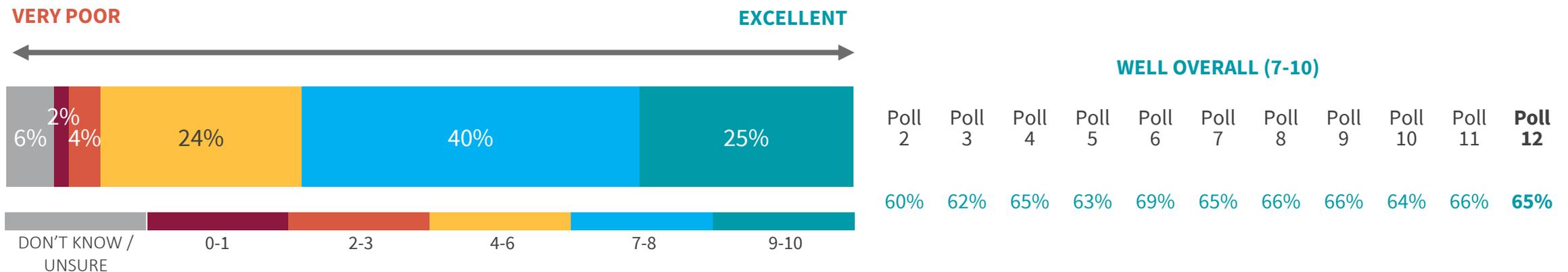
# Going outside continues to have the most positive impact on mental health



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=3,000)

# Confidence in the ability to recover from challenges has remained consistent with the last poll

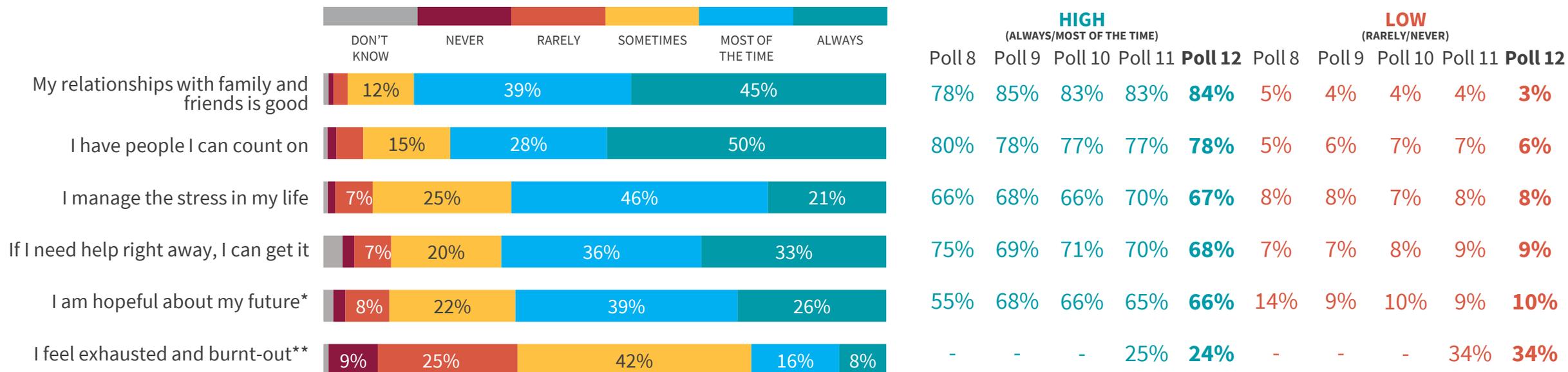
- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (65% rate this 7 to 10, when 10 means excellent). This has remained consistent with the findings of Poll 11.
- Younger Canadians (below 55 years) are not as positive (7-10 rating) about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (16-17: 57%, 18-34: 52%; 35-54: 59%; 55+: 80%).
- Members of the LGBTQ2S+ community continue to have a hard time bouncing back from the challenges and unexpected troubles as just half of the members say they are able to recover from these challenges (52%).
- People not diagnosed with any mental health disorder are significantly 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 (57%).



**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=3,000)

# Canadians remain as hopeful as they were last poll

- Two-thirds of Canadians are feeling hopeful about their future. 84% of Canadians say their relationships with family and friends have been good.
- That said, the number of people who feel they can get help if they need it has decreased slightly (68%, down from 70%), with three-fifths (78%) thinking they have people they can count on. On the contrary, a quarter (24%) continue to report they are exhausted and burnt out.
- Burnout is less prevalent among those who are retired (9%). It is more of an issue for students (38%), those looking for work (36%) as well as those working (27%). Additionally, those with a mental disorder are more likely to be burnt out compared to those without any mental disorder (34% vs. 14%).
- People in Quebec (77%) and those over 55 years old (73%) are feeling most hopeful. Canadians who are vaccinated are more hopeful than those who are not (67% vs. 57%). Members of the LGBTQ2S+ community are less likely to feel hopeful (50%) and more likely to be feeling exhausted and burnt out (39%). Those who are vaccinated also feel more positively about their relationship with their friends and family (85% vs. 79%).
- Overall, more than three-quarters of the new mothers (with children aged 0-1) have a positive outlook. They are hopeful (82%), have good relationships (92%), have people to count on (83%), and can get help right away (74%) most of the time to always.

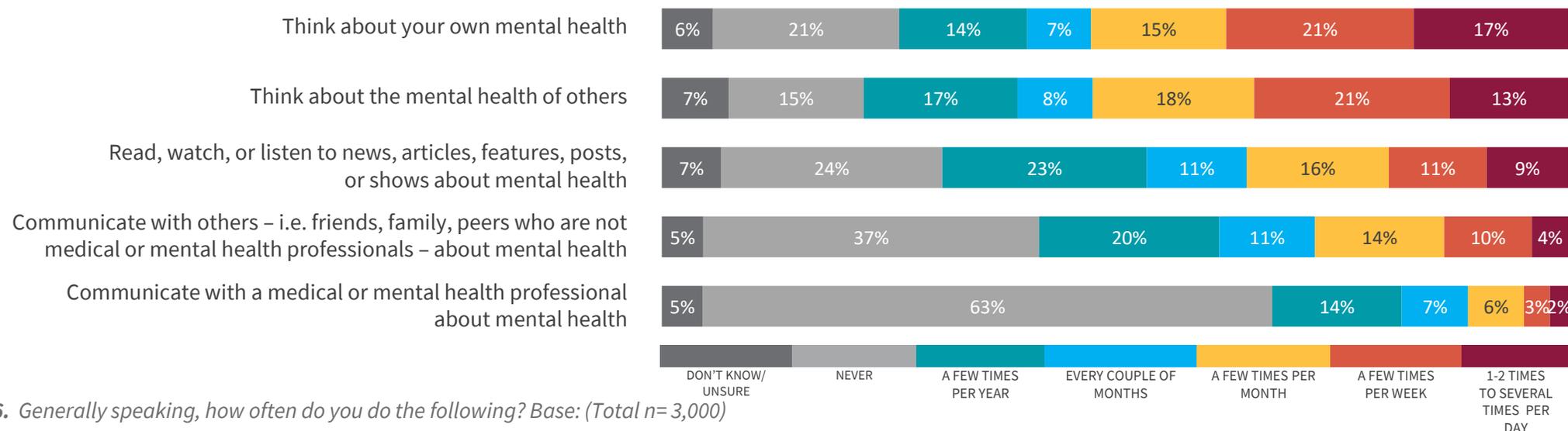


SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n=3,000).

\*W8 wording: I have been hopeful about my future. \*\*Added in Poll 11

# Two-fifths think of their own mental health at least few times a week

- Two-fifths (38%) of the Canadians think of their mental health at least a few times a week with a fifth (17%) thinking of it several times a day. Younger Canadians (18-34 14%, 35-54 12% vs. 55+ 4%), unemployed and students (15% and 16% respectively vs. 10% of employed), those with diagnosed anxiety (19%) and depression (18%) compared to those with no mental health disorder (3%), and members of the LGBTQ2S+ community (25%) think of their mental health several times per day.
- Only one-third (34%) think of the mental health of others at least a few times in a week with 13% thinking about it several times a day.
- Consuming information about mental health is infrequent among Canadians, with only a fifth consuming it at least a few times a week and a quarter (24%) saying they never do.
- Mental health remains a topic that is not discussed often. Only 14% communicate at least a few times a week with people who are not professionals and 5% talk to professionals. The majority (63%) never talk to professionals about their mental health.



A6. Generally speaking, how often do you do the following? Base: (Total n=3,000)

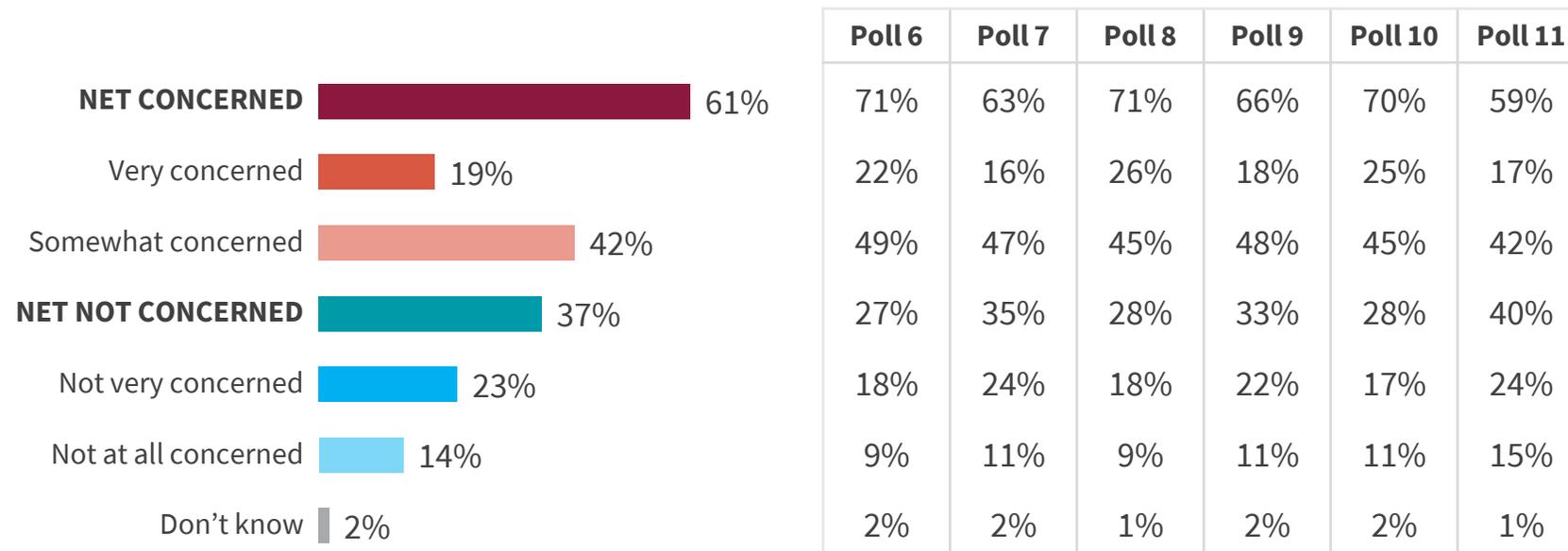
# Students demonstrate to be the most literate in mental health

- Older Canadians (55+) are less in tune with their mental health. They are less likely to think about it (55+ 20% vs. 18-34: 55%, 35-54: 43%)\*, consume information about it (55+: 14% vs. 18-34: 25%, 35-54: 21%)\*, or talk about it (55+: 5% vs. 18-34: 24%, 35-54: 15%)\*. Those under 55 are more likely to consider their own and others' mental health (18-34: 48%, 35-54: 41% vs. 55+ 20%)\*, 18-34 year olds are not only thinking about it, but they are also talking about it (with professional 18-34: 10%, 35-54: 6%, 55+: 1%, with family/friends 18-34: 24%, 35-54: 16%, 55+: 6%)
- Those living in the urban centers are more vigilant about their mental health. They are more likely to think of their own (18% vs. 13% rural)\*\* as well as others' mental health (14% vs. 10% rural)\*\*, consume information about it (10% vs. 6% rural)\*\*, and talk to their friends and family (4% vs. 2% rural)\*\*. However, when it comes to speaking with a medical professional, the numbers are similar between urban and rural populations (2%).
- When it comes to being more actively involved in mental health, women demonstrate to more frequently think of others' mental health (39% vs. 31% men)\*, and talk more about it with family and friends (15% vs. 12% men)\*. However, men more frequently seek professional advice/help (7% vs. 3% women)\*.
- The household composition also plays a role in mental health literacy to some extent. Those living alone tend to think of their mental health more frequently (21%)\*\* compared to those living with others (16%)\*\*. In contrast, those living with others, think of others' mental health more (14% vs. 9% living alone)\*\* , consume more knowledge, and often talk to friends and family about their mental health. The likelihood of seeing a medical professional is not affected by household composition (2%).
- Students (28%)\*\* and those unemployed (25%)\*\* think about their mental health more often. Retired people report thinking about it less frequently (7%)\*\* than other groups. Students are the most literate about mental health as they consume more information (10%)\*\* as well as see medical professionals (4%)\*\* more often than any other group.
- While new mothers are not more likely than others to consider their own mental health, almost half (49%) think of others' mental health at least weekly. They do not talk to a professional about this often, though they do occasionally, with less than half saying this never happens (48%).

# Concern over the continuing threat of COVID-19 has gone up slightly this poll

- The continuing threat of COVID-19 has fluctuated from poll to poll. While this threat decreased from December to February (Poll 10 to Poll 11), it increased again in April 2022 (Poll 12 – from 59% to 61%).
- Concern continues to be lowest in Quebec (43%, a 4% increase from last poll), while being highest in BC (68) and Ontario (67%). Those living in urban centers (63% vs. 53% in rural), women (64%) and those 55+ (70%) are most concerned.
- Those who have received vaccines continue to be more concerned about this threat than those who have not (vaccinated: 65%, none 22%).

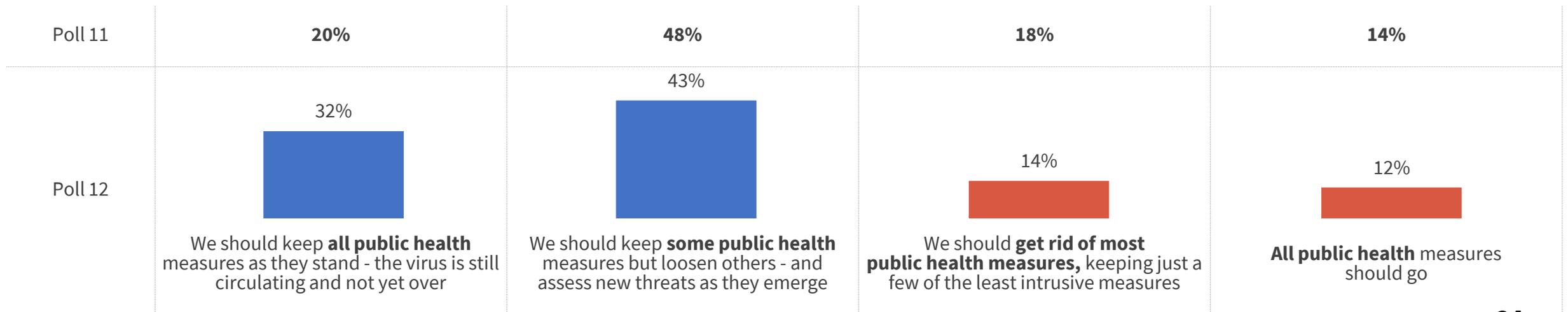
## CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19



# Canadians increasingly want public health measures to remain in place

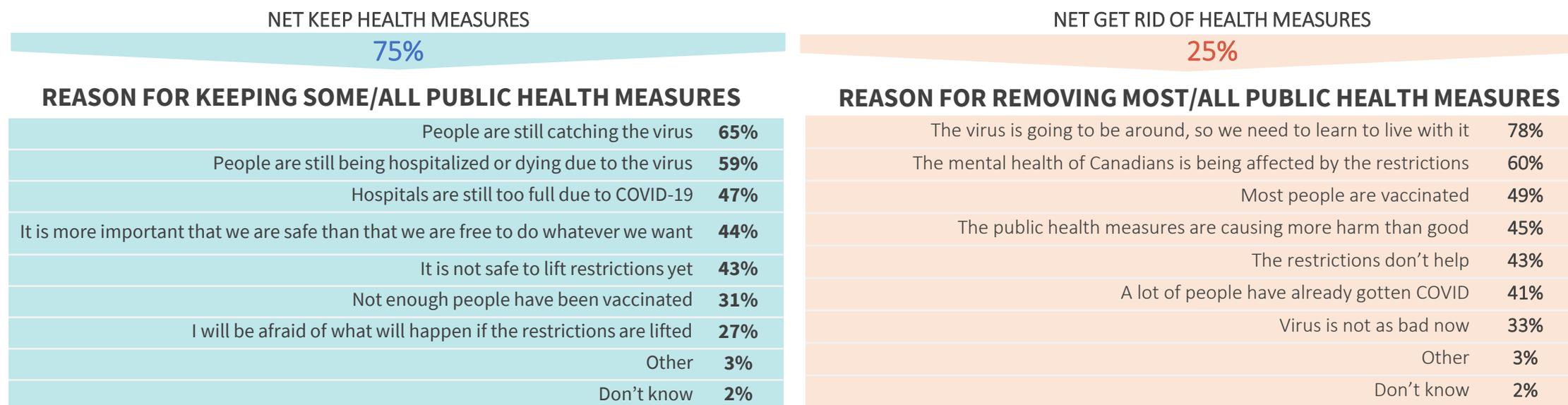
- Three quarters (75%, up by 7% since Poll 11) are in the favor of keeping some (43%, a 5% decrease) to all (32%, significantly up by 12%) public health measures in place. Those living in urban centers (76% vs. rural 66%), older 55+ (81% vs. 16-17: 70%) and vaccinated (79% vs. unvaccinated 27%) want the public health measures to stay.
- Those experiencing anxiety or depression are more likely to want to keep all the public health measures. This is true among those who report their anxiety and depression as high since the virus (Keep all measures – anxiety: 42%, depression: 40%), but it is felt even more strongly among those who report their anxiety and depression as high before COVID-19 (Keep all measure – anxiety: 51%, depression: 54%).
- Residents of Ontario (79%) and BC (80%) are most in favour of keeping at least some of the public health measures, with residents of Alberta (68%) and particularly Quebec (67%) being least in favour. Quebec (33%) and Alberta (32%) are most likely to want to get rid of at least most of the measures, with Quebecers being more likely to say it should be most (19%) rather than all (15%) while Alberta residents would rather see all go (17%) rather than just most (15%).
- A quarter (26%, down by 4%) reported that they want to get rid of most (14%, down by 4%) to all (12%, down by 2% since Poll 11) of the health measures.

## OPINION OF WHAT TO DO TO LIVE WITH THE VIRUS AT THIS TIME



# Reasons for keeping or getting rid of the public health measures

- Of those who want the public health measures to stay, two-thirds (65%, up by 11% since Poll 11) want to keep the measures because people are still catching the virus, three-fifths (59%, a finding consistent with the last Poll) because people are still being hospitalized or dying and 47% (down by 7%) because hospitals are still too full due to the pandemic.
- Of those who want to get rid of the measures, three-quarters (78%, up by 2% since Poll 11) are of the opinion that the virus is going to be around, so they need to live with it. While three-fifths (60%, down by 6% since last poll) are concerned about the mental health of Canadians.



SCR22A. Why do you feel some or all of the public health measures should stay? Base: (Those who feel health measures should stay n=2,211)

SCR22B. Why do feel we should get rid of most or all of the public health measures? Base: (Those who feel health measures should be removed n=789)



# Mental Health Supports

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# Accessing mental health supports since COVID-19 remain at one-fifth

- In the year before COVID-19, 10% of Canadians had accessed mental health supports. This has increased to 22% 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:

**NET YES** 10%

- Yes, **one-to-one in-person** with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.) 8%
- Yes, one-to-one virtually **VIA ONLINE** (i.e. video chat) with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.) 2%
- Yes, one-to-one virtually **VIA VERBAL PHONE CALLS** with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.) 1%
- Yes, one-to-one virtually **VIA TEXTING/MESSAGING** with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.) 1%

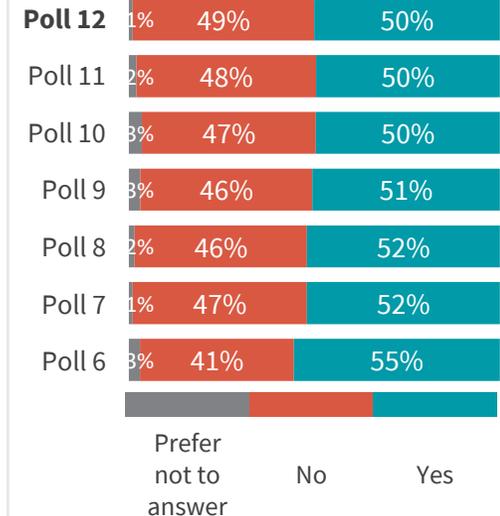
- Yes, my family doctor / GP 4%
- Yes, group treatment/therapy 1%
- Yes, trained peer support 1%
- Yes, other mental health supports 1%

**NET NO** 87%

- No – Not in past year 22%
- 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) 58%
- Prefer not to answer 3%

	Before Covid	SINCE COVID:	Poll 7	Poll 8	Poll 9	Poll 10	Poll 11
<b>NET YES</b>	11%	22%	20%	20%	22%	21%	22%
Yes, one-to-one in-person with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	13%	7%	6%	6%	8%	7%	7%
Yes, one-to-one virtually VIA ONLINE (i.e. video chat) with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	2%	8%	8%	7%	8%	6%	9%
Yes, one-to-one virtually VIA VERBAL PHONE CALLS with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	2%	5%	5%	6%	6%	6%	6%
Yes, one-to-one virtually VIA TEXTING/MESSAGING with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	1%	1%	1%	1%	1%	1%	2%
Yes, my family doctor / GP	7%	6%	6%	6%	7%	6%	7%
Yes, group treatment/therapy	2%	1%	1%	1%	1%	1%	1%
Yes, trained peer support	0%	1%	0%	1%	1%	1%	1%
Yes, other mental health supports	2%	1%	2%	2%	2%	1%	1%
<b>NET NO</b>	86%	75%	78%	78%	75%	77%	76%
No – Not in past year	21%	0%			0%	0%	0%
No - Needed mental health supports, but did not access any such supports	8%	11%	13%	12%	12%	12%	11%
No - Did not need mental health supports (and did not access any)	56%	64%	65%	65%	62%	62%	64%
Prefer not to answer	2%	3%	3%	2%	3%	3%	3%

## WHETHER RECEIVE MENTAL HEALTH SUPPORTS



**Younger Canadians** are more likely have accessed supports since COVID (18-34: 35% vs. 35-54: 25%, 55+: 10%)

**B11.** BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=3,000)

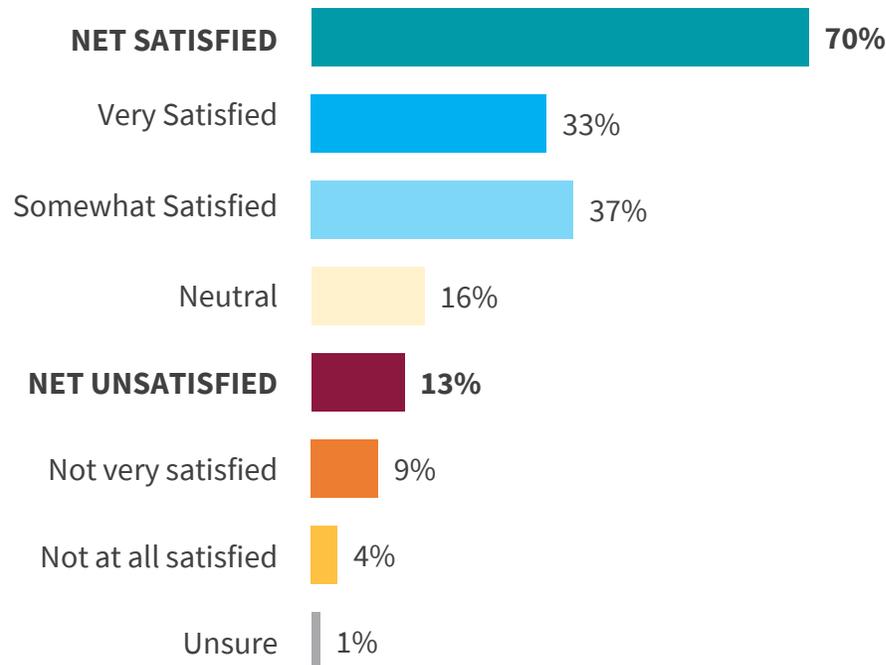
**B13.** SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=3,000)

**B14.** Are you currently still receiving these mental health supports? (Total: n=687)

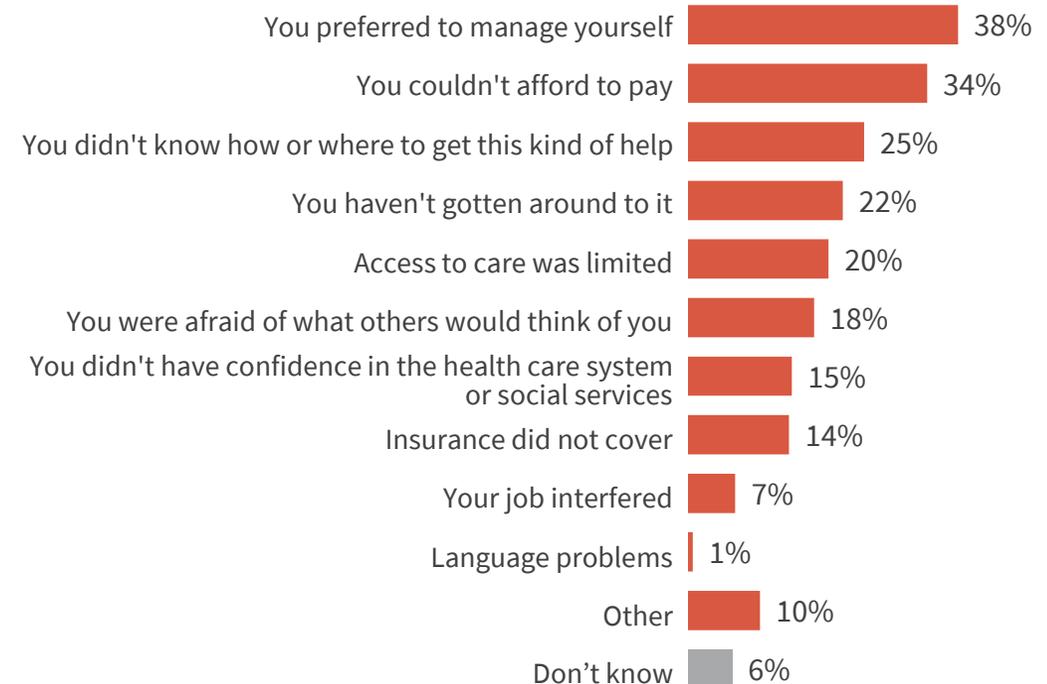
# Seven-in-ten were satisfied with the mental health support received before the pandemic

- Most of those who accessed mental health supports before the pandemic were satisfied with what they received (70%).
- Of those not accessing professional support for their mental health, two-fifths (38%) said they preferred to manage themselves while a third (34%) said they could not afford the professionals.

## SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



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



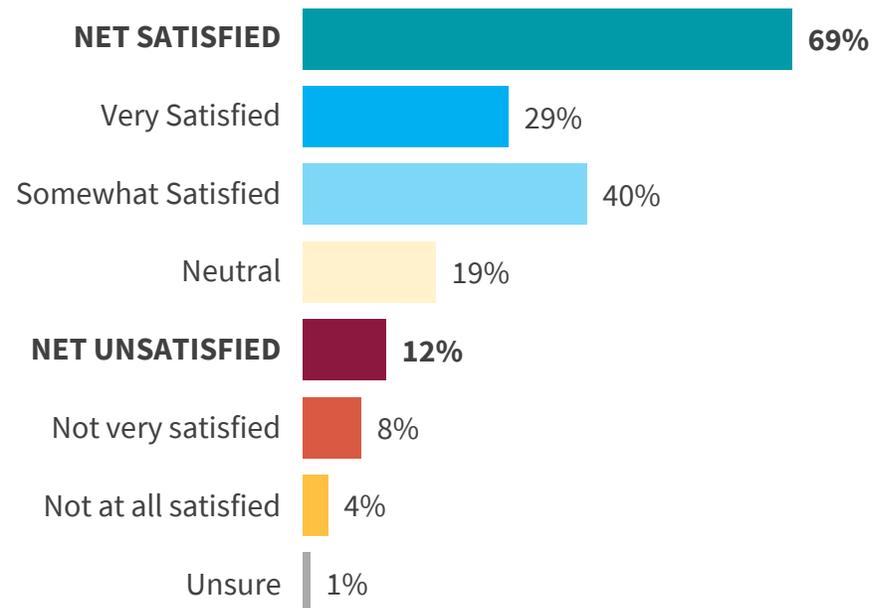
**B12A.** How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: (**Ever had mental support before COVID-19** n=959) |

**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=227)

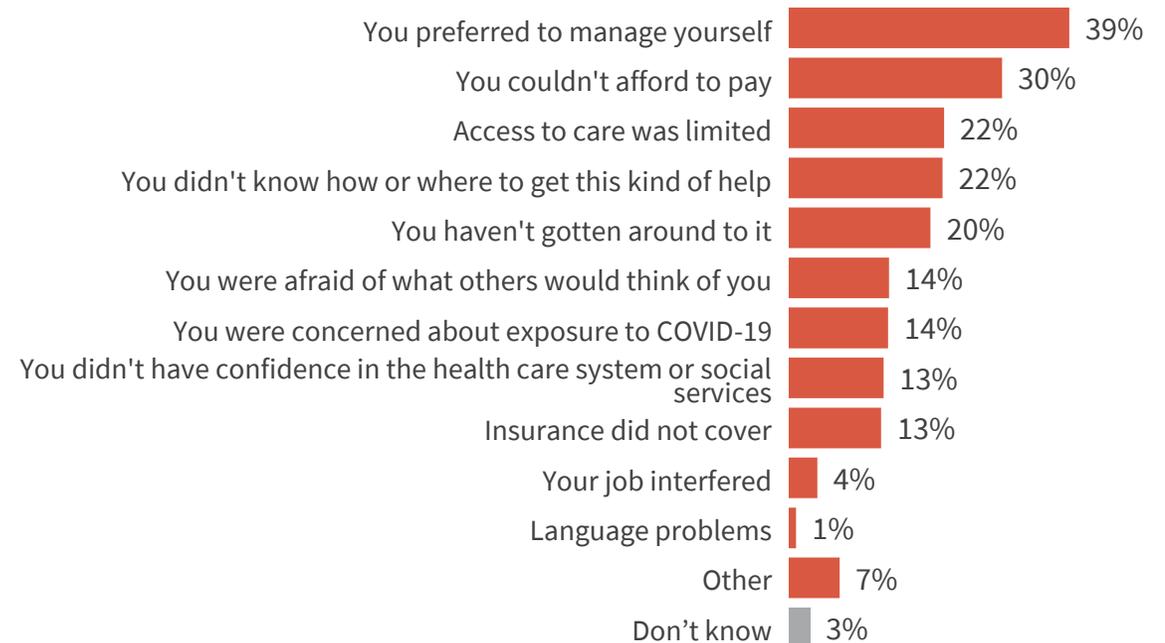
# Satisfaction with support accessed since COVID-19 has increased slightly since Poll 11

- Two-thirds of those who have received support since COVID-19 are somewhat (40%) to very (29%) satisfied with it. Satisfaction has increased slightly (from 66% to 69%) since the last poll.
- Of those not accessing professional support for their mental health (but felt they should be) since COVID-19, two-fifths (39%) said they preferred to manage themselves. Fear of contracting COVID-19 has continued to decline; while 31% said this was a reason for not accessing in Poll 6, it is now down to 14% this poll.

## 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=687) | **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=347)



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**Engagement, MHRC**



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