



Mental Health During COVID-19 Outbreak: Poll #9



Financial Contribution from



Health
Canada

Santé
Canada



November 2021

Methodology

Methodology: This online survey was conducted among a sample of 4,108 adult Canadians. This was the ninth poll of this study (see below). Results between the polls are compared where applicable.

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

National	Interview Dates	Number of Interviews	Margin of Error	Poll Nine	Number of Interviews	Margin of Error
Poll One	April 22 to 28, 2020	1,803	±2.3%	British Columbia	384	±5.0%
Poll Two	August 21 to 31, 2020	4,010	±1.5%	Alberta	385	±5.0%
Poll Three	October 22 to 28, 2020	2,004	±2.2%	Prairies	752	±3.6%
Poll Four	December 10 to 18, 2020	2,761	±1.9%	Ontario	989	±3.1%
Poll Five	February 1 to 8, 2021	3,005	±1.8%	Quebec	711	±3.7%
Poll Six	April 20 to 28, 2021	4,005	±1.5%	Atlantic Canada	887	±3.3%
Poll Seven	June 7 to 13, 2021	4,010	±1.5%			
Poll Eight	August 17 to 24, 2021	3,010	±1.8%			
Poll Nine	October 22 to Nov 3, 2021	4,108	±1.5%			

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



Major Findings

RECHERCHE
EN SANTÉ
MENTALE
CANADA

MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

Major Findings

- **The newly mandated proof of vaccination that has been implemented in some fashion by all provinces has had a positive impact on the mental health of nearly half of Canadians** (47%) with one-quarter saying it has had a very positive impact. 11% report it having a negative impact on their mental health and 37% report it having no impact at all. 47% of unvaccinated Canadians indicated that this implementation has had a negative effect on their mental health.
- **Anxiety is steadily decreasing amongst Canadians.** After peaking in Poll 6 at 28%, the percentage of Canadians reporting high levels of anxiety has decreased to 23%, the lowest since Poll 4 (December 2020) and just 3% higher than the start of the pandemic. The percentage of Canadians experiencing **high levels of depression remains consistent** with the last two polls (June and August 2021) at 16%
- **Suicide ideation remains high, though it has not increased since Poll 8** (August 2021). 14% of Canadians have thought about suicide in the past year, with 3% having planned a suicide attempt. 16-17 year olds are experiencing more thoughts of suicide (29% this year, 17% in the past 3 months), as are frontline workers (28%), LGBTQ2S+ identifying Canadians (38% this year, 27% in the past 3 months), and men (16% vs. 13% women)
- **Canadians are feeling considerably more hopeful this year compared to last.** 68% responded that they are ‘most of the time’ or ‘always’ hopeful about their future, a 13% increase from Poll 8. The vast majority also feel their relationships are good (85%) and that they have people they can count on (78%).
- **Access to mental health support has seen a 4% increase over the past seven months** (Poll 6), from 18% to 22%. The use of virtual services online (8%, an increase of 7% since 2020) or via telephone (6%, an increase of 5% since 2020) has increased considerably since the onset on COVID-19. The percentage of Canadians who responded that they need mental health support but have not accessed it remains stable at 12%.



Key Findings

RECHERCHE
EN SANTÉ
MENTALE
CANADA

MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

While high anxiety and depression continues to impact many Canadians, anxiety is slowly declining

- **This poll has seen some improvement in the mental health of Canadians:** with levels of high anxiety slowly declining, as well as a decline in the inability to handle stress, anxiety and depression and in the feelings of impairment leading to a loss of productivity.
- **Anxiety is not yet back to levels seen at the start of the pandemic and is nowhere near pre-pandemic levels.** Additionally, levels of high depression have remained steady over the past year with no signs of improvement. And only just over one-third feel they are handling their stress well.
- **Levels of anxiety and depression continue to be serious.** Despite the declining levels of high anxiety, those classified as having symptoms of moderate to severe mental disorders on the Kessler Scale, as well as symptoms of moderate to severe anxiety on the GAD-7 and symptoms of moderately severe to severe depression on the PHQ-9 scales has not changed.
- **Anxiety and depression are still having a negative impact on the lives of Canadians.** More than one-quarter continue to feel the negative effect of their mental health on their ability to function, one-fifth feeling a loss of productivity and one-tenth a loss of days.
- **A sixth of the Canadians have thought about suicide in the past year,** consistent to findings of Poll 8. This is even higher among younger Canadians, with more than a quarter having thought about suicide and 7% having planned an attempt in the past year.
- **One-fifth of Canadians have accessed mental health support** since the pandemic, continuing the slow upward trend since April. Those who have accessed these supports, either before or since COVID-19 have been satisfied with it.

While still negative, the fear of contracting COVID-19 is having less impact on mental health

- **Fear of contracting COVID-19** (themselves-38% or their family- 44%) **has declined** to 33% and 41% respectively, although it still has a negative impact on one-third to two-fifths of Canadians. Being vaccinated is not helping with this fear, as those who are vaccinated are more afraid of the virus than those who are not (contracting themselves 34% vs. 29%, their family 43% vs. 32%). It is our assumption that many unvaccinated respondents already had less fear of the virus.
- **Social isolation continues to have a negative impact** on two-fifths of Canadians. After seeing a decline in Poll 7 and 8, it remained steady this poll (41%).
- **Going outside continues to have the strongest positive impact** on mental health and has remained steady since last poll (43%).
- **The negative impact of the economic downturn as well as other financial concerns** have lessened this poll (41% to 38%), they are, however, are still having an impact to more than one-third, particularly those who are not yet vaccinated (48%).

Nearly half of Canadians say that proof of vaccine mandates are having a positive impact on their mental health

- **Nine-in-ten (91%) Canadians have received a vaccine**, with most having received both doses (88%). Of those who are not vaccinated, most are hesitant with almost half saying they will not get the vaccine (45%).
- **Vaccine status has a lessening impact on mental health***, with those not vaccinated feeling higher levels of severe self-reported anxiety (rated 9-10 12% vs. 9%) and depression (rated 9-10 11% vs. 7%), and scoring higher on the Kessler-10 (severe mental disorder 48% vs. 38%), GAD-7 (severe anxiety 8% vs. 4%) and PHQ-9 tests (severe depression 8% vs. 4%). However, this group is less fearful of contracting the virus (either personally or their family) and are less concerned about their return to the post-pandemic world (32% vs. 69% of those vaccinated). They are more likely to feel financial issues are having a negative impact on their mental health.
- **Only one-in-ten (11%) say the proof of vaccine mandate is having a negative impact** on their mental health, although among those who are not vaccinated, almost half (47%) are feeling this impact. Nearly half (47%) of Canadians say this mandate has a positive impact while one-third (37%) say it has no impact at all.

* Due to lower base sizes, particularly among the unvaccinated groups, not all differences exceed the margin of error.



Results in Detail

RECHERCHE
EN SANTÉ
MENTALE
CANADA

MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights



Anxiety and Depression in the COVID-19 Outbreak

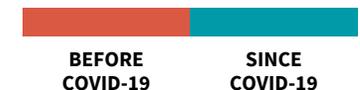
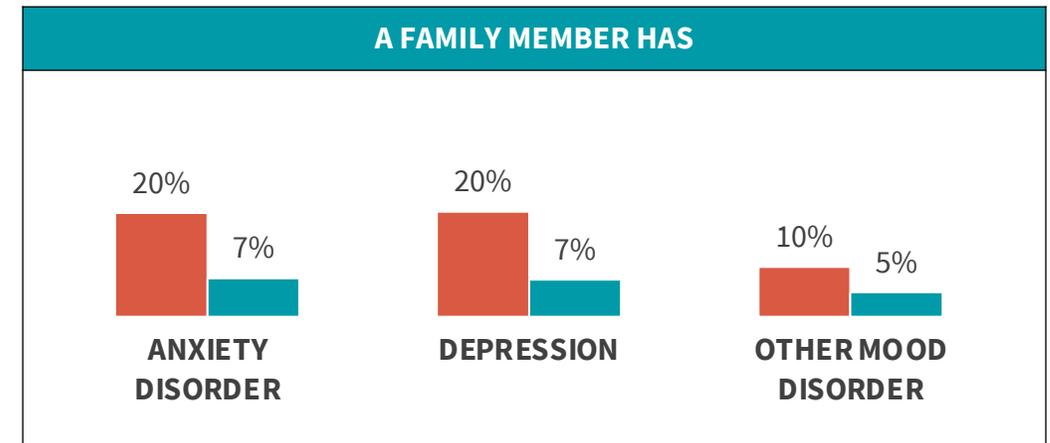
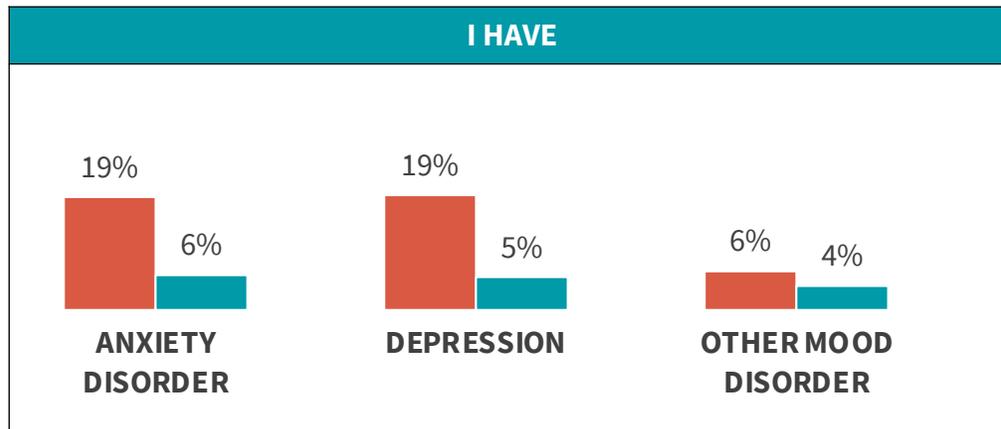
RECHERCHE
EN SANTÉ
MENTALE
CANADA

MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

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 (19% personal, 20% family) or depression (19% personal, 20% family). Other mood disorders are less common, with 6% having a personal diagnosis, and 10% a diagnosis in their family.
- Since the onset of COVID-19, another 6% say they have personally been diagnosed with anxiety and 5% depression. And another 7% say a family member has been diagnosed with anxiety or depression respectively.



Base: (Total n=4,108)

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

A1B. Have a close family member ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

Disorder diagnosis is 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 (21% vs. 15% of men) – Diagnosis since COVID-19 is similar among genders (6% men, 5% women)
 - Younger Canadians (16-17, 31%; 18-34, 34%; vs. 35-54, 27%; 55+, 14%)
 - 55+ are least likely to have been diagnosed since COVID-19 (2% vs. 16-17, 13%; 18-34, 11%, 35-54, 6%)
 - Canadians with children (under 9 years old: 32%, an 11% increase since COVI-19 vs. Canadians without children: 23%, an increase of 5% since COVID-19)
 - Unemployed : 38%, an increase of 6% since COVID-19 vs. Employed: 25% an increase of 7% since COVID-19).
 - Frontline Healthcare (33% an increase of 8% since COVID-19 – up from 27% in Poll 8).
- Canadians most likely to be diagnosed with **depression**:
 - Younger Canadians (16-17, 27%; 18-34, 30%; vs. 35-54, 28%; 55+, 17%)
 - Since the onset of COVID-19, Canadians 55+ are the least likely age group to have been diagnosed (2%)
 - Canadians with children (under 9 years old : 31% vs. Canadians without children: 23%)
 - In this poll, total diagnosis between men and women was similar (23% and 25% respectively)

TOTAL % OF HOUSEHOLDS DEALING WITH MENTAL HEALTH CONDITIONS:

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

TOTAL YES 35%

(Individual or households suffering from Anxiety or depression or other mood disorder)

(Individual or households suffering from each)	
38%	ANXIETY
38%	DEPRESSION
19%	OTHER

Base: (Total n=4,108)

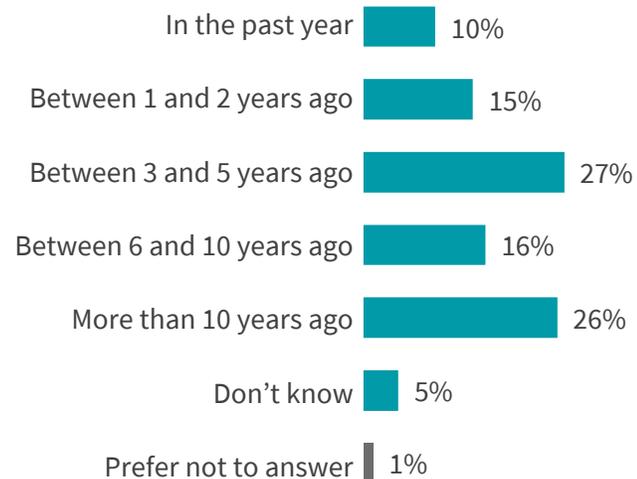
A1A. Have you ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

A1B. Have a close family member ever, either before the Covid-19 outbreak or since it, received a diagnosis from a healthcare professional stating that you are affected by any of the following:

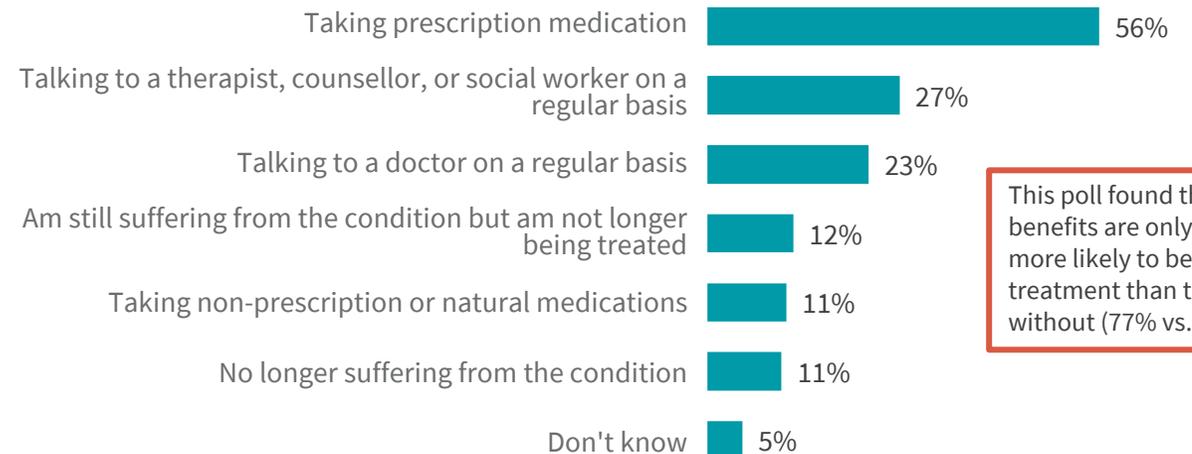
Almost three-quarters of Canadians with a mental disorder receive treatment; Prescription medications are most common

- **One-quarter (25%)** of those who received a mental health diagnosis before COVID-19 received it in the two years prior to the pandemic with 10% receiving it in the year prior.
- **Three quarters (74%)** of those who have had a personal or family diagnosis are doing something to treat the condition, with prescription medication being most common (56%). One-quarter talk to a therapist (27%) or a doctor (23%) on a regular basis.

LENGTH OF TIME SINCE DIAGNOSIS



TREATING MENTAL HEALTH CONDITIONS: 74% Receiving treatment



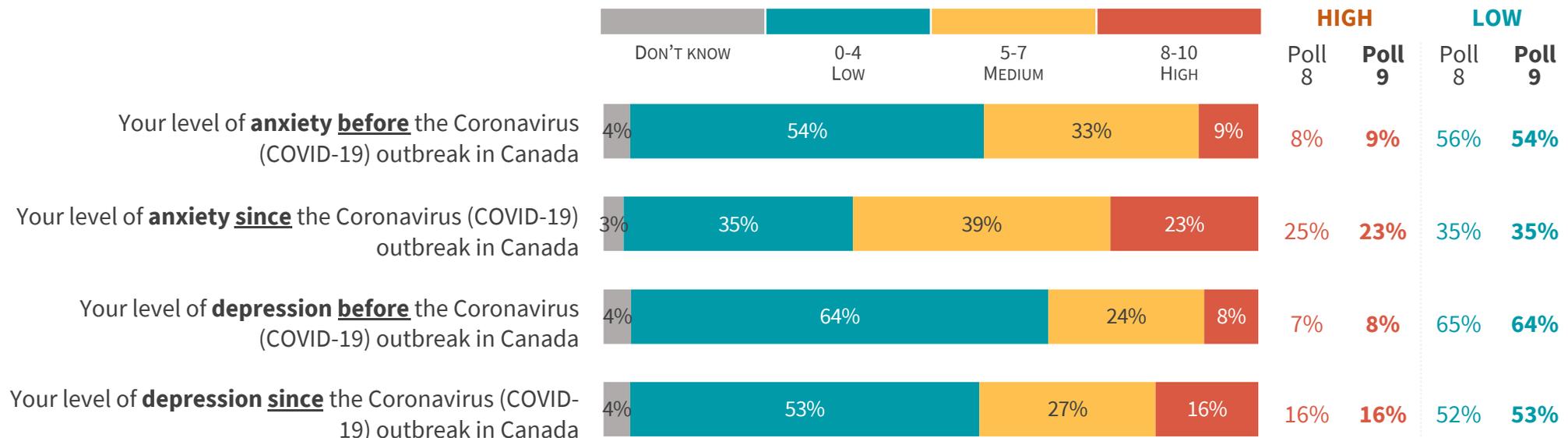
This poll found those with benefits are only slightly more likely to be receiving treatment than those without (77% vs. 71%)

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=1,712)

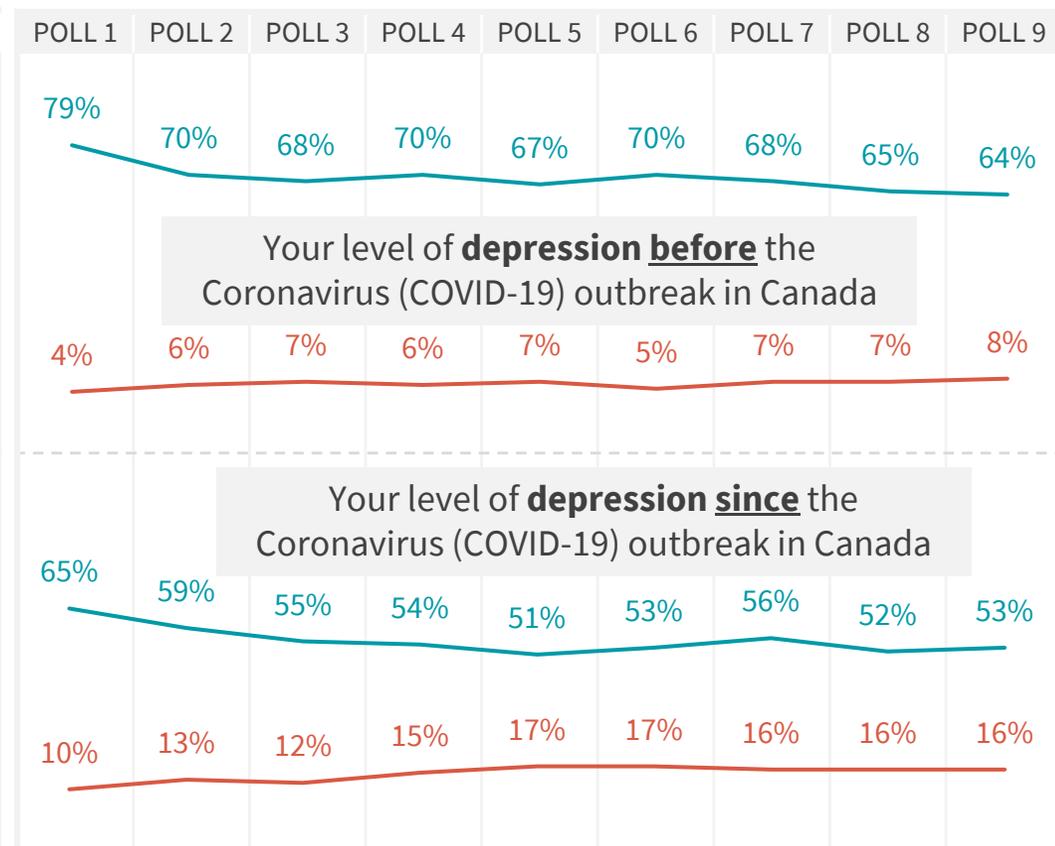
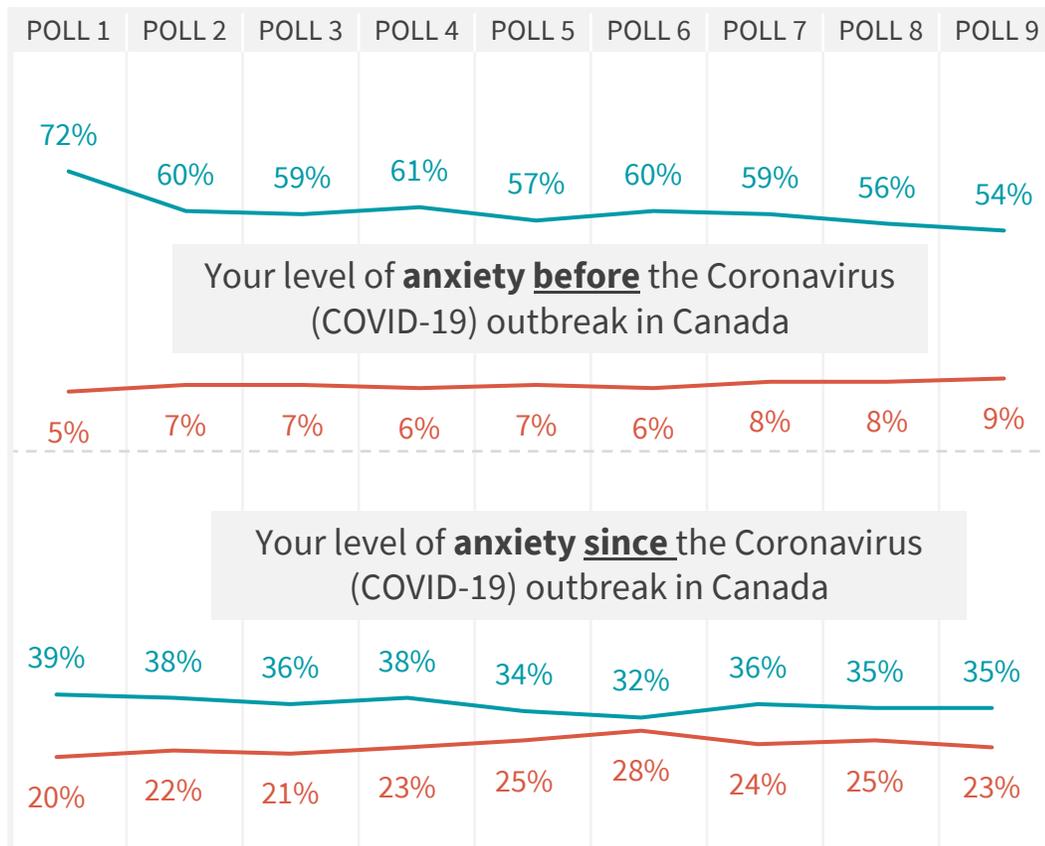
A1D. What, if anything, are you/your family member currently doing to treat the anxiety, depression or other mood disorder? (Base: Those who have received a diagnosis n=2,059)

Levels of high anxiety dropped slightly this poll, while high depression remained consistent

- Close to one-quarter of Canadians said they are experiencing high anxiety, which is slightly less than last poll but much higher than before COVID-19.
 - Anxiety continues to be worse for younger Canadians (16-17 33%, 18-34 30%, 35-54 24%, 55+ 15%), and those who are unemployed (35%). While Alberta residents continue to experience high levels of anxiety, it has declined since Poll 8 (27% -4).
 - Members of the LGBTQ2S+ experience higher depression (33%).
- The proportion of Canadians reporting high depression has remained consistent to Poll 8 findings.
 - Depression also continues to be worse for younger Canadians (16-17, 28%; 18-34, 21%; 35-54, 16%; 55+, 11%), as well as among the unemployed (26%).
 - Frontline healthcare workers have higher levels of depression (28%).
 - Members of the LGBTQ2S+ experience higher depression (26%).
- The percentage of Canadians indicating having had high levels of anxiety prior to COVID-19 has steadily increased since Poll 1.
 - This indicates that people may be remembering their level of anxiety differently over time, reflecting a possible recollection bias



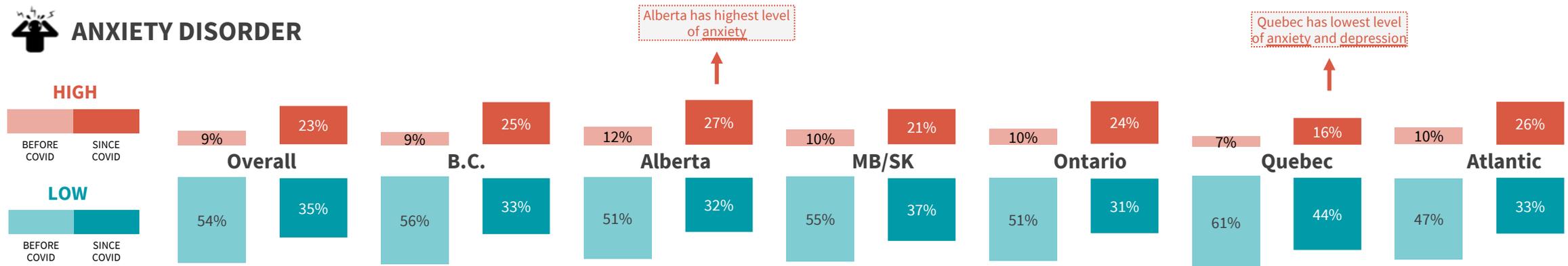
Anxiety levels have declined slightly this poll, while depression levels have remained consistent



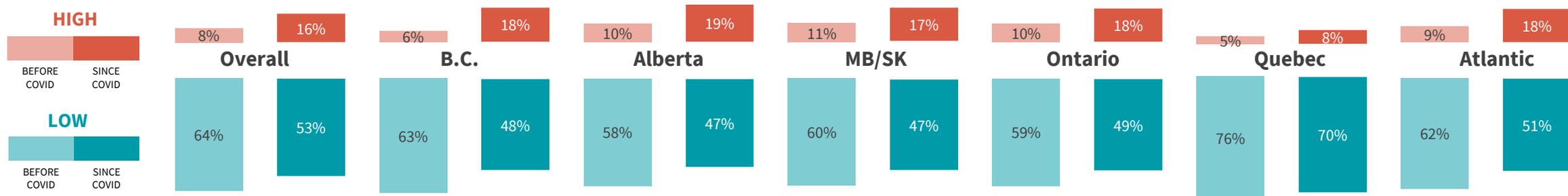
LOW
HIGH

Anxiety amongst provinces has declined since Poll 8, while depression levels have remained consistent

ANXIETY DISORDER



DEPRESSION



More than half of Canadians indicate having symptoms of moderate or severe anxiety or depression according to the Kessler 10

- Three-fifths (60%) of the Canadians who rated their anxiety or depression high since COVID-19 (8-10) are likely to have symptoms of a moderate (22%) or severe (38%) mental health disorder, while two-fifths (39%) are likely to have symptoms of a mild (19%) or no (20%) mental health disorder.
- Among those who rate their anxiety or depression as moderate (5-7), almost one-in-three is likely to have symptoms of a moderate (14%) or severe (15%) mental health condition, while a fifth (20%) are likely to have symptoms of a mild mental health disorder and half (51%) are likely to have no mental health disorder symptoms.
- Canadians more likely to be classified as severe: Younger (16-17*, 58%; 18-34, 48% vs. 35-54, 39%; 55+, 21%); frontline healthcare workers (34%).
- Those who have not received a vaccine are only slightly more likely to be classified as having symptoms of a severe mental health condition (48% vs. 38% both shots).

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

Tired out for no good reason	29%	40%
That everything was an effort	22%	51%
Nervous	20%	46%
Depressed	16%	59%
Restless or fidgety	16%	56%
Hopeless	14%	66%
Worthless	14%	70%
So sad that nothing could cheer you up	10%	71%
So restless you could not sit still	9%	76%
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

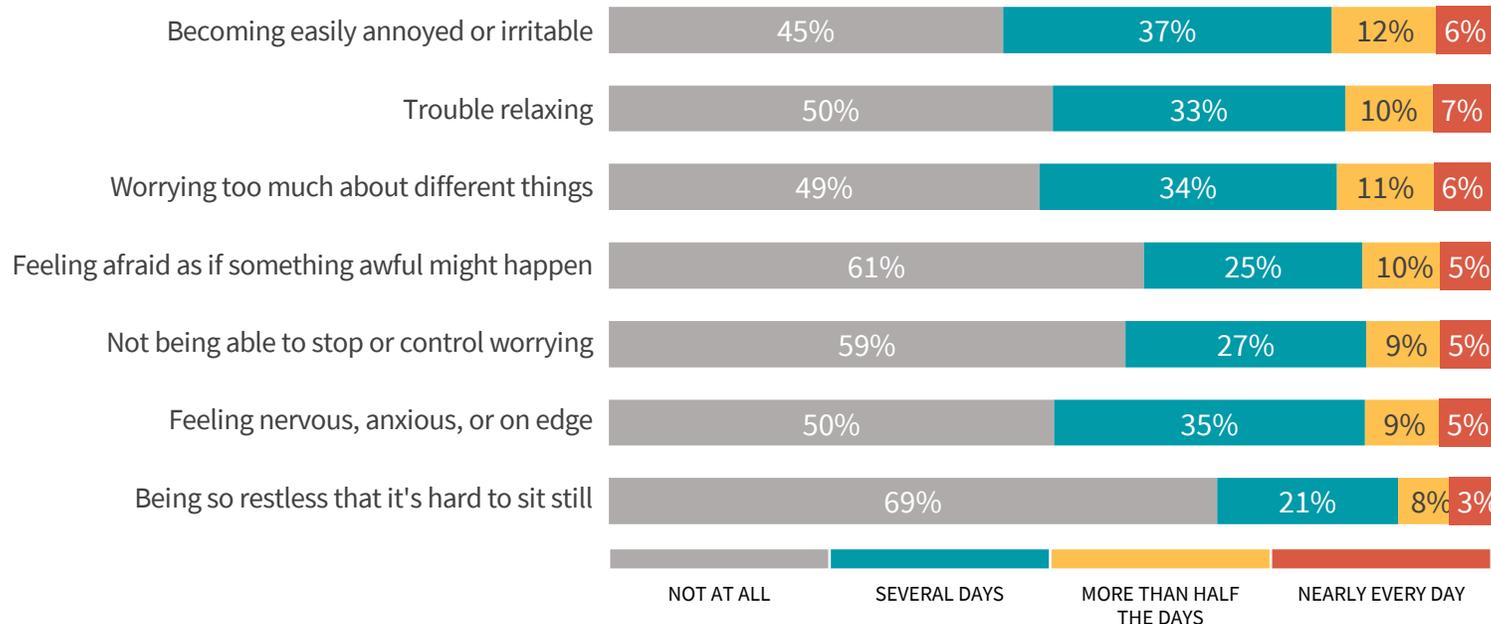
High: 8-10

Poll 9	Poll 9	Poll 8	Poll 7	Poll 6	Poll 5	Poll 4	Poll 3	Poll 2	
51%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder (<20)
20%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have a mild mental disorder (20-24)
14%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have moderate mental disorder (25-29)
15%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have severe mental disorder (30-50)

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

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 4% of Canadians have symptoms of severe anxiety and 9% have symptoms of moderate anxiety. Scores have remained consistent since this test was started in Poll 6.
- Symptoms of anxiety are highest among younger Canadians, particularly 16-17 year olds (13% severe, 19% moderate), but also 18-34 year olds (5% severe, 16% moderate), particularly compared to those 55+ (2% severe, 4% moderate), as well as among women (5% vs. 3% of men severe, 10% vs. 8% of men moderate), results are consistent with the last poll.
- Members of the LGBTQ2S+ community are also more likely to suffer from symptoms of severe (8%) or moderate (17%) anxiety based on this test.

Psychological Distress Anxiety Frequency Scale Items



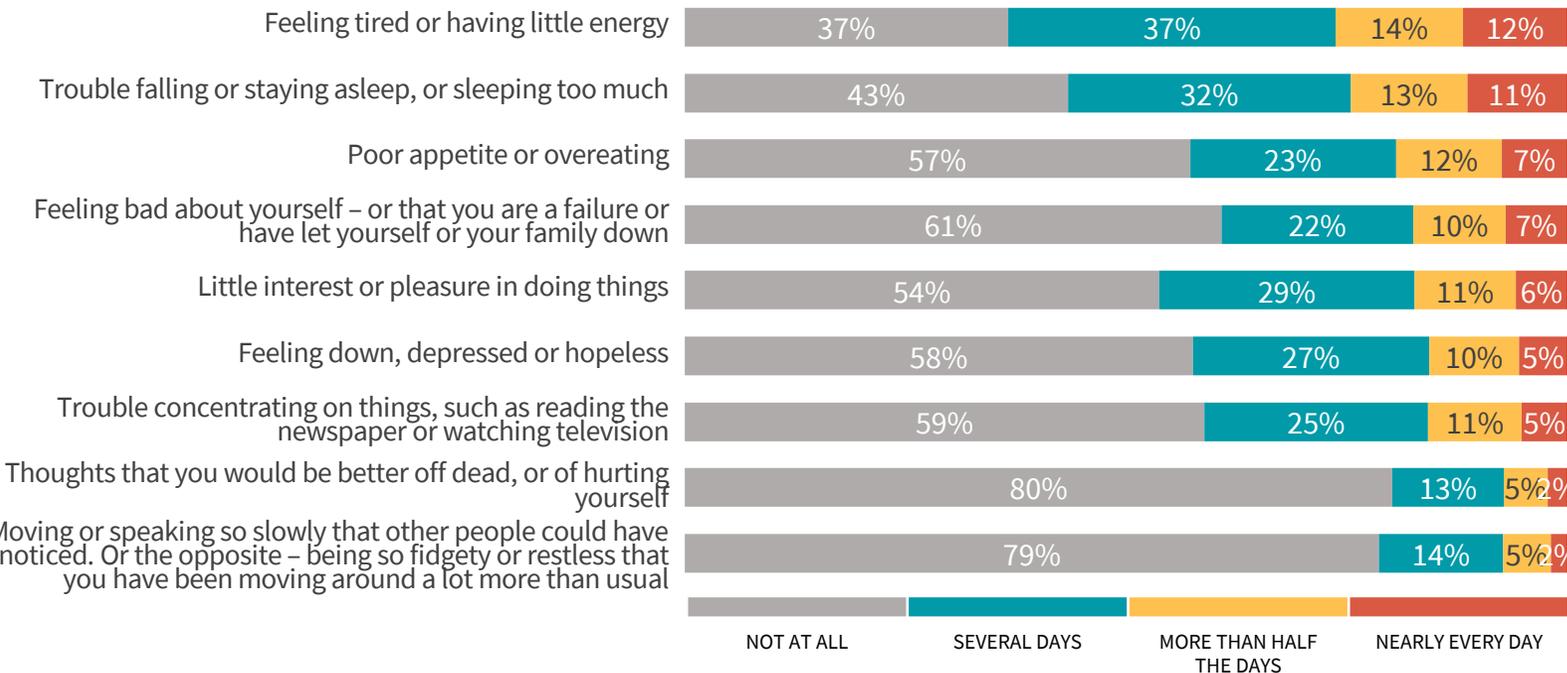
Mental Health Scores among Canadians with anxiety since COVID-19

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

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

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 24% of Canadians have symptoms of a moderate to severe depression, with 4% having symptoms of severe, 7% moderately severe and 13% moderate depression. Results have remained consistent since last poll.
- Canadians more likely to be classified as severe: Younger 16-17, 16% ; 18-34, 7% vs. 35-54, 5%; 55+, 2%); unemployed and students (11% and 10% vs. employed 4%), members of the LGBTQ2S+ community (10%).

Psychological Distress Depression Frequency Scale Items

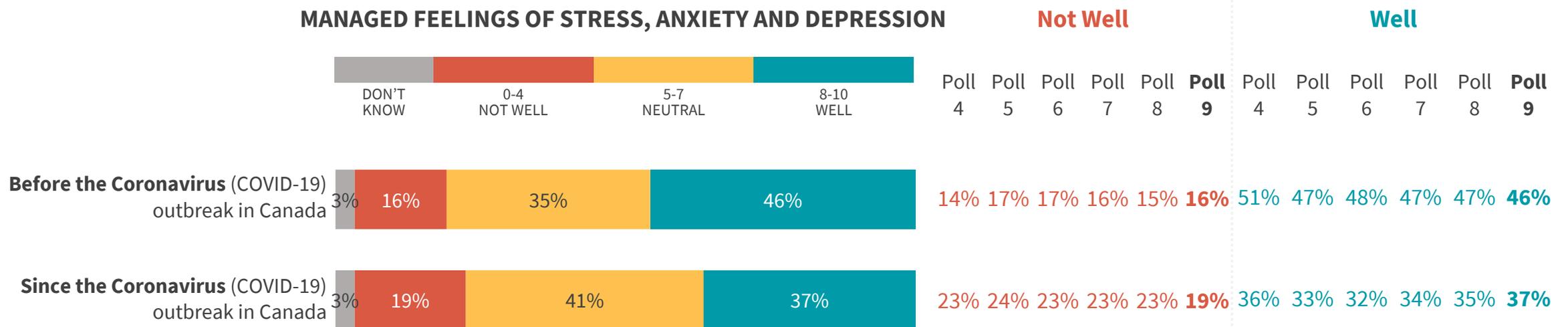


Mental Health Scores among Canadians with depression since COVID-19

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

The negative impact of COVID-19 on the ability to cope with mental health challenges has declined

- In Poll 9 almost half (46%) of Canadians say they were doing well managing feelings of stress, anxiety and depression prior to COVID-19, similar to the last four polls.
- This poll found that 37% are managing well since COVID-19. This number has been on a slow and steady rise since Poll 6. Additionally, the number of Canadians who say they are not coping well saw a decline this poll, from 23% in August to 19% in October.
- Young people continue to be less likely to feel they are handling their stress well (16-17, 20%; 18-34, 24%) with this increasing only slightly since the last poll.
- People with a mental health condition continue to be more likely to say they are not handling their stress well (29%) with this increasing by 5% since last poll.





Impacts on Mental Health

RECHERCHE
EN SANTÉ
MENTALE
CANADA

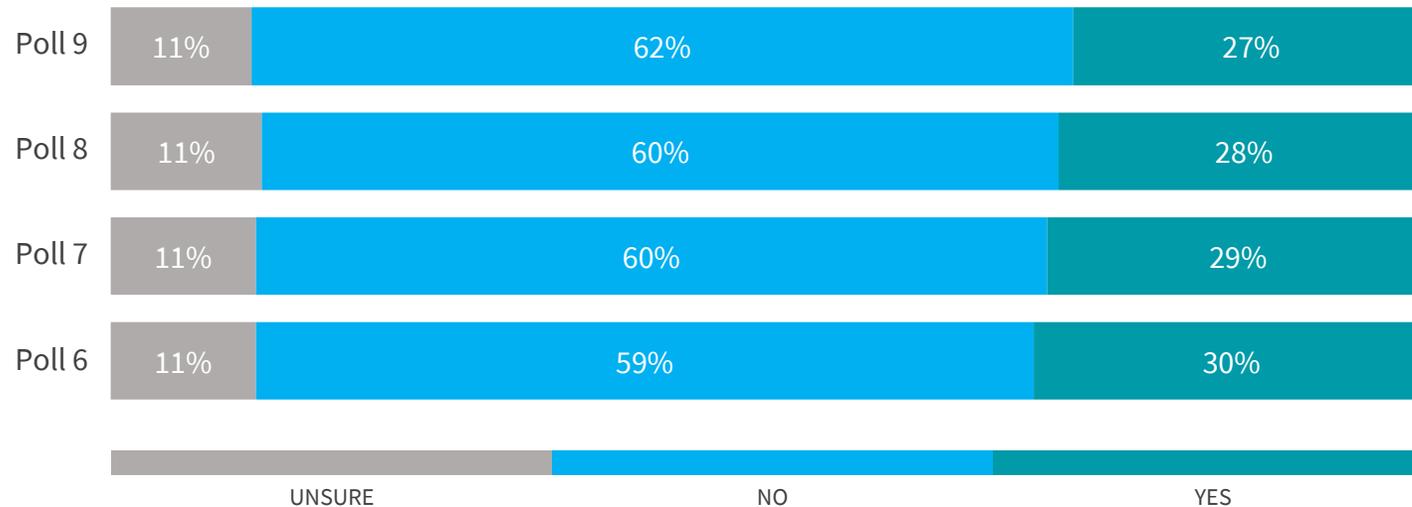
MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

More than one-quarter of Canadians report experiencing the effects of mental health symptoms on their day-to-day life

- The percentage of Canadians who say their mental health has impacted their ability to function has declined by one percentage point each of the past three polls, dropping from 30% in Poll 6 to 27% in Poll 9.
- Younger people are more likely to say their mental health has impacted their ability to function (**16-17, 62%**; 18-34, 40%; 35-54, 28%; 55+, 15%), as are frontline healthcare workers (35%) and members of the LGBTQ2S+ (51%).

EFFECTS OF MENTAL HEALTH ON ABILITY TO FUNCTION

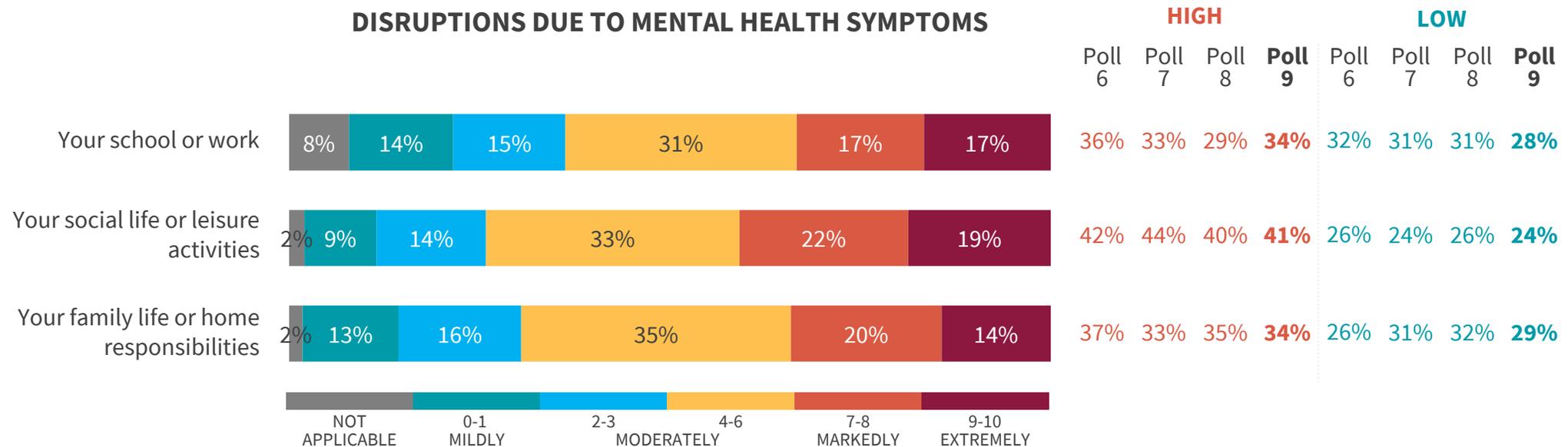


A11. The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (**Total** n= 4,108)

Social life and leisure activities are seeing the biggest impact due to mental health challenges

- Two-fifths (41%) of those who have had these impacts described the impact on their social activities as at least markedly, while more than one-third say they same of their family responsibilities (34%) and almost a third say that for school/work (34%).
- Students are more likely to say their school work is impacted (52%) than employed Canadians say their work day is (29%)

DISRUPTIONS DUE TO MENTAL HEALTH SYMPTOMS

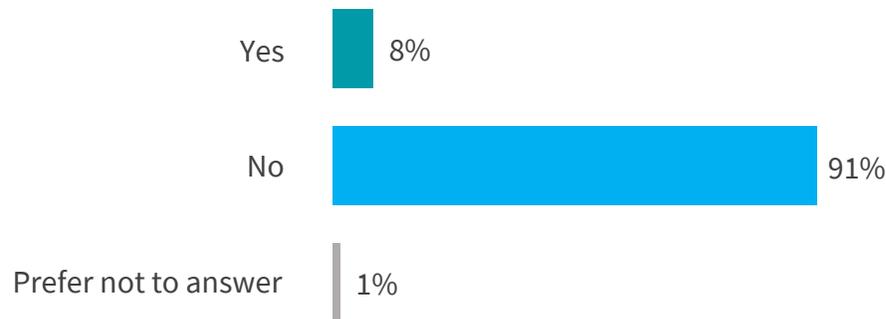


A12. Have mental health symptoms disrupted any of the following: Base: (Those who feel their mental health is affecting their ability to function n=1,138; Your school or work base: those who work or go to school n=834)

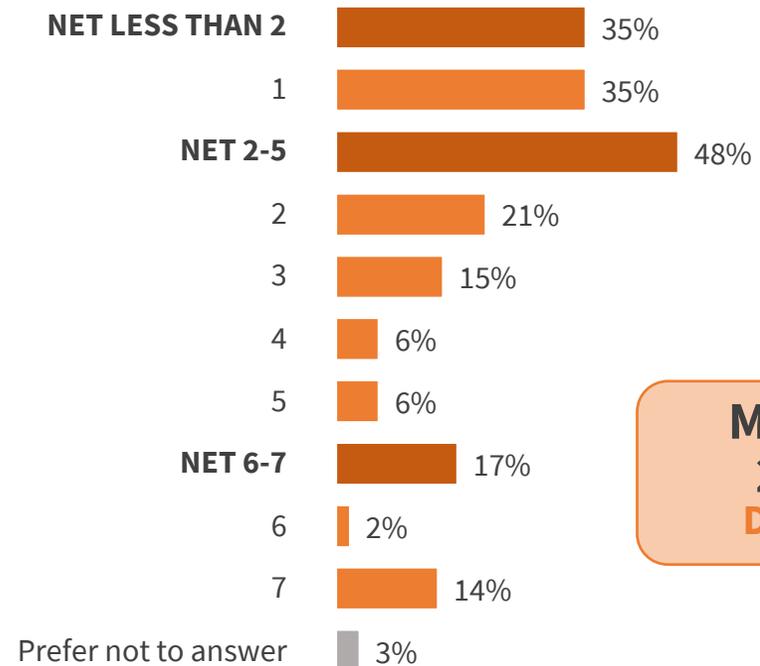
While 8% have lost days of school/work due to mental health issues in the past week, more than 10% have lost almost the whole week

- The incidence of losing days due to mental health issues has not changed since Poll 6 (8%), with students missing on average 2.5 days and employed people 3.0.
- Employed Canadians are more likely than students to have missed only one day (36% vs. 24%) or on the other end of the spectrum to have missed 7 days (16% vs. 4%)
- More than one-in-ten front line health care workers have lost work time (12%); an average of 3.2 of the last 7 days.

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



DAYS LOST BECAUSE OF MENTAL HEALTH



**Mean
2.9
DAYS**

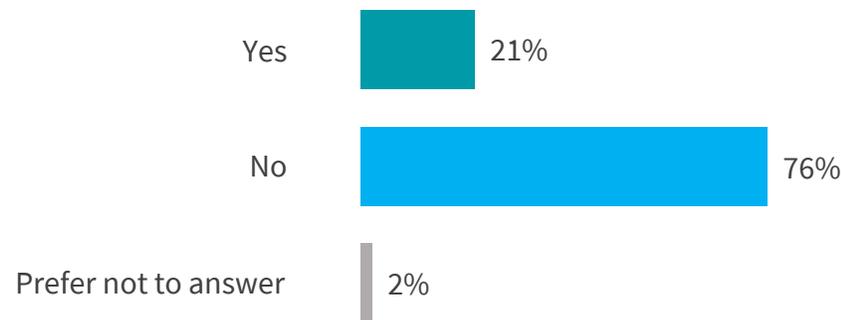
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,359)

A13A. How many days? Base: (Those who have lost days n=249)

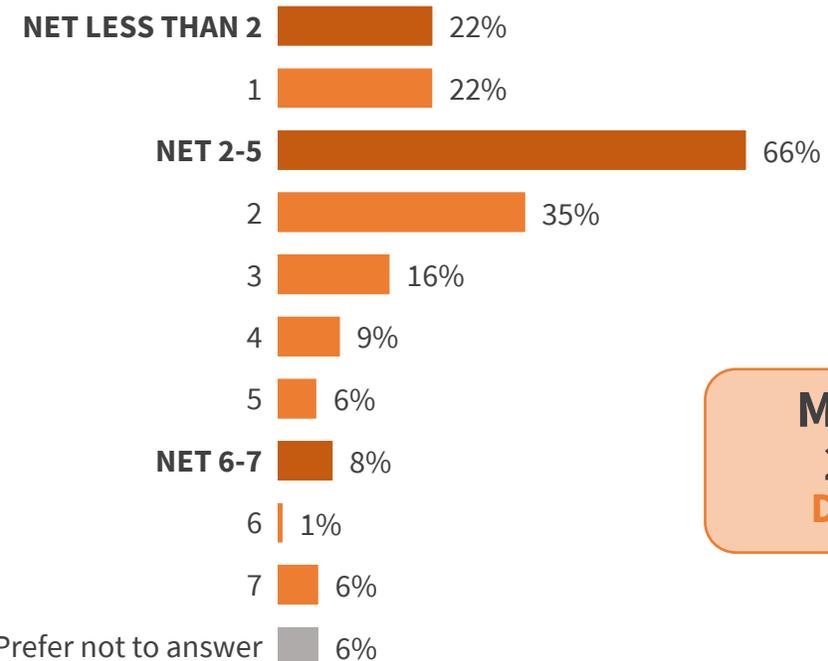
Of the one-fifth who felt impaired or experienced low productivity, most spent 2-5 days feeling that way

- Overall, feelings of impairment have decreased again this poll, from 30% in Poll 7 to 26% in Poll 8 and to 21% in Poll 9.
- While younger Canadians (18-34) continue to be most prone to feeling impaired, this has decreased this poll (from 30% to 26%). While this feeling is not as common among older Canadians, this has also decreased (55+ from 17% to 14%).

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**

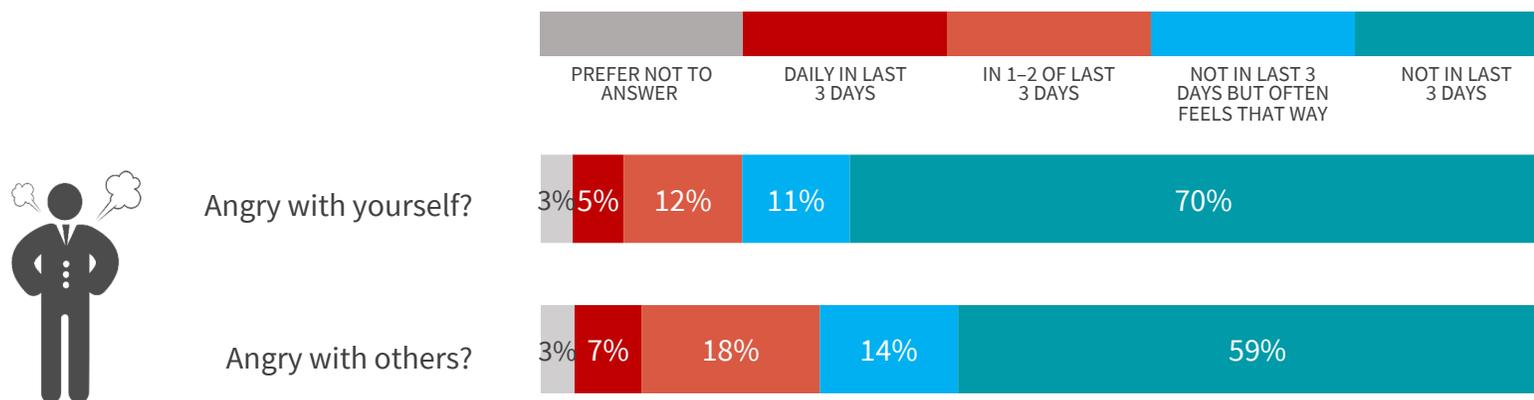
A14. Did you have any days in the last week in which you felt so impaired that, although you were at school or work, your productivity was reduced? Base: (Those who are employed or are students n=2,359)

A14A. How many days? Base: (those who have lost days n=743)

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

- Three-in-ten (28%) Canadians reported to be angry with themselves ‘often but not in the last three days’ (11%), in ‘1-2 days of last 3 days’ (12%) or ‘daily in the last 3 days’ (5%). Younger (16-17, 56%; 18-34, 45% vs. 35-54, 30%; 55+, 16%) and unemployed, 43% (vs. employed, 31%) are more prone to be angry with themselves.
- Four-in-ten (39%) Canadians reported that they were angry with others daily ‘in the last 3 days’ (7%), in ‘1-2 of the last 3 days’ (18%) or they are angry often but ‘not in the last three days’ (14%). Younger (16-17, 65%; 18-34 50% 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 (39% vs. 16% of those with no mental health disorder) and others (52% vs. 23% of those with no mental health disorder) compared to those without any mental health issues.
- Members of the LGBTQ2S+ community are more likely to have felt angry at themselves (43%) or others (54%).

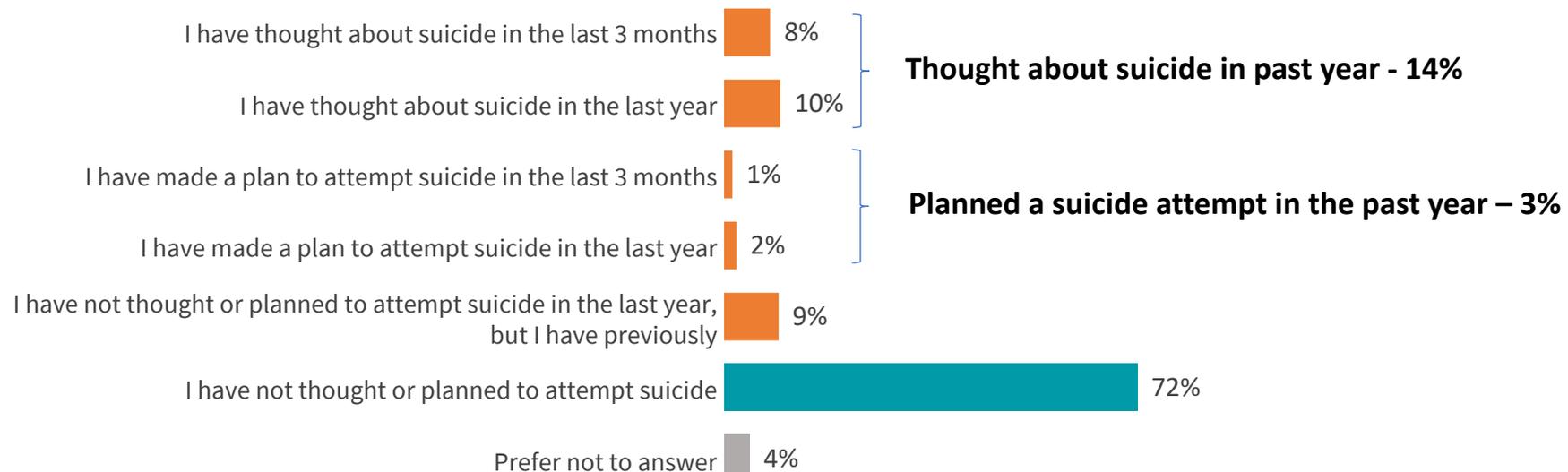
EXPERIENCED FEELINGS OF ANGER



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

- **Thoughts of suicide are more predominant among younger people**, with 29% of 16-17 year olds and 27% of 18-34 year olds having thought of it in the past year (17% and 14% respectively in the past three months), and 7% of 16-17 year olds and 5% of 18-34 year olds having planned an attempt in the past year (4% and 3% in the past three months).
- **Thoughts of suicide are also higher among men** (16% vs. 13% of women).
- **One-quarter of frontline healthcare workers have thought about suicide** in the past year (28%).
- **Those who rate their anxiety and depression as high (rated 9-10) since COVID-19 have more thoughts of suicide.** Half (51%) of those with high depression have thought of it in the past year (36% in the past three months) and more than one-in-ten (11%) have planned an attempt in the past year (6% in the past three months). Of those rating their anxiety as high, 38% have thought about suicide in the past year (22% in the past three months) and 9% have planned an attempt in the past year (4% in the past three months).
- **In the LGBTQ2S+ community, 38% have thought about suicide in the past year** (27% in the past three months) and one-in-ten (10%) have made a plan in the past year (5% in the past three months).

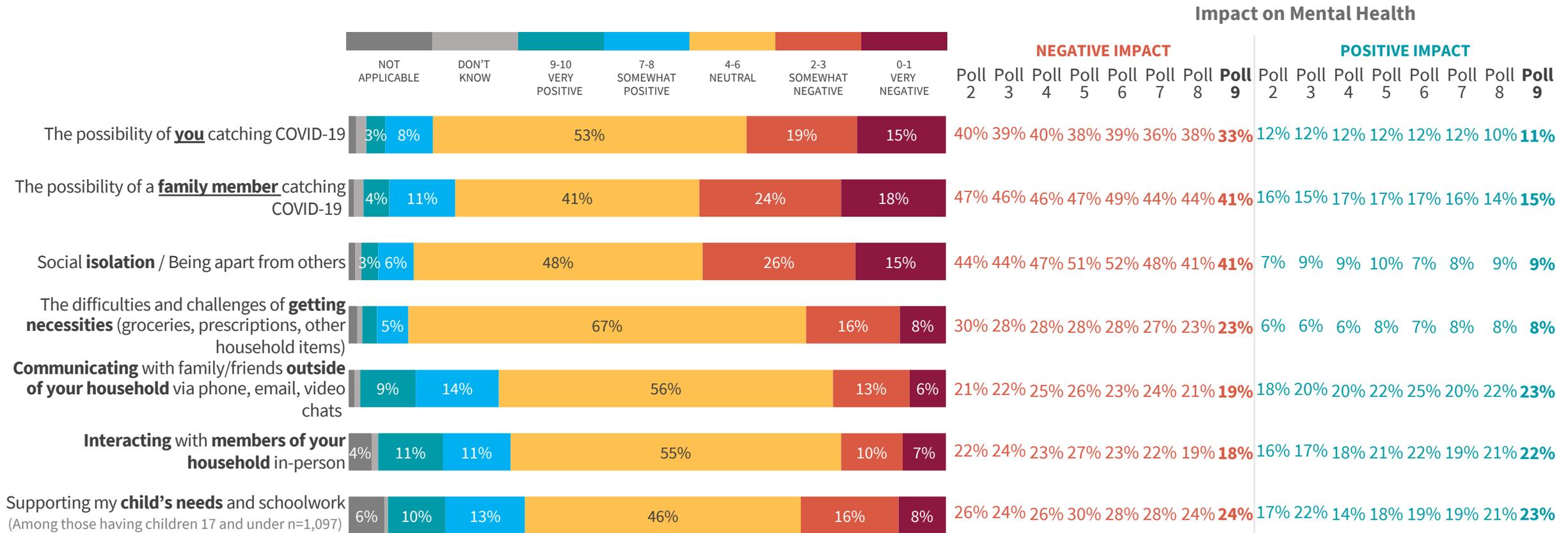
THOUGHTS RELATING TO SUICIDE



The negative impact of the spread of COVID-19 has declined since Poll 8

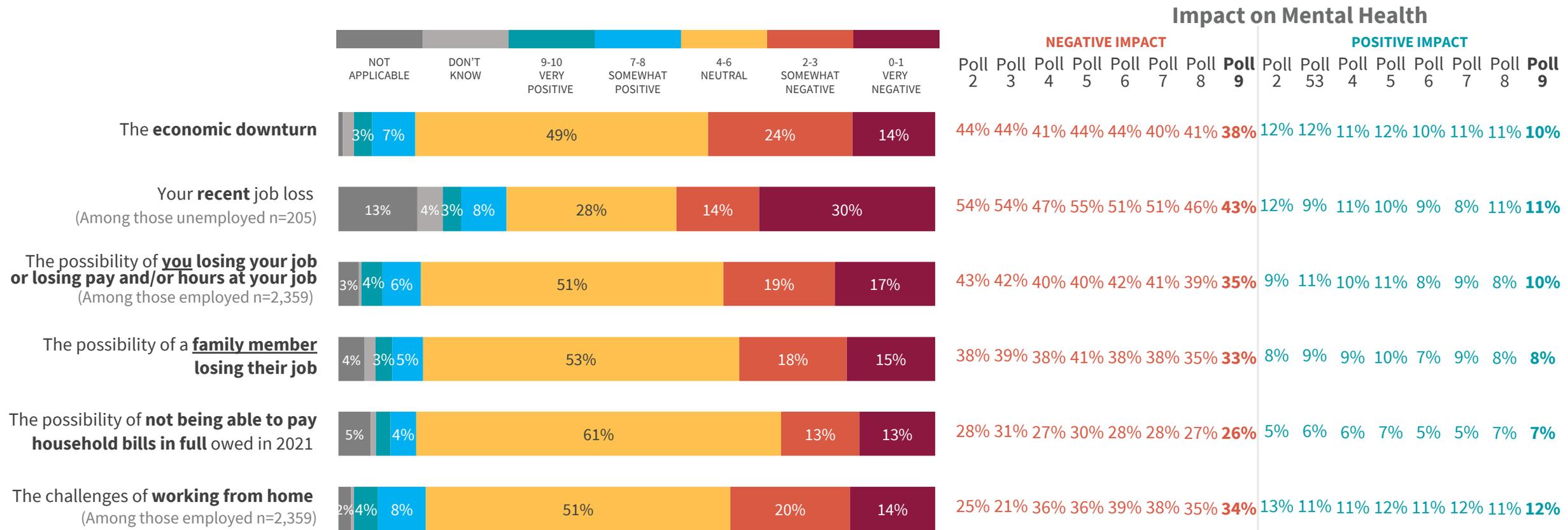
- **As more Canadians are fully vaccinated, the fear of contracting COVID-19 saw a decline** this wave, with the fear of personal contraction dropping from 38% to 33% and fear of a family member contracting it dropping from 44% to 41%.
- **Social isolation continues to be the leading stressor on mental health.** Although this has seen a declining trend over the past few polls, this poll saw this score remain consistent, with 41% saying it has a negative impact on mental health.
- **Young people, aged 16-34, 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 (16-17 39%, 18-34 39%), Family member catching COVID-19 (16-17, 57%; 18-34, 47%), and social isolation (16-17, 62%; 18-34, 45%). However, all of these have declined since Poll 8
- **While the economic downturn continues to have a negative impact on more than one-third of Canadians, this has decreased** since Poll 8 (from 41% to 38%). This continues to have the most negative impact on those in Alberta (44%) and on younger Canadians.
- **The impacts of all other economic factors (such as personal or family job loss, inability to pay bills and challenges of working from home) have all continued their downward trend** which has been evident since Poll 7.
- **Those who have not been vaccinated are more concerned about economic factors** than those who are (economic downturn 48% vs. 37%, possibility of losing job 42% vs. 35%, possibility of family losing job 39% vs. 32%).
- **Going outside and, to a lesser degree, reading books continues to have a positive impact on mental health,** this has remained consistent compared to Poll 8 (43% and 31% respectively).

Social isolation remains a dominant factor in poor mental health



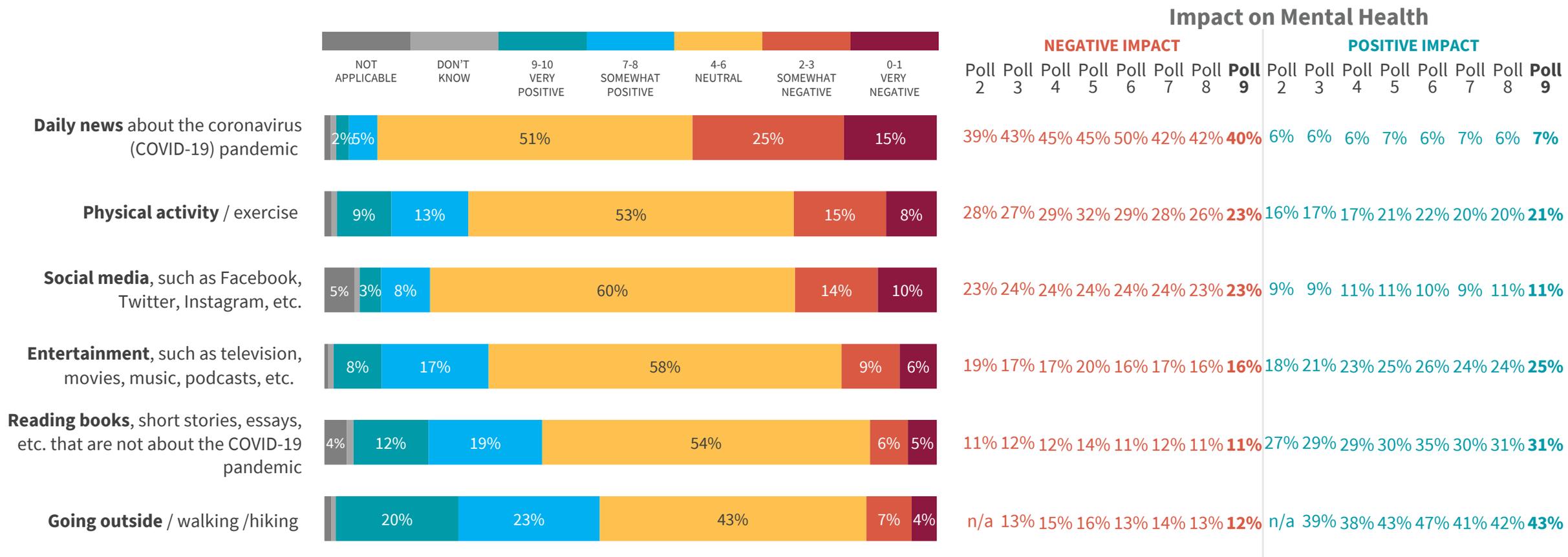
A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total n= 4,108)

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



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=4,108)

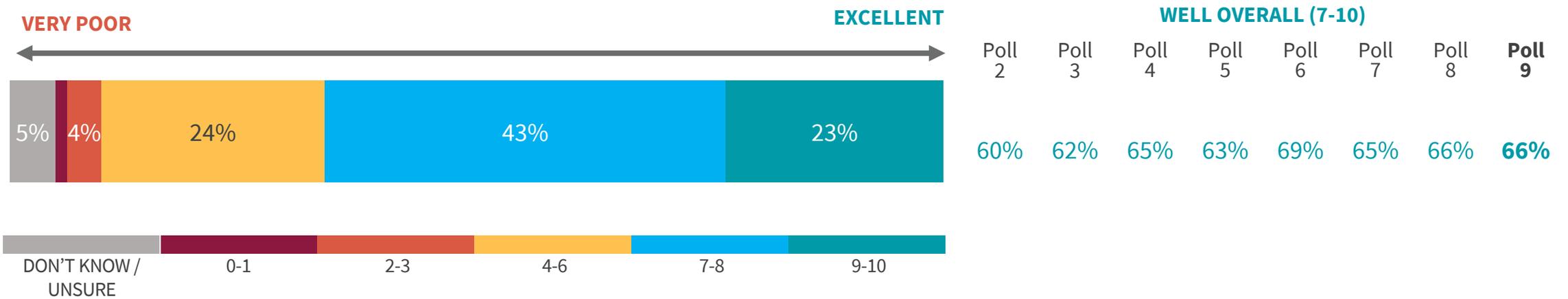
Going outside continues to have the most positive impact on mental health



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=4,108)

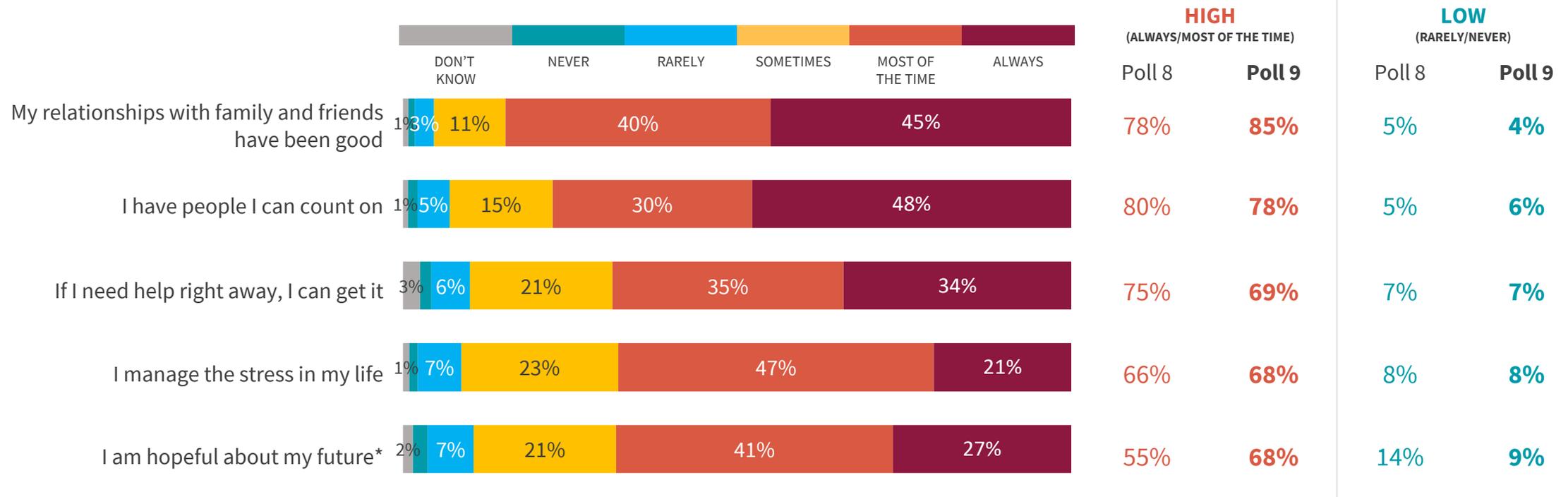
Confidence in the ability to recover from challenges has been constant since the last poll, after seeing a jump in Poll 6

- Two-thirds of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (66% rate this 7 to 10, when 10 means excellent). This is consistent with Poll 8.
- Younger Canadians (under 55 years) are not as positive about their ability to bounce back from the challenges presented by COVID-19 as older Canadians (16-17, 37%; 18-34, 56%; 35-54, 62%; 55+, 79%).
- Just half of those who identify as LGBTQ2S+ say they are able to bounce back from challenges (54%).
- 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 (75%) compared to those who are diagnosed with a mental disorder (59%).



Canadians are feeling more hopeful this poll

- Two-thirds of Canadians are feeling hopeful about their future, an increase of 13% over last poll. Additionally, 85% are now saying their relationships with family and friends have been good, up from 78% last poll.
- That said, there has been a decrease in the number of people who feel they can get help if they need it (69% down from 75%), with a similar percentage thinking they have people they can count on (78%).
- People in Quebec (78%) and those over 55 (76%) are feeling most hopeful. Canadians who are vaccinated indicate feeling more hopeful than those who are not (69% vs. 59%). Members of the LGBTQ2S+ are less likely to feel hopeful (58%) and less likely to feel they can get help if they need it (57%).

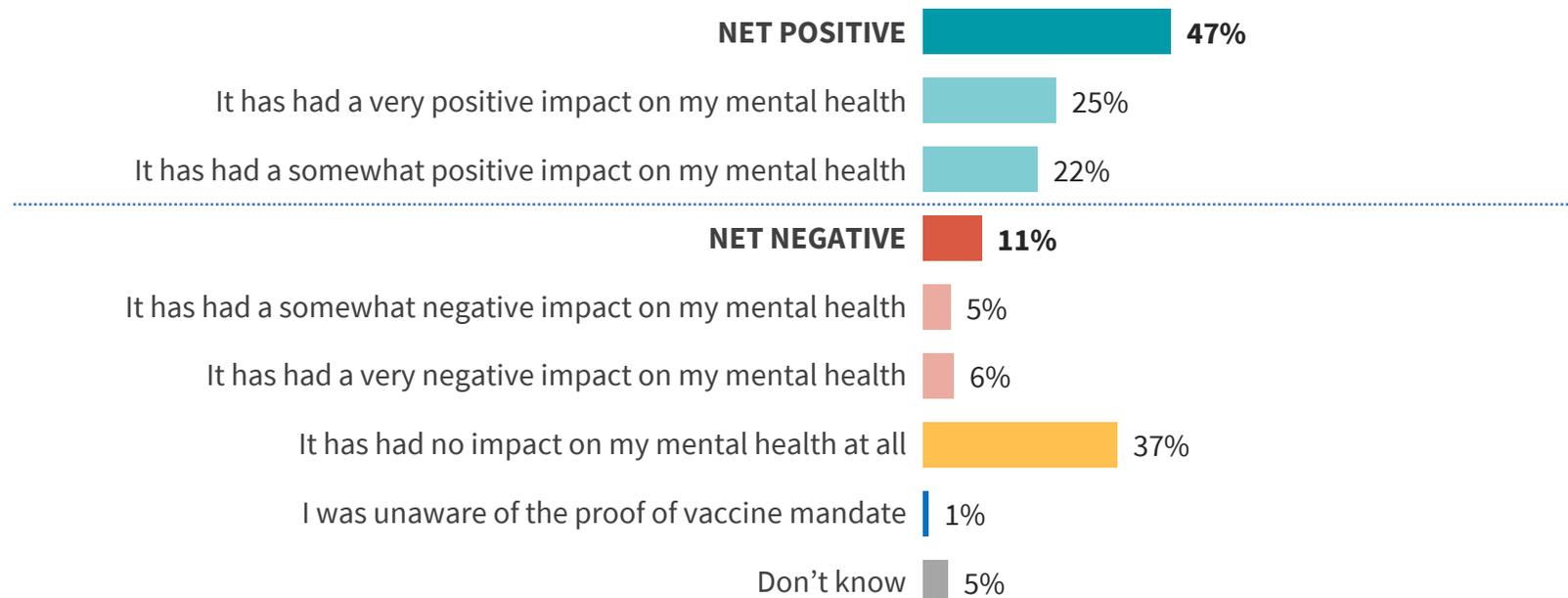


SCR20. Over the past 4 weeks of the COVID-19 pandemic, how often have each of the following statements been true for you? Base: (Total n=4,108). *W8 wording: I have been hopeful about my future.

The need for proof of vaccination is more positive than negative when it comes to mental health

- Almost half of Canadians say the implementation of proof of vaccination in their province has had a positive impact on their mental health, with one-quarter (25%) saying it was very positive, and one-fifth (22%) somewhat positive. One-third (37%) say it has had no impact while one-in-ten say the impact has been negative.
- Older Canadians (55+) are most likely to consider this impact strongly positive (31%).
- Not surprisingly, those who have not been vaccinated are more likely to say this has had a negative impact on their mental health (47%) and 32% say it has had no impact at all.

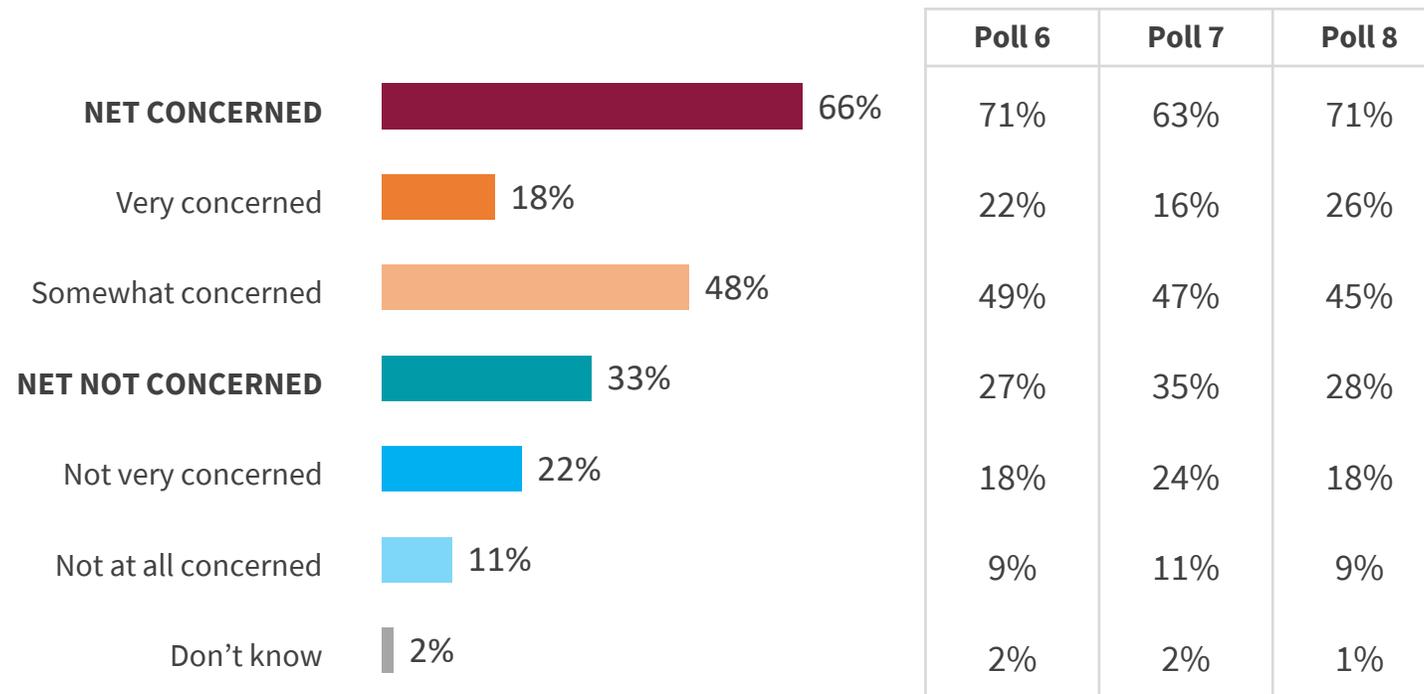
IMPACT OF PROOF OF VACCINATION ON MENTAL HEALTH



While the majority are concerned about the continuing threat of COVID-19, it has decreased this poll

- Two-thirds of Canadians say they will be concerned about the potential threat of COVID-19 after the pandemic is over. This has decreased by 5% since last poll.
- Concern is lowest in Quebec (42%), while being highest in Alberta (74%) and BC (78%). Those living in urban centers (67% vs. 58% in rural), women (69%) and those 55+ (71%) are also most concerned.
- Those who have received vaccines are more concerned about this continuing threat than those who have not (both doses: 69%, none 32%)

CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19





Mental Health Supports

RECHERCHE
EN SANTÉ
MENTALE
CANADA

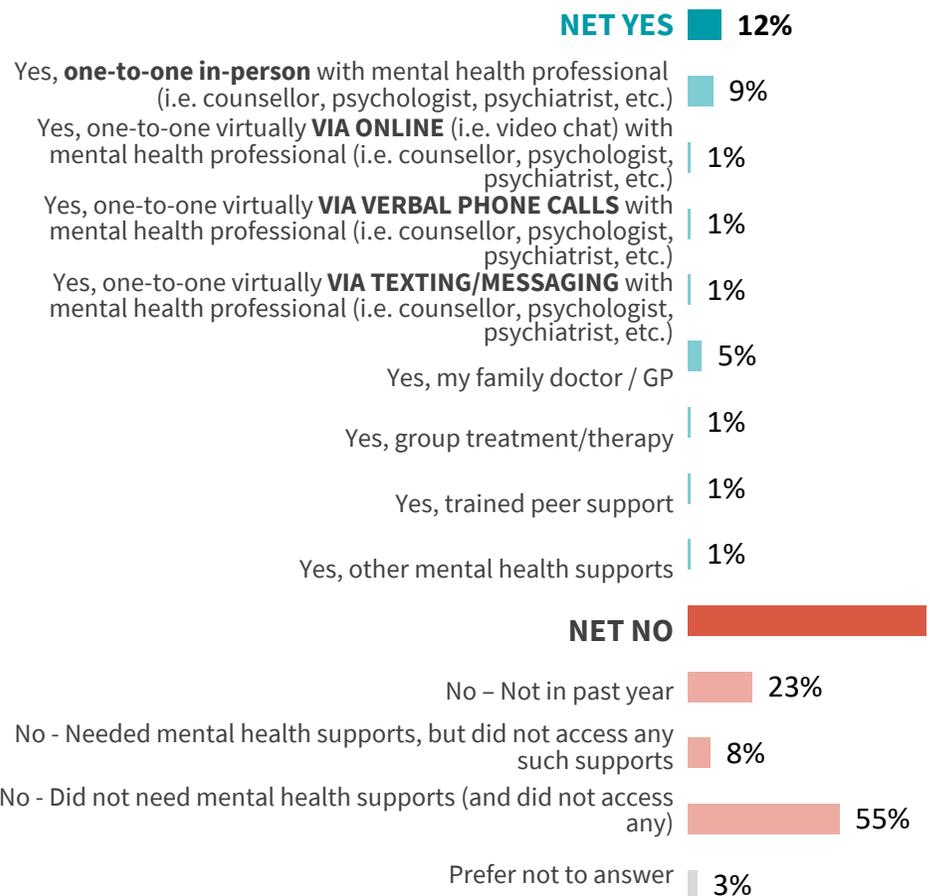
MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

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

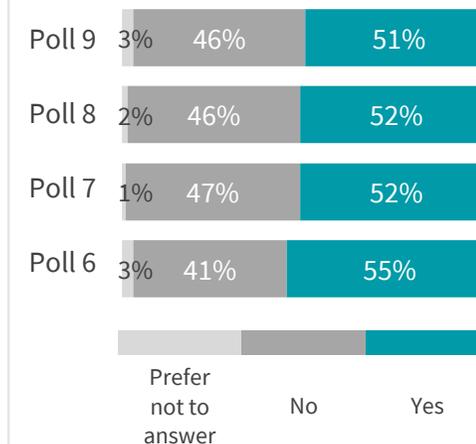
- In the year before COVID-19, 12% of Canadians had accessed mental health supports. This has increased to 22% (up 2% since last poll) in the year since the pandemic started. Of those who have accessed support since COVID-19, half (51%) are continuing to use these supports.

ACCESSED SUPPORT IN YEAR BEFORE COVID:



	Poll 6	Poll 7	Poll 8	SINCE COVID:	Poll 6	Poll 7	Poll 8
NET YES	11%	12%	12%	22%	18%	20%	20%
Yes, one-to-one in-person with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	9%	10%	7%	8%	5%	6%	6%
Yes, one-to-one virtually VIA ONLINE (i.e. video chat) with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	1%	2%	4%	8%	6%	8%	7%
Yes, one-to-one virtually VIA VERBAL PHONE CALLS with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	1%	1%	3%	6%	4%	5%	6%
Yes, one-to-one virtually VIA TEXTING/MESSAGING with mental health professional (i.e. counsellor, psychologist, psychiatrist, etc.)	<1%	1%	1%	1%	1%	1%	1%
Yes, my family doctor / GP	5%	5%	13%	7%	6%	6%	6%
Yes, group treatment/therapy	1%	2%	4%	1%	1%	1%	1%
Yes, trained peer support	3%	0%	1%	1%	0%	0%	1%
Yes, other mental health supports	<1%	1%	3%	2%	1%	2%	2%
NET NO	87%	84%	84%	75%	79%	78%	78%
No – Not in past year				NA			
No - Needed mental health supports, but did not access any such supports	11%	8%	8%	12%	13%	13%	12%
No - Did not need mental health supports (and did not access any)	54%	56%	56%	62%	66%	65%	65%
Prefer not to answer	2%	2%	2%	3%	3%	3%	2%

WHETHER RECEIVE MENTAL HEALTH SUPPORTS



Canadians under 55 are more likely have accessed supports since COVID (16-17 28%, 18-34 35% and 35-54: 24% vs. 55+: 11%)

B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=4,108)

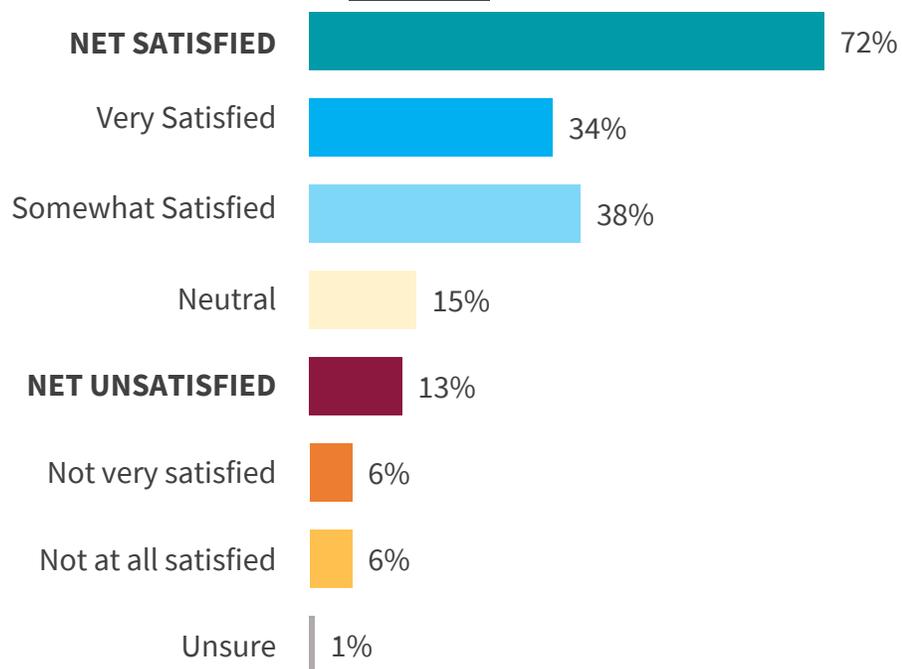
B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=4,108)

B14. Are you currently still receiving these mental health supports? (Total: n=925)

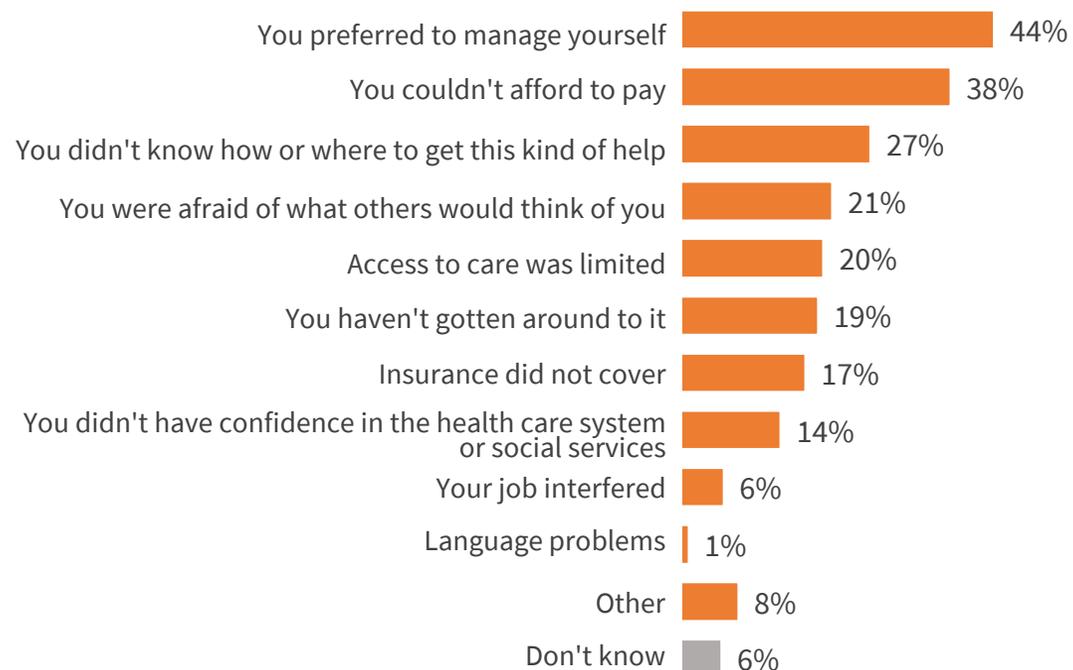
Almost three-quarters were satisfied with the mental health support received before the pandemic

- Of those not accessing professional support for their mental health, almost half (44%) said they preferred to manage themselves while a third (38%) said they could not afford professional support.

SATISFACTION WITH THE SUPPORT RECEIVED BEFORE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



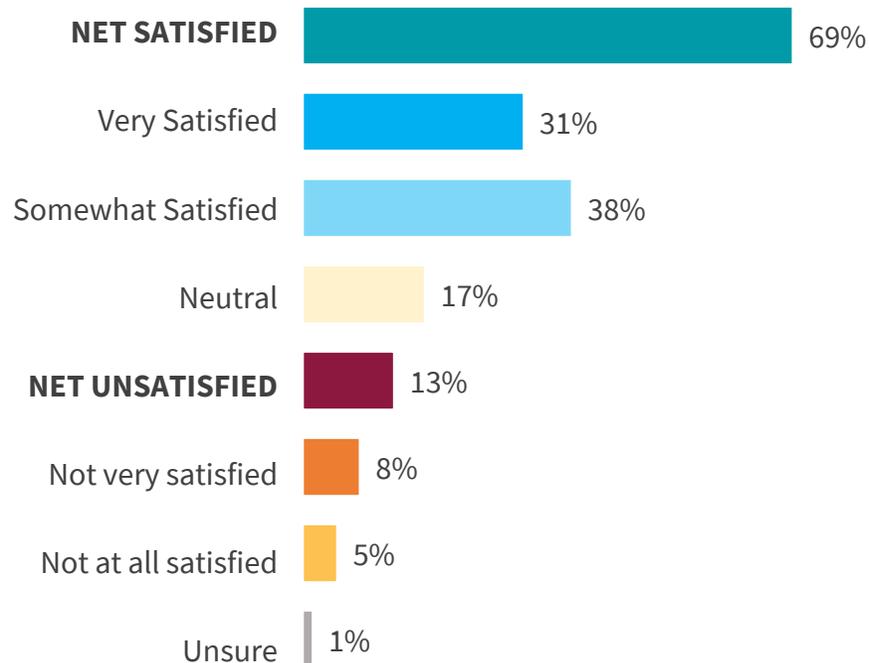
B12A. How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: **Ever had mental support before COVID-19** n=1,400

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=336)

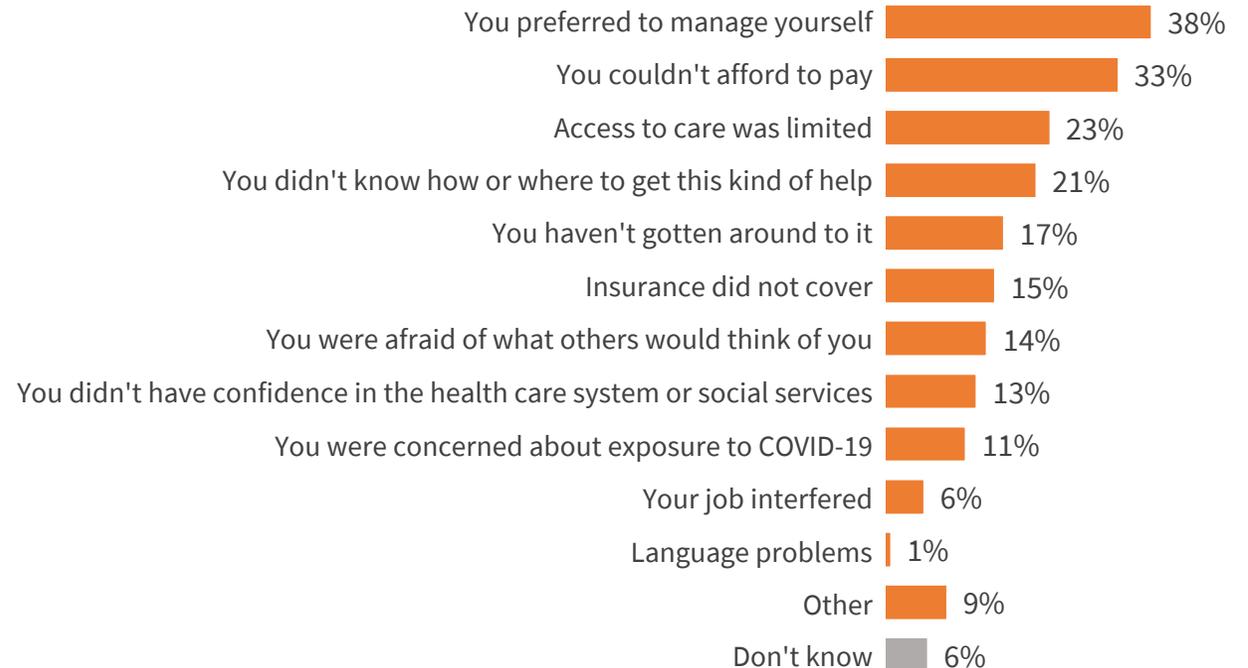
Satisfaction levels for mental health support are just slightly lower than pre-COVID-19 support

- Satisfaction with mental health supports is high regardless of when they were accessed, with 69% 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 accessing professional support for their mental health since COVID-19, close to two-fifths (38%, up by 1% since the last Poll) said they preferred to manage themselves. Fear of contracting COVID-19 has continued to decline. While 31% said this was a reason in Poll 6, it is now down to 11% this poll.

SATISFACTION WITH THE SUPPORT RECEIVED SINCE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT SINCE COVID-19



B14A. How satisfied were you with the support you received since the Coronavirus (COVID-19) outbreak in Canada Base: (Received any support from any mental health professional n=925)
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=524)



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

