



Understanding the Mental Health of Canadians Throughout COVID-19 and Beyond: Poll #14



Financial contribution from

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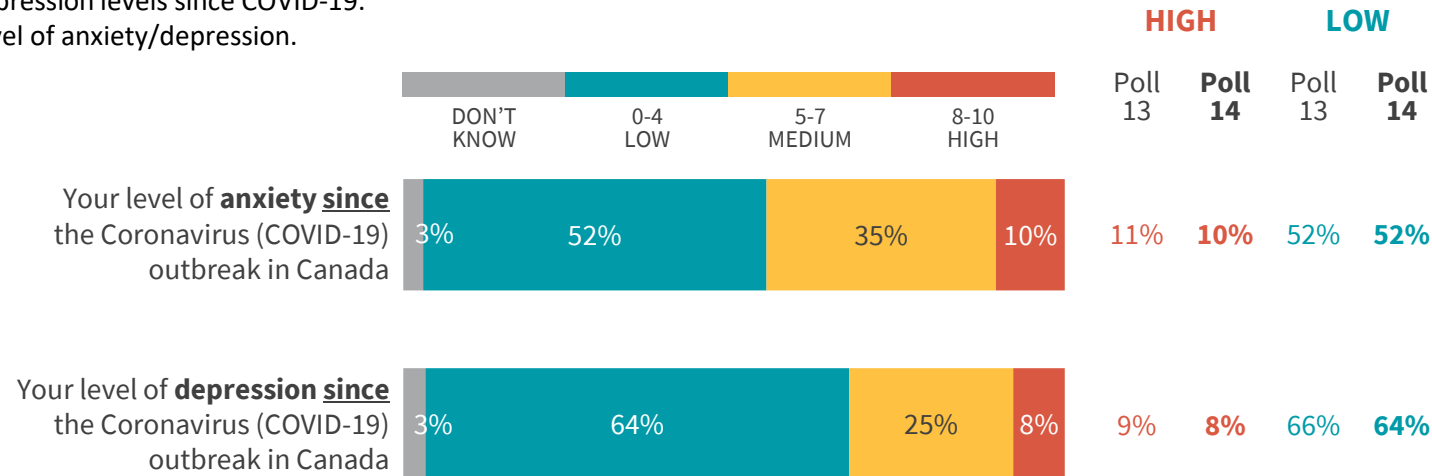
Major Findings

- **The mental health of Canadians is demonstrating slow, consistent improvement**, with self-rated anxiety and depression slowly improving as we emerged from the pandemic.
 - PHQ9 scores (a depression clinical indicator) demonstrate a marginal improvement - **symptoms of moderate to severe depression are the lowest (10%)** seen since polling began in early 2020.
 - Atlantic Canada is, for the first time, reporting the highest levels of anxiety of all the provinces (15%); however, it is noted our poll was taken around the time of the recent hurricane. Quebec continues to report the lowest levels of self-rated anxiety (7%) and depression (4%).
- It is evident that, while the negative mental health impacts of COVID-19 are slowly continuing to improve, **new challenges that face Canadians present additional negative mental health factors.**
 - **Inflation is affecting Canadians with more than a half (56%) feeling that their mental health is being negatively impacted.** A third of respondents are worried about not being able to fully pay household bills (an increase of 7% since Poll 12). Additionally, a third are concerned with their ability to afford to feed themselves and their family with 3% already relying on food support programs.
 - A correlation was noted between those who are experiencing very high levels of anxiety and depression and those who report that inflation is having a very negative impact on their mental health (53% and 49%, respectively).
 - A quarter of those indicating financial concerns are also having difficulty coping with feelings of stress, anxiety or depression.
- Of the 15% of Canadians that say they have needed mental health support in the last year, **over half report not having had those needs met.** Primarily, cost and wait times are cited as barriers to adequate support.

High self-rated anxiety and depression rates appear to be leveling off

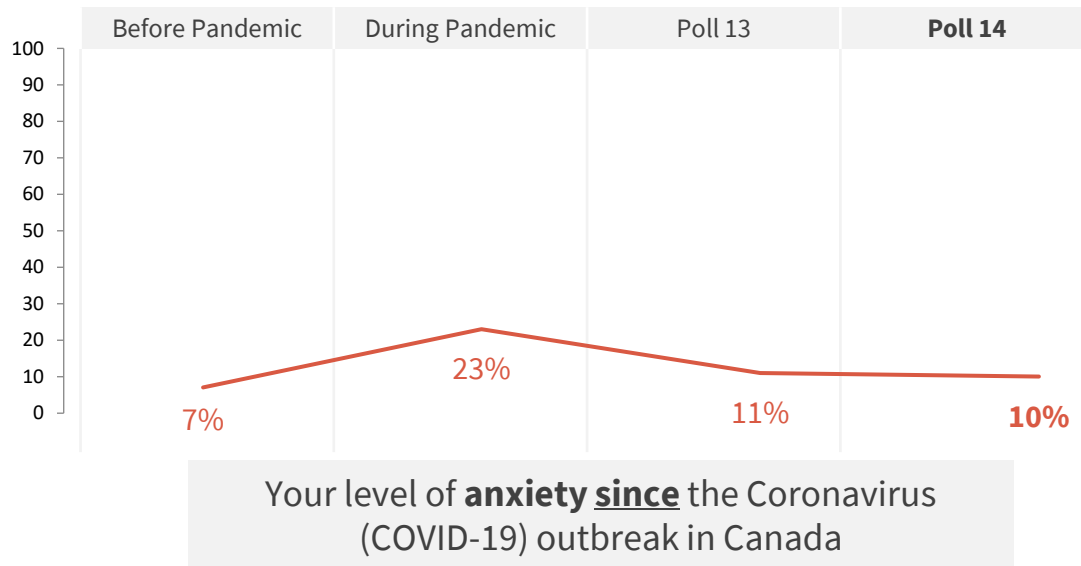
- A tenth of Canadians said they are experiencing high levels of anxiety, which continues to be higher than before COVID-19.
 - Younger Canadians between 18 to 34 years old (17%), students (17%) as well as those who are unemployed (15%) or have a low income (<30K ,15%), members of LGBTQ2S+ community (19%), and visible minorities (14%) are more likely to report high levels of anxiety.
 - High anxiety is also more prevalent among Canadians struggling with mental health or consuming cannabis or alcohol at a level considered to be harmful to dependent, affecting at least one third of individuals among those segments.
- A similar percentage (8%) of Canadians said they are experiencing high levels of depression, which remains higher than before COVID-19.
 - Young adults (18 to 34, 12%), as well as those who are unemployed (14%) or living alone (11%), have a low income (<30K, 14%) , belong to a visible minority group (12%), or identify as LGBTQ2S+ (16%) are more like to say they are experiencing high levels of depression.
 - Similarly, high levels of depression are more prevalent among Canadians struggling with mental health or a level of cannabis or alcohol consumption considered harmful or dependent, affecting at least one third of individuals among those segments.

Polls 1-12 asked anxiety/depression levels since COVID-19.
 Later polls asked current level of anxiety/depression.

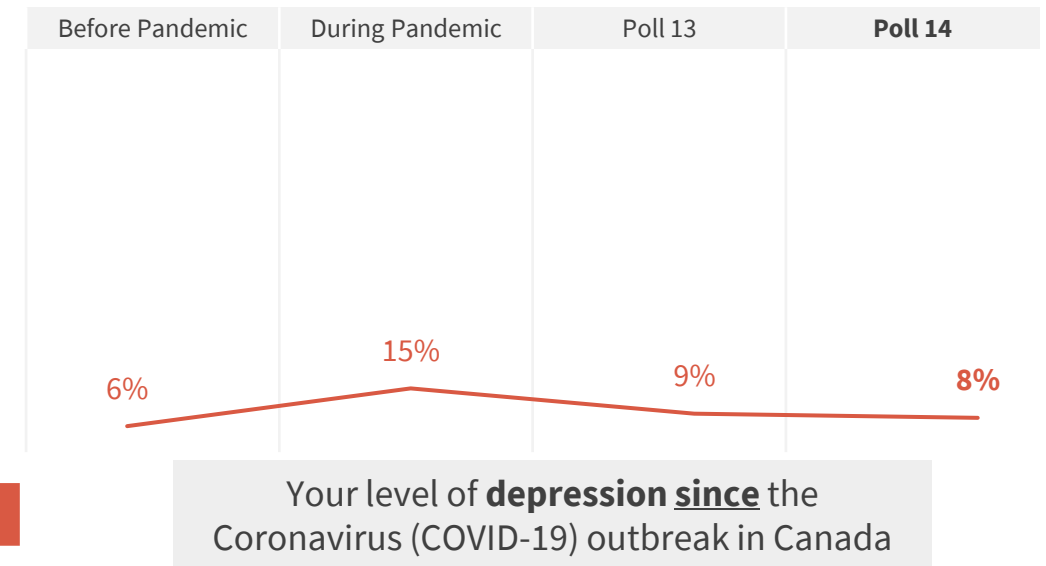


Poll 1: Before COVID-19
 High Anxiety 5%
 High Depression 4%

Levels of high anxiety and depression are at a pandemic low, but are not quite back to pre-pandemic numbers



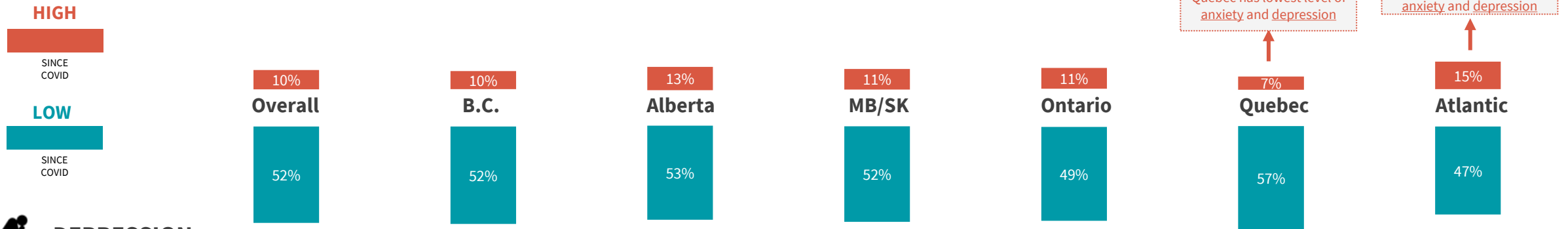
HIGH



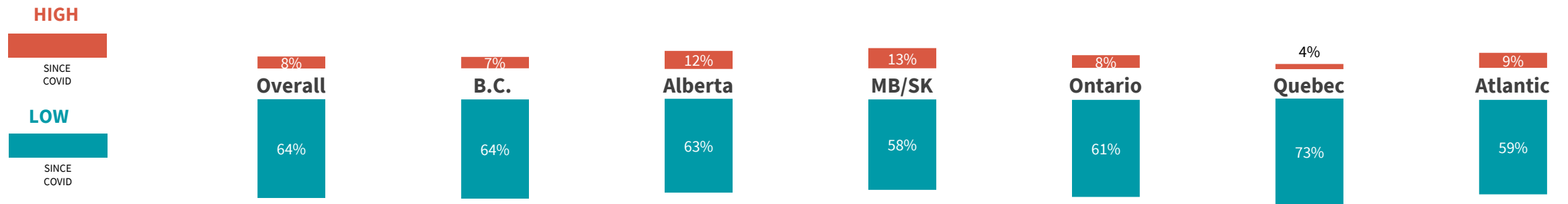
Polls 1-12 asked anxiety/depression levels since COVID.
Later polls asked current level of anxiety/depression.

The Atlantic provinces are experiencing high levels of anxiety in Poll 14

ANXIETY DISORDER



DEPRESSION



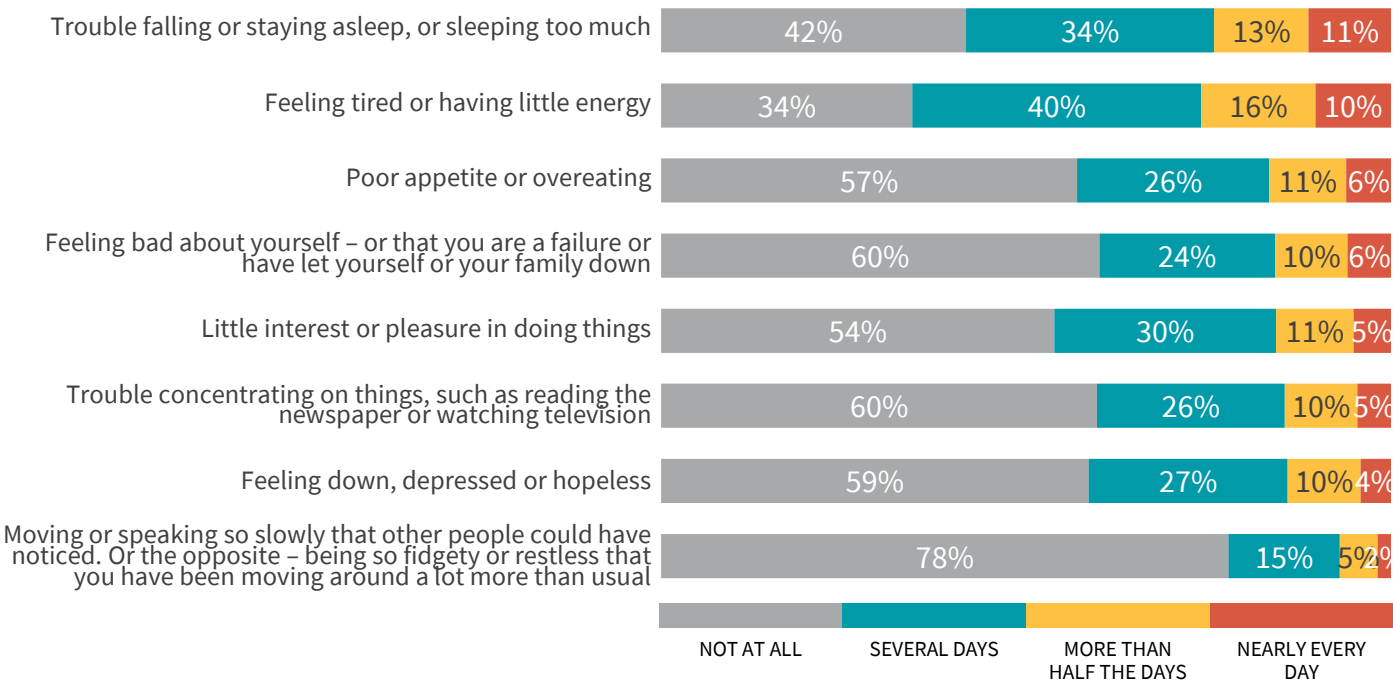
Polls 1-12 asked anxiety/depression levels since COVID-19.
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A2A. Please rate each of the following using the scale 0-10 where "10" is Extremely high and "0" is None. Base: (Total n= 3,500)
 (High = Net 8-10, Low = 0-4)

About a fifth of Canadians likely to have symptoms of moderate to severe depression

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 22% of Canadians are likely to have symptoms of a moderate to severe depression disorder, with 3% having severe, 7% moderately severe, and 12% moderate symptoms. Results have remained consistent since we first implemented this test (Poll 6).
- Rates of moderate to severe depression symptoms are highest among those receiving mental health support (50%), those who identify as LGBTQ2S+ (46%) and those with a physical impairment (36%).
- About a third of young adults (18- 34 years), students, healthcare workers, those who are unemployed or have a low income (<30K), and pregnant women have symptoms of moderate to severe depression.

Psychological Distress Depression Frequency Scale Items



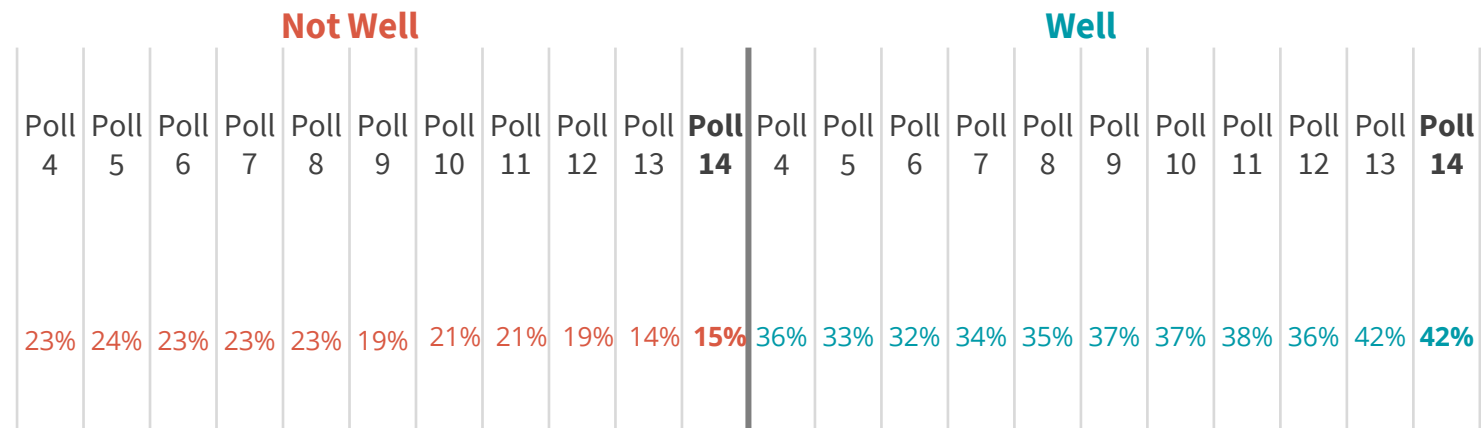
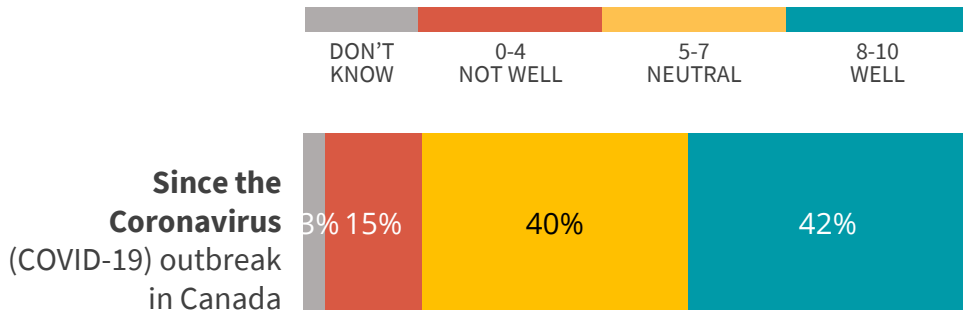
Mental Health Scores Among Canadians With Depression Since COVID-19

Poll 14	Poll 13	Poll 12	Poll 11	Poll 10	Poll 9	Poll 8	Poll 7	Poll 6	
55%	58%	55%	55%	54%	55%	53%	52%	52%	Likely to have no depression disorder (0-4)
23%	20%	23%	21%	21%	21%	23%	24%	24%	Likely to have a mild depression disorder (5-9)
12%	11%	12%	12%	12%	13%	12%	12%	12%	Likely to have moderate depression disorder (10-14)
7%	7%	7%	8%	7%	7%	7%	8%	9%	Likely to have moderately severe depression disorder (15-19)
3%	4%	4%	4%	5%	4%	4%	5%	5%	Likely to have severe depression disorder (20-27)

The number of Canadians saying they are struggling to cope remains consistent

- While the number of Canadians saying they are not coping well is similar this poll (14% in Poll 13 to 15% in Poll 14), it is much lower than the levels seen during the height of the pandemic.
- Young adults under 34 years old (21%) and students (30%) are more likely to say they are not handling stress well.
- Other groups that are likely to say they are not handling stress well are those who identify as LGBTQ2S+ (24%), those with moderate (26%) or severe (41%) mental health disorder symptoms, and those with financial concerns (25%).

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION

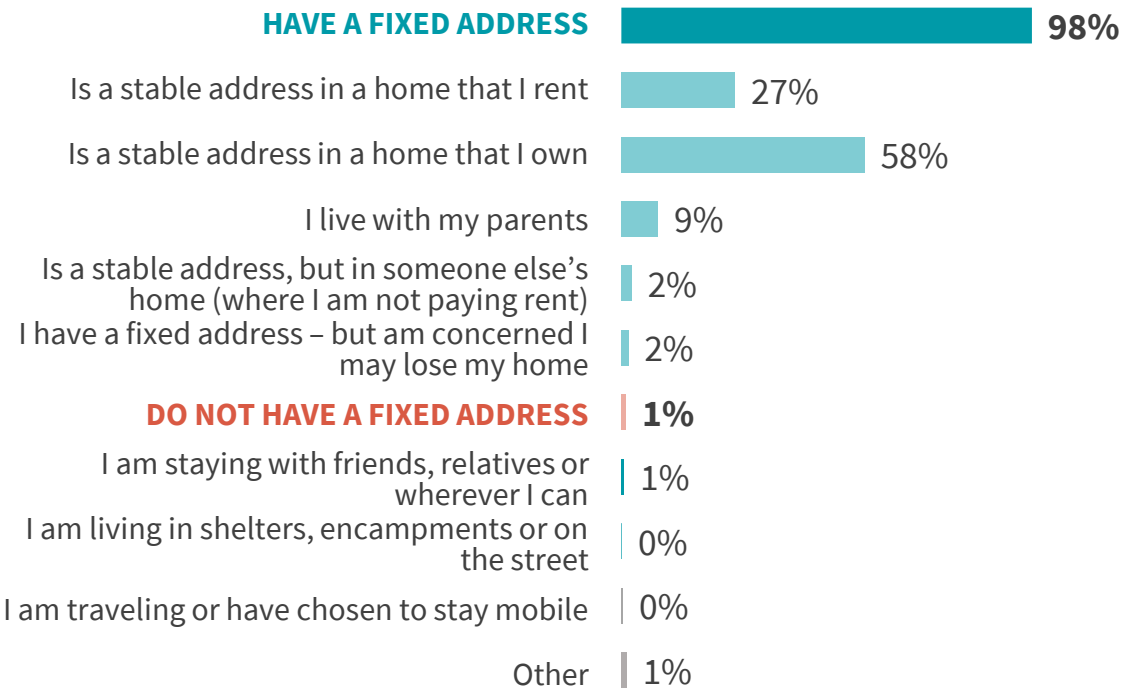


A2B. Since the Coronavirus (COVID-19) outbreak in Canada - On a scale of 0-10, how well were you are managing any feelings of stress, anxiety and depression that you may have. Base: (Total n=3,500)

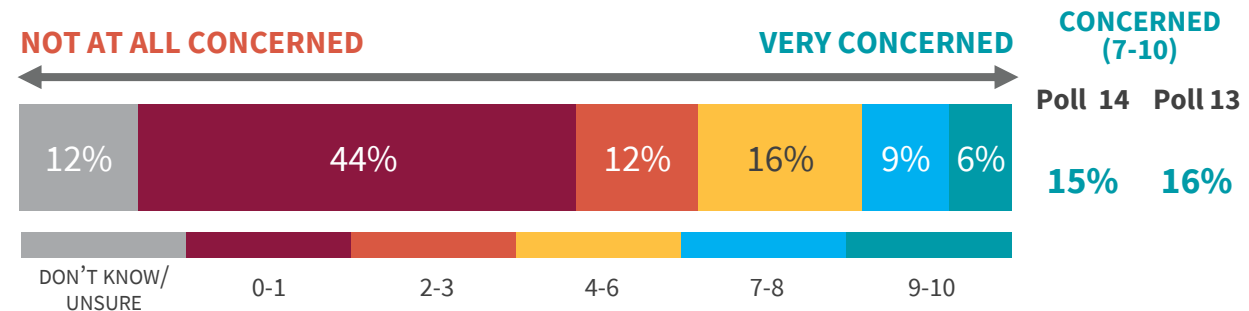
A sixth of Canadians are concerned about making their housing payments

- Rising prices and inflation have not had that much of an impact on Canadians ability to pay for housing, with 15% having concerns (compared to 14% last poll, and more than half not being worried).
- The majority (98%) of Canadians have a fixed address, and few of these people are concerned they may lose their home (2%).
- Those experiencing high self-rated levels of anxiety or depression indicate being more concerned about making housing payments (41% and 39% respectively).

CURRENT HOUSING SITUATION



RENT/MORTGAGE MONTHLY PAYMENTS

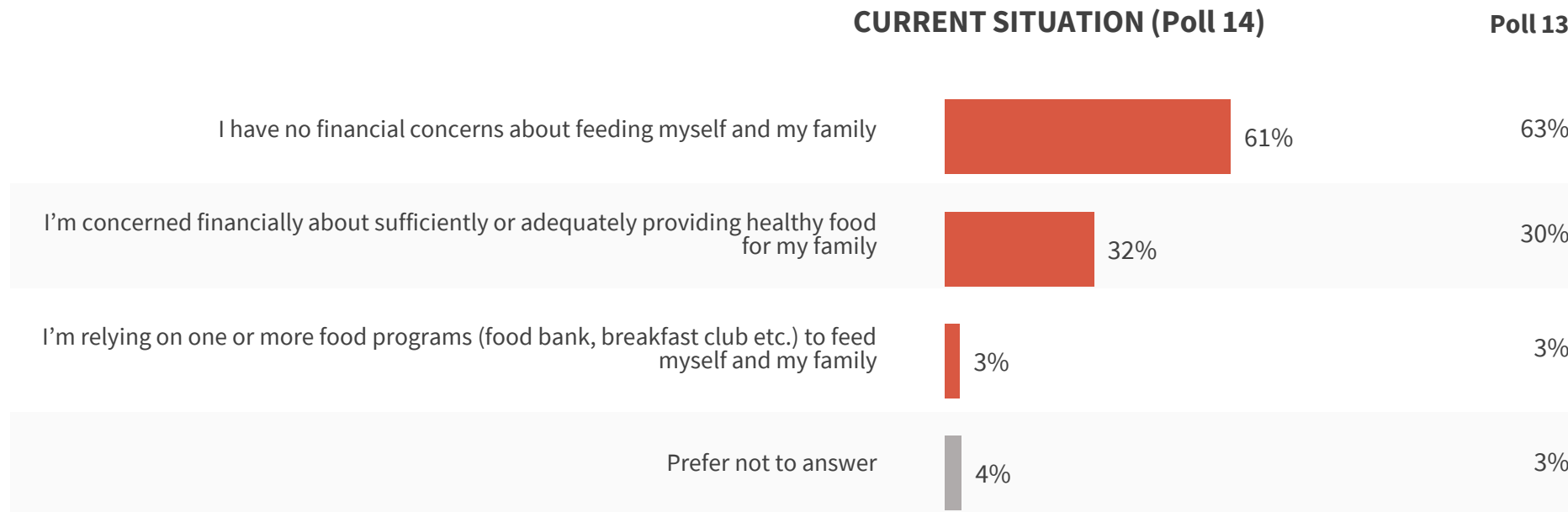


A22A: Which of the following best describes your current housing situation? Base: (Total n= 3,500)

A22B: How concerned are you about your rent/mortgage being paid each month? Base: (Total n=2,992), Poll 13: n=2,579)

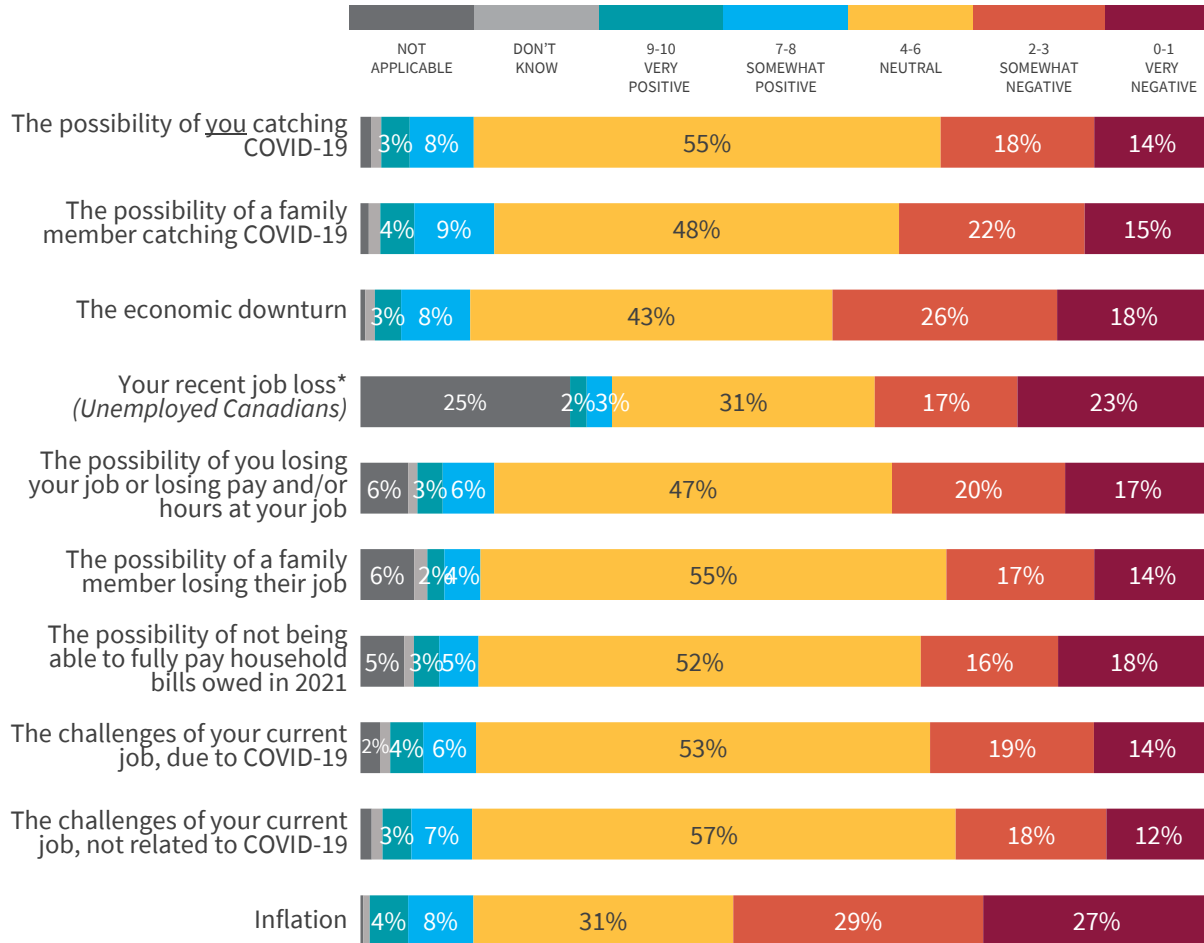
A third of Canadians worry they can't afford healthy food for their family

- One third of Canadians are worried about providing healthy food for their family, with 3% relying on food supports already.
- Two-fifth of Canadians in the Atlantic provinces and the Prairies are concerned about being able to provide enough healthy food for their family.
- **Profile of those with healthy food insecurity:** younger Canadians (18-34: 41%, 35-54: 38%), those with children (45%), unemployed (58%), visible minorities (43%), those with a physical impairment (51%) .
- Those experiencing high levels of anxiety or depression are considerably more likely to be experience food insecurities (64% and 65% respectively), with more than half saying they are concerned about providing healthy food (52% and 55%, respectively) and one-in-ten already relying on a food program (12% and 10%, respectively).



A22C: Which of the following describes your current situation? Base: (Total n=3,500), Poll 13: n=3,023)

The possibility of catching COVID-19 is still a concern to some, although it is declining slightly, while inflation is a concern to half



Impact on Mental Health

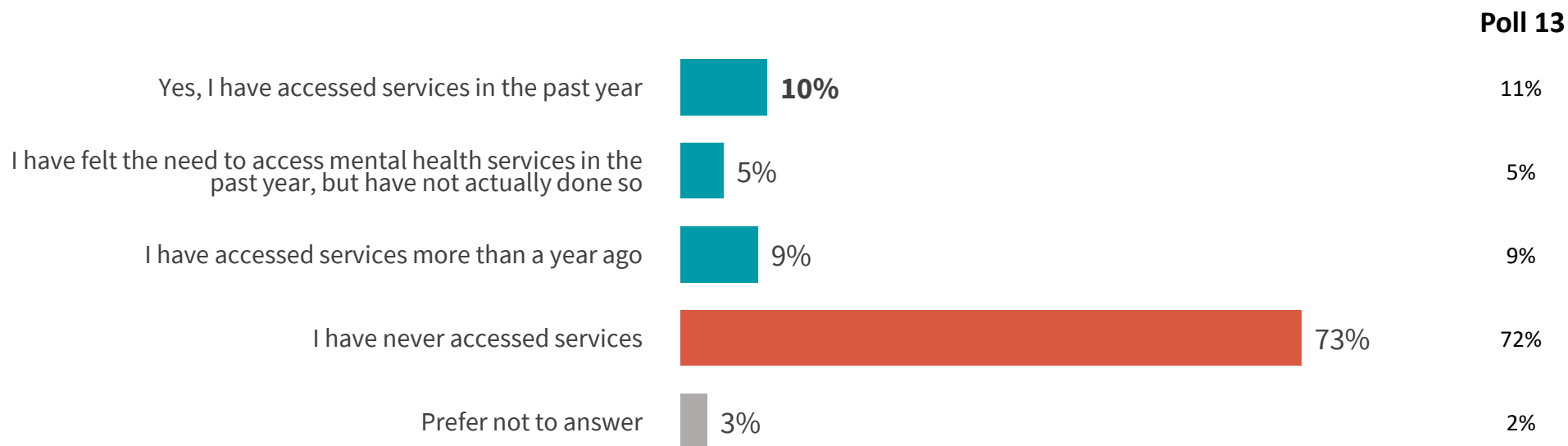
NEGATIVE IMPACT

	Poll 4	Poll 5	Poll 6	Poll 7	Poll 8	Poll 9	Poll 10	Poll 11	Poll 12	Poll 13	Poll 14
The possibility of you catching COVID-19	40%	38%	39%	36%	38%	33%	35%	33%	34%	33%	32%
The possibility of a family member catching COVID-19	46%	47%	49%	44%	45%	41%	43%	39%	41%	39%	37%
The economic downturn	41%	44%	44%	40%	41%	38%	42%	42%	43%	46%	44%
Your recent job loss* (Unemployed Canadians)	47%	55%	51%	51%	46%	43%	43%	52%	40%	39%	39%
The possibility of you losing your job or losing pay and/or hours at your job	40%	40%	42%	41%	39%	35%	37%	36%	35%	36%	37%
The possibility of a family member losing their job	38%	41%	38%	38%	35%	33%	35%	33%	30%	29%	31%
The possibility of not being able to fully pay household bills owed in 2021	27%	30%	28%	28%	27%	26%	28%	28%	27%	34%	34%
The challenges of your current job, due to COVID-19	36%	36%	39%	38%	35%	34%	35%	34%	34%	32%	33%
The challenges of your current job, not related to COVID-19	-	-	-	-	-	-	-	-	29%	30%	30%
Inflation	-	-	-	-	-	-	-	-	-	-	56%

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: Data <2% not labelled. Base: (Total n = 3,500), * "Your recent Job loss" base:128 (Those who are unemployed)

One-in-ten Canadians accessed mental health support in the last year

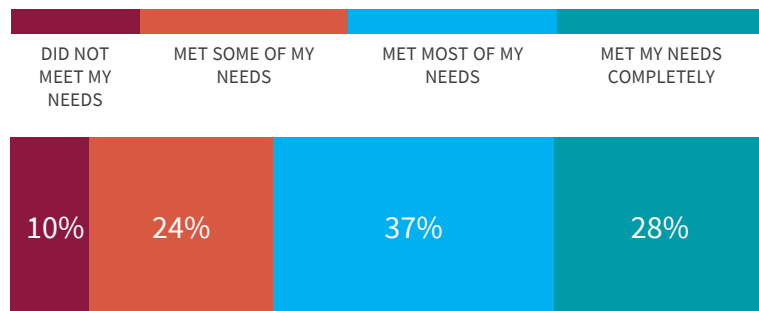
- One-in-ten (10%) reported accessing mental health services in the last year while 5% thought to access it but didn't; and 9% accessed services more than a year ago. Results are consistent with Poll 13 findings.
- Close to three quarters (73%) reported they never accessed any mental health services.
- Younger Canadians (18-34: 13% , 35-54: 12% vs. 55+: 6%), students (15%) those who identify as LGBTQ2S+ (23%) and those with physical impairments (20%), those with high anxiety (28%) or depression (32%), and those who are dependent on cannabis (21%) or alcohol (23%) are more likely to have accessed mental health services in the past year.



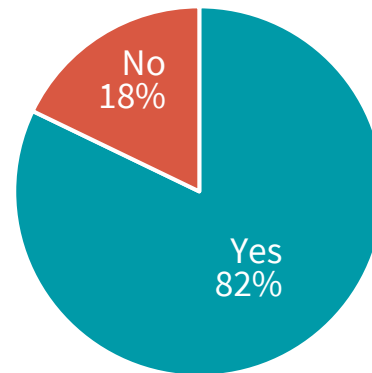
While most are satisfied with their mental health support, some say it did not meet all their needs

- A sixth of Canadians indicate needing mental health support in the past year, although only one-in-ten have accessed it. While most (65%) who accessed support say it adequately met their needs, only 28% said it met all their needs while 34% said it met only some or none.
- When you consider those not accessing care but should be, and those who are accessing care but whose needs are not being met, 56% of people who need care are not getting their needs met.
- The majority (82%) of those who accessed mental health support say it was available in a timely manner, with 18% saying it wasn't.
- Those who felt that the support did not meet their needs cited affordability (46%), long waitlists (30%) and lack of awareness of better alternatives (25%) as their main reasons.

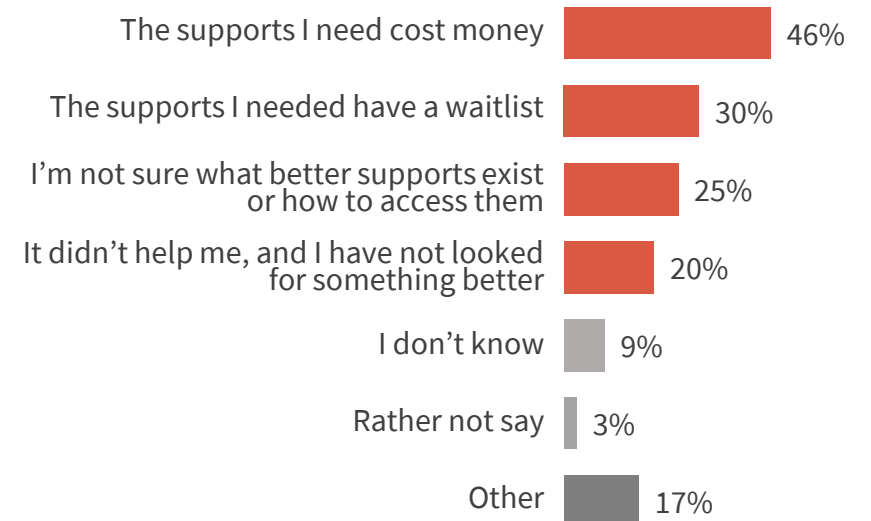
MENTAL HEALTH SUPPORTS YOU ACCESSED MEET YOUR NEEDS



AVAILABLE IN A TIMELY MANNER



WHY SUPPORTS YOU ACCESSED DID NOT MEET ALL OF YOUR NEEDS



B22: Did the mental health supports you accessed meet your needs? Base n=368

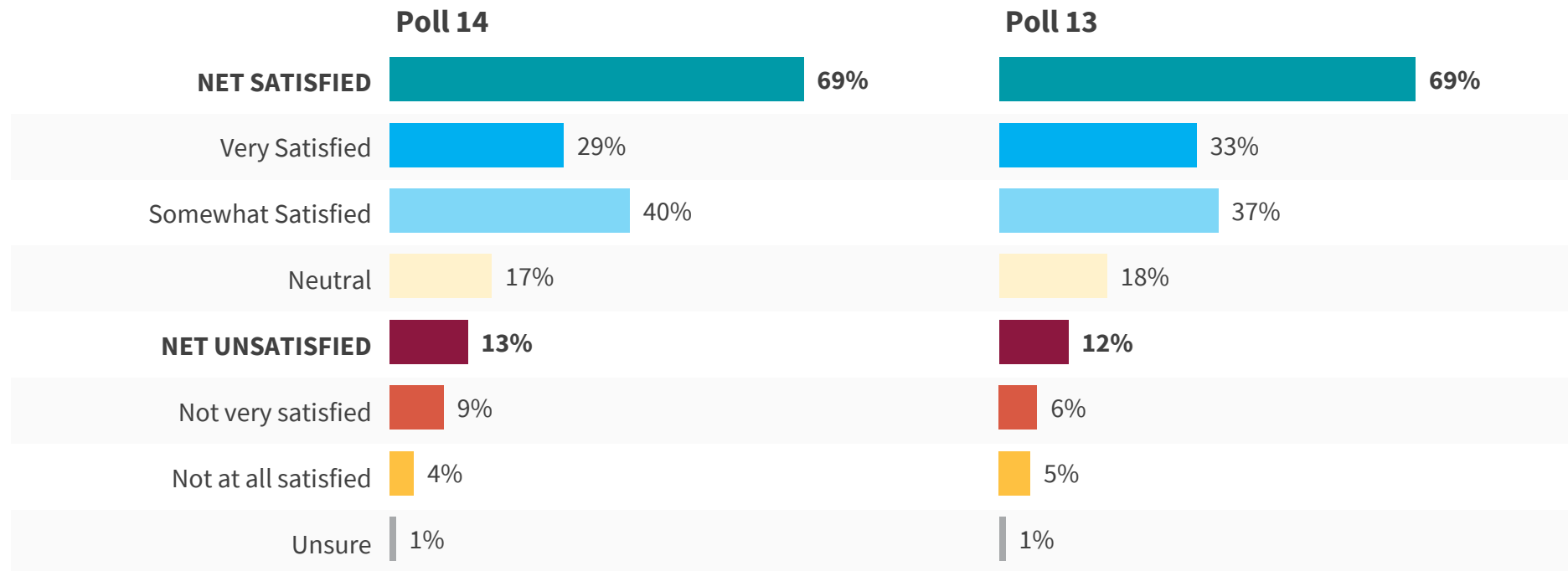
B23A: Were the mental health supports you needed available in a timely manner? Base n=237

B23B: Why didn't the supports you accessed meet all of your needs? Base n=131

Most are satisfied with the support they have received in the past year

- Two thirds of those who have received support in the past year are somewhat (40%) to very (29%) satisfied with it. Satisfaction has remained consistent with the last poll (July 2022), which measured satisfaction with supports received since COVID-19.
- Younger Canadians are less satisfied than older age groups (18-34: 59% vs, 35-54: 72%, 55+: 76%)

SATISFACTION WITH THE SUPPORT RECEIVED IN PAST YEAR





Lesli Martin, Senior Vice President, Pollara
Michael Cooper, Vice President, MHRC
Brittany Saab, National Coordinator of Stakeholder
Engagement, MHRC



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