



Mental Health During COVID-19 Outbreak: Poll #7 of 12



June 2021

Methodology

Methodology: This online survey was conducted among a sample of 4,005 adult Canadians, including an oversample of 500 surveys with residents of each of New Brunswick and Newfoundland. This was the seventh 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

Region	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error	Number of Interviews	Margin of error
	Poll One April 22 to 28, 2020		Poll Two August 21 to 31, 2020		Poll Three October 22 to 28, 2020		Poll Four December 10 to 18, 2020		Poll Five February 1 to 8 2021		Poll Six April 20 to 28 2021		Poll Seven June 7 to 13 2021	
National	1,803	±2.3%	4,010	±1.5%	2,004	±2.2%	2,761	±1.9%	3,005	±1.8%	4,005	±1.5%	4,010	±1.5%
British Columbia	251	±6.2%	275	±5.9%	271	±6.0%	270	±6.0%	361	±5.2%	500	±4.4%	484	±4.8%
Alberta	252	±6.2%	273	±5.9%	270	±6.0%	271	±6.0%	357	±5.2%	500	±4.4%	481	±4.5%
Prairies	200	±6.9%	701	±3.7%	231	±6.5%	250	±6.2%	703	±3.7%	301	±5.6%	741	±3.6%
Ontario	701	±3.7%	826	±3.4%	801	±3.5%	803	±3.5%	918	±3.2%	902	±3.3%	904	±3.3%
Quebec	300	±5.6%	394	±4.9%	356	±5.2%	359	±5.2%	516	±4.3%	600	±4.0%	582	±4.1%
Atlantic Canada	99	±9.8%	1541	±2.5%	75	±11.3%	808	±3.5%	150	±8.0%	1,202	±2.8%	818	±3.4%

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



Major Findings

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Major Findings

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



Key Findings

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Anxiety and depression remains high and is impacting many Canadians

- **The COVID-19 outbreak and restrictions were associated with an increase in both anxiety and depression**, compared to what Canadians were facing before the pandemic. As vaccination levels increase and restrictions start to lift, we have seen a decrease in the levels of high anxiety and a slight lowering of anticipated levels of anxiety if the pandemic restrictions continue, compared to research done in April (Poll 6). However, there is still cause for concern. Anxiety has not decreased among 18–34-year-olds and levels of high depression remain at the elevated state that has been seen this year.
- **Levels of anxiety and depression are serious.** Two-fifths of Canadians who report high levels of anxiety and/ or depression are likely to be classified as moderate to severe on the Kessler Scale, as well as the GAD-7 and PHQ-9 scales. Despite the decline in perceived levels of high anxiety, these scores have not changed since the last Poll.
- Almost one-in-three Canadians have said effects of mental health have impacted their ability to function, with more than one-third saying this impact was markedly or extreme. Additionally, one-fifth have dealt with impairment and 8% have been unable to go to work/school in the past week, due to mental health issues.
- **More than one-in-ten Canadians have thought about suicide in the past year**, consistent to findings of Poll 6. This is even higher among younger Canadians, with almost one-fifth having thought about suicide and 3% having planned an attempt in the past year.
- The levels of mood disorder diagnosis since COVID-19 have increased this poll, primarily among younger Canadians and frontline healthcare workers. The majority of Canadians diagnosed with a mood disorder are receiving some form of treatment. Prescription medication is the most common treatment reported, and a third are receiving therapy administered by a professional.
- **One-fifth of Canadians have accessed mental health support** since the pandemic, up slightly since April. Those who have accessed these supports, either before or since COVID-19 have been satisfied with it.

While its impact has declined, social isolation remains the most negative factor of mental health

- **Social isolation** continues to have a negative impact on mental health for more than half of Canadians, however, as restrictions start to lift, this impact has declined (down 4% since April 2021).
- **Fear of contracting COVID-19** (themselves or their family) also has less of a negative impact on mental health compared to what we've seen in previous polls.
- **Going outside** continues to have the strongest positive impact on mental health, but this has declined from the high levels achieved at the beginning of spring (Poll 6 – April 2021).
- **Communicating with friends/family through virtual methods** is not having as strong a positive impact on mental health as was seen in the past.
- **The negative impact of the economic downturn has decreased** this poll, but the impact of all specific economic factors (potential or realized job loss, inability to pay bills) has remained consistent.
- **One-quarter of Canadians have increased their alcohol consumption**, while one-third have increased their cannabis consumption since the onset of COVID-19.

Most Canadians have been at least partially vaccinated, but those who have not are hesitant

- **As the vaccine roll out continues, more than four-fifths of Canadians have received at least one dose of the COVID-19 vaccine.** However, of those who have not yet received a vaccine, half are hesitant to do so, with one-quarter saying they will not get it.
- While those who have not been vaccinated are feeling the same level of anxiety as those who have, they are more likely to be experiencing high levels of depression and they are more likely to experience symptoms of severe mental health disorders using the Kessler-10, GAD-7 and PHQ-9 scales.
- While the majority believe they will be concerned about the continuing threat of COVID in the post-pandemic world, this concern has declined by 8% since Poll 6. However, the vaccine roll out may have limited impact on this, with those receiving vaccines being more concerned than those who have not.



Results in Detail

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Anxiety and Depression in the COVID-19 Outbreak

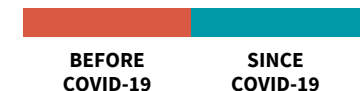
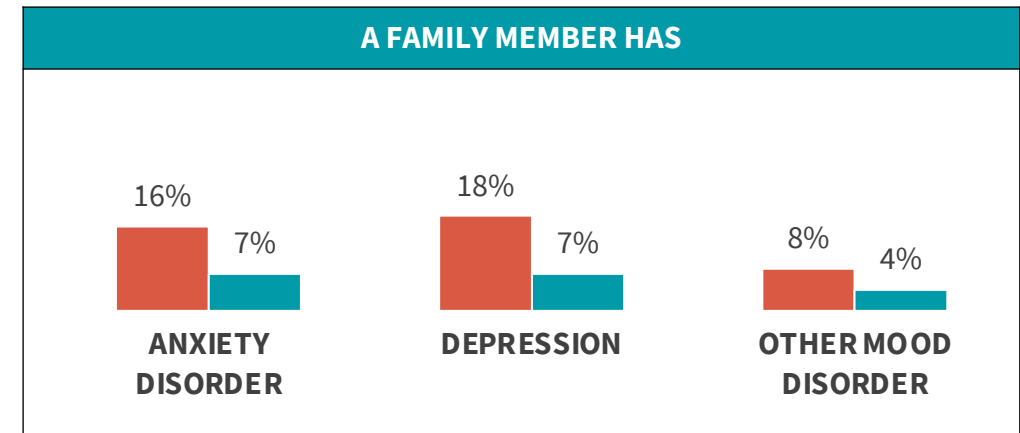
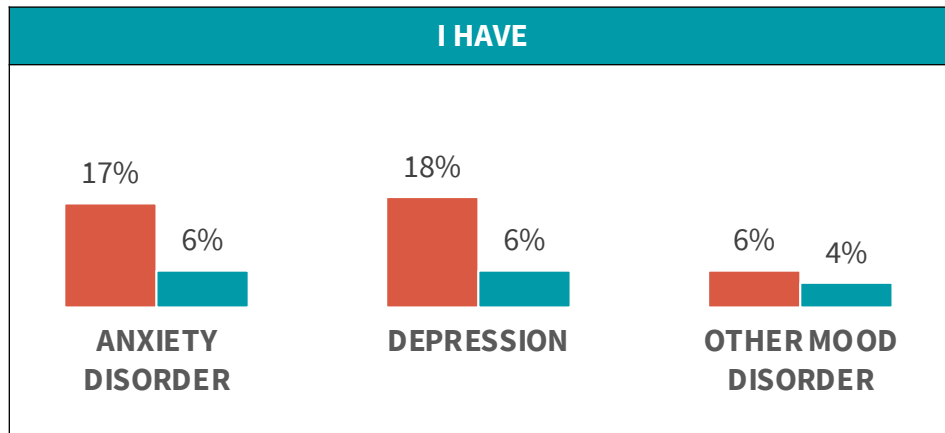
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Quarter of Canadians have been diagnosed with anxiety or depression (1/2)

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



Base: (Total n=4,010)

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

Disorder diagnoses are up among young Canadians and Frontline Healthcare workers (2/2)

OF THE ONE IN FOUR DEALING WITH A MOOD DISORDER:

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

TOTAL % OF HOUSEHOLDS DEALING WITH MENTAL HEALTH CONDITIONS:

Almost half of Canadian households have someone diagnosed with a mood disorder

TOTAL YES 46%

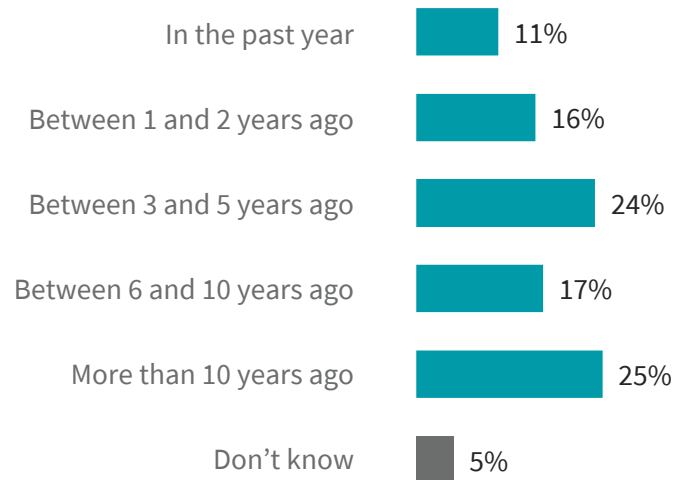
(Individual or households suffering from anxiety or depression, or other mood disorder)

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

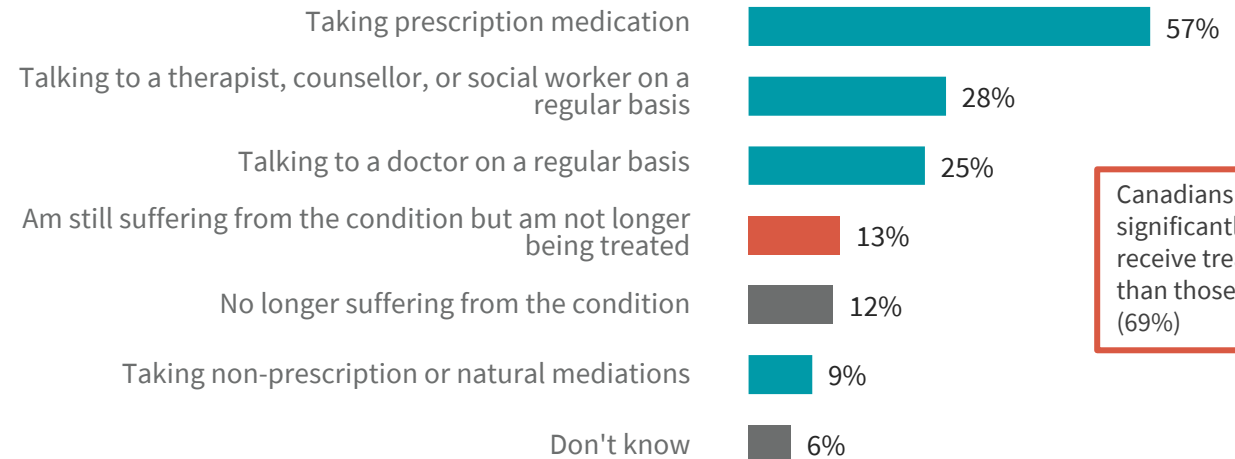
Almost three quarters of Canadians with a mood disorder receive treatment; Prescription medications are most common

- **One sixth (16%)** of those who received a mental health diagnosis before COVID-19 received it in the past two years, with 10% having received it in the past year.
- Almost **three-quarters (73%)** of those who have had a personal or family diagnosis are doing something to treat the condition, with prescription medication being most common (57%). One-quarter talk to a therapist (28%) or a doctor (25%) on a regular basis.

LENGTH OF TIME SINCE DIAGNOSIS



TREATING MENTAL HEALTH CONDITIONS: 73% Receiving treatment



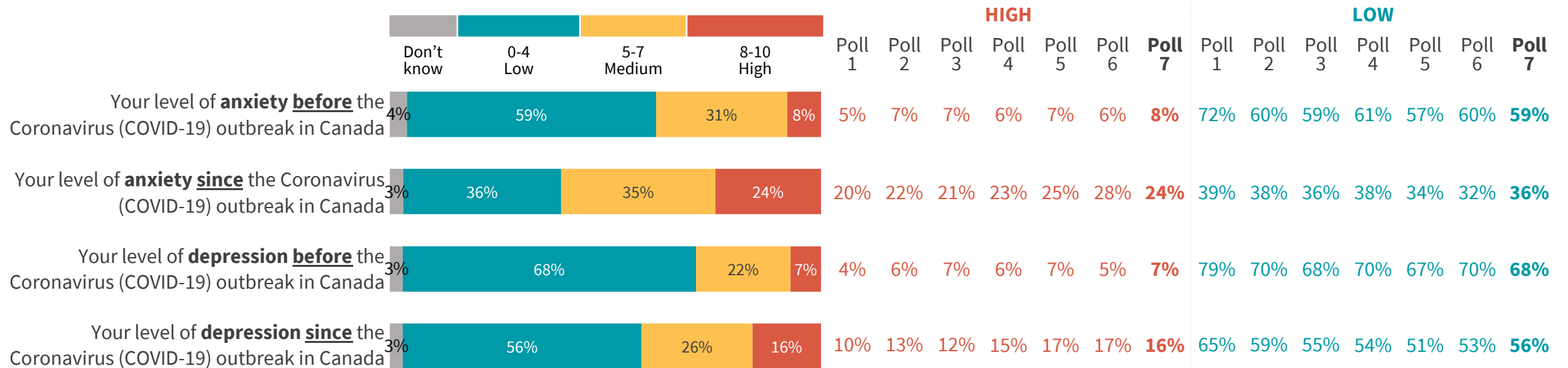
Canadians with benefits are significantly more likely to receive treatment (77%) than those without benefits (69%)

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=1,538)

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=1,885)

Anxiety levels have declined this poll, but remain higher than they were in 2020 (1/3)

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

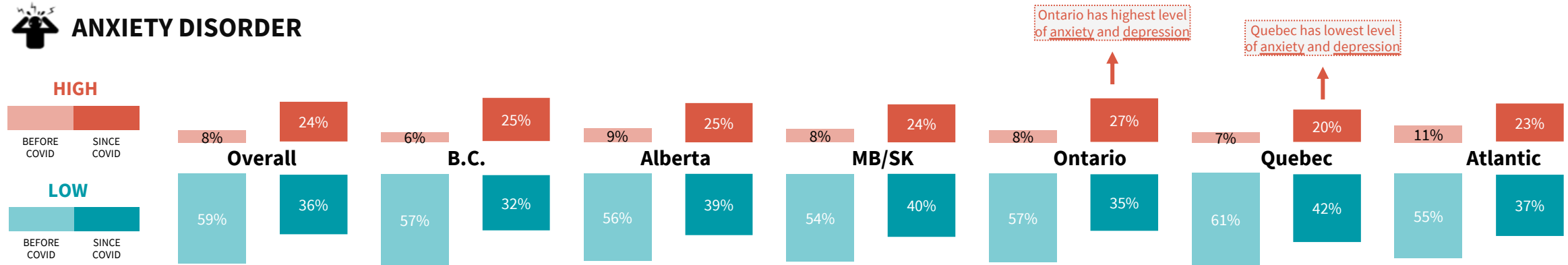


Females and younger Canadians (18-34) are most vulnerable to anxiety and depression (2/3)

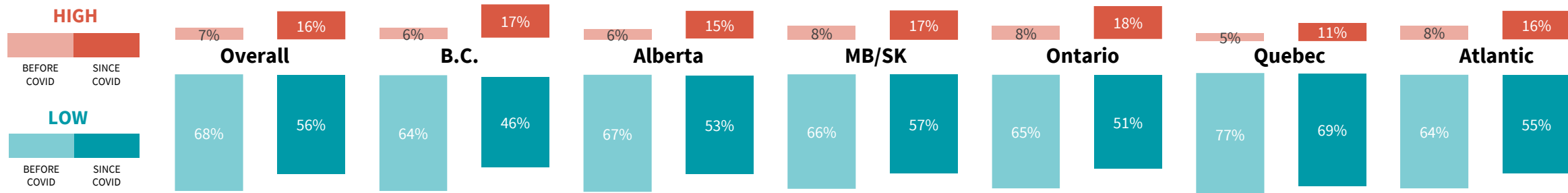
- Canadians most likely to rate **anxiety** high (8-10) since COVID-19:
 - Females – with levels decreasing at the same rate for both genders (29% -3 vs. 19% -3 of males)
 - Young Canadians – anxiety levels have decreased primarily among those 55+, with levels among 18-34 year olds remaining constant (18-34: 32%, 35-54: 27%; 55+: 17%)
 - Older children (9-17 years) in the home - (31%) compared to those with no children (23%, a decrease of 3% since Poll 6)
 - Ontario residents – continue to have the highest level of anxiety despite a decrease since Poll 6 (27%, down from 33%)
 - Frontline Healthcare workers – continue to have high anxiety despite a decreased since Poll 6 (32%, down from 38%)
 - Familiar with Wellness Together Canada Program (35% vs. unfamiliar: 24%)
 - Members of the LGBTQ2S+ community (37%)
 - Merged data from polls 6 and 7 together show pre-COVID-19 levels of high self-rated anxiety at 9%
- Canadians most likely to rate **depression** high (8-10) since COVID-19:
 - 18-34 and 35-54 (both age groups 19% compared to 9% 55+ - levels have decreased (from 23%) among 18-34 , and increased slightly among 35-54 (from 17%)
 - Older children (9-17 years) in the home (20% vs. children under 9: 15%; no children: 15%)
 - Ontario residents (18% with levels in Quebec being the lowest 11%)
 - Familiar with Wellness Together Canada Program (26% vs. unfamiliar: 15%)
 - Members of the LGBTQ2S+ community (28%)
 - Merged data from polls 6 and 7 together show pre-COVID-19 levels of high self-rated depression at 11%

Ontario continues to report the highest levels of anxiety and depression (3/3)

ANXIETY DISORDER



DEPRESSION



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

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

More than half of Canadians reported to have symptoms of moderate or severe levels of anxiety and depression using the Kessler 10

- More than three-fifths (61%) of Canadians who rated their anxiety or depression high since COVID-19 (8-10) are likely to experience symptoms of a moderate (21%) or severe (40%) mental health disorder, while two-fifths (39%) are likely to experience symptoms of a mild (19%) or no (20%) mental health disorder. Incidence of having symptoms of a severe mental health disorder has increased (+3%) after a significant decrease last poll.
- Among those who rate their anxiety or depression as moderate (5-7), almost one-in-three is likely to have symptoms of a moderate (15%) or severe (14%) mental health condition, while a fifth (21%) are likely to have symptoms of a mild mental health disorder and half (50%) are likely to have no symptoms of a mental health disorder.
- Canadians more likely to be classified as severe: Younger 18-34 (49% vs. 35-54: 39%; 55+: 25%); frontline healthcare workers (47%).
- Those who have not received a vaccine are more likely to be classified as severe (47% vs. 38% one dose, 42% both).

Psychological Distress 1-5 Point Scale Items (All/Most) (None/Little)

Tired out for no good reason	28%	39%
That everything was an effort	22%	53%
Nervous	21%	44%
Depressed	19%	57%
Restless or fidgety	18%	54%
Worthless	16%	69%
Hopeless	14%	64%
So sad that nothing could cheer you up	11%	70%
So restless you could not sit still	10%	74%
So nervous that nothing could calm you down	8%	75%

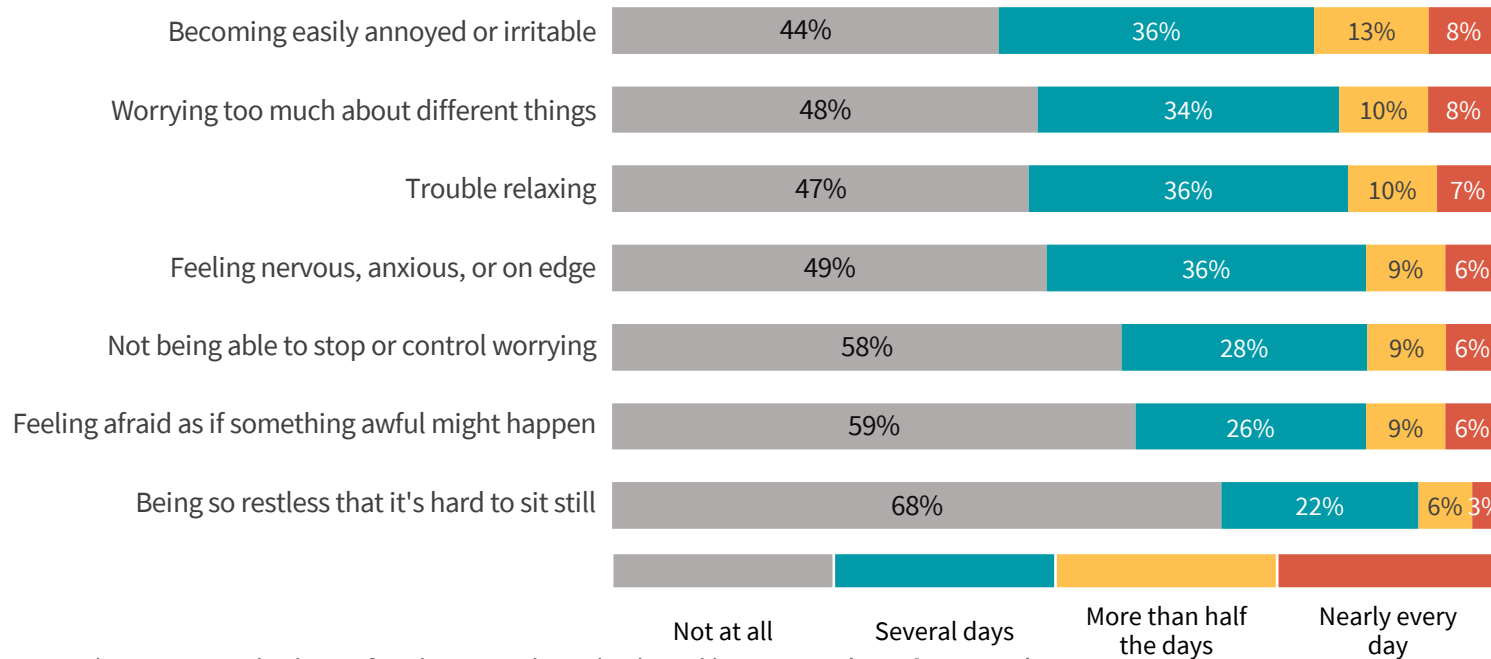
Mental Health Scores among Canadians with high and moderate anxiety or depression since COVID

	Moderate: 5-7			High: 8-10				
	Poll 7	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	Poll 2	
	50%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder (<20)
	21%	19%	18%	18%	18%	19%	16%	Likely to have a mild mental disorder (20-24)
	15%	21%	21%	20%	22%	26%	21%	Likely to have moderate mental disorder (25-29)
	14%	40%	37%	43%	40%	36%	42%	Likely to have severe mental disorder (30-50)

One-sixth of Canadians indicate moderate to severe levels of anxiety using the GAD-7 screening test

- Results of the General Anxiety Disorder -7 (GAD-7) screening test indicate that 5% of Canadians have symptoms of severe anxiety and 9% have symptoms of moderate anxiety. While those who report feeling high levels of anxiety have decreased since Poll 6, results of the GAD-7 remain consistent.
- Levels of anxiety are highest among 18-34 year old (7% severe, 13% moderate), particularly compared to those 55+ (3% severe, 4% moderate) and among women (6% vs. 4% of men severe, 10% vs. 8% of men moderate).

Psychological Distress Anxiety Frequency Scale Items



Mental Health Scores among Canadians with anxiety since COVID-19

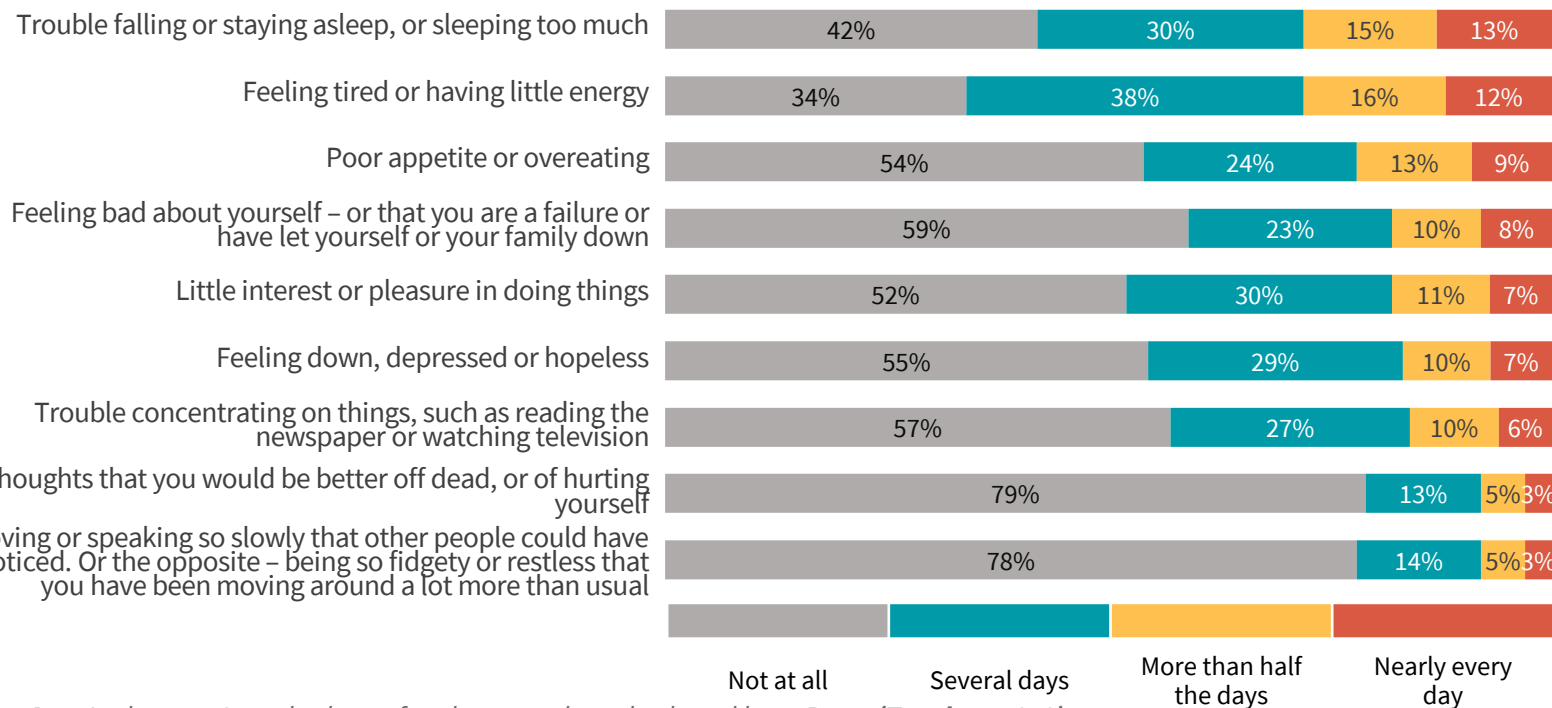
Poll 7	Poll 6	Score Range
63%	62%	Likely to have no anxiety disorder (0-5)
22%	23%	Likely to have a mild anxiety disorder (6-10)
9%	9%	Likely to have moderate anxiety disorder (11-15)
5%	6%	Likely to have severe anxiety disorder (16-21)

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=4,010)

A quarter of the Canadians report to have moderate to severe levels of depression using the PHQ-9

- Results of the Patient Health Questionnaire -9 (PHQ-9) test indicate that 25% of Canadians have symptoms of a moderate to severe depression disorder, with 5% having symptoms of severe, 8% moderately severe and 12% moderate disorder. As the levels of reported high depression have remained consistent since Poll 6, so have the scores of the PHQ-9.
- Canadians more likely to be classified as severe: Younger 18-34 (7% vs. 35-54: 6%; 55+: 3%).

Psychological Distress Depression Frequency Scale Items



A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=4,010)

Mental Health Scores among Canadians with depression since COVID-19

Poll 7	Poll 6	Category
52%	52%	Likely to have no depression disorder (0-4)
24%	24%	Likely to have a mild depression disorder (5-9)
12%	12%	Likely to have moderate depression disorder (10-14)
8%	9%	Likely to have moderately severe depression disorder (15-19)
5%	5%	Likely to have severe depression disorder (20-27)

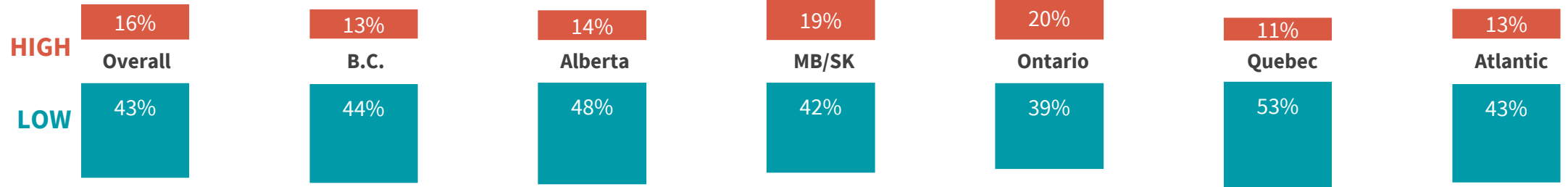
One-sixth of Canadians feel that their mental health will continue to deteriorate, with younger Canadians more vulnerable

- 16% of Canadians believe their level of anxiety will be high if social isolation continues for another 2 months. This is a decline of 2% since Poll 5 and 6, but not back to the level seen in Poll 2 (14%). The same proportion (16%) feel their level of depression will be high if social isolation continues for another 2 months. This has remained constant compared to last poll.
- Canadians living in Ontario are most likely to anticipate high levels of anxiety and depression (20% for both).
- Anticipated anxiety continues to be worse for younger Canadians (18-34, 21%). Anticipated anxiety has declined by 3 points for 35-54 year olds (17%), while remaining consistent among those 55 + (11%). Anticipated depression is also higher for younger Canadians (20%), but this has declined by 4% since Poll 6. Members of the LGBTQ2S+ community expect higher levels of anxiety (22%) and depression (24%). While women anticipate higher anxiety than men (17% vs. 12% respectively), those anticipating high levels of depression are similar (16% and 15% respectively).
- One-quarter of frontline healthcare workers anticipate high anxiety (25%) and depression (24%), which is a 6% increase in each since Poll 6.

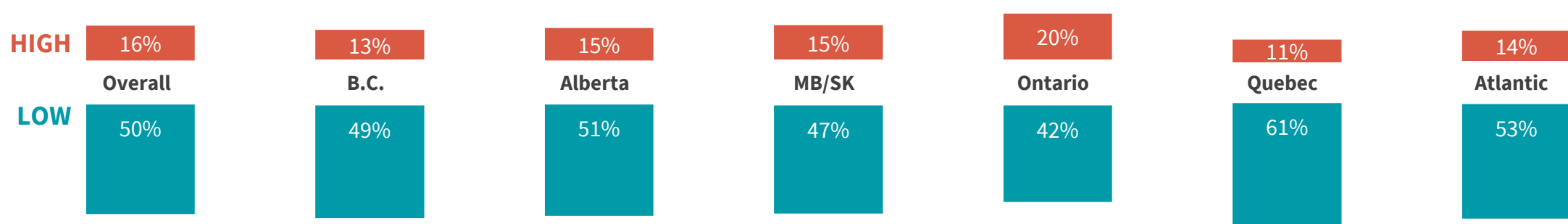
Ontario residents expect the highest levels of anxiety and depression if social isolation continues



ANXIETY DISORDER



DEPRESSION

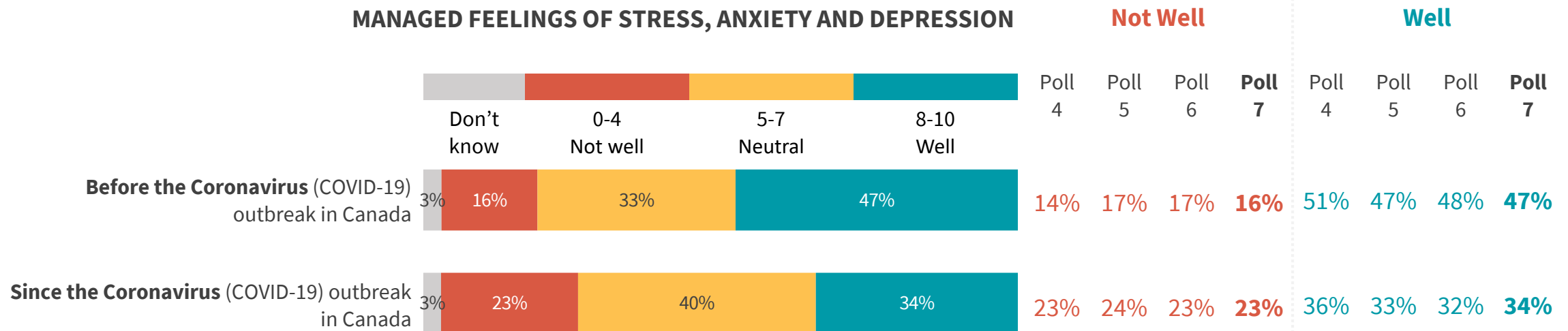


A2D. And, using the scale below... if COVID-19 – and the associated government guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) – remains in your province for 2 more months... what do you expect the following to be? Base: (Total n=4,010)

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

- In Poll 7 (47%), almost half of Canadians say they were doing well managing feelings of stress, anxiety and depression prior to COVID-19, similar to Polls 5 and 6.
- Consistent with Poll 6 findings, the proportion of Canadians in Poll 7 who say they are doing well managing their mental health following the outbreak dropped to just one-third (34%) with close to a quarter (23%) reporting they are not doing well.
- Prior to the pandemic young people (18-34) were less likely to feel they were managing stress well (31% rating themselves 8-10) and this fell further after the outbreak (23%) – the 35-54 group had a similar decline (43% to 29%, respectively). These findings are similar to those of Poll 6.
- Before COVID-19, those with a mental health issue were less likely to handle stress/mental health challenges well (37% rating themselves 8-10). Since the pandemic, the numbers have decreased significantly (down by 13% to 24%).

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION





Impacts on Mental Health

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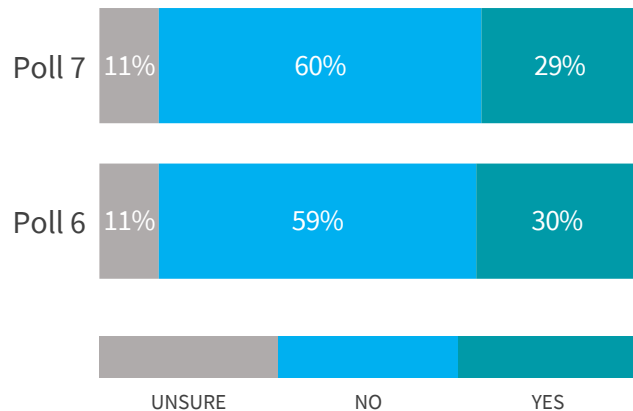
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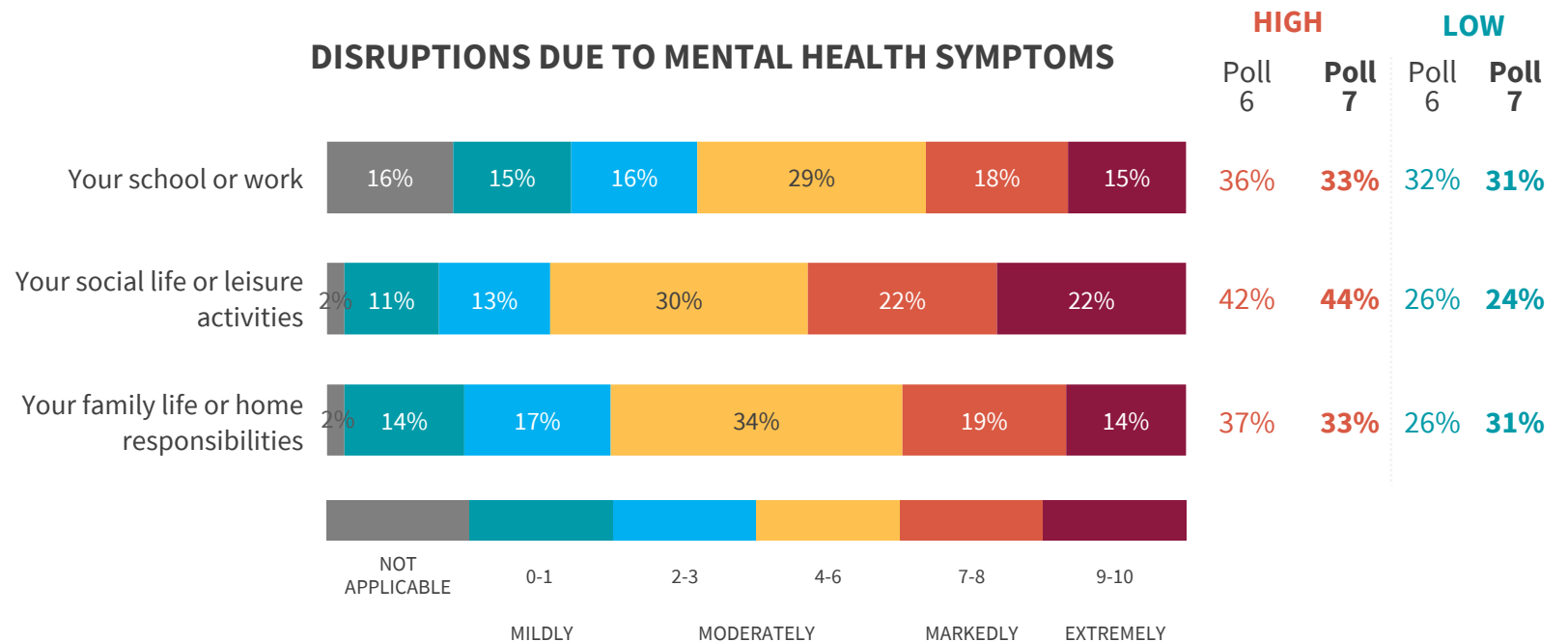
One-in-three Canadians report experiencing the effects of mental health symptoms on their day-to-day life

- More than two-fifths (42%) of those who have had these impacts described the effect on their social activities as at least ‘markedly’, while more than one-third say the same of their family responsibilities (37%) and school/work (33%).
- Canadians more prone to be affected due to their mental health: Younger (43%; 35-54: 32%; 55+: 18%); females (32% vs. 27% of males); employed (33% vs. 25% of unemployed); having a mood disorder (45% vs. 17% of those with no mood disorder).

EFFECTS OF MENTAL HEALTH ON ABILITY TO FUNCTION



DISRUPTIONS DUE TO MENTAL HEALTH SYMPTOMS



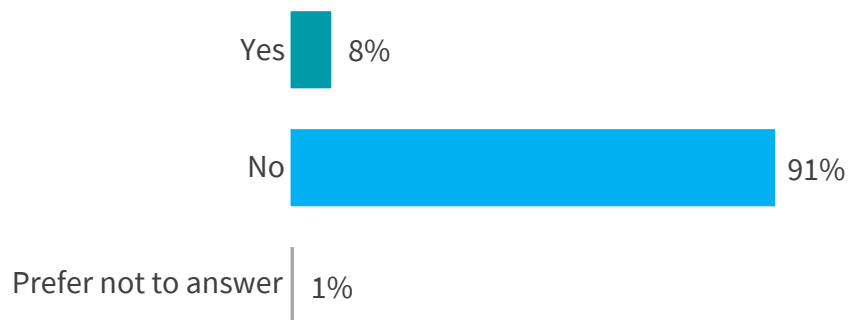
A11. The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (Total n=4,010)

A12. Have mental health symptoms disrupted any of the following: Base: (Those who feel their mental health is affecting their ability to function n=1,162; Your school or work base: those who work or go to school n=820)

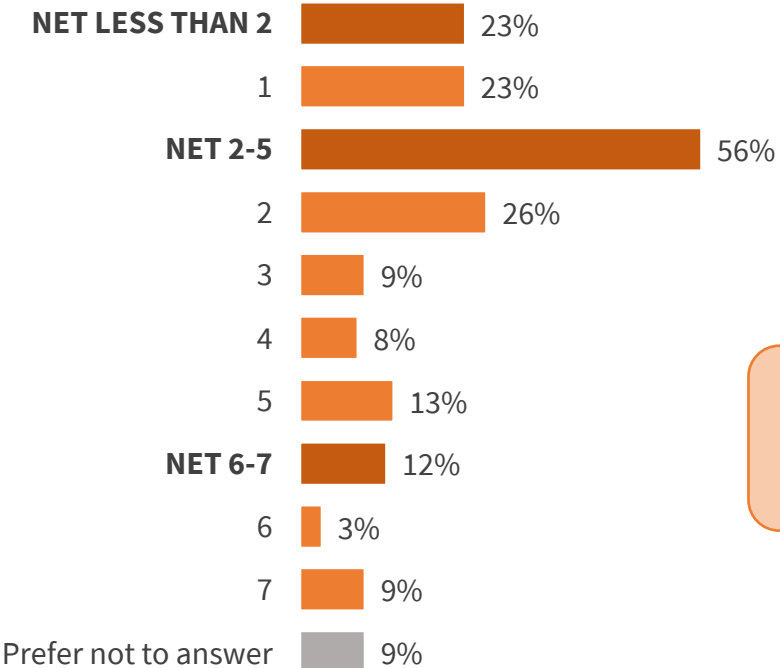
While 8% have lost days of school/work due to mental health issues in the past week, more than one-in-ten lost almost the entire week

- The incidence of losing days due to mental health issues has not changed since Poll 6 (8%), with the average number of days lost increasing from 2.7 to 3.1.
- Younger Canadians (18-34) are more likely to have lost 2.8 days. While 35-54 year olds are less likely to have lost any days (8%), those who have lost days have lost more than younger Canadians (on average 3.8 days).
- More than one-in-ten frontline health care workers have lost work time (15%); an average of 3.8 of the last 7 days.
- Those who have symptoms of severe disorders on the Kessler-10 (27%), the GAD-7 (29%) or the PHQ9 (36%) are most likely to have lost days.

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



DAYS LOST BECAUSE OF MENTAL HEALTH



**Mean
3.1
DAYS**

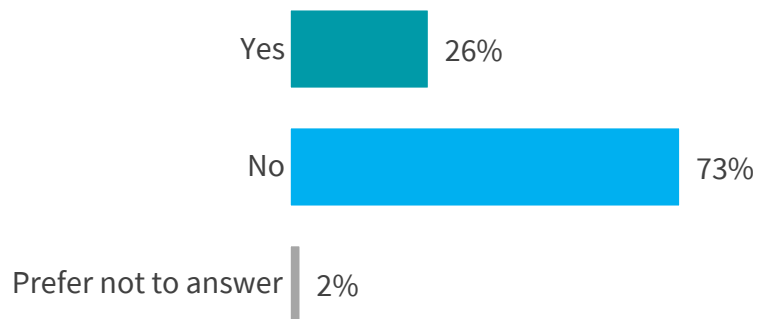
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,649)

A13A. How many days? Base: (Those who have lost days n=197)

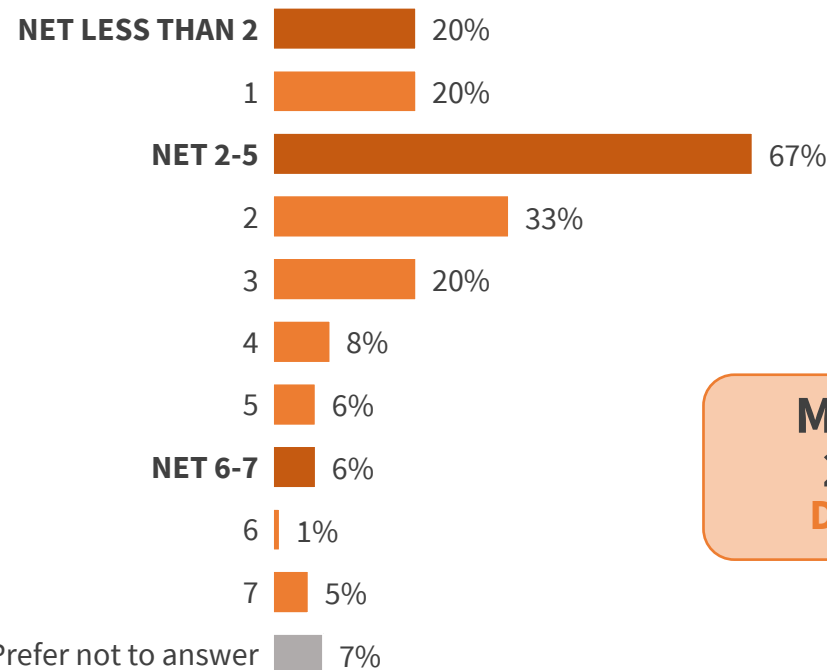
Of the quarter of Canadians who felt impaired or experienced low productivity, most spent 2-5 days feeling that way

- Overall, feelings of impairment have decreased this poll, from 30% to 26%. However, the average number of days where productivity was reduced has remained consistent (2.8 in Poll 6)
- While younger Canadians (18-34) continue to be most prone to feeling impaired, this has decreased this Poll (from 37% in Poll 6 to 30%). Conversely, the number of 55 and older who feel this way has increased (from 9% in Poll 6 to 17%).

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



DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED



**Mean
2.7
DAYS**

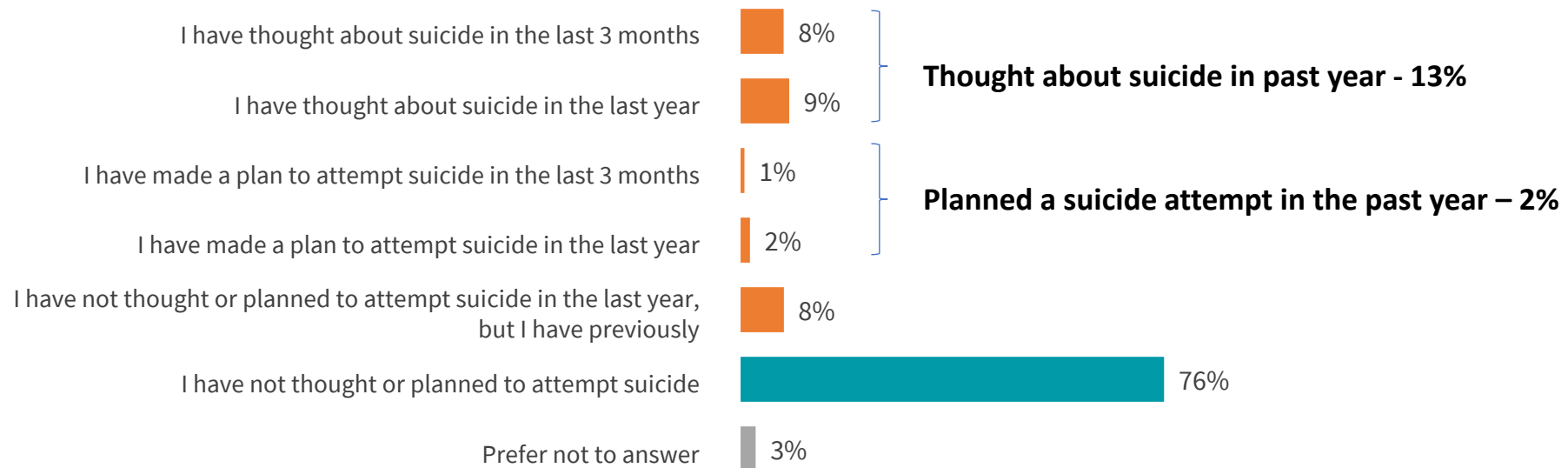
A14. Did you have any days in the last week in which you felt so impaired that, although you were at school or work, your productivity was reduced? Base: (Those who are employed or are students n=2,649)

A14A. How many days? Base: (those who have lost days n=669)

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

- Thoughts of suicide are more predominant among younger people, with 20% of 18-34 year olds having thought of it in the past year (11% in the past three months), and 3% having planned an attempt in the past year (1% in the past three months).
- Thoughts of suicide are also higher among those who live alone (15% past year).
- One-fifth (20%) of frontline healthcare workers have thought about suicide in the past year and 6% have planned an attempt.
- Those who rate their anxiety and depression as high (rated 8-10) since COVID-19 have more thoughts of suicide. More than half (53%) of those with high levels of depression have thought of it in the past year (36% in the past three months) and almost one-in-ten (9%) have planned an attempt in the past year (7% in the past three months). Of those rating their anxiety as high, 36% have thought about suicide in the past year (23% in the past three months) and 6% have planned an attempt in the past year (3% in the past three months).

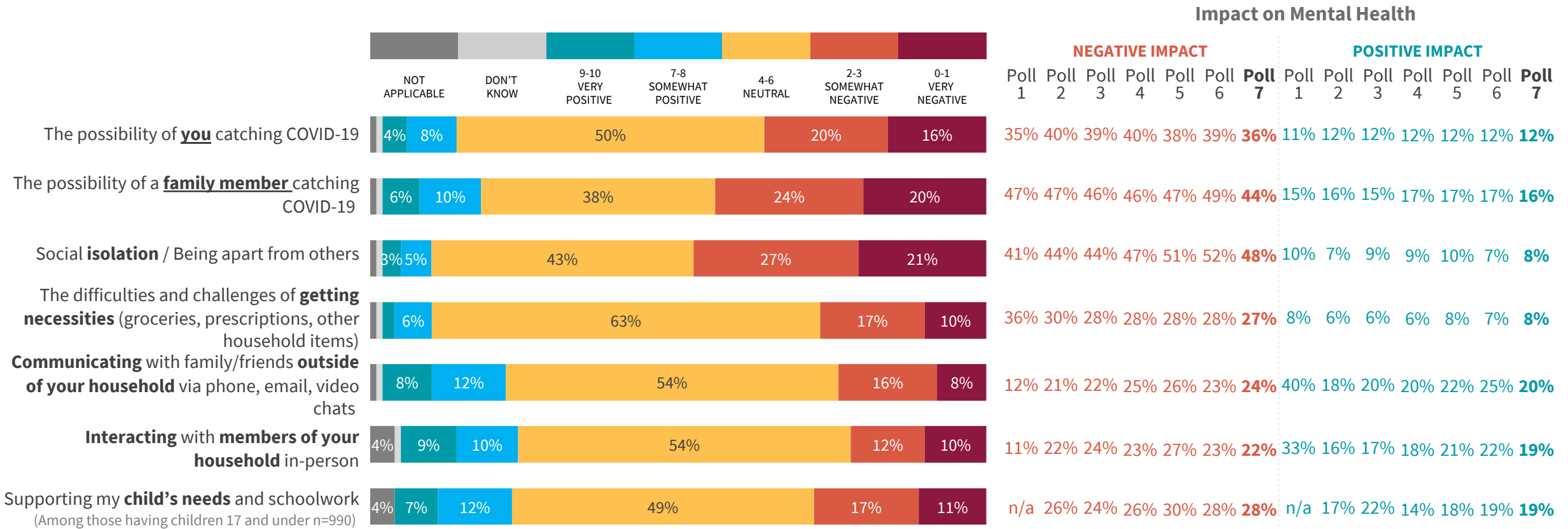
THOUGHTS RELATING TO SUICIDE



The negative impact of the spread of COVID-19 has declined since Poll 6 (1/2)

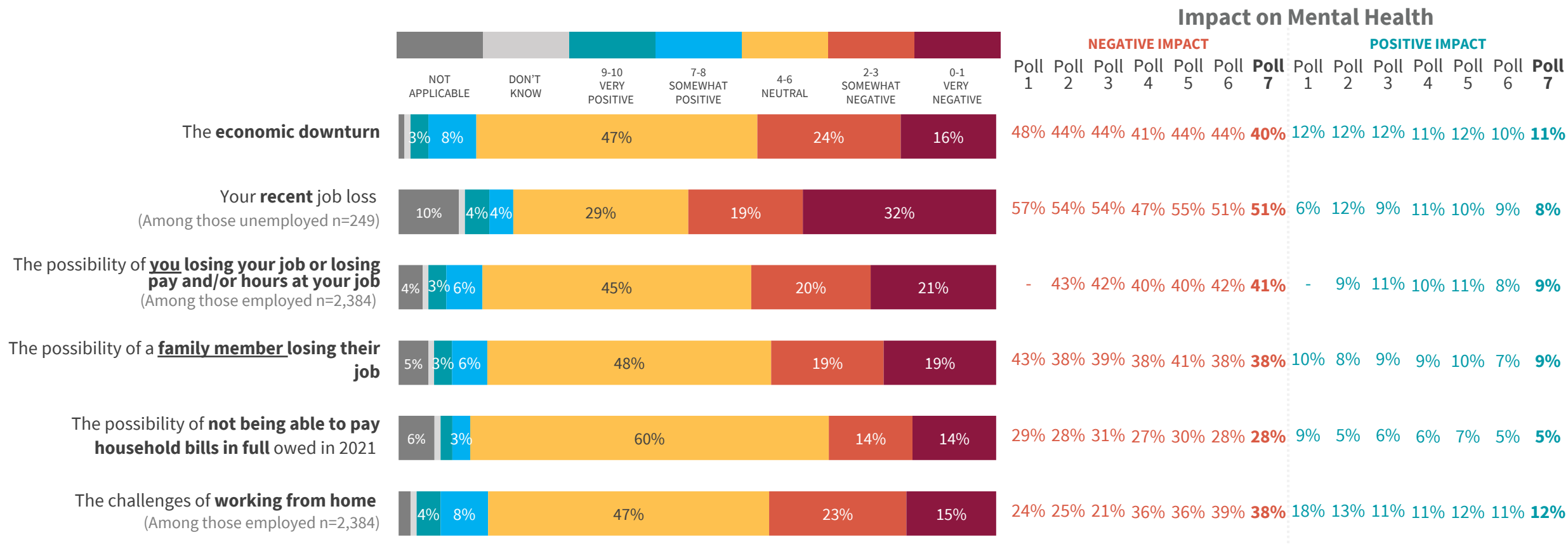
- As the vaccine roll out in Canada continues, the **fear of contracting COVID-19** is declining, albeit slowly. Fear that family will contract COVID-19 is continuing to have a negative impact to 44% of Canadians (the lowest level since the pandemic - down from 49%), while fear of contracting it themselves has decreased to 36% (back to levels seen in Poll 1 - from 39%).
- **Social isolation** continues to be the leading stressor on mental health, although the proportion who feel this is having a negative impact has also decreased (from 52% to 48%). However, this is still 7% higher than levels seen in Poll 1.
- **Communicating with people outside the home** using virtual methods is having a less positive impact on mental health this poll, (from 25% to 20%), this is perhaps due to more opportunity to communicate face-to-face. However, **communicating with family in the home** has also seen a slight decline when it comes to its positive impact
- Young people, aged 18-34, are feeling the negative impact of the pandemic on their mental health. They are more likely to be concerned about the following: Catching COVID-19 themselves (40%), family member catching COVID-19 (49%); and social isolation (56%).
- Young people, 18-34 are more likely to identify **communicating** with others outside the home (28% vs. 35-54: 18%; 55+: 17%) and inside the home (26% vs. 35-54: 21%; 55+: 12%) as a **positive influence** on mental health.

Social isolation remains a leading factor in poor mental health (2/2)



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=4,010)

The negative impact of the economic downturn on mental health has lessened slightly

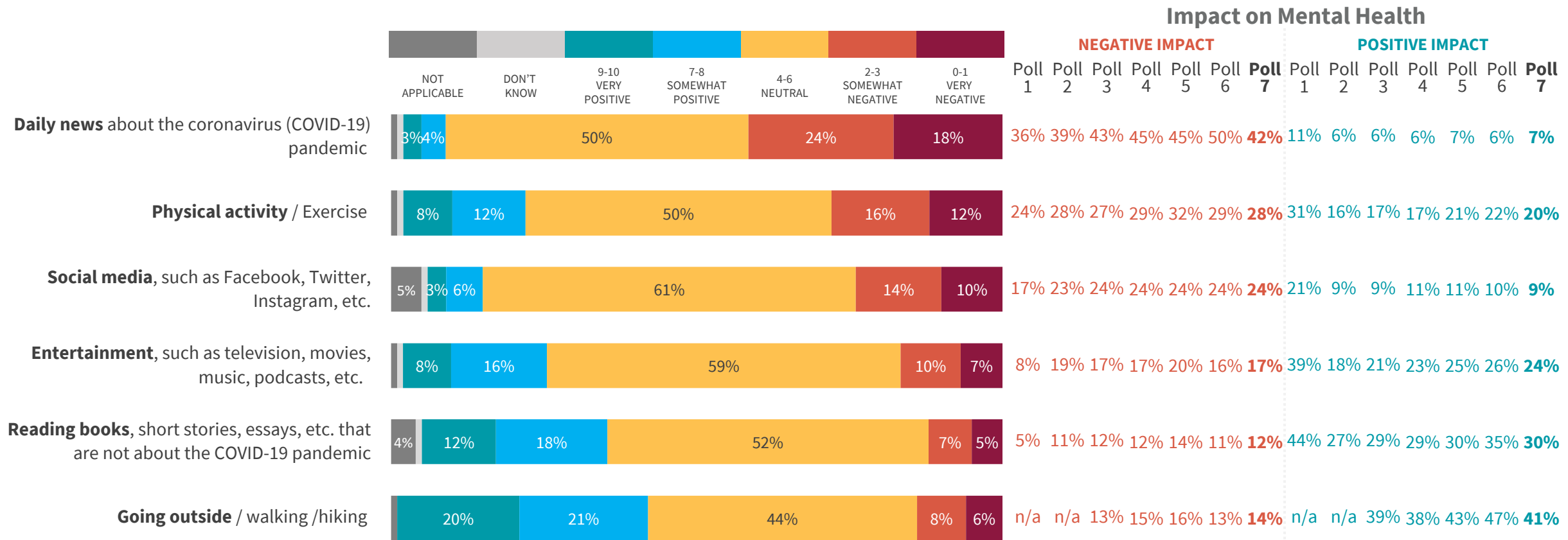


A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total n=4,010)

Daily news about the pandemic continues to have a negative impact on mental health for many Canadians (1/2)

- While the daily news continues to have a negative impact on Canadians' mental health, its influence is not as strong, declining 8% from 50% in Poll 6 to 42% this poll. Younger Canadians are most likely to feel its negative impact (18-34 47%, 35-54 45% vs. 55+ 35%).
- While going outside continues to have the strongest positive influence on mental health, this has seen a decline (from 47% at the start of spring in Poll 6 to 40% now). Similarly, while reading books continues to be positive, this has also seen a decline this poll (from 35% to 30%).
- While entertainment (television/video games) continues to have a positive impact on mental health (24% positive vs. 17% negative), social media remains primarily negative (24% negative vs. 9% positive).
- Young people, 18-34 years, are more likely to say multiple activities are having a positive impact on mental health during the pandemic compared with other age groups. This includes: entertainment (30% vs. 35-54: 20%; 55+: 19%); physical activity (25% vs. 35-54: 19%; 55+: 16%); and social media (12%; 35-54: 9%; 55+: 8%).
- The influence of social media on mental health polarizes younger Canadians, 18-34. While it is a positive influence on mental health for some, it can also have a significant negative impact (0-3 rating) compared with older Canadians: (29% vs. 35-54: 26%; 55+: 18%).

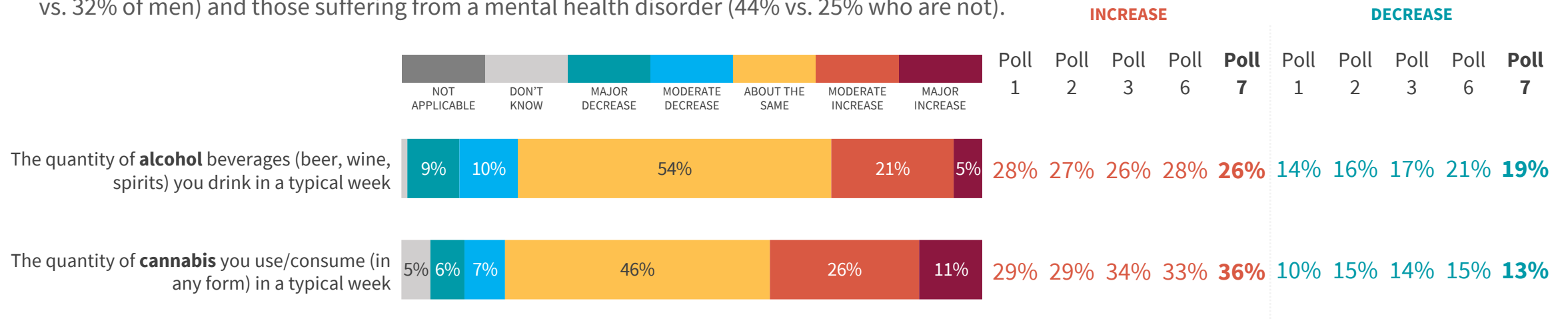
Going outside continues to have the most positive impact on mental health (2/2)



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=4,010)

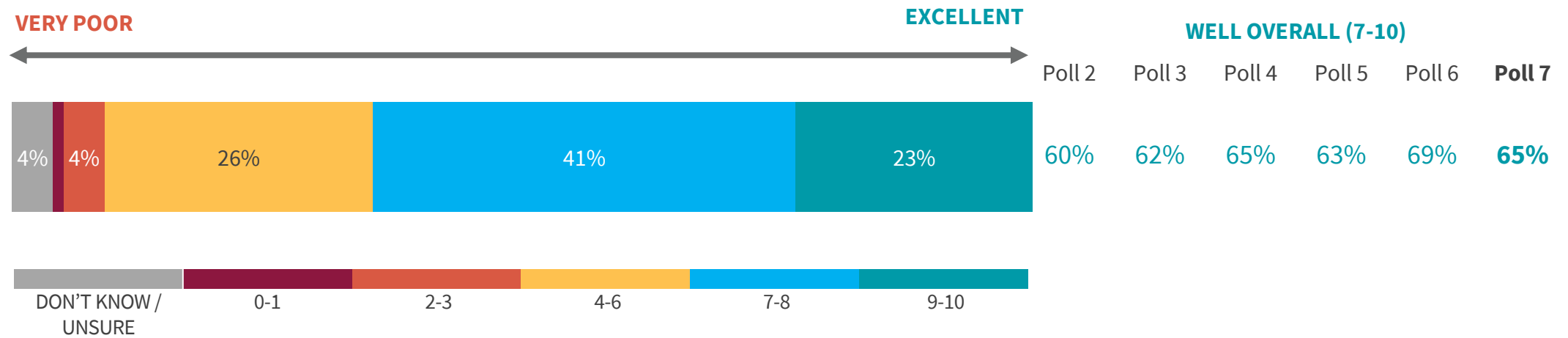
Cannabis consumption has increased slightly in the current Poll

- Canadians who say they have increased their alcohol consumption since COVID-19 is down this poll (26% from 28%), as is the number of people who say they have decreased their consumption (19% from 21%), with more people saying it has remained the same.
- Those under 55 years old are most likely to have increased their alcohol intake (18-54 30%, 55+ 20%), as have those with children in the house (under 9: 30%, 9-17: 32%, none: 25%). Those suffering from a mental health condition are also more likely to have increased their alcohol consumption (33%) compared to those who are not (20%)
- There has, however, been a change in cannabis consumption with 36% saying this has increased (up from 33% in Poll 6), while 13% say it has decreased (after a 4% drop in Poll 6).
- Younger Canadians (18-34) are most likely to have increased their cannabis consumption (40% vs. 35-54 30%, 55+ 31%), as have women (40% vs. 32% of men) and those suffering from a mental health disorder (44% vs. 25% who are not).



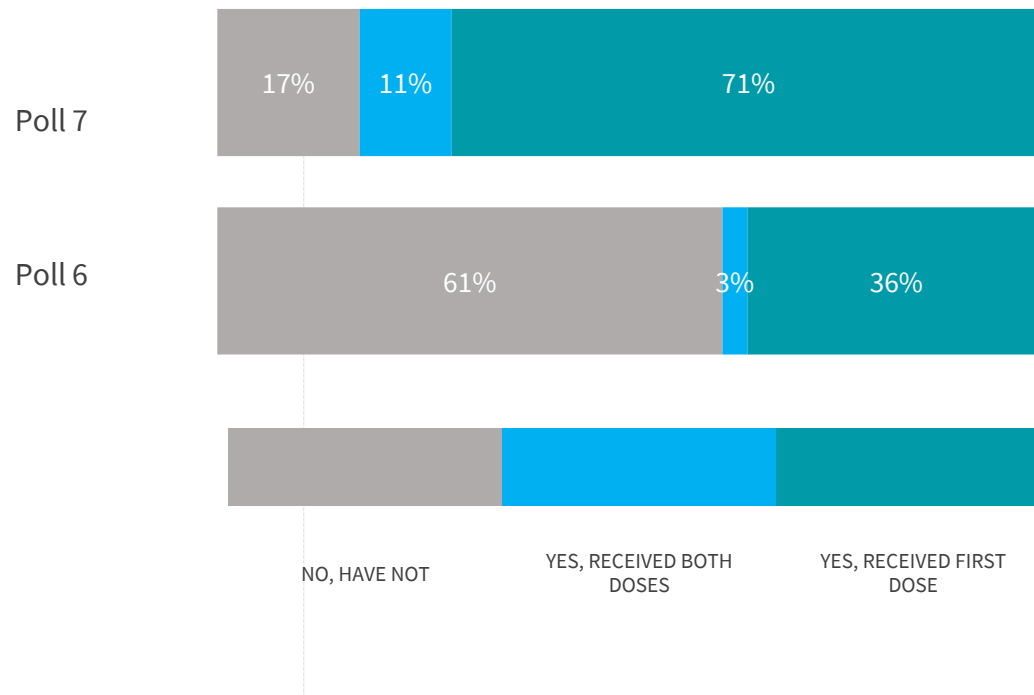
Confidence in the ability to recover from mental health challenges has decreased, after seeing a jump in Poll 6

- 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 is a decline of 4% since the last poll, with results back to levels seen in Poll 4.
- Younger Canadians (below 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 (18-34: 55%; 35-54: 59%; 55+: 77%).
- People not diagnosed with any mental health disorder are significantly more positive (7-10) about bouncing back from the challenges they faced due to the pandemic (73%) than to those who are suffering from mental illness (54%).



While four-fifths of Canadians have received at least one vaccine

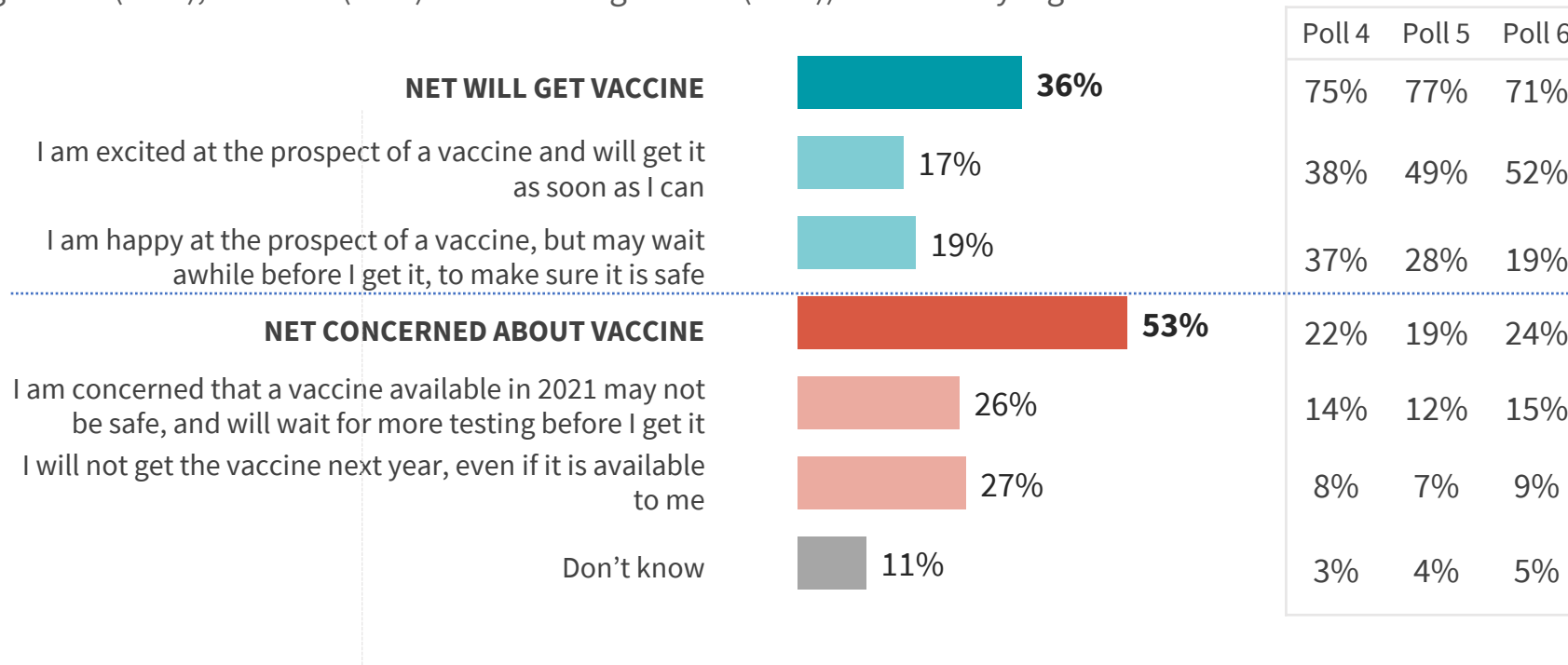
- A vast majority of Canadians have received a vaccine (83%), with most (71%) receiving only one dose, and 11% receiving both.
- Incidence of getting at least one vaccine is highest in Quebec (88%) and is lowest in Alberta (78%).
- Vaccine doses have no impact on feelings of high anxiety. However, those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



Canadians who have received at least first dose – 83%

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

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





Life in the Post-Pandemic World

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MENTALE
CANADA

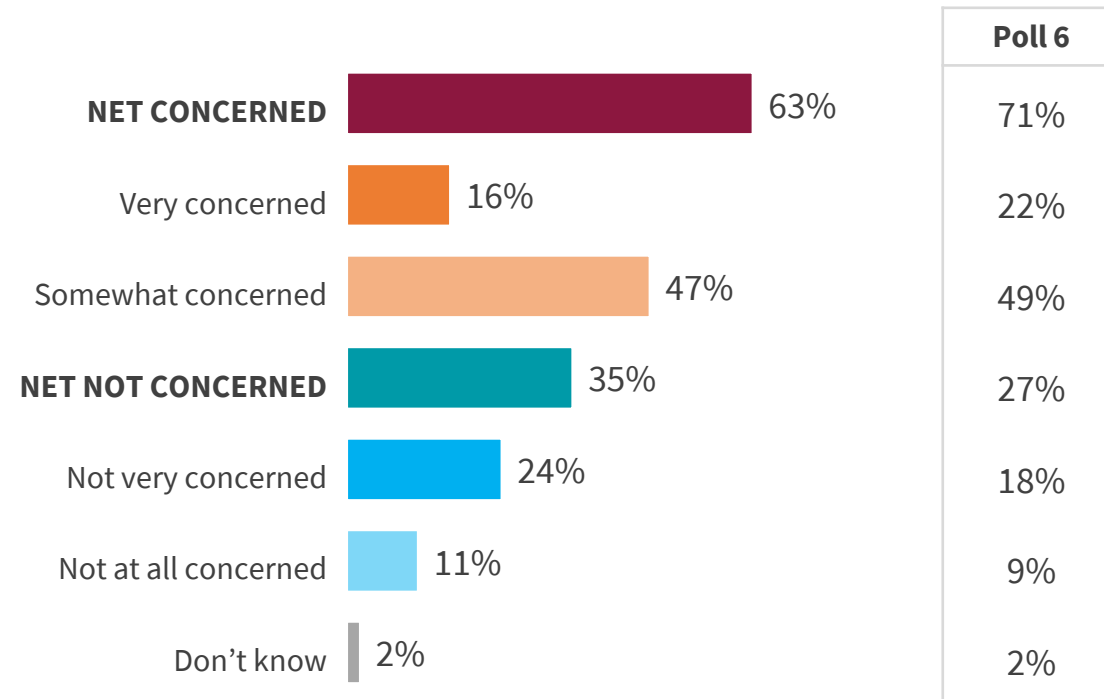
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While the majority feel they will remain concerned about COVID-19, this has declined since Poll 6

- Almost two-thirds of Canadians say they will remain concerned about the potential threat of COVID-19 after the pandemic is over. However, this has declined by 8% since Poll 6.
- Concern is lowest in Quebec (35%), and highest in Ontario (74%) and British Columbia (75%). Those living in urban centers (64% vs. 57% in rural), women (66%) and those 55+ (67%) are also most concerned.
- Those who have received vaccines are more concerned about this continuing threat than those who have not (both doses: 69%, one dose: 66%, have not received 50%)

CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19





Mental Health Supports

RECHERCHE
EN SANTÉ
MENTALE
CANADA

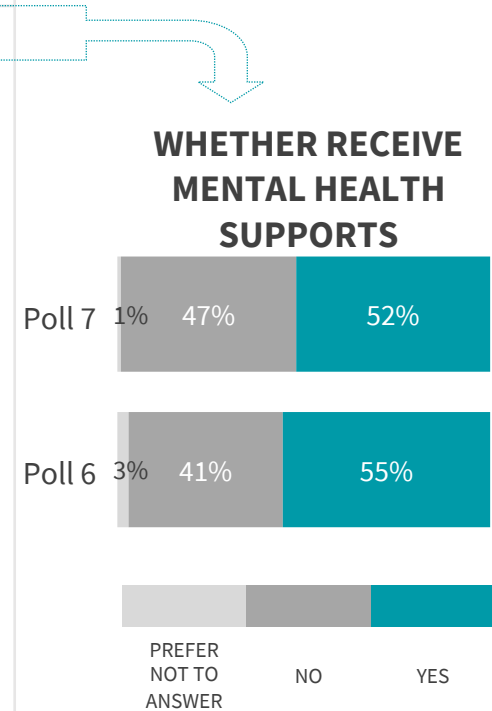
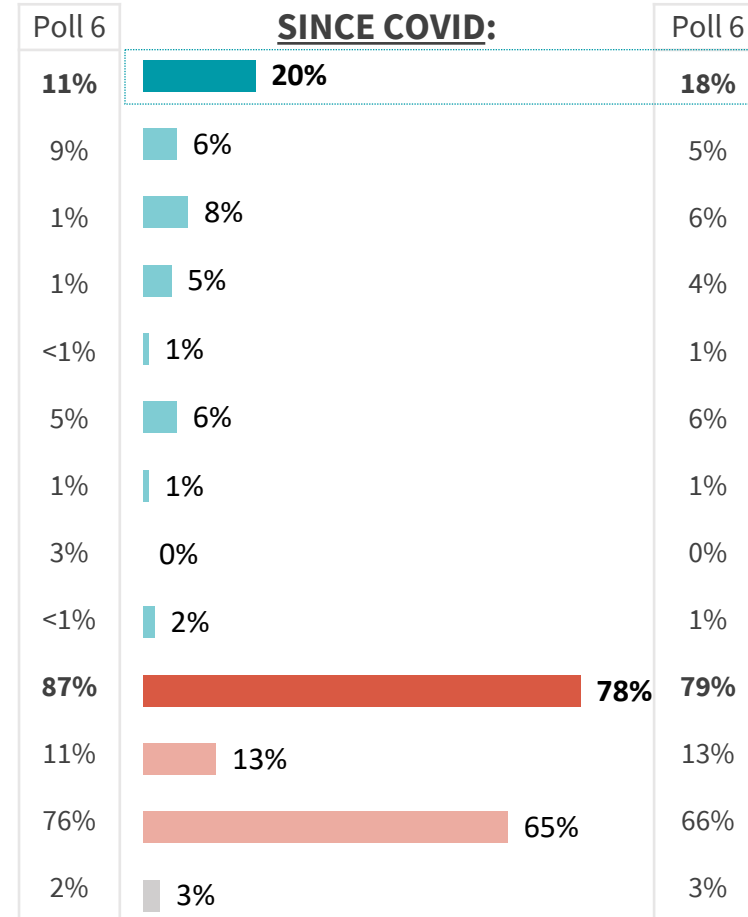
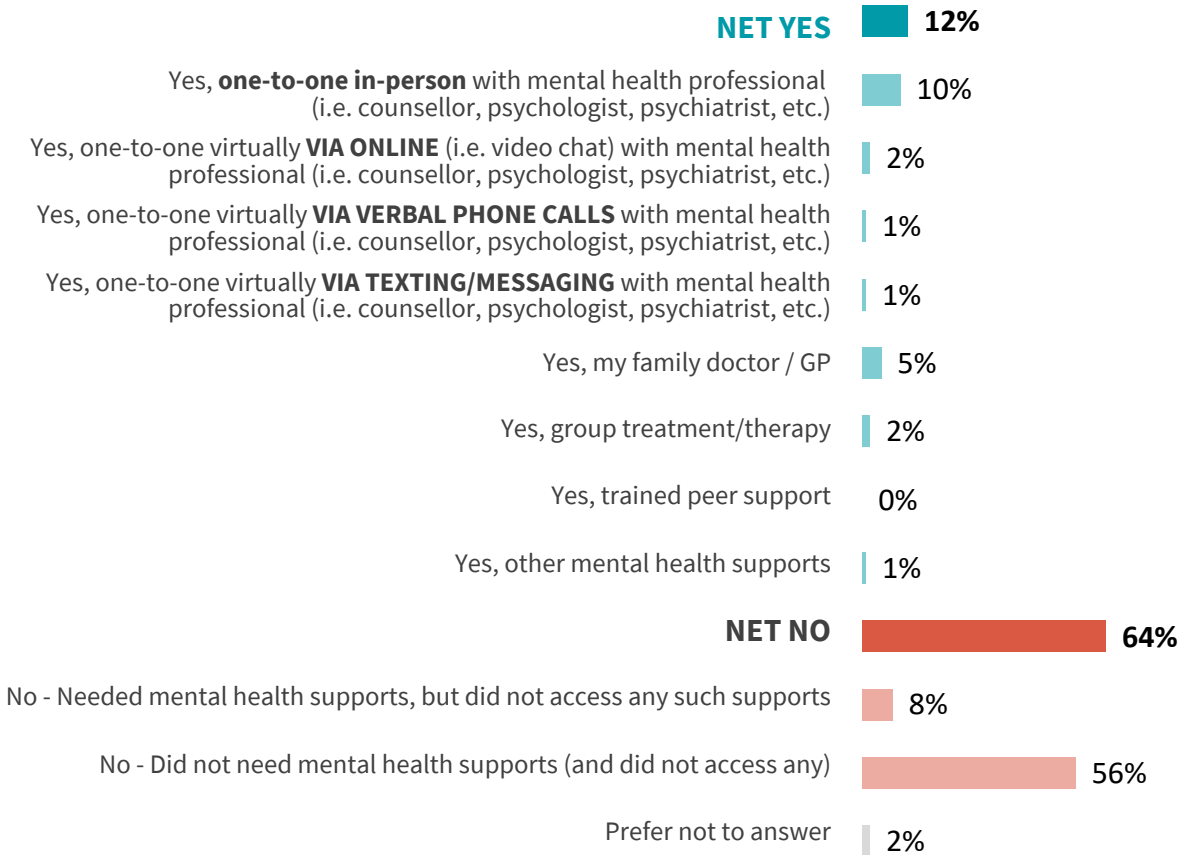
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Access to mental health supports since COVID-19 remains steady at less than one-fifth

- In the year before COVID-19, 12% of Canadians had accessed mental health supports. This has increased to 20% (up 2% since last poll) in the year since the pandemic started. Of those who have accessed support since COVID-19, half (52%) are continuing to use these supports.

ACCESSED SUPPORT IN YEAR BEFORE COVID:



Younger Canadians 18-34 are more likely have accessed supports since COVID-19 (29% vs. 35-54: 23%; 55+: 11%)

B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=4,010)

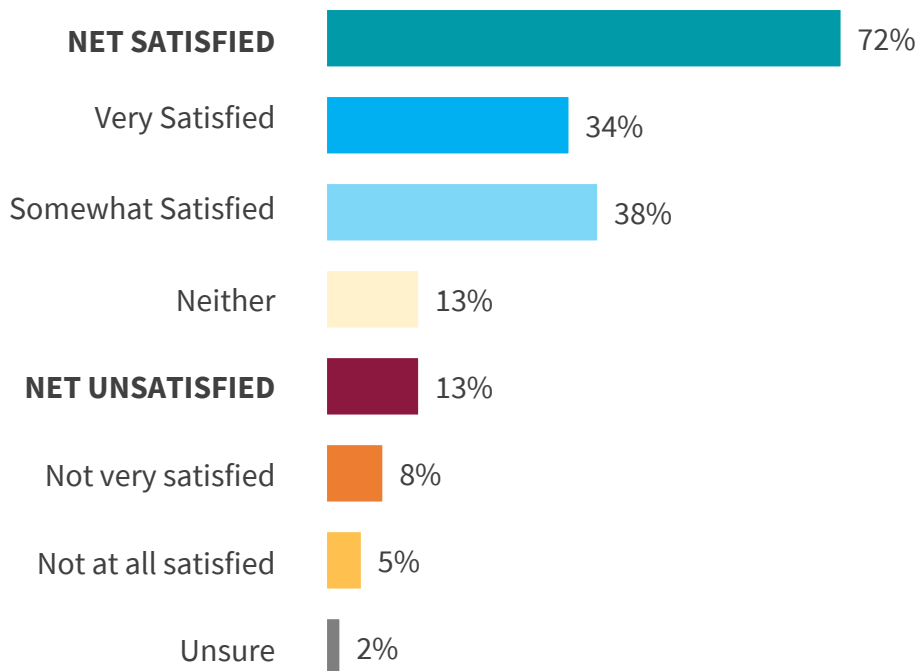
B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=4,010)

B14. Are you currently still receiving these mental health supports? (Total: n=801)

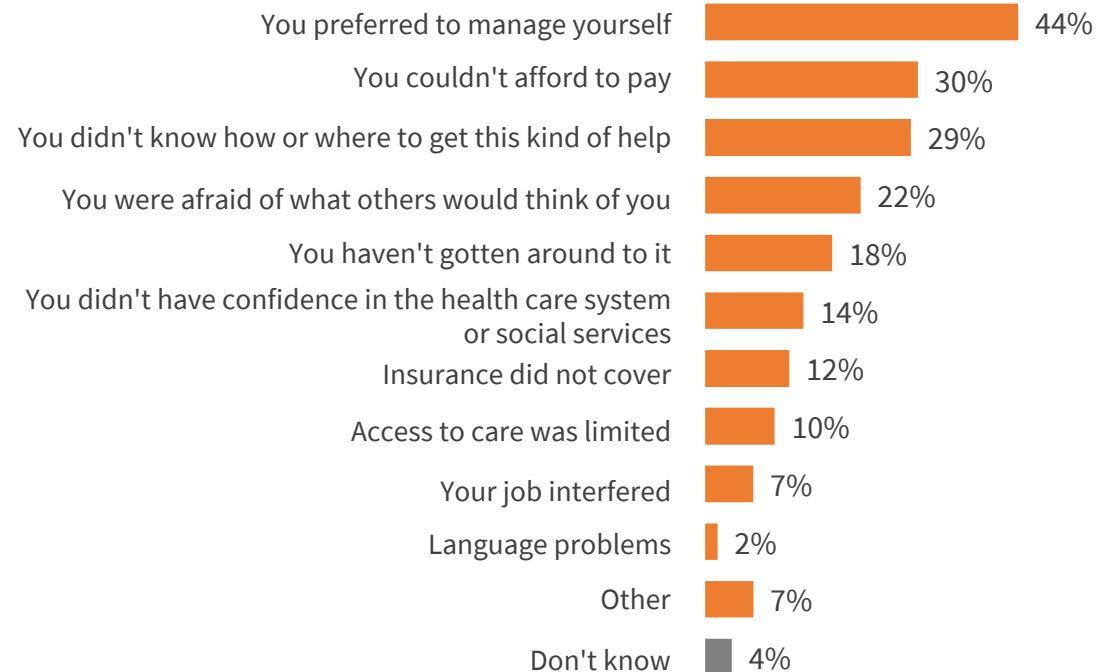
Almost three-quarters were satisfied with mental health support received prior to the pandemic

- Satisfaction levels were split between those who were very (34%) and somewhat (38%) satisfied.
- Of those not assessing professional support for their mental health, two-fifths (44%) said they preferred to manage themselves while one-in-three (30%) said they could not afford the professionals.

SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



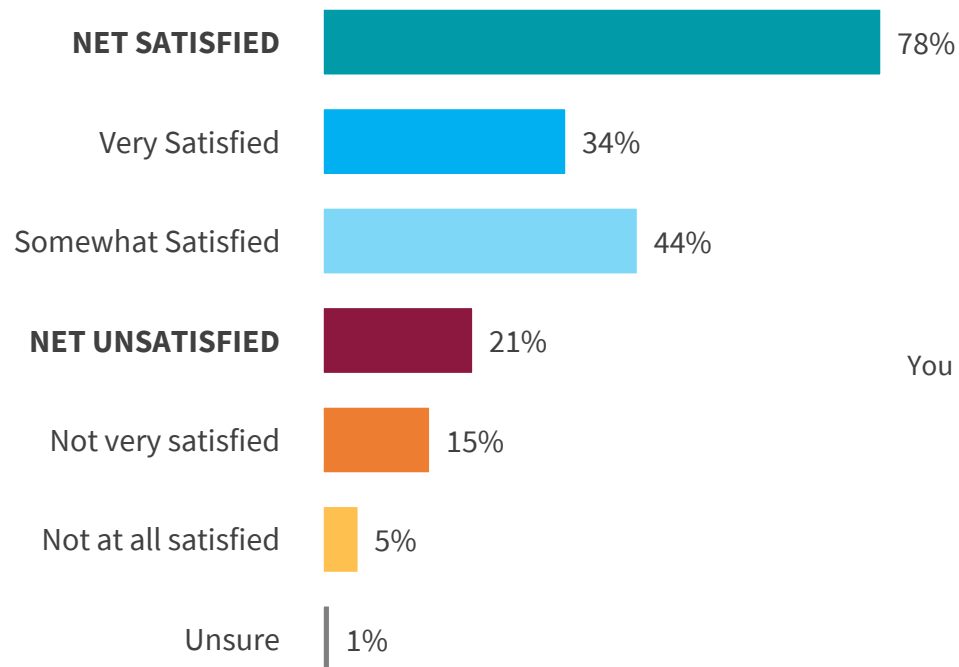
B12AA. How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: **Ever had mental support before COVID-19** n=1,386)

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=331)

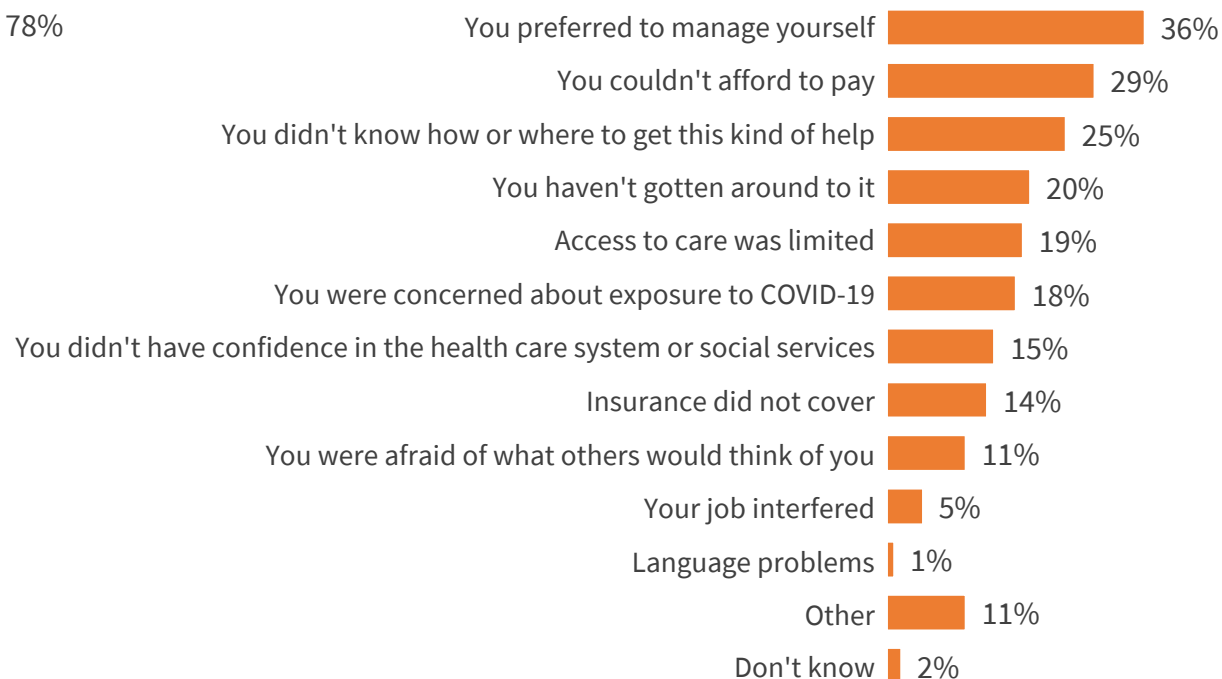
Satisfaction levels for mental health support score higher than pre-COVID-19 supports

- While satisfaction with mental health supports is high regardless of when they were accessed, 78% of those accessing them since COVID-19 said they were satisfied, compared to 72% who said the same thing before COVID-19.
- Of those not assessing professional support for their mental health since COVID-19, one-third (36%) said they preferred to manage themselves. Fear of contracting COVID-19 was a primary reason for not accessing for one-fifth (19%), down from the 31% who said the same in Poll 6.

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=801)
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=546)



Lesli Martin, Vice President, Pollara
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Brittany Saab, Stakeholder Engagement, MHRC

