



Mental Health During COVID-19 Outbreak: Poll #8



September 2021

Methodology

Methodology: This online survey was conducted among a sample of 3,010 adult Canadians. This was the eighth 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 | 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 | | Poll Eight August 17 to 24, 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% | 3,010 | ±1.8% |
| British Columbia | 251 | ±6.2% | 275 | ±5.9% | 271 | ±6.0% | 270 | ±6.0% | 361 | ±5.2% | 500 | ±4.4% | 484 | ±4.8% | 370 | ±5.1% |
| Alberta | 252 | ±6.2% | 273 | ±5.9% | 270 | ±6.0% | 271 | ±6.0% | 357 | ±5.2% | 500 | ±4.4% | 481 | ±4.5% | 371 | ±5.1% |
| Prairies | 200 | ±6.9% | 701 | ±3.7% | 231 | ±6.5% | 250 | ±6.2% | 703 | ±3.7% | 301 | ±5.6% | 741 | ±3.6% | 252 | ±6.2% |
| Ontario | 701 | ±3.7% | 826 | ±3.4% | 801 | ±3.5% | 803 | ±3.5% | 918 | ±3.2% | 902 | ±3.3% | 904 | ±3.3% | 959 | ±3.2% |
| Quebec | 300 | ±5.6% | 394 | ±4.9% | 356 | ±5.2% | 359 | ±5.2% | 516 | ±4.3% | 600 | ±4.0% | 582 | ±4.1% | 672 | ±3.8% |
| Atlantic Canada | 99 | ±9.8% | 1541 | ±2.5% | 75 | ±11.3% | 808 | ±3.5% | 150 | ±8.0% | 1,202 | ±2.8% | 818 | ±3.4% | 386 | ±5.0% |

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



Major Findings

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Major Findings

- **There is a growing divide in the mental health of the vaccinated compared to the unvaccinated.**
This is four-fold:
 - Those who are **vaccinated are far more concerned about the ongoing threat of the virus** (75% of vaccinated vs. 38% of unvaccinated)
 - Those who are **not vaccinated are indicating COVID-19 related restrictions will impact their mental health** in the coming months (28% of unvaccinated vs. 12% of vaccinated predict high anxiety and 26% unvaccinated and 11% vaccinated predict high depression).
 - Those who are **unvaccinated are indicating significantly more symptoms of mental distress** (49% showing severe on the Kessler 10 vs. 36% fully vaccinated).
 - The **unvaccinated are indicating high levels of anxiety and depression today** (31% High Anxiety, 24% High Depression) compared to the fully vaccinated (22% High Anxiety, 14% High Depression)
- **Alberta is now experiencing the highest self-rated levels of anxiety** - Ontario held this spot throughout our other recent polls. We have noted higher regional impacts on mental health in the past based on lockdowns. This is unique as this increase does not coincide with lockdowns but instead appears to coincide with higher COVID-19 case counts.
- **Despite this being our first poll with the vast majority of Canadians double vaccinated** (84%), levels of self-rated anxiety and depression have not decreased.

Major Findings

- **Suicide ideation is at its highest since April 2021.** 14% of Canadians have thought about suicide in the past year, trending upward from 13% in Poll 7 and 12% in Poll 6. Thoughts of suicide are higher among those who live alone, those in the frontline healthcare sector, and those with high rated anxiety or depression.
- Over the last four weeks, **80% of Canadians have felt that they have relationships they can count on,** either always or most of the time. Over the same period of time a similar percentage report that their relationships with friends and family have generally been good.
- One-in-four parents (26%) indicate their **children have rarely or never had enough opportunities to socialize** with other children in the past month. Lack of socialization has been shown to have a significant impact on children.
- One-in-three Canadians (32%) indicate they're **accessing mental health supports since COVID-19, or should be accessing supports.** The increase in service delivery is almost entirely in virtual services (phone, text, online) increasing from 4% of Canadians accessing services this way in the year prior to COVID-19 to 14% in this poll



Key Findings

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Anxiety and depression remain high and are impacting many Canadians



- **The COVID-19 outbreak and restrictions are associated with an increase in both anxiety and depression**, compared to what Canadians were facing before the pandemic. As vaccination levels increase and restrictions are lifted, the levels of high anxiety remain similar to those of Poll 7. 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 Poll 7.
- **Anxiety and depression are having a negative impact** on the lives of Canadians and have seen no substantial decline this poll. Almost one-in-three 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 7% have been unable to go to work/school in the past week, due to mental health issues.
- **One-sixth of Canadians have thought about suicide in the past year**, consistent to findings of Poll 7. This is even higher among younger Canadians, with almost a quarter having thought about suicide and 2% 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. Most Canadians diagnosed with a mood disorder are receiving some form of treatment. Prescription medication is the most common treatment reported (by a majority) and a third are receiving therapy administered by a professional.
- **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 (by 4% since April).
- **Fear of contracting COVID** (themselves or their family) also has less of a negative impact on mental health, although this decrease is declining slowly.
- **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, approximately nine-in-ten 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 depression and they are more likely to have 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-19 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

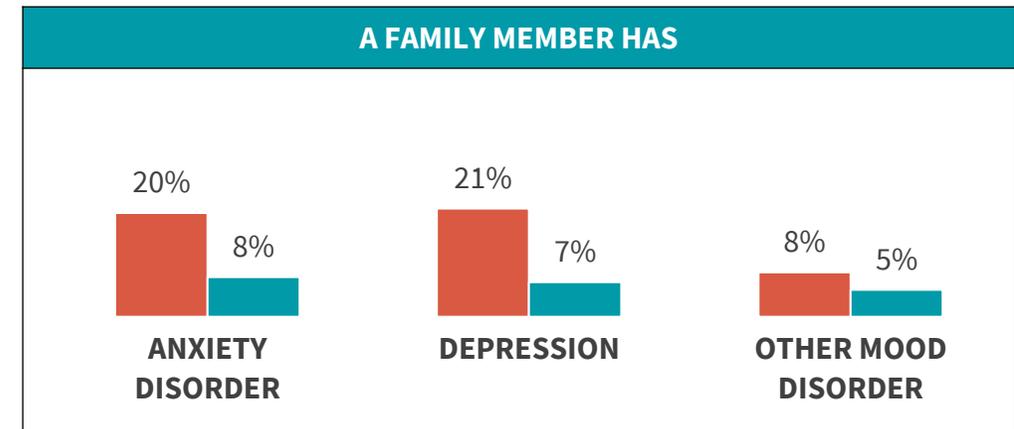
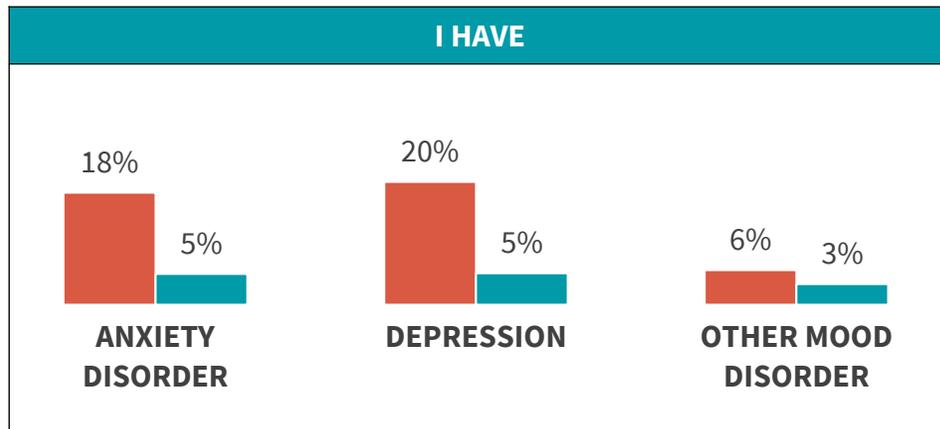
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One-Quarter of Canadians have been diagnosed with anxiety or depression

- Prior to the pandemic, almost one-fifth Canadians have dealt with a personal or family diagnosis of anxiety (18% personal, 20% family) or depression (20% personal, 21% 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 5% of Canadians say they have personally been diagnosed with anxiety or depression, respectively. An additional 8% say a family member has been diagnosed with anxiety and 7% have been diagnosed with depression.



Base: (Total n=3,010)

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:

Diagnoses are up among young Canadians and Frontline Healthcare workers

OF THE THIRD DEALING WITH A MOOD DISORDER:

- Canadians most likely to be diagnosed with **anxiety**:
 - Women (26% vs. 20% of men) – Diagnosis since COVID-19 is similar among genders (5% men, 5% women)
 - Younger and middle aged (18-34: 34%; 35-54: 25% vs. 55+: 15%) – 55+ are least likely to have been diagnosed since COVID-19 (2% vs. 5% 35-54 and 9% 18-34)
 - Canadians with children (under 9 years old: 32%, 10% since COVID-19, 9 – 17 years old: 28%, 9% since COVID-19 vs. no children: 22%, 4% since COVID-19)
 - Unemployed (35%, 7% since COVID-19 vs. 25% employed, 6% since COVID-19).
 - Frontline Healthcare (27%, 4% since COVID-19 – down from 40% in Poll 7).
- Canadians most likely to be diagnosed with **depression**:
 - Women (28% vs. 22% of men) – Diagnosis since COVID-19 similar among genders (6% men, 4% women).
 - Younger and middle aged (18-34: 33%; 35-54: 27% vs. 55+: 18%) – 55+ are least likely to have been diagnosed since COVID (3%).
 - Canadians with children (under 9 years old: 32%, 9 – 17 years old: 31% vs. no children: 24%)
 - Alberta (32%) while lowest in Quebec (17%)
 - Frontline Healthcare (31%)

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

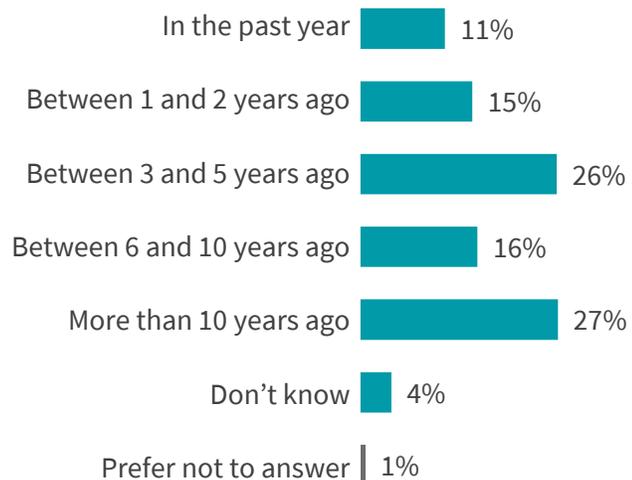
TOTAL YES 34%
(Individual or households suffering from Anxiety or depression or other mood disorder)

| | |
|--|-------------------|
| (Individual or households suffering from each) | |
| 37% | ANXIETY |
| 39% | DEPRESSION |
| 18% | OTHER |

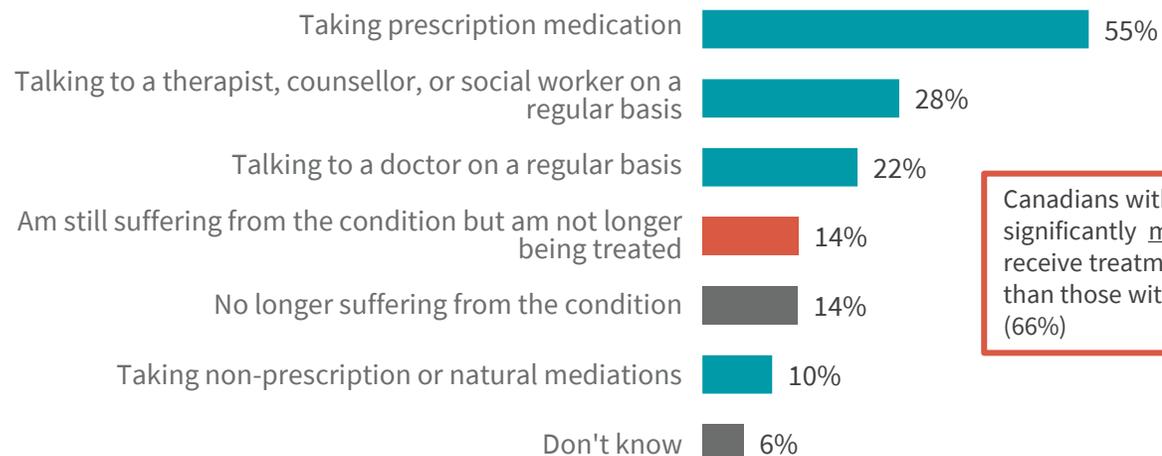
Almost three quarters of Canadians with a mental disorder receive treatment; Prescription medications are most common

- **One-sixth (15%)** of those who received a mental health diagnosis before COVID-19 received it in the past two years, with 11% receiving it in the past year.
- Almost **three quarters (72%)** of those who have had a personal or family diagnosis are doing something to treat the condition, with prescription medication being most common (55%). One-quarter talk to a therapist (28%) or a doctor (22%) on a regular basis.

LENGTH OF TIME SINCE DIAGNOSIS



TREATING MENTAL HEALTH CONDITIONS: 72% Receiving treatment



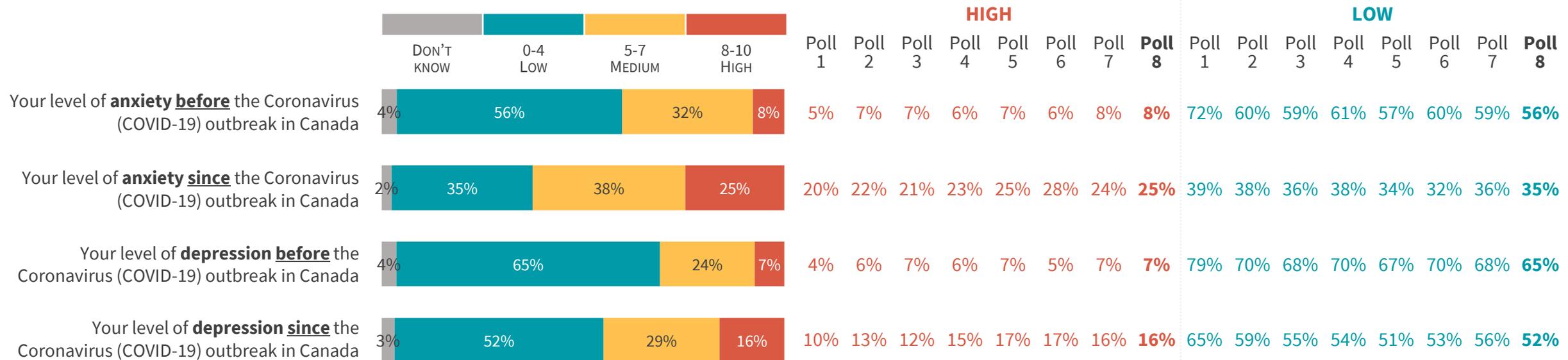
Canadians with benefits are significantly more likely to receive treatment (76%) than those without benefits (66%)

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=1,198)

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=1,469)

Anxiety levels stay consistent this poll, but remain higher than they were in 2020

- Poll 7 saw a decline in levels of high anxiety (dropping from 28% to 24%). This downward trend did not continue this poll, with high anxiety increasing slightly (up to 25%), but not back to the survey highs seen in Poll 6.
- The proportion of Canadians reporting high depression has remained similar over the last four polls, declining by just 1% (from 17% in Poll 5 and 6 to 16%).
- Vaccination is helping alleviate high anxiety and depression slightly. Those who have received both doses are least likely to rate their anxiety (22%) or depression (14%) as high, while among those who have not been vaccinated 31% are reporting high levels of anxiety and 24% are reporting high levels of depression.



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

- Canadians most likely to rate **anxiety** high (8-10) since COVID-19:
 - Women – constant levels for both genders since last Poll (29% women vs. 19% of men)
 - Young Canadians – anxiety levels have been decreasing primarily among those 55+ and increasing for the younger population, but remains constant among the middle aged (18-34: 35%, 35-54: 27%; 55+: 15%)
 - Alberta residents – have the highest level of anxiety this poll (31% rated their anxiety as high) with a 6% increase since the last poll
 - Members of the LGBTQ2S+ community (41%)
- Canadians most likely to rate **depression** high (8-10) since COVID-19:
 - Women – increase for women (up 2%) but decrease for men (down 2%) since last Poll (18% women vs. 13% men)
 - Young Canadians - levels have increased by 3% among 18-34 to 22% , while remaining constant among 35-54: 19% and 55+: 9%
 - Children in the home - 20% which is consistent with Poll 6 (children under 9 years old: 19% vs. no children 15%)
 - Members of the LGBTQ2S+ community (28%, consistent with last poll)

25% of Canadian report high self-rated levels of anxiety

16% report high self-rated levels of depression

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

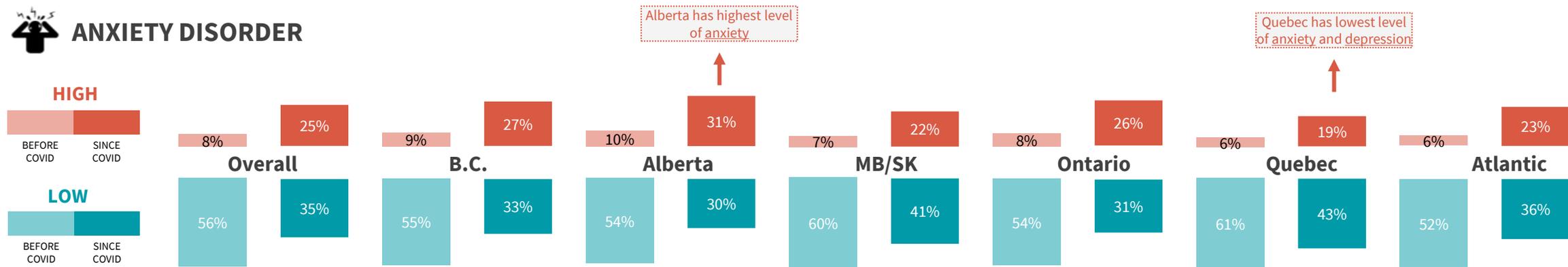
- The data for this sample was collected independently from September 9 to September 14, 2021 in order to capture the mental health of 16-17 year old as they return to school.
- 16 -17-year-olds are dealing with more mental health conditions than older Canadians:
 - Levels of high anxiety since COVID-19 are slightly higher than the national average (28% vs. national average of 25%), which is consistent with Poll 7 findings. Levels of high depression since COVID-19 are significantly higher (25%, national average 16%), this is a slight (5%) decrease from Poll 7.
 - More likely to have symptoms of a severe mental disorder (Among those who rate anxiety/depression high – moderate to severe anxiety disorder (GAD-7): 19%, moderate to severe depression (PHQ -9): 30%.
 - This age group is more likely than older Canadians to feel their mental health impacts their ability to function (35% compared to 28% of the national sample) and are more likely to have felt impaired due to their mental health (33% vs.21% of the national sample). However, their likelihood of missing days due to mental health is the same as adult Canadians (9%).
 - 18% have thought of suicide in the past year (consistent with Poll 7 results), 7% planned an attempt in past year, higher than that seen in older Canadians (14% and 3% respectively).
- Paired with these mental health challenges, 16–17-year-olds feel that they are less resilient and less able to manage their stress or depression, both before and since COVID-19.
- Despite this, 16–17-year-olds are much less concerned with returning to the post pandemic world (35% vs. older Canadians 71%).
- Vaccination rates are similar among this group as among older Canadians (11% of 16-17-year-olds are not vaccinated, compared to 10% of adult Canadians).

Members of the LGBTQ2S+ community are experiencing more mental health challenges

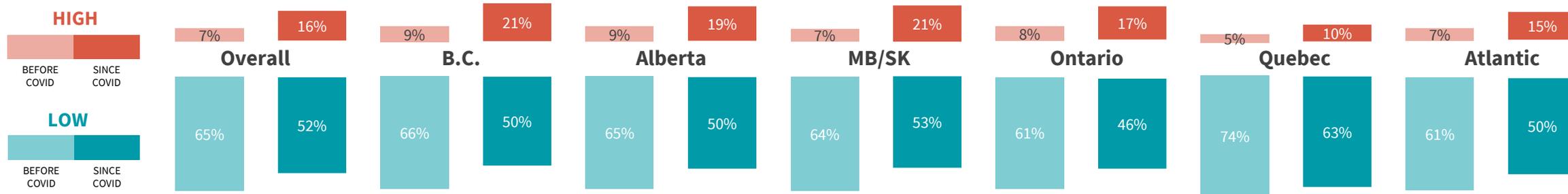
- Before the pandemic, LGBTQ2S+ identifying respondents were dealing with more mental health issues:
 - More likely to have been diagnosed with anxiety (38%), depression (38%) or other mood disorder (12%) before COVID-19, this is higher than the national sample (23%, 29% and 9%, respectively)
 - Felt unable to manage feelings of stress, anxiety and depression well before COVID-19 (22% vs. 15% of national sample)
 - Are less positive about their ability to bounce back from mental health challenges (54% vs. 66% of national sample).
- Since the outbreak of COVID-19, their mental health struggles have gotten worse:
 - More likely to report high levels of anxiety (41%) and depression (28%) since the pandemic.
 - More likely to have symptoms of severe mental disorders (severe disorder among those rating their anxiety/depression as high – severe anxiety (GAD-7): 11%, severe depression (PHQ-9): 9%.
 - More likely to say their mental health has impacted their ability to function (49% vs. 28% of national sample)
 - An even higher proportion are now unable to manage feelings of stress, anxiety and depression well (34%).
 - Those who use substances are more likely to have increased their alcohol (37%) and cannabis (47%) consumption.
 - Experience more suicide ideation, with 32% having thought of it, which is more than double the national sample (14%) and 8% having planned an attempt the past year.
- Members of this community are also more likely to feel their anxiety (21%) and depression (21%) will be high after 2 more months. This is considerably higher than the national sample (14%)
- However, members of the LGBTQ2S+ community are more likely to have accessed mental health supports in the year before (34%) and since COVID-19 (37%).

Alberta reports the highest levels of anxiety and depression since COVID-19

ANXIETY DISORDER



DEPRESSION



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

- Three-fifths (60%) of the Canadians who rated their anxiety or depression high (8-10) since COVID-19 are likely to have symptoms of a moderate (22%) or severe (38%) mental health disorder, while two-fifths (41%) are likely to have symptoms of a mild (20%) or no (21%) mental health disorder. Incidence of having symptoms of a severe mental health disorder has decreased slightly (down 2%) since Poll 7.
- Among those who rate their anxiety or depression as moderate (5-7), almost one-in-three is likely to have symptoms of a moderate (16%) or severe (14%) mental health condition, while one-fifth (20%) are likely to have symptoms of a mild mental health disorder and half (50%) are likely to have no mental health disorder symptoms.
- Canadians more likely to be classified as severe: Younger 18-34 (49% vs. 35-54: 35%; 55+: 25%); frontline healthcare workers (32%).
- Those who have not received a vaccine are more likely have symptoms classified as severe (49% vs. 40% one dose, 36% two doses).

| Psychological Distress 1-5 Point Scale Items | (All/Most) | (None/Little) |
|--|------------|---------------|
| Tired out for no good reason | 27% | 40% |
| That everything was an effort | 21% | 53% |
| Nervous | 19% | 45% |
| Depressed | 17% | 58% |
| Restless or fidgety | 15% | 57% |
| Hopeless | 14% | 63% |
| Worthless | 13% | 70% |
| So sad that nothing could cheer you up | 10% | 72% |
| So restless you could not sit still | 7% | 78% |
| So nervous that nothing could calm you down | 7% | 76% |

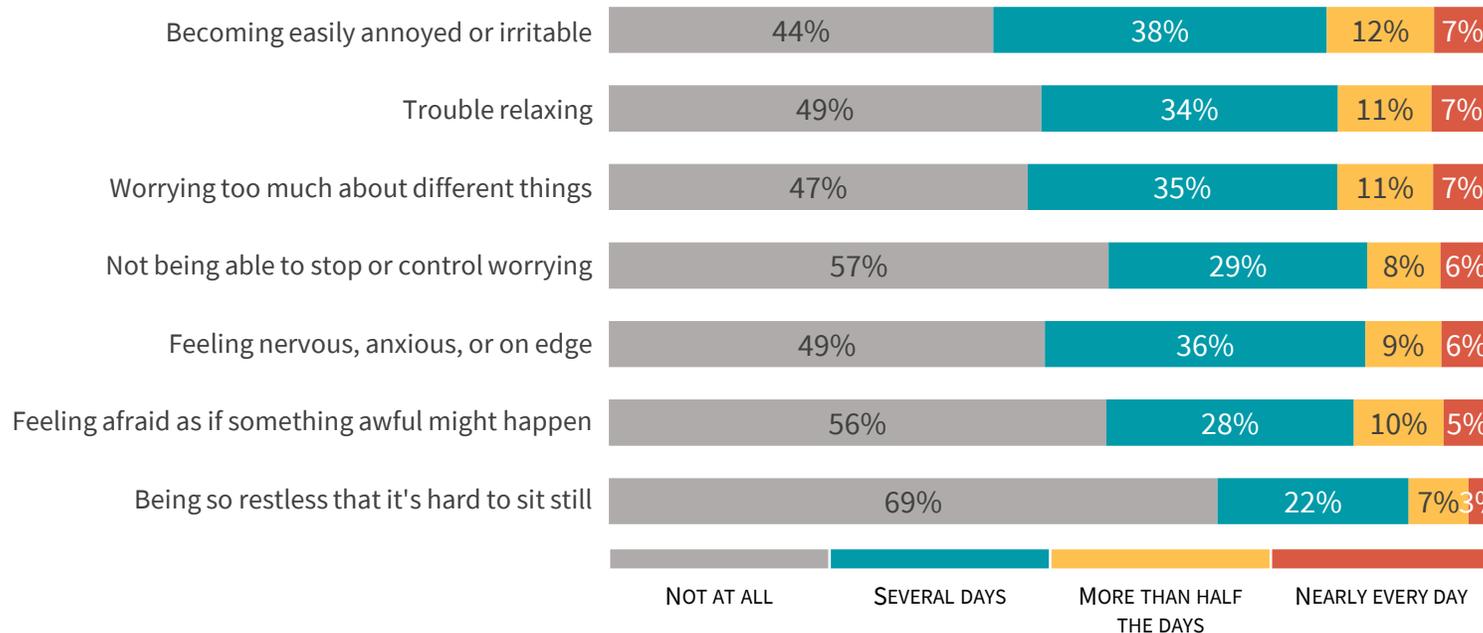
Mental Health Scores among Canadians with high and moderate anxiety or depression since COVID-19

| Moderate: 5-7 | High: 8-10 | | | | | | | |
|---------------|------------|--------|--------|--------|--------|--------|--------|--|
| | Poll 8 | Poll 8 | Poll 7 | Poll 6 | Poll 5 | Poll 4 | Poll 3 | |
| 50% | 21% | 20% | 23% | 19% | 19% | 18% | 21% | Likely to have no mental health disorder (<20) |
| 20% | 20% | 19% | 18% | 18% | 18% | 19% | 16% | Likely to have a mild mental disorder (20-24) |
| 16% | 22% | 21% | 21% | 20% | 22% | 26% | 21% | Likely to have moderate mental disorder (25-29) |
| 14% | 38% | 40% | 37% | 43% | 40% | 36% | 42% | Likely to have severe mental disorder (30-50) |

One-sixth of the Canadians report having moderate to severe levels of anxiety using the GAD-7

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 5% of Canadians have symptoms severe anxiety and 9% have symptoms of moderate anxiety (both consistent with the last poll).
- Levels of anxiety are highest among 18-34 year old (8% severe, 15% moderate), particularly compared to those 55+ (2% severe, 4% moderate) and among women (6% of women vs. 4% of men severe, 10% of women vs. 8% of men moderate), results are consistent with Poll 7.

Psychological Distress Anxiety Frequency Scale Items



Mental Health Scores among Canadians with anxiety since COVID-19

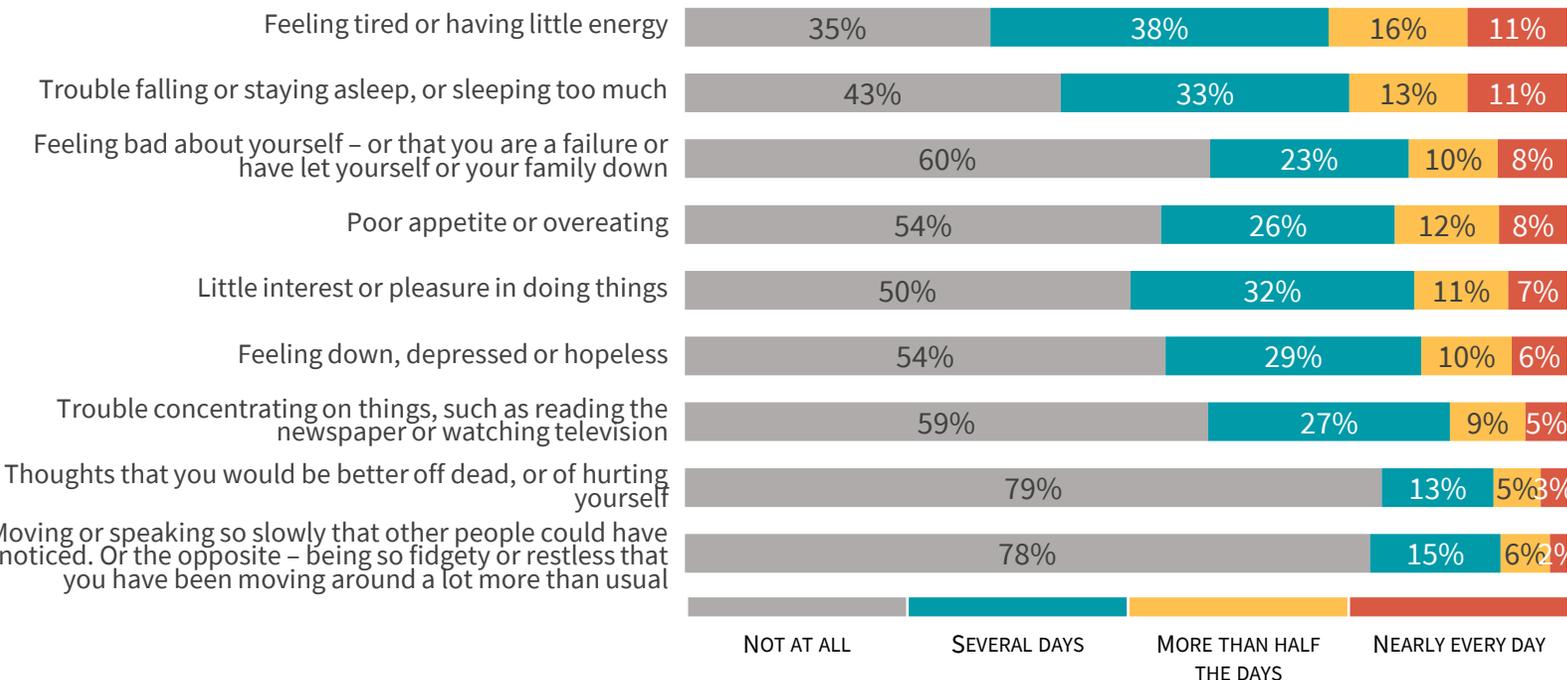
| Poll 8 | Poll 7 | Poll 6 | |
|--------|--------|--------|---|
| 63% | 63% | 62% | Likely to have no anxiety disorder (0-5) |
| 23% | 22% | 23% | Likely to have a mild anxiety disorder (6-10) |
| 9% | 9% | 9% | Likely to have moderate anxiety disorder (11-15) |
| 5% | 5% | 6% | Likely to have severe anxiety disorder (16-21) |

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=3,010)

Almost one-quarter of the Canadians report having moderate to severe levels of depression using the PHQ-9

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 23% of Canadians have symptoms of a moderate to severe depression disorder, with 4% having severe, 7% 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 for moderate symptoms of depression
- Canadians more likely to be classified as severe: Younger 18-34 (8% vs. 35-54: 4%; 55+: 2%); unemployed and students (9% for both vs. employed 4%).

Psychological Distress Depression Frequency Scale Items



Mental Health Scores among Canadians with depression since COVID-19

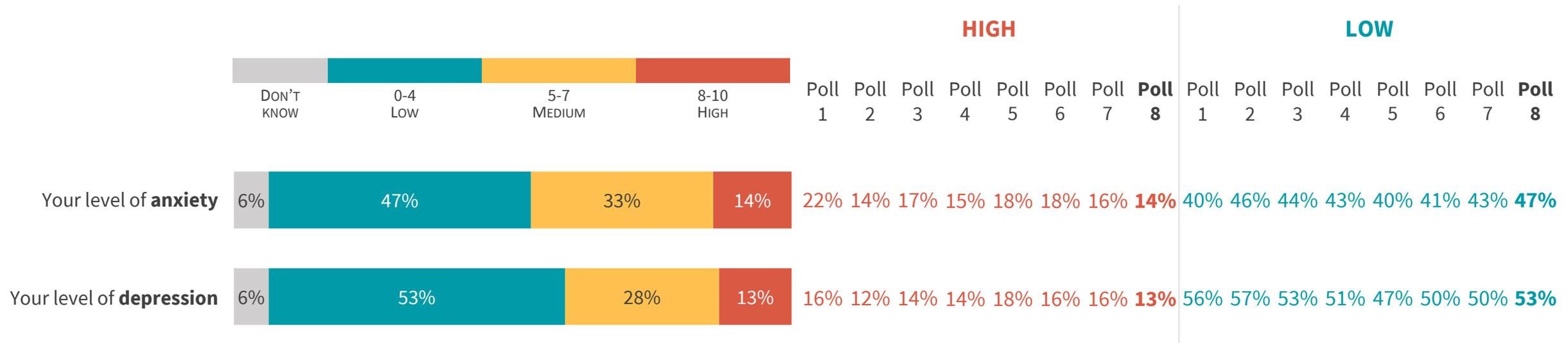
| Poll 8 | Poll 7 | Poll 6 | |
|--------|--------|--------|---|
| 53% | 52% | 52% | Likely to have no depression disorder (0-4) |
| 23% | 24% | 24% | Likely to have a mild depression disorder (5-9) |
| 12% | 12% | 12% | Likely to have moderate depression disorder (10-14) |
| 7% | 8% | 9% | Likely to have moderately severe depression disorder (15-19) |
| 4% | 5% | 5% | Likely to have severe depression disorder (20-27) |

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=3,010)

Both the anxiety and depression levels saw a slight dip among the Canadians

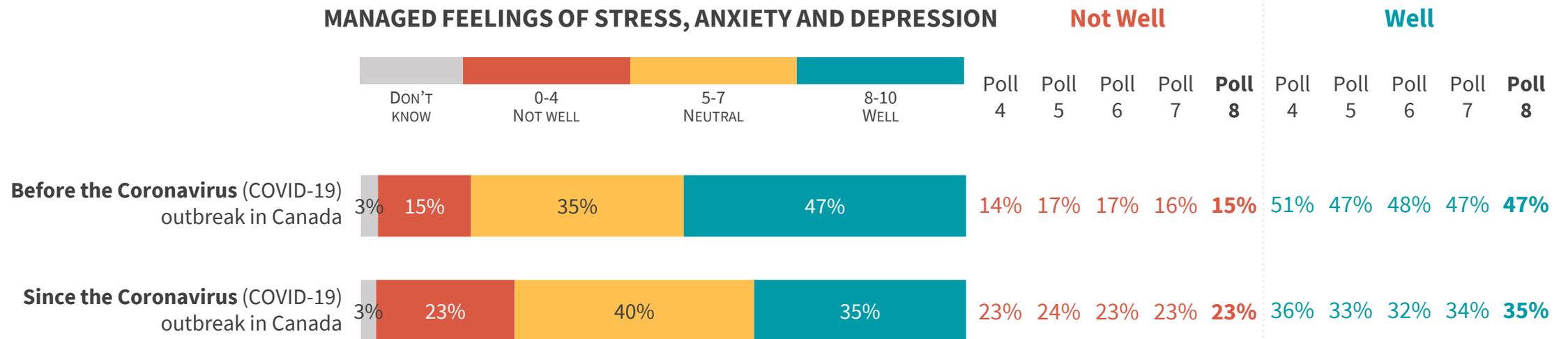
- If the government guidelines persists, a seventh (14%) of Canadians anticipate high anxiety and depression in Poll 8, with a slight dip for both anxiety (down by 2%) and depression (down by 3%).
- Those who have not received a vaccine are more likely to anticipate high anxiety and depression if guidelines continue for another two months compared to those who are fully vaccinated (anxiety: 28% unvaccinated vs. 12% vaccinated; depression: 26% vaccinated vs. 11% unvaccinated).

IF SOCIAL ISOLATION CONTINUES FOR 2 MORE MONTHS, WHAT DO YOU EXPECT...



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

- In Poll 8, almost half of Canadians (47%) say they were doing well managing feelings of stress, anxiety and depression prior to COVID-19 similar to Poll 5, 6 and 7.
- The percentage of Canadians who say they are doing well managing their mental health since the onset of the pandemic increased only slightly this Poll (35%, up by 1% since Poll 7) with close to a quarter (23%) reporting they are not doing well.
- Young people, 18-34, are less likely to feel they were managing stress well (8-10 rating) before the pandemic (32%); this fell further after the outbreak (22%). The 35-54 group had a similar decline (44% pre-COVID-19 to 30% post-COVID-19). These findings are similar to that of Poll 7.
- Before the pandemic, those with a mental health issue were less likely to manage feelings of stress, anxiety and depression well (36%). Since the pandemic, the numbers have reduced considerably (down by 11% to 25%).





Impacts on Mental Health

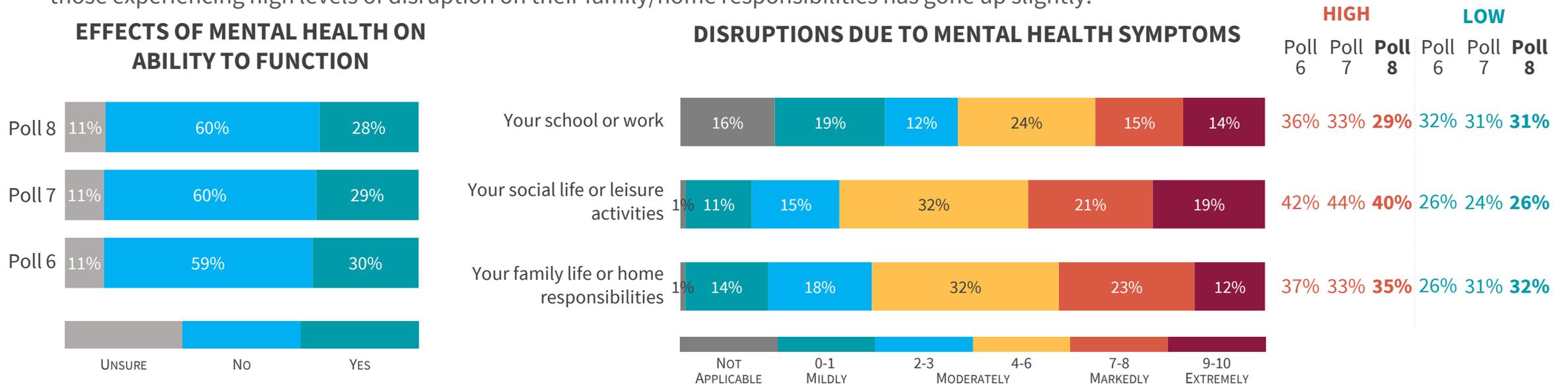
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One-in-three Canadians experience the effect of their mental health symptoms in their day-to-day life

- Two-fifths (40%) of those who have had these mental health challenges described the impact on their social activities as at least markedly, while more than one-third say the same of their family responsibilities (35%) and almost a third say that for school/work (29%).
- Canadians more prone to be affected due to their mental health: Younger (18-34: 42%; 35-54: 32%; 55+: 15%); women (31% of women vs. 24% of men); unemployed (45% of unemployed vs. 30% of employed); having a mood disorder (43% of those with a mood disorder vs. 14% of those with no mood disorder).
- Compared to Poll 7, those experiencing high levels of disruption in their school/work and social and leisure activities has gone down slightly, while those experiencing high levels of disruption on their family/home responsibilities has gone up slightly.



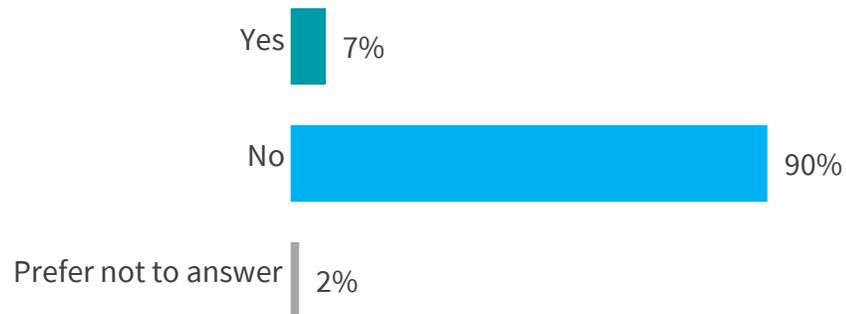
A11. The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (Total n=3,010)

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=853)

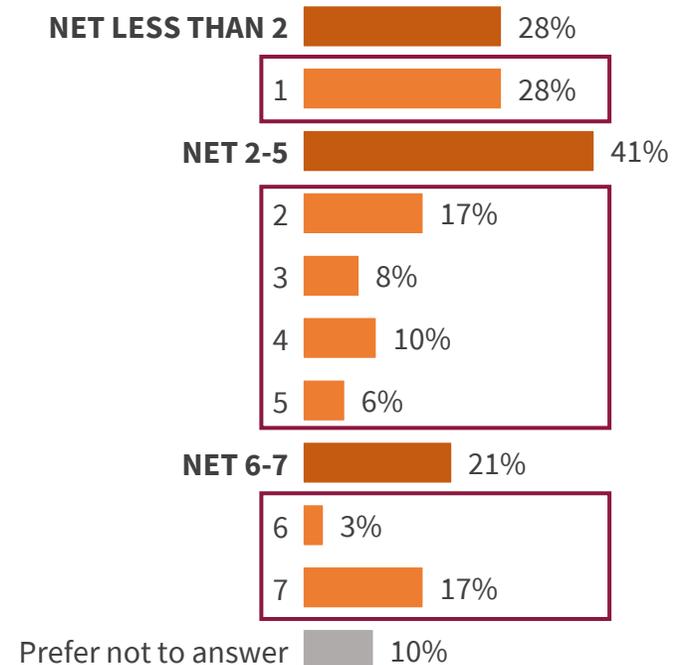
7% have lost days of school/work due to mental health issues in the past week, of these, one-fifth lost almost a whole week

- The incidence of losing days due to mental health issues has remained consistent since Poll 6 (7%), with the average number of days lost being 3.2

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



DAYS LOST BECAUSE OF MENTAL HEALTH



**Mean
3.2
DAYS**

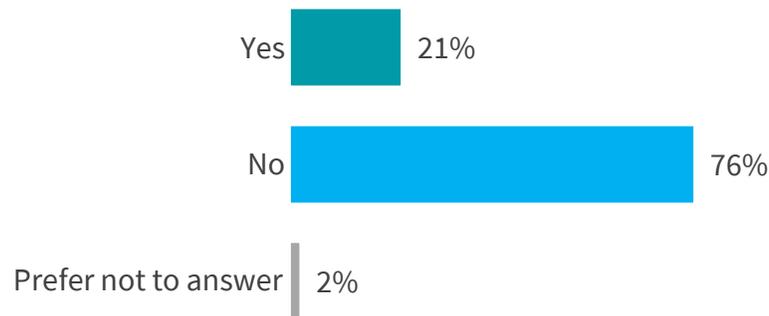
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,122)

A13A. How many days? Base: (Those who are employed or are students and have lost days n=144)

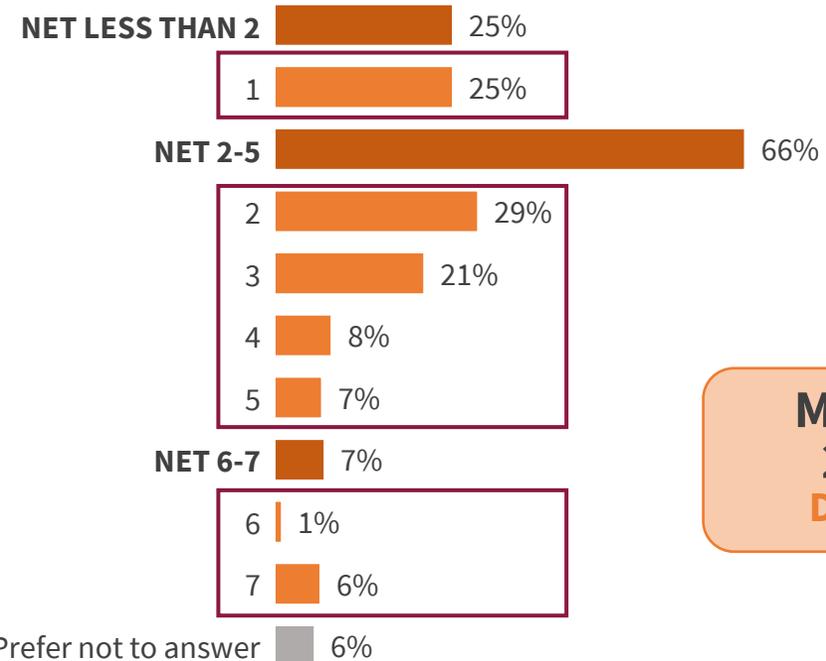
Of the one-fifth that felt impaired or experienced low productivity, most spent 2-5 days feeling that way

- Overall, feelings of impairment have continued to decrease this poll, from 30% in Poll 6 to 26% in Poll 7 and 21% this poll. However, the average number of days where productivity was reduced has remained consistent (2.8)
- Students are most likely to have felt this impairment (32% of students vs. 20% of employed) and have missed the most days on average (3.0 days vs. 2.7 days among those employed).

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



DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED



**Mean
2.8
DAYS**

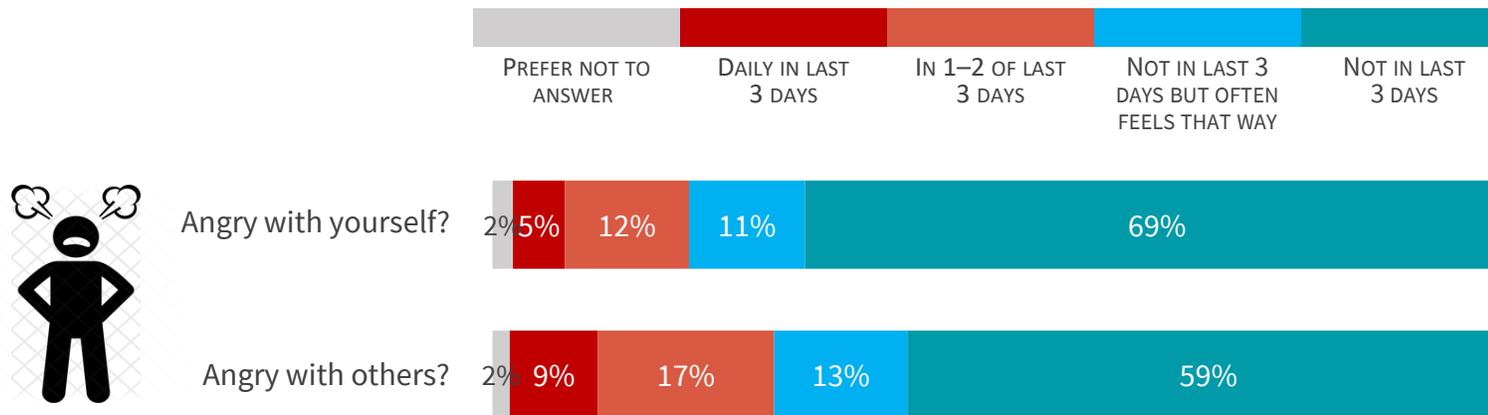
A14. Did you have any days in the last week in which you felt so impaired that, although you were at school or work, your productivity was reduced? Base: (Those who are employed or are students n=2,122)

A14A. How many days? Base: (those who are employed or are students and have lost days n=440)

While four-in-ten are often angry with others, three-in-ten reported to be angry with themselves

- One-in-ten (11%) Canadians reported being angry with themselves often but not in the last three days. 12% report being angry with themselves in 1-2 days of last 3 days, and 5% report being angry with themselves daily over the last 3 days . Younger (18-34: 45% vs. 35-54 30%, 55+ 16%) and unemployed (43% unemployed vs. employed 31%) are more prone to be angry with themselves.
- Four-in-ten (39%) Canadians reported that they were angry with others in the last 3 days (9%), in 1-2 of the last 3 days (17%) or they are angry often but not in the last three days (13%). Younger (18-34: 52% vs. 35-54: 42%, 55+: 27%) are prone to get angry with others.
- Those suffering from a mental disorder are more likely to be angry with themselves (42% with a mental disorder vs.16% with no mental disorder) and others (52% with a mental disorder vs. 27% no mental disorder) compared to those without any mental health issues.

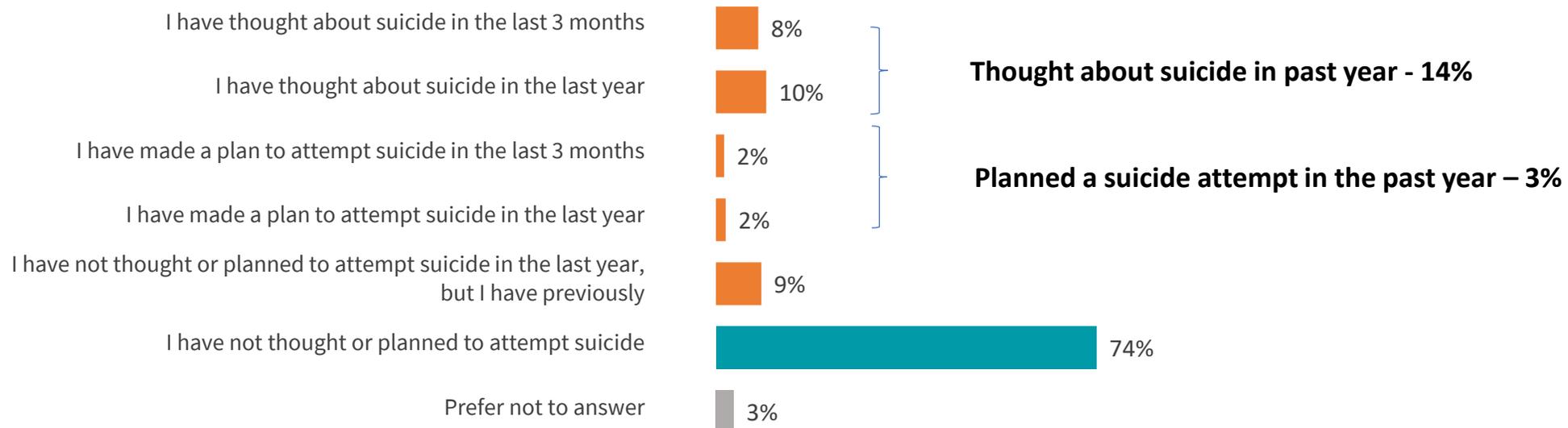
EXPERIENCED FEELINGS OF ANGER



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

- Thoughts of suicide are more predominant among younger people, with 24% of 18-34 year olds having thought of it in the past year (14% in the past three months), and 6% having planned an attempt in the past year (4% in the past three months).
- Thoughts of suicide are also higher among those who live alone (17% having thought about suicide in the past year).
- One-fifth (18%) of frontline healthcare workers have thought about suicide in the past year (27%) and 4% have planned an attempt.
- Those who rate their anxiety or depression as high (rated 9-10) since COVID-19 have more thoughts of suicide. Of those rating their anxiety as high, 37% have thought about suicide in the past year (23% in the past three months) and 6% have planned an attempt in the past year (4% in the past three months).
- Half (50%) of those with high self-rated depression have thought of it in the past year (38% in the past three months) and more than one-in-ten (12%) have planned an attempt in the past year (9% in the past three months). Results remain consistent with Poll 7 findings.

THOUGHTS RELATING TO SUICIDE



A15. The following questions may be sensitive to some people, but we have to ask the same questions of everyone. Base: (Total n=3,010)

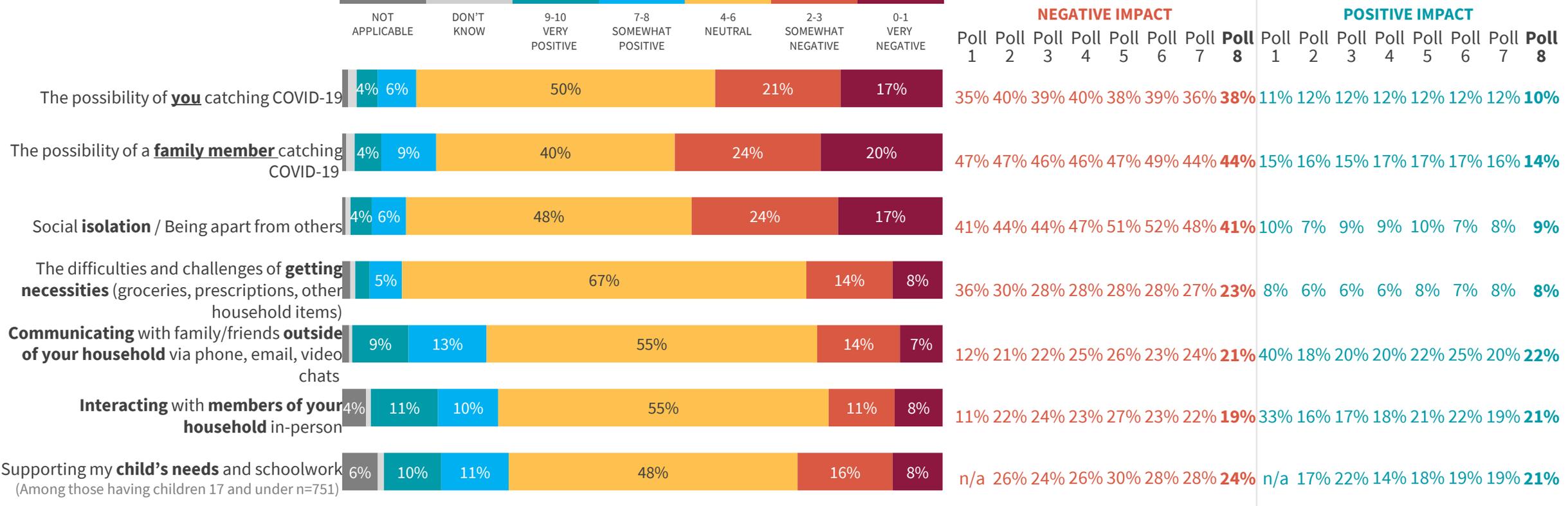
The negative impact of the spread of COVID-19 has declined since Poll 6

- Throughout our most recent polls, we have not seen a significant change in factors of positive or negative mental health.
- As the vaccine roll out in Canada continues, the **fear of contracting COVID-19** is declining, albeit slowly. Fear that their family will contract COVID-19 is continuing to have a negative impact to 44% (the same level as Poll 7 but the lowest level since the pandemic - down from 49% in Poll 6), while fear of contracting it themselves has increased to 38% (up by 2% since the Poll 7)
- **Social isolation** continues to be the leading stressor on mental health, although the percentage who feel this is having a negative impact has decreased (from 48% to 41% - similar to levels seen in Poll 1).
- The **economic downturn continues to have a negative impact** on one-fifth of Canadians, similar to levels seen in Poll 7. This downturn is having the most negative impact in Alberta (43%) and British Columbia (42%) and among those under 55 (18-34: 44%, 35-54: 42% vs. 55+: 37%).
- The impacts of specific economic factors (such as personal or family job loss, inability to pay bills and challenges of working from home) have all decreased slightly compared to Poll 7 findings.
- While **going outside continues to have the strongest positive influence** on mental health, this has decreased since April 2021 (Poll 6: 47% vs. Poll 8: 42%). Similarly, while reading books continues to be positive, this has not increased since the last poll. (Poll 7: 30% vs. Poll 8: 31%).
- While the daily news continues to have a negative impact on Canadians mental health, **its influence is not as strong**, staying consistent since Poll 7 but declining from 50% in Poll 6 to 42% in Poll 8. Younger Canadians are most likely to feel its negative impact (18-34: 49%, 35-54: 44% vs. 55+: 37%).

Social isolation remains a dominant factor in poor mental health

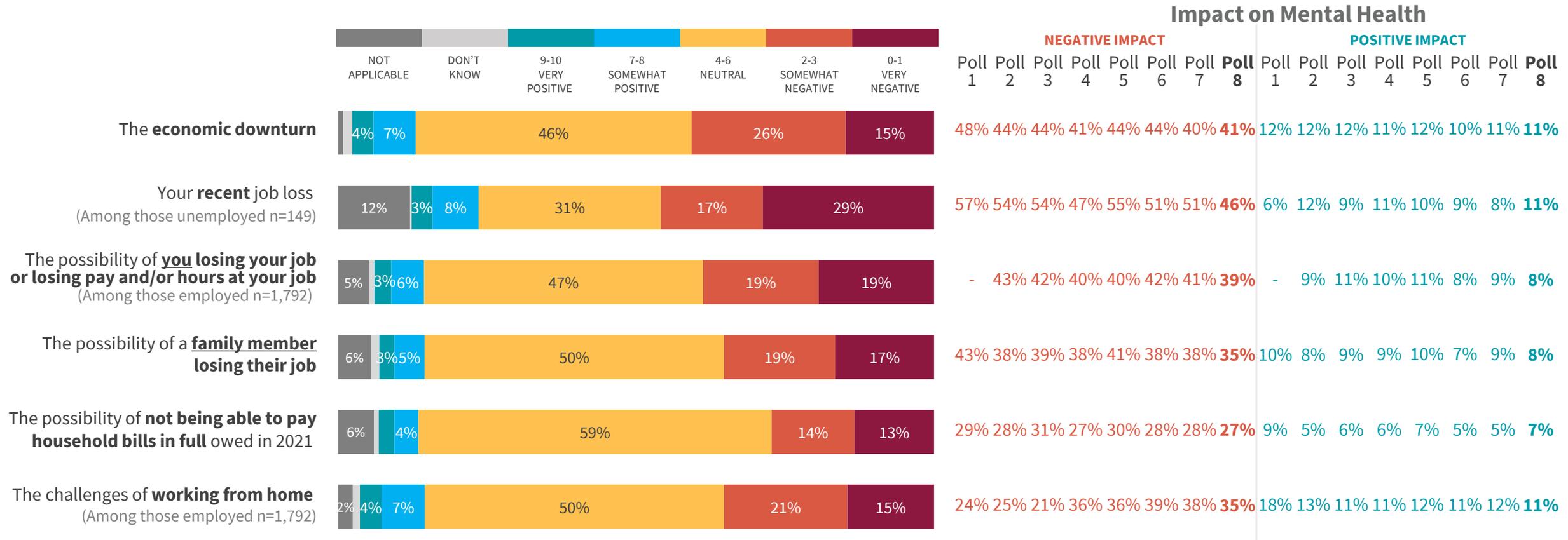


Impact on Mental Health



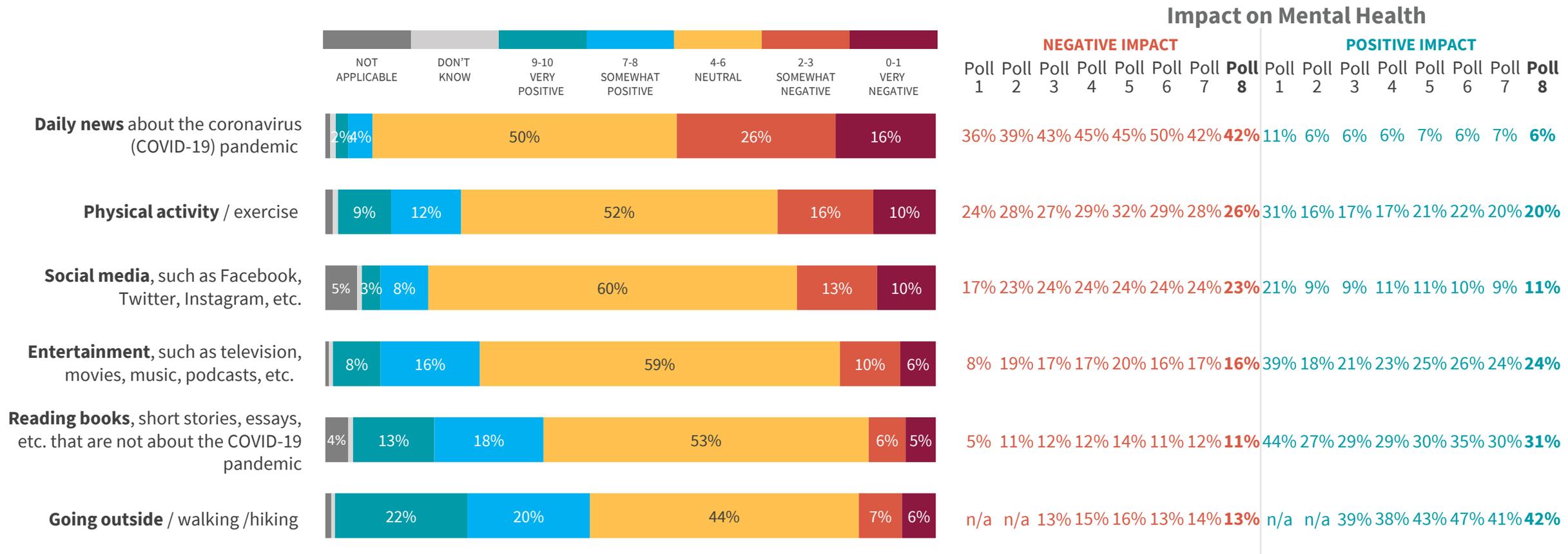
A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total n=3,010)

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



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=3,010)

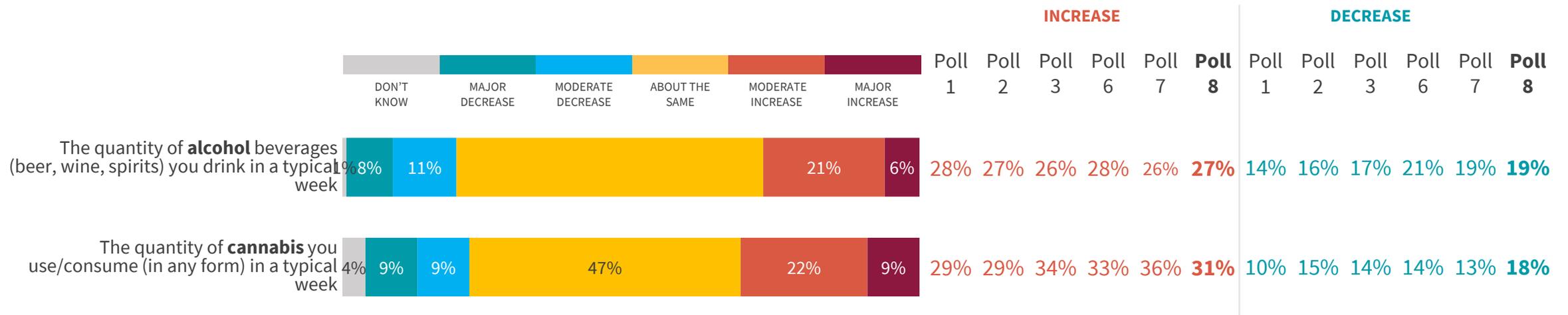
Going outside continues to have the most positive impact on mental health



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=3,010)

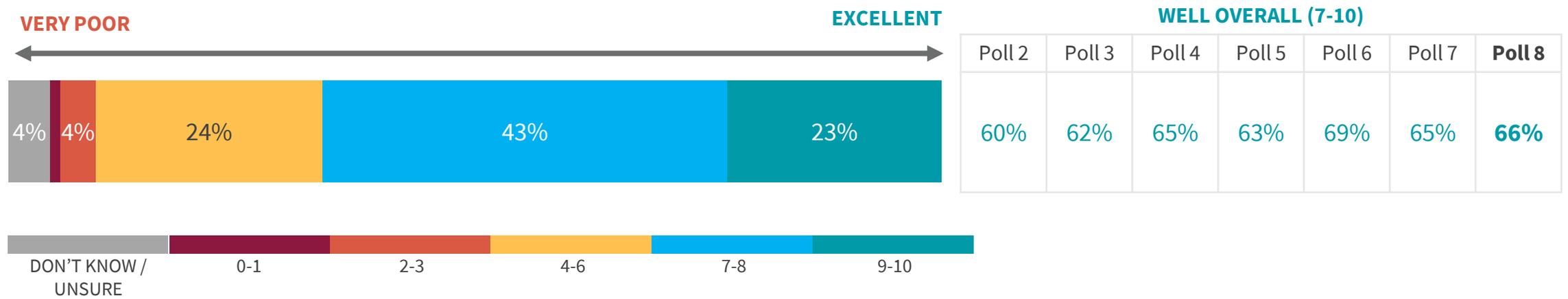
Cannabis consumption has declined to past poll levels

- While those who say they have increased their alcohol consumption since COVID-19 is up very slightly this poll (27% from 26%), the number of people who have increased their cannabis use has declined (from 36% to 31%), while those saying they have decreased use has gone up (13% to 18%).
- Younger Canadians are most likely to have increased their alcohol usage (18-34: 34%, 35-54: 26%, 55+: 22%) as well as their cannabis usage (18-34: 45%, 35-54: 26%, 55+: 21%).



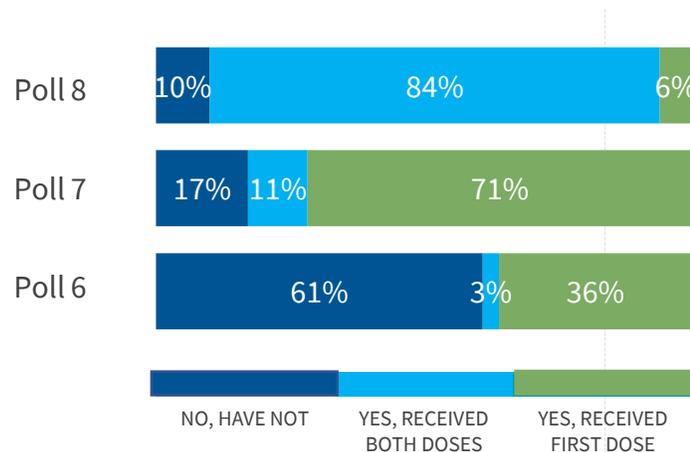
Confidence in the ability to recover from challenges is consistent with Poll 7, after seeing a jump in Poll 6

- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges caused by COVID-19 (66% rate this 7-10, where 10 means excellent). This is an increase of 1% since the Poll 7 (65%).
- Younger Canadians under 55 years old are not as positive about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (18-34: 53%; 35-54: 64%; 55+: 78%).
- People not diagnosed with any mental health disorder are considerably more positive (7-10) about bouncing back from the challenges they faced due to the pandemic (75%) compared to those who are suffering from a mental health disorder(57%).



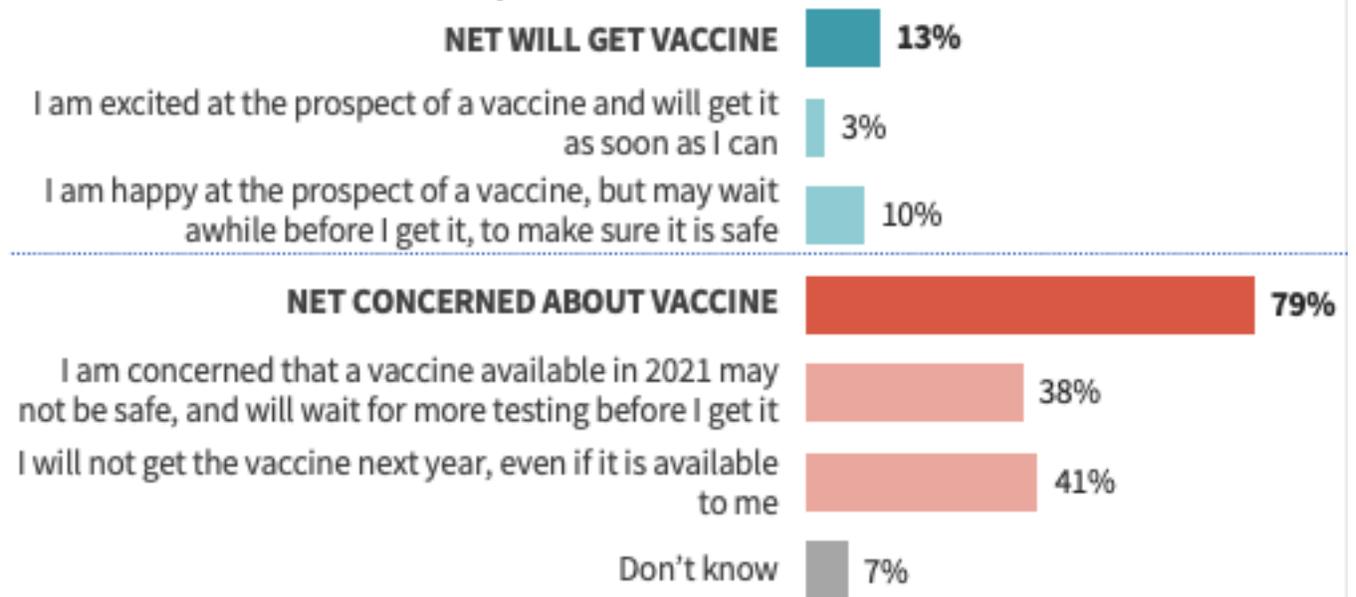
While nine-in-ten Canadians have received at least one dose, of those who have not, four-fifths are hesitant

- A vast majority of Canadians have received at least one dose of the vaccine (90%), and 84% have received both.
- However, of the 10% who have not yet received a vaccine, four-fifths (79%) are hesitant to do so, with 38% saying they may wait and 41% saying they will not get it.
- Of those who are not yet vaccinated, hesitancy is highest in Alberta (15%) and among younger Canadians (18-34: 13%, 35-54: 13% vs. 55+: 6%).



Canadians who have received at least first dose – 90%

of the 10% who are not yet vaccinated:



A5A. Have you received the COVID-19 vaccination? Base: (Total n=3,010)

A6. Which of the following best describes your feelings about a potential vaccine that may be available to Canadians in 2021? Base: (Not been vaccinated yet n=306)



Life in the Post-Pandemic World

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MENTALE
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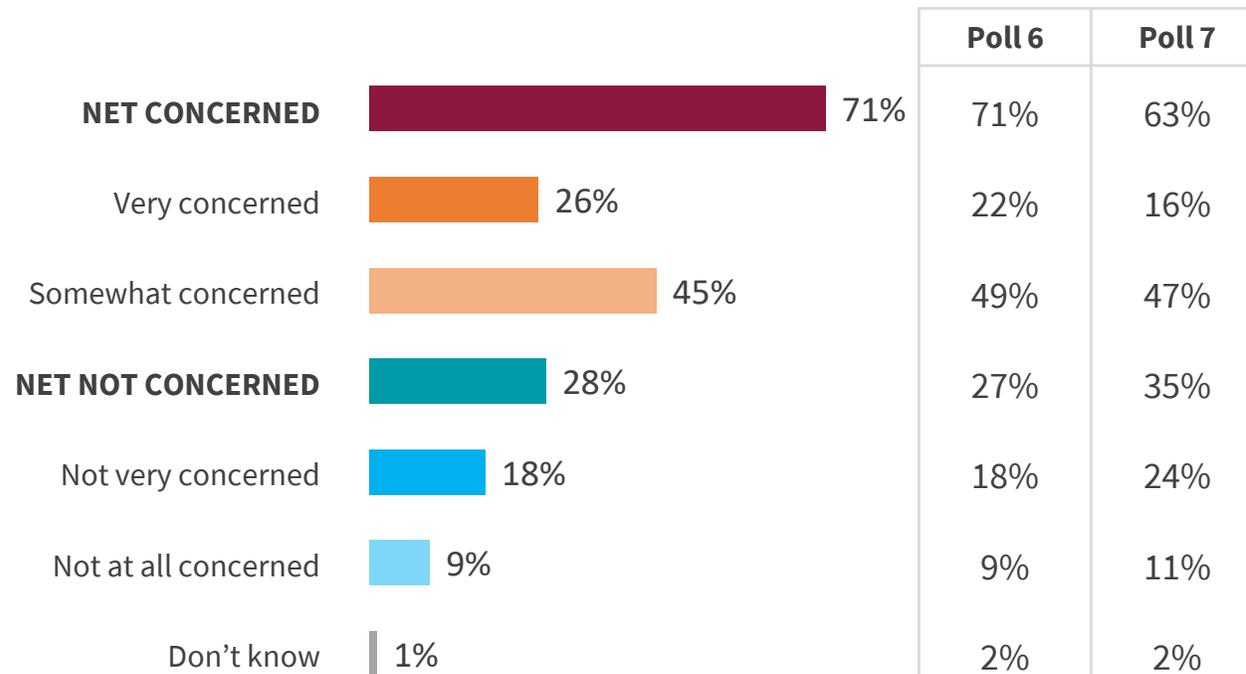
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Most Canadians feel they will still be concerned about COVID-19, and levels of concern are back to those seen in Poll 6

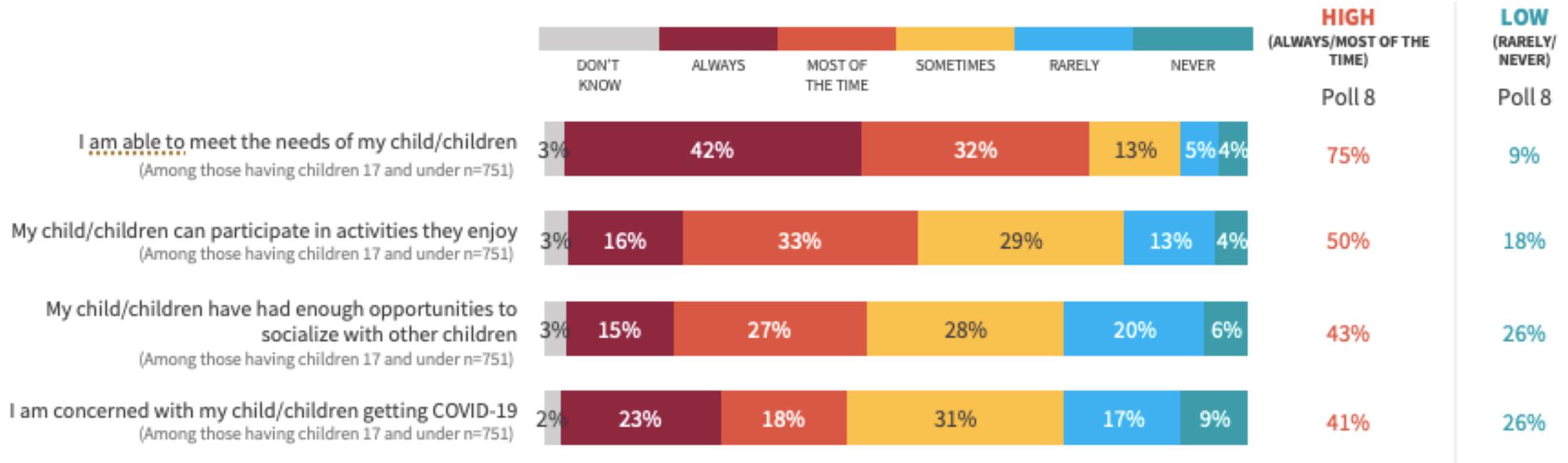
- Almost seven-in-ten Canadians say they will remain concerned about the potential threat of COVID-19 after the pandemic is over. This has increased by 8% since Poll 7, returning to levels seen in Poll 6.
- Concern is lowest in Quebec (48%), and highest in Ontario (80%) and BC (80%). Those living in urban centres (72% in urban vs. 64% in rural), women (75%) and those 55+ (76%) are also most concerned.
- Those who have received vaccines are more concerned about this continuing threat than those who have not (vaccinated: 75%, unvaccinated: 38%)

CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19

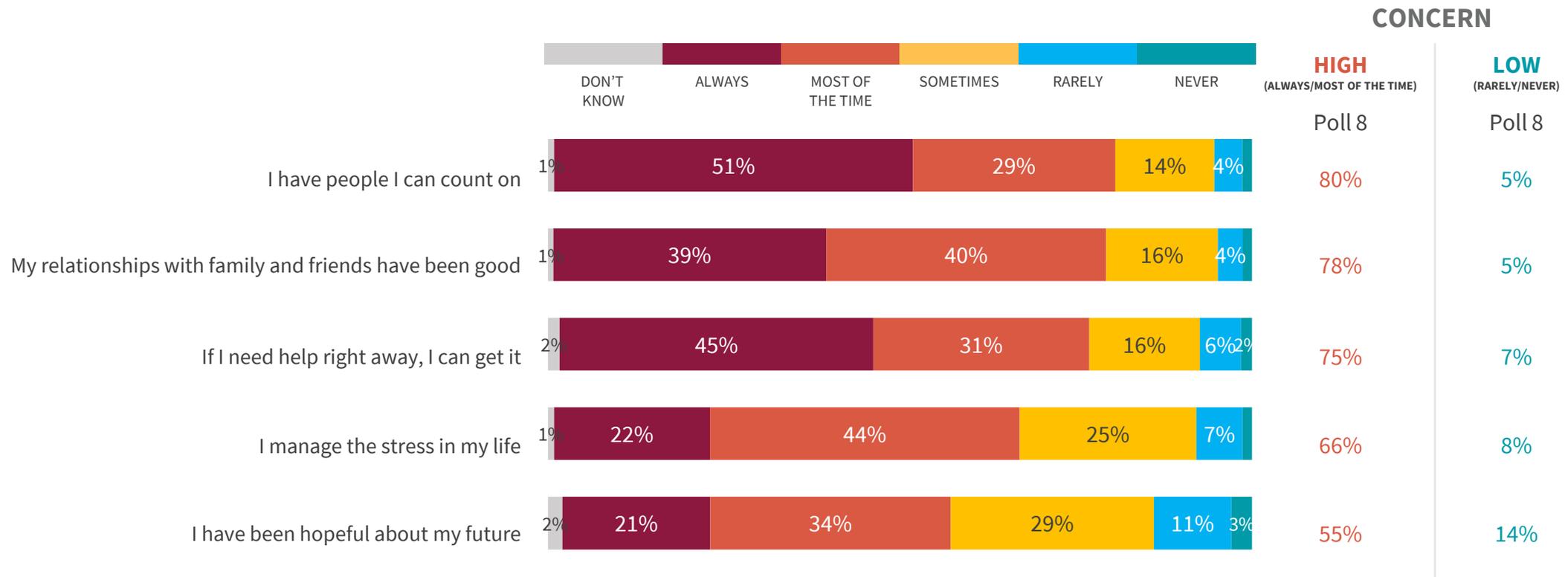


While parents feel they can meet the needs of their children, they worry about the impacts of the pandemic

- Three-quarters of the Canadians reported to be most of the time (32%) to always (42%) concerned about meeting the needs of their child/children, followed by half who are concerned about their children participating in the activities that they enjoy.
- Canadians are adapting well to work from home and other forms of working patterns as they are rarely (20%) to never (40%) concerned about their level of productivity at work.



Most Canadians have relationships they can count on





Mental Health Supports

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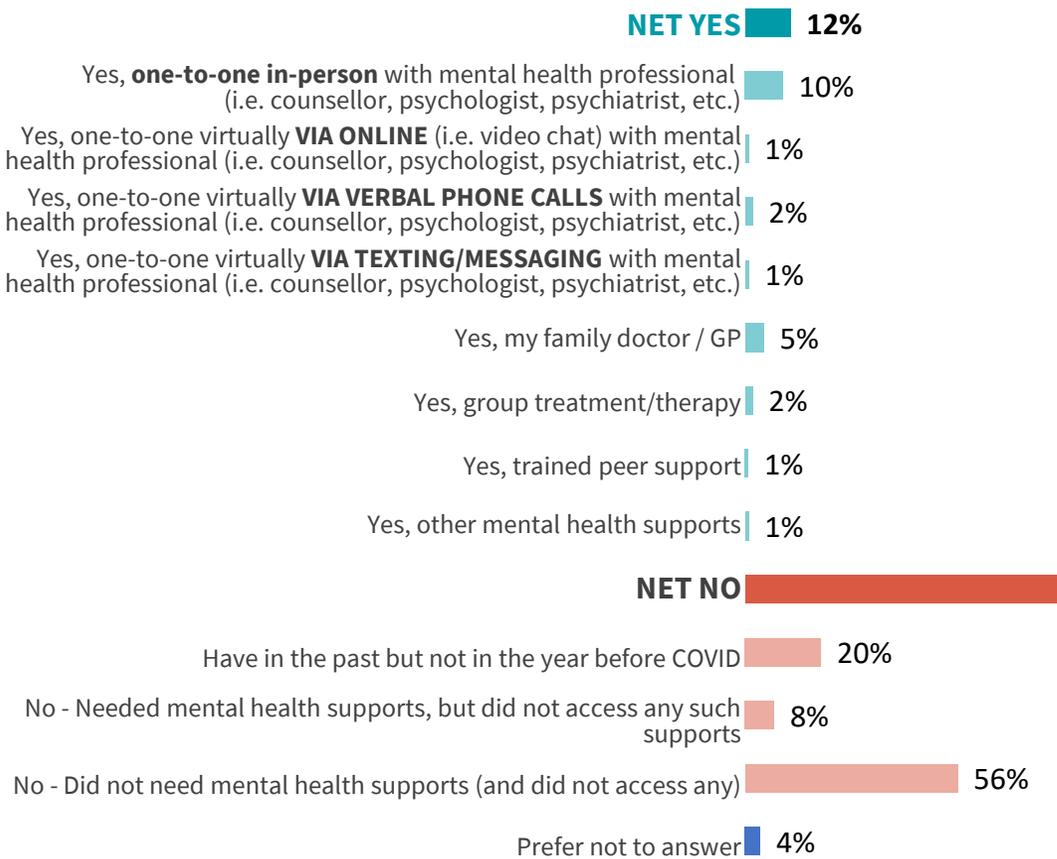
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Accessing mental health supports since COVID remain steady at one-fifth

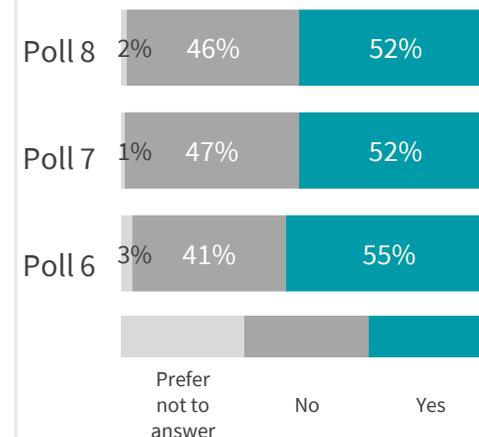
- In the year before COVID-19, 12% of Canadians had accessed mental health supports. This has increased to 20% (consistent to Poll 7) in the year since the onset of the pandemic. Of those who have accessed support since COVID-19, half (52%) are continuing to use these supports.

ACCESSED SUPPORT IN YEAR BEFORE COVID:



| | Poll 6 | Poll 7 | SINCE COVID: | Poll 6 | Poll 7 |
|--|------------|------------|--------------|------------|------------|
| NET YES | 11% | 12% | 20% | 18% | 20% |
| Yes, one-to-one in-person | 9% | 10% | 6% | 5% | 6% |
| Yes, one-to-one virtually VIA ONLINE | 1% | 2% | 7% | 6% | 8% |
| Yes, one-to-one virtually VIA VERBAL PHONE CALLS | 1% | 1% | 6% | 4% | 5% |
| Yes, one-to-one virtually VIA TEXTING/MESSAGING | <1% | 1% | 1% | 1% | 1% |
| Yes, my family doctor / GP | 5% | 5% | 6% | 6% | 6% |
| Yes, group treatment/therapy | 1% | 2% | 1% | 1% | 1% |
| Yes, trained peer support | 3% | 0% | 1% | 0% | 0% |
| Yes, other mental health supports | <1% | 1% | 2% | 1% | 2% |
| NET NO | 84% | 87% | 78% | 79% | 78% |
| Have in the past but not in the year before COVID | NA | 21% | NA | NA | NA |
| No - Needed mental health supports, but did not access any such supports | 11% | 8% | 12% | 13% | 13% |
| No - Did not need mental health supports (and did not access any) | NA | 56% | 65% | 66% | 65% |
| Prefer not to answer | 2% | 2% | 2% | 3% | 3% |

WHETHER RECEIVE MENTAL HEALTH SUPPORTS



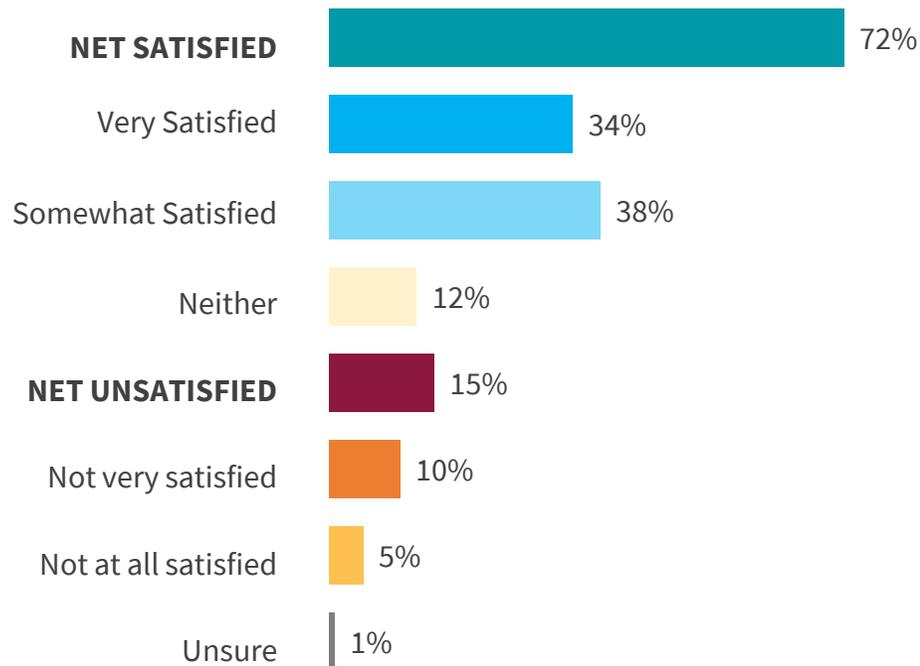
Younger Canadians 18-34 are more likely have accessed supports since COVID-19 (18-34: 29% vs. 35-54: 23%; 55+: 11%)

B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=3,010)
 B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=3,010)
 B14. Are you currently still receiving these mental health supports? (Total: n=610)

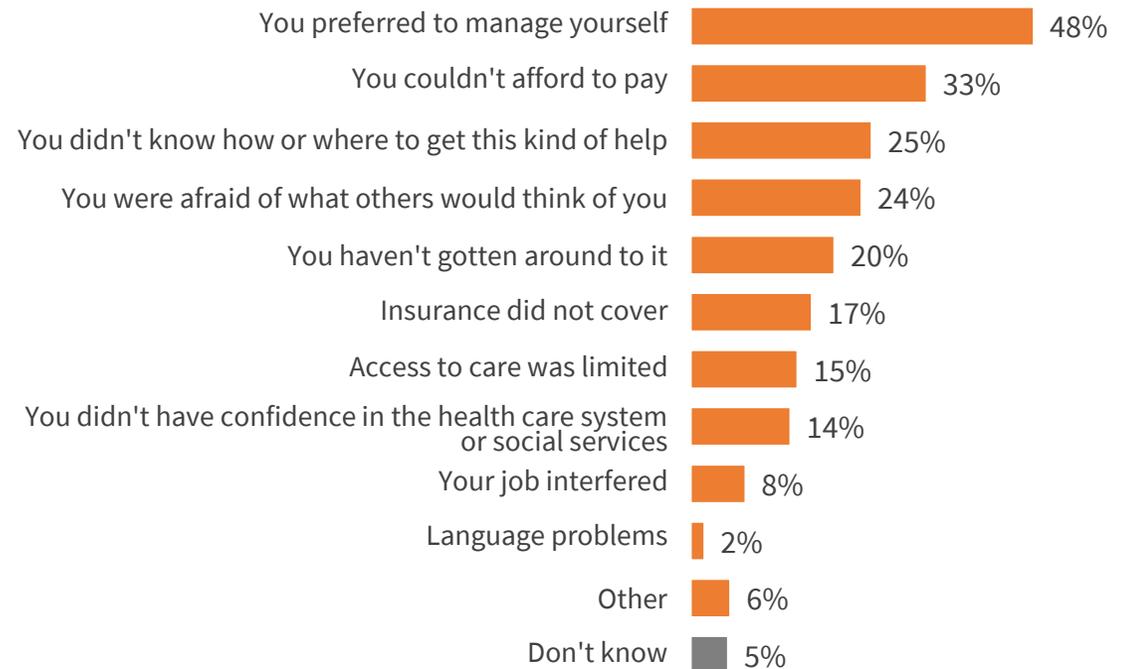
Almost three-quarters were satisfied with the mental health support received before the pandemic

- With “satisfied” being split between those who were very (34%) and somewhat (38%) satisfied.
- Of those not assessing professional support for their mental health, almost half (48%) said they preferred to manage themselves while a third (33%) said they could not afford professional mental health support.

SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



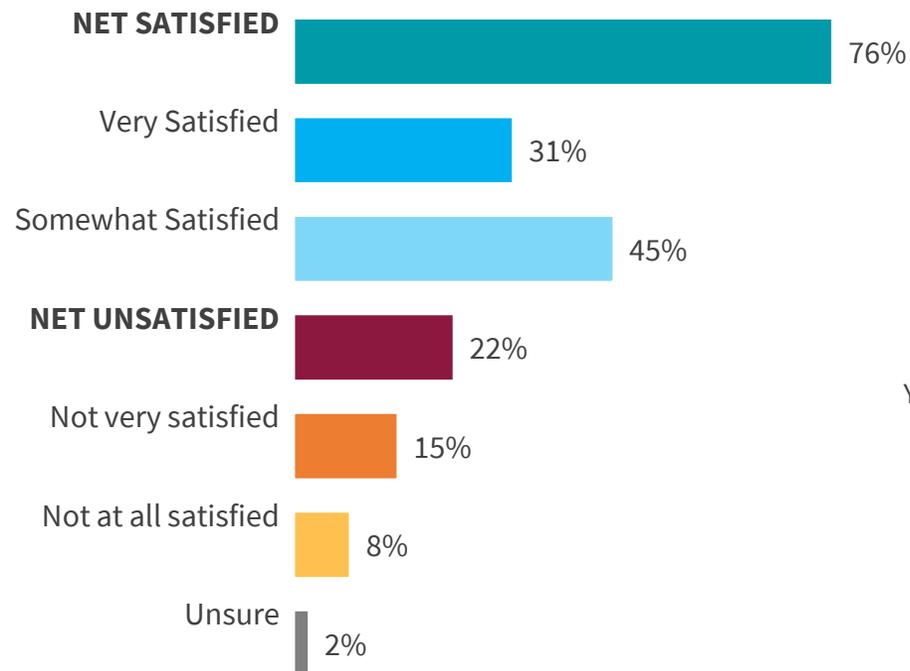
B12AA. How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: **Ever had mental support before COVID-19** n=1,024)

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=246)

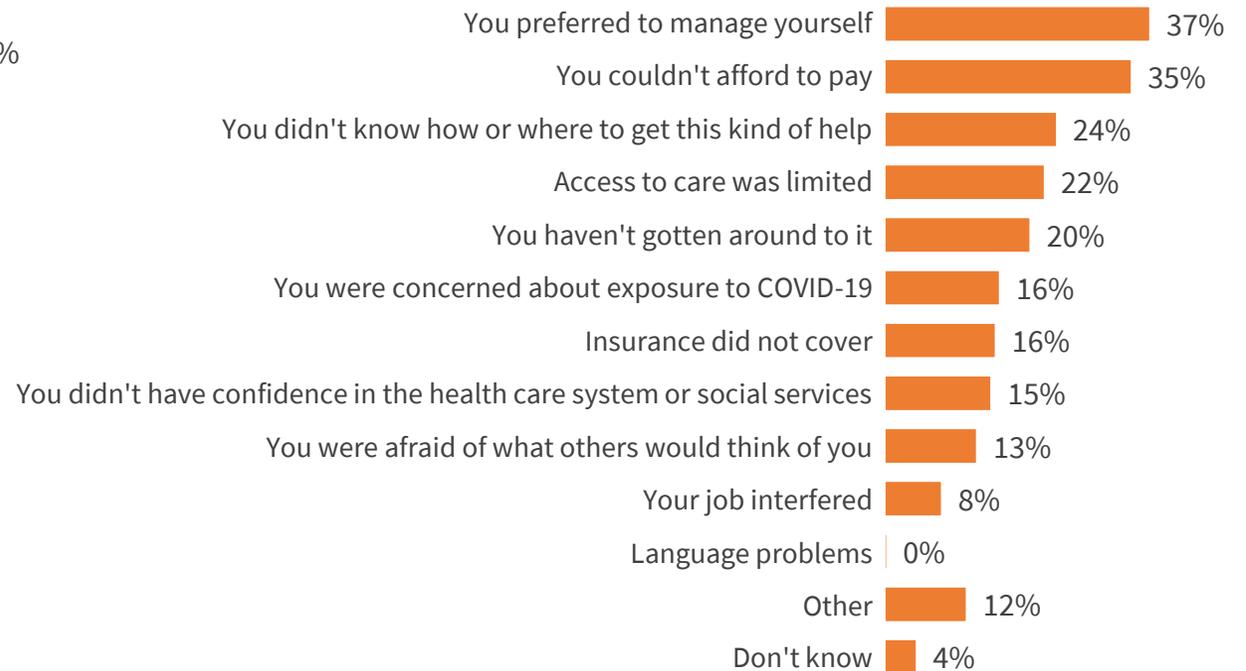
Satisfaction levels for mental health support since COVID-19 are higher than pre-COVID-19

- While satisfaction with mental health supports is high regardless of when they were accessed, 76% 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, close to two-fifths (37%) said they preferred to manage themselves. Fear of contracting COVID-19 was a reason reported by 16% down from the 31% who said the same in Poll 6 and 19% in Poll 7.

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=610)

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=385)



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

