



Mental Health During COVID-19 Outbreak: Poll #6 – Full Report

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May 2021

Methodology

Methodology: This online survey was conducted among a sample of 4,005 adult Canadians, including an oversample of 500 surveys with residents of each of New Brunswick and Newfoundland. This was the sixth 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 |
|-------------------------|----------------------|-----------------|-----------------------|-----------------|------------------------|-----------------|-------------------------|-----------------|----------------------|-----------------|----------------------|-----------------|
| | Poll One | | Poll Two | | Poll Three | | Poll Four | | Poll Five | | Poll Six | |
| | April 22 to 28, 2020 | | August 21 to 31, 2020 | | October 22 to 28, 2020 | | December 10 to 18, 2020 | | February 1 to 8 2021 | | April 20 to 28 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% |
| British Columbia | 251 | ±6.2% | 275 | ±5.9% | 271 | ±6.0% | 270 | ±6.0% | 361 | ±5.2% | 500 | ±4.4% |
| Alberta | 252 | ±6.2% | 273 | ±5.9% | 270 | ±6.0% | 271 | ±6.0% | 357 | ±5.2% | 500 | ±4.4% |
| Prairies | 200 | ±6.9% | 701 | ±3.7% | 231 | ±6.5% | 250 | ±6.2% | 703 | ±3.7% | 301 | ±5.6% |
| Ontario | 701 | ±3.7% | 826 | ±3.4% | 801 | ±3.5% | 803 | ±3.5% | 918 | ±3.2% | 902 | ±3.3% |
| Quebec | 300 | ±5.6% | 394 | ±4.9% | 356 | ±5.2% | 359 | ±5.2% | 516 | ±4.3% | 600 | ±4.0% |
| Atlantic Canada | 99 | ±9.8% | 1541 | ±2.5% | 75 | ±11.3% | 808 | ±3.5% | 150 | ±8.0% | 1,202 | ±2.8% |

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

Major Findings (1/2)

- Self-rated anxiety continues to rise, with 28% of Canadians indicating high levels of anxiety and 17% indicating high levels of depression. This is driven primarily by an increase in Ontario, where 1 in 3 (33%) indicate high anxiety and 1 in 5 (21%) indicate high depression. Specific groups and demographics continue to show the highest rates of self-rated anxiety and depression, including younger Canadians, those with young children at home, those living alone or with roommates, and frontline healthcare workers.
- Multiple symptom screeners including the Kessler 10 (General Distress), the PHQ9 (Depression) and the GAD7 (Anxiety) correlate with the self-rated scales. Three times as many younger Canadians scored as showing symptoms of moderate to severe anxiety on the GAD-7 screener, as did those ages 55+.
- 30% of Canadians indicate that their mental health is having an impact on their ability to function, with the greatest impact on social and family life. Of those in school or working, 8% indicated they are losing work/school days to mental health, and 30% indicated their productivity was decreased.

Major Findings (2/2)

- On the positive side, over two-thirds of Canadians (69%) indicated a high degree of resiliency suggesting a robust mental health recovery post-pandemic for the majority of Canadians. Further, looking ahead two months, the expected levels of anxiety (28% to 18%) are lower suggesting the continuing vaccine efforts, a reduction in lockdowns, and the onset of summer will improve mental health. Depression levels are expected to remain steady.
- Going outside / walking / hiking continues to be the most positive thing you can do to support your mental health.
- The number of people accessing mental health services is increasing, with 11% of Canadians accessing services in the year before COVID-19, compared to 18% who accessed in the year since the pandemic started. The number of people indicating “the cost of service” was a barrier has significantly reduced since COVID-19 started.



Key Findings

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Anxiety and depression remains high and is impacting many Canadians

- **The COVID-19 outbreak and restrictions led to an increase in both anxiety and depression** and with more than a year into the outbreak, this has not lessened. In Poll 1, the proportion of Canadians reporting high levels of anxiety quadrupled while depression doubled following the start of the outbreak. The number of Canadians experiencing high levels of anxiety and depression have been increasing overtime.
- Anticipated levels of anxiety and depression if the lockdown continues another two months remain relatively stable.
- **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.
- Anxiety and depression are having a negative impact on the lives of Canadians. Almost one-in-three have said effects of mental health have impacted their ability to function, with more than one-third saying they experienced a marked or extreme impact. Additionally, one-fifth have dealt with impairment and 5% have been unable to go to work/school in the past week, due to mental health issues.
- **More than one-in-ten Canadians have thought about suicide in the past year.** This is even higher among younger Canadians, with almost one-fifth having thought about suicide and 4% having planned an attempt in the past year.
- A majority of 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. They are, however, more likely to list personal supports (family/friends) as more helpful than professional supports.
- **Almost one-fifth of Canadians have accessed mental health support since the pandemic,** with this incidence staying consistent over the past four months. Those who have accessed these supports, either before or since COVID-19, have been satisfied with it.

Social isolation followed closely by daily news are the leading stressor on mental health

- **Social isolation** continues to have a negative impact on mental health for more than half of Canadians, increasing by 5% since December (Poll 4).
- There has been an increase in the negative impact of **daily news** this poll, with this impact being only slightly lower than that of social isolation.
- **Going outside** continues to have the strongest positive impact on mental health.
- The vaccine roll out is not alleviating the fears of contracting the virus, with the fear that they or their family catching COVID-19 seeing little change since Poll 2.
- Poll 2 saw a deterioration of social support through family and friends. This poll shows that these levels have remained stable – while there has not been a further decline, positive impacts of communication with family and friends has not returned to Poll 1 levels.
- While the negative impact of the economy lessened in Poll 5, it has remained constant this year.
- One-quarter of Canadians have increased their alcohol consumption, while one-third have increased their cannabis consumption since the onset of COVID-19.

Life after COVID-19 is expected to still have its stressors

- **Almost two-fifths of Canadians have received at least one dose of the COVID-19 vaccine.** Of those who have not, the majority plan to get it when it is available. Despite this, concerns over catching the virus continue to have a negative impact on mental health.
- A good proportion of Canadians have seen a change in their work life with this pandemic, moving out of the office to working at a home setting, or having a reduction in the amount of time spent interacting with the public. While some feel this will continue after the pandemic is over, many believe their work life will return, at least partly, to the way it was.
- There are aspects of life that Canadians are looking forward to returning to, particularly travelling for pleasure, in-person social interactions, and their children getting back to regular routines. However, this return to life after COVID-19 will not be without stress. One-third of Canadians feel anxious at the thought of being in a busy public place, and one-fifth at the idea of them and their children readjusting to new routines.
- Additionally, a vast majority expected to be concerned about the continuing threat of COVID-19 in the post-pandemic world.



Results in Detail

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Anxiety and Depression in the COVID-19 Outbreak

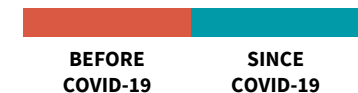
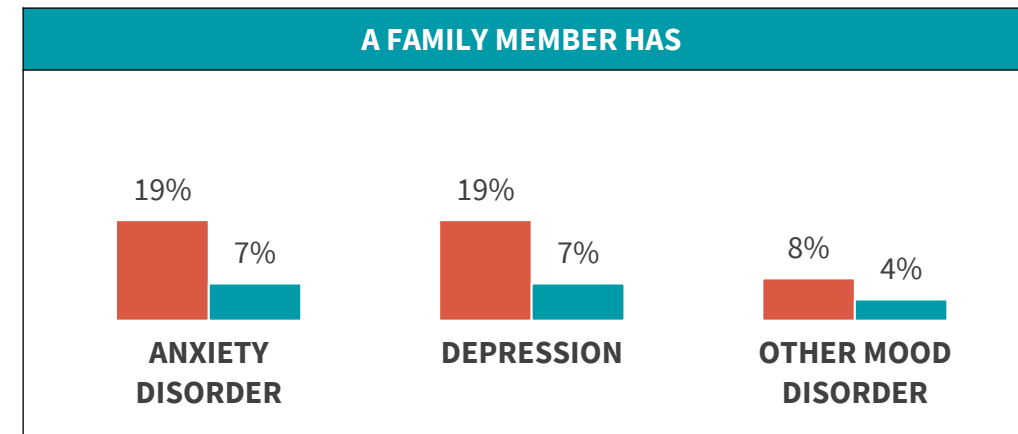
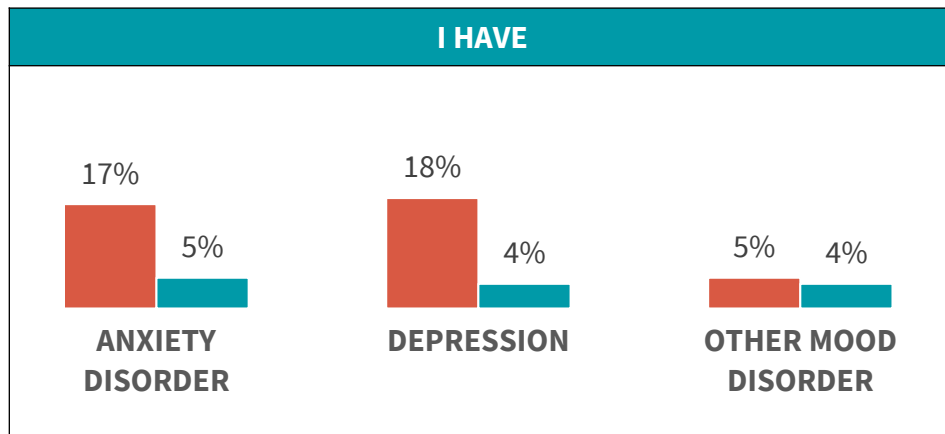
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One-quarter of Canadians have been diagnosed with anxiety or depression (1 of 2)

- Prior to the pandemic, almost one-fifth of Canadians have dealt with a personal or family diagnosis of anxiety (17% personal, 19% family) or depression (18% personal, 19% family). Other mood disorders are less common, with 5% having a personal diagnosis, and 8% a diagnosis in their family.
- Since the onset of COVID-19, another 5% and 4% say they have personally been diagnosed with anxiety or depression respectively, increasing the reported incidence of anxiety and depression to one in four. And another 7% say a family member has been diagnosed with anxiety or depression.



Base: (Total n=4,005)

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:

Younger Canadians, frontline healthcare workers, women among the most vulnerable to mood disorders (2 of 2)

OF THE ONE IN FOUR DEALING WITH A MOOD DISORDER:

- Canadians most likely to be diagnosed with **anxiety**:
 - Females (24% vs. 18% of males) – Diagnosis since COVID-19 is similar among genders (5% men, 4% women)
 - Younger and middle aged Canadians (18-34: 27%; 35-54: 25% vs. 55+: 14%) – 55+ are least likely to have been diagnosed since COVID-19 (2% vs. 4% other age categories)
 - Employed (23%, an increase of 6% since COVID-19 vs. 19% unemployed, an increase of 3% since COVID-19).
 - Frontline healthcare workers (30%, an increase of 9% since COVID-19).
- Canadians most likely to be diagnosed with **depression**:
 - Females (25% vs. 19% of males) – Diagnosis since COVID-19 similar among genders (5% men, 4% women).
 - Younger and middle aged Canadians (18-34: 26%; 35-54: 24% vs. 55+: 18%) – 55+ are least likely to have been diagnosed since COVID-19 (2%).
 - Canadians with children under 9 years (26% vs. 21% with no children)
 - Ontario (26%) while lowest in Quebec (14%)
 - Frontline healthcare workers (29%)

TOTAL % OF HOUSEHOLDS DEALING WITH MENTAL HEALTH CONDITIONS:

Over a third of Canadian households have someone diagnosed with anxiety or depression

TOTAL YES 46%

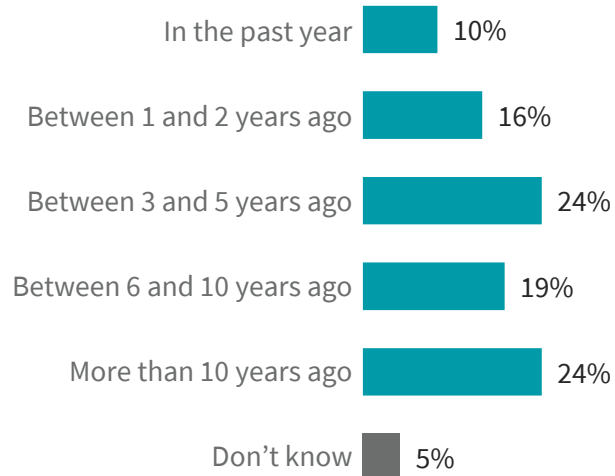
(Individual or households suffering from Anxiety or depression or other mood disorder)

| | |
|--|-------------------|
| (Individual or households suffering from each) | |
| 35% | ANXIETY |
| 35% | DEPRESSION |
| 16% | OTHER |

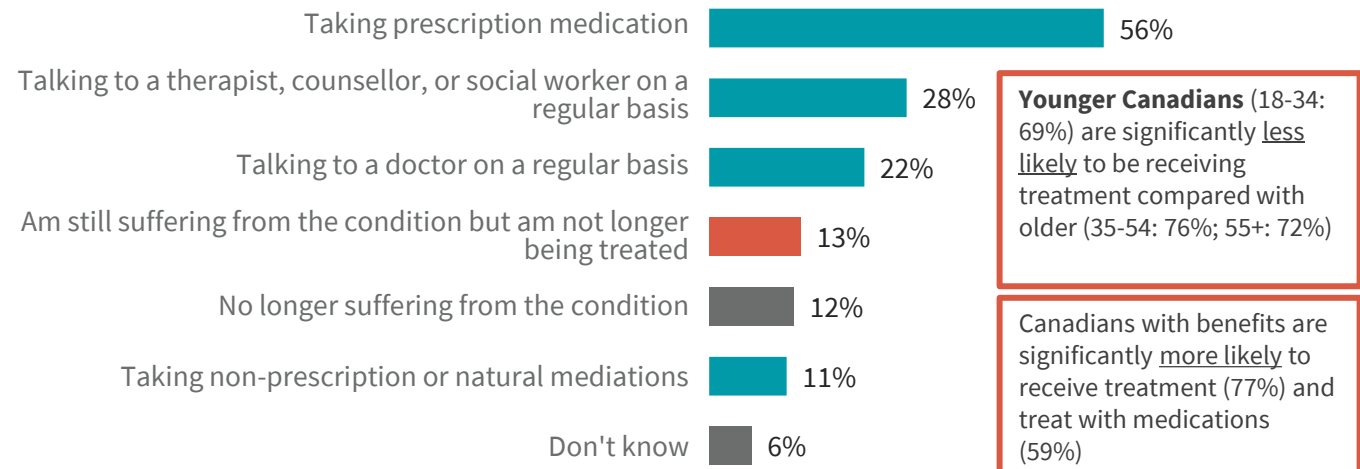
Almost three-quarters of Canadians with a mental disorder receive treatment; prescription medications are most common

- **One-sixth (16%)** of Canadians who indicated a mental health diagnosis report that it's a newer diagnosis which occurred in the last two years: 10% since the pandemic started, and 6% in the year preceding the pandemic.
- Almost **three-quarters (73%)** of those who have had a personal or family diagnosis are doing something to treat the condition, with prescription medication being most common (56%). More than a quarter (28%) talk to a therapist on a regular basis, and a fifth (22%) to a doctor.

LENGTH OF TIME SINCE DIAGNOSIS



TREATING MENTAL HEALTH CONDITIONS: 73% Receiving treatment



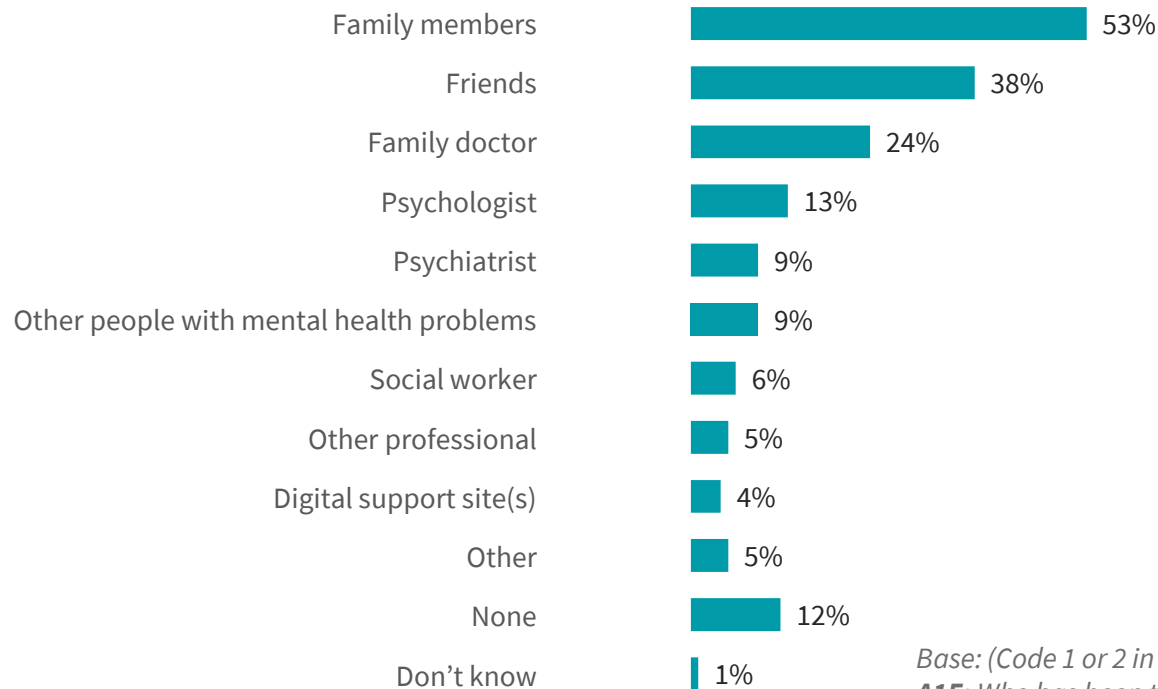
A1C. When did you/your family member receive the latest diagnosis of anxiety, depression or another mood disorder? Base: (Those who received diagnosis before COVID-19 n=1,508)

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=1,819)

Mental health has been supported more by personal relationships than professional caregivers

- During the pandemic, family members (53%) have been most supportive followed by friends (38%).
- A higher number of females are likely to approach family (57%) and friends (42%) for mental health support as compared to males (family: 47%; friends: 34%) however, males are significantly more likely to visit their family doctor (28% vs. 21% females).
- Canadians with access to benefits are significantly more likely to approach their family doctor (27%) compared to those with no benefits (19%)
- Participants were given the option to choose up to 3 mental health supports.

MENTAL HEALTH SUPPORT DURING THE PANDEMIC (THOSE WITH DIAGNOSIS)



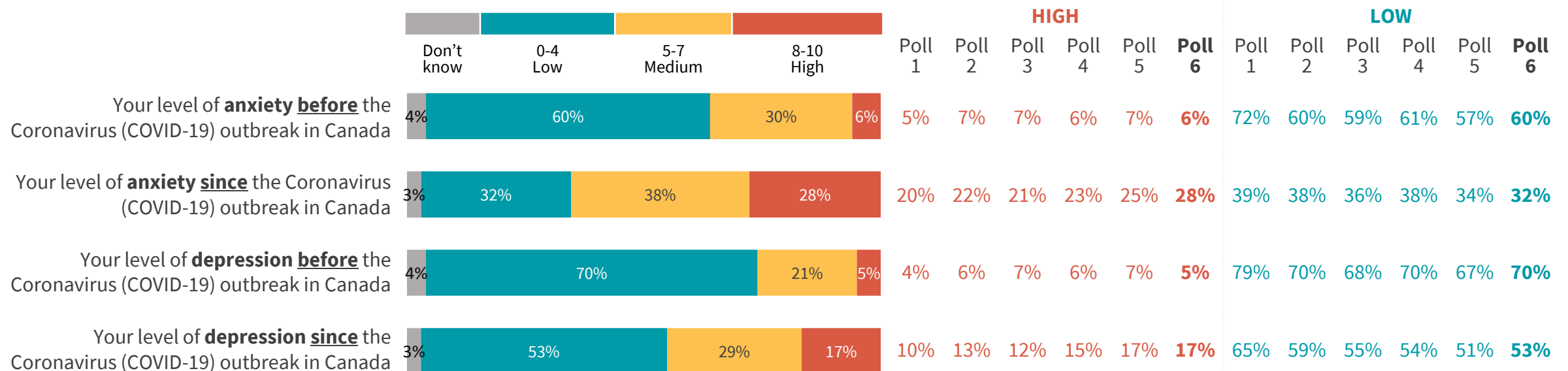
| Supports Used | |
|-----------------------|-----|
| PERSONAL SUPPORTS | 70% |
| PROFESSIONAL SUPPORTS | 47% |

Base: (Code 1 or 2 in A1A n=947)

A1E: Who has been the most helpful in supporting your mental health during the pandemic?

Anxiety continues to increase and is at an all-time high (1 of 3)

- Levels of anxiety and depression stays high as the pandemic continues. Similar to Poll 1, the proportion of Canadians reporting high levels of anxiety is close to four times pre COVID-19 levels with more than a quarter (28%) reporting that they have high anxiety, up from 6% before the outbreak.
- The proportion of Canadians reporting high depression remains similar to Poll 5 (17%) but has increased by 7% since Poll 1.

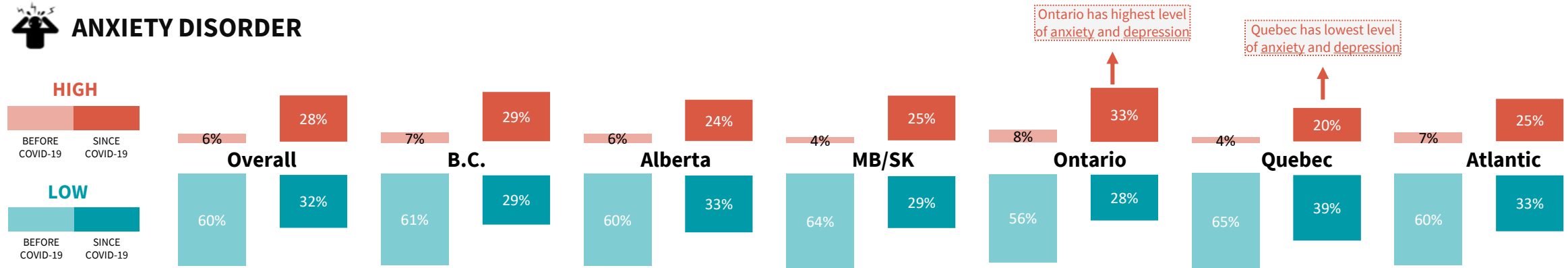


Females and younger Canadians (ages 18-34) are most vulnerable to anxiety and depression (2 of 3)

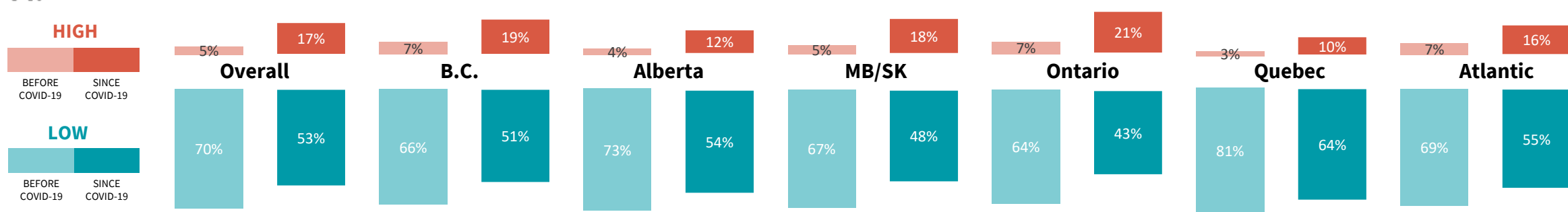
- Canadians most likely to rate **anxiety** high (8-10) since COVID-19:
 - Females (32% vs. 22% of males)
 - Younger Canadians 18-34 (33% vs. 35-54: 29%; 55+: 22%)
 - Young children under 9 years in the home (30% vs. none: 26%)
 - Ontario residents (33%)
 - **Frontline healthcare workers (38%)** – previous analysis indicated nurses are the primary driver of this increase
 - Familiar with Wellness Together Canada Program (39% vs. unfamiliar: 25%).
- Canadians most likely to rate **depression** high (8-10) since COVID-19:
 - Females (19% vs. 14% of males)
 - Younger Canadians 18-34 (23% vs. 35-54: 17%; 55+: 11%)
 - Ontario residents (21%)
 - Frontline healthcare workers (20%)
 - Familiar with Wellness Together Canada Program (26% vs. unfamiliar: 16%).

Ontario reports the highest levels of anxiety and depression since COVID-19 (3 of 3)

ANXIETY DISORDER



DEPRESSION



Over half of Canadians report having moderate or severe levels of anxiety and depression using the Kessler 10

- Almost three-fifths (58%) of Canadians who rated their anxiety or depression high since COVID-19 (8-10) are likely to demonstrate symptoms of a moderate (21%) or severe (37%) mental health disorder, while two-fifths (41%) are likely to demonstrate symptoms of a mild (18%) or no (23%) mental health disorder. Numbers have dropped in severe mental health disorders by 6% in this Poll compared to previous polls.
- Among those who rate their anxiety or depression as moderate (5-7), a quarter (26%) is likely to have symptoms of a moderate (14%) or severe (12%) mental health condition, while a fifth (20%) are likely to have symptoms of a mild mental health disorder and half (53%) are likely to have no symptoms of a mental health disorder.
- Canadians more likely to be classified as severe: Younger Canadians 18-34 (51% vs. 35-54: 37%; 55+: 22%); frontline healthcare workers (41%).

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

| | | |
|---|-----|-----|
| Tired out for no good reason | 28% | 40% |
| Nervous | 20% | 44% |
| That everything was an effort | 21% | 53% |
| Depressed | 17% | 58% |
| Restless or fidgety | 17% | 54% |
| Hopeless | 14% | 65% |
| Worthless | 13% | 71% |
| So restless you could not sit still | 8% | 77% |
| So sad that nothing could cheer you up | 10% | 71% |
| So nervous that nothing could calm you down | 6% | 77% |

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

Moderate: 5-7

High: 8-10

| Poll 6 | Poll 6 | Poll 5 | Poll 4 | Poll 3 | Poll 2 | |
|--------|--------|--------|--------|--------|--------|--|
| 53% | 23% | 19% | 19% | 18% | 21% | Likely to have no mental health disorder (<20) |
| 20% | 18% | 18% | 18% | 19% | 16% | Likely to have a mild mental disorder (20-24) |
| 14% | 21% | 20% | 22% | 26% | 21% | Likely to have moderate mental disorder (25-29) |
| 12% | 37% | 43% | 40% | 36% | 42% | Likely to have severe mental disorder (30-50) |

Extended exposure to high levels of anxiety can result in Post Traumatic Stress Disorder

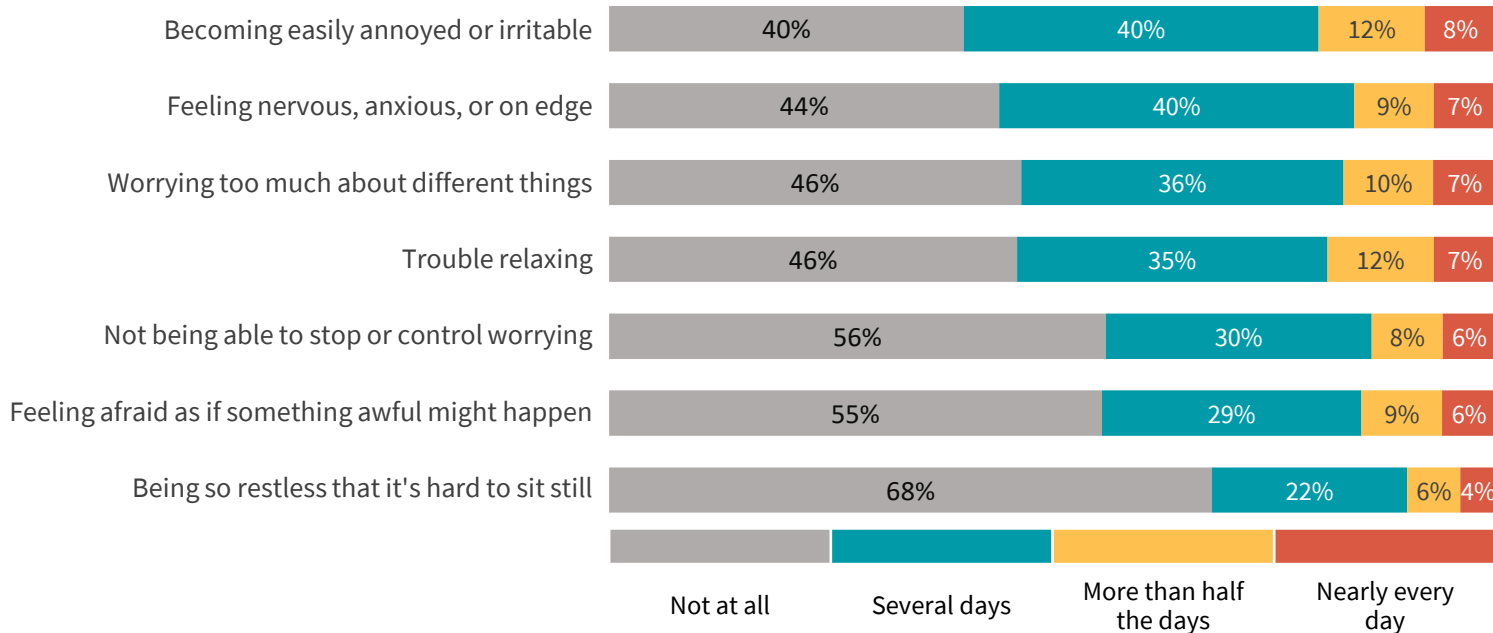


- Post Traumatic Stress Disorder can develop after a prolonged traumatic event. It may not exhibit until months after the end of the event, in fact, symptoms of PTSD often do not exhibit until at least three months later.
- Our data highlights the percentage of Canadians who are at a heightened risk of Post Traumatic Stress Disorder as those with extended high levels of anxiety throughout the pandemic (28%) or with a predisposition to high anxiety (6%), as those with a history of anxiety or depression are at a higher risk of developing symptoms of PTSD into the COVID-19 recovery period.
- It is common for individuals who do not receive a diagnosis of PTSD in the first months following a traumatic event to be positively diagnosed in the future. A study published in World Psychiatry found that prolonged traumas such as serving in an active combat zone have resulted in rates of upwards of 78% of active combat duty individuals having PTSD 7 months after the trauma.

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

- Using the General Anxiety Disorder -7 (GAD-7) screening test, 6% of Canadians are demonstrating symptoms of severe anxiety and 9% are demonstrating symptoms of moderate anxiety.
- Levels of anxiety are highest among 18-34 year old (9% severe, 14% moderate), particularly compared to those 55+ (3% severe, 5% moderate) and among women (7% vs. 4% of men severe, 10% vs. 8% of men moderate).
- Of those who demonstrate symptoms of severe anxiety based on this test, 85% have rated their anxiety since COVID-19 as high (8-10). Of those who have moderate anxiety, 65% have rated their anxiety since COVID-19 as high.

Psychological Distress Anxiety Frequency Scale Items



Mental Health Scores among Canadians with anxiety since COVID-19

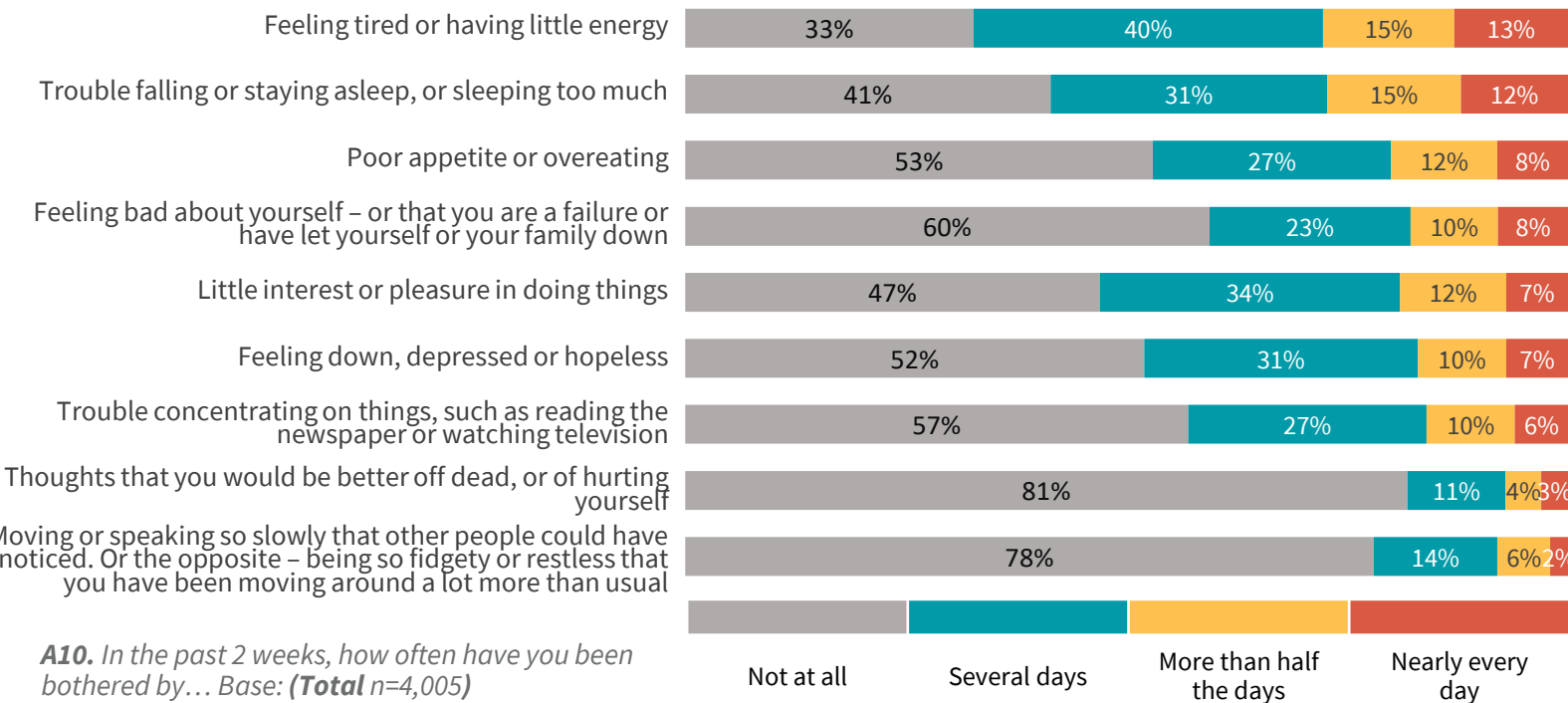
| Poll 6 | Score | Description |
|--------|-------|---|
| 62% | 0-5 | Likely to have no anxiety disorder |
| 23% | 6-10 | Likely to have a mild anxiety disorder |
| 9% | 11-15 | Likely to have moderate anxiety disorder |
| 6% | 16-21 | Likely to have severe anxiety disorder |

A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=4,005)

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

- Using the Patient Health Questionnaire -9 (PHQ-9) test, 26% of Canadians have symptoms of a moderate to severe depression disorder, with 5% demonstrating symptoms of severe, 9% moderately severe and 12% moderate disorder.
- Canadians more likely to be classified as severe: Younger Canadians 18-34 (7% vs. 35-54: 5%; 55+: 3%).
- More than four-fifths who have symptoms of a severe depression disorder have rated their depression as high (rated 8-10) since COVID-19.

Psychological Distress Depression Frequency Scale Items



A10. In the past 2 weeks, how often have you been bothered by... Base: (Total n=4,005)

Mental Health Scores among Canadians with depression since COVID-19

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

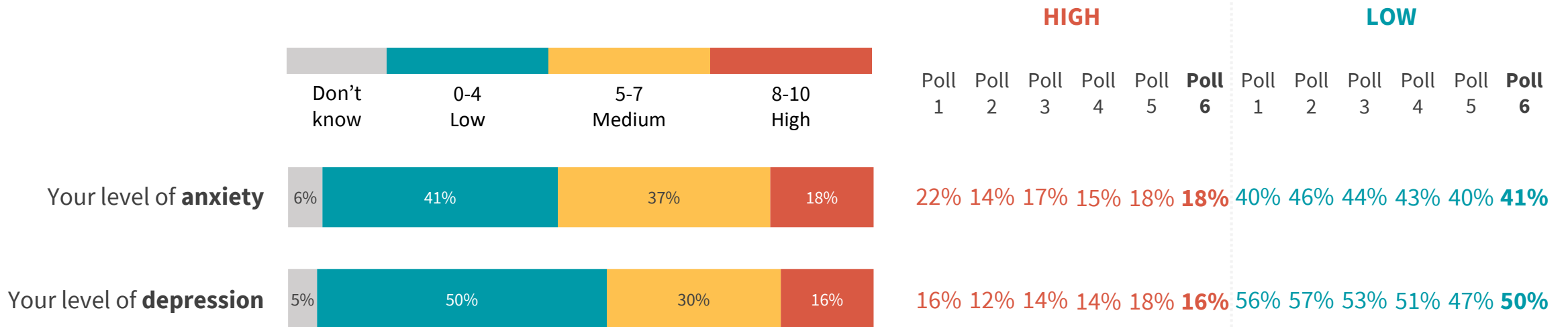
One-fifth continue to feel their mental health will deteriorate, with younger Canadians more vulnerable (1 of 3)

- Following the outbreak, just over one-fifth (22%) of Canadians **expected their anxiety levels to be high** after two months of isolation (8-10). This fell by Poll 2 and remained steady through to Poll 4. By Poll 6, a year since the beginning of the pandemic, this has increased slightly by 3% (similar to Poll 5). As well, the proportion who expect to have **a high level of depression** is the same as Poll 1 at 6%, 2 points lower than Poll 5. While not yet an upward trend, it's worth monitoring.
- Canadians **younger than 55** (18-34: 22%; 35-54: 20%; vs. 55+: 10%) are significantly more likely to have an expectation of increased anxiety if they must isolate for another two months. And **younger Canadians** (18-34) are also more likely to anticipate higher rates of depression (18-34: 24%; 35-54: 19%; vs. 55+: 9%).
- Canadians living in Ontario are more likely to anticipate higher levels of anxiety (22%) and depression (22%) if the lockdown continues.
- Frontline healthcare workers anticipate a higher level of anxiety (19%) and depression (18%) than the general population as the pandemic wears on.

Anxiety levels stay constant while depression levels saw a slight dip among Canadians (2 of 3)

- If the lockdown continues, close to a fifth (18%) of Canadians anticipate increased anxiety in Poll 6, similar to Poll 5 although not as high as estimated in Poll 1.
- In Poll 6, estimates of depression decreased by 2% since Poll 5, equal to Poll 1, a trend worth monitoring if restrictions stay in place.
- Of those who rated their anxiety high, 59% feel their anxiety will be high if social isolation continues for 2 months. Of those who rate their depression high, 62% feel it will be high if social isolation continues for 2 months.

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

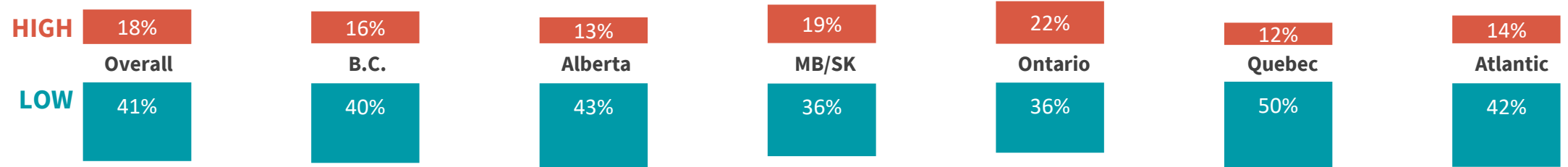


A2D. And, using the scale below... if COVID-19 – and the associated government guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) – remains in your province for 2 more months... what do you expect the following to be? Base: (Total n=4,005)

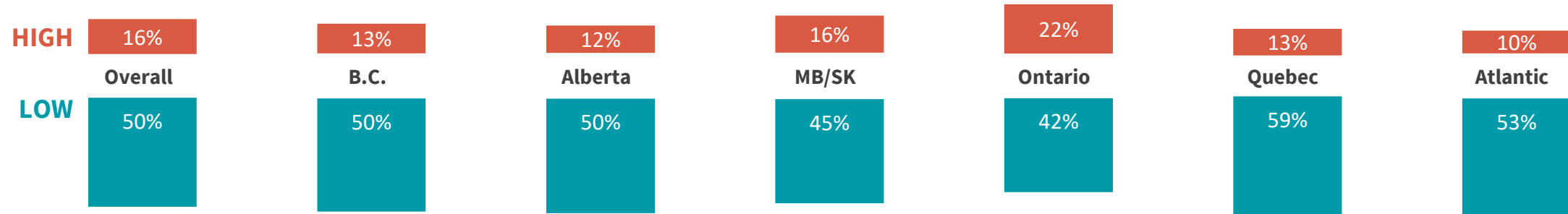
Ontario residents expect the highest levels of anxiety and depression if social isolation continues (3 of 3)



ANXIETY DISORDER



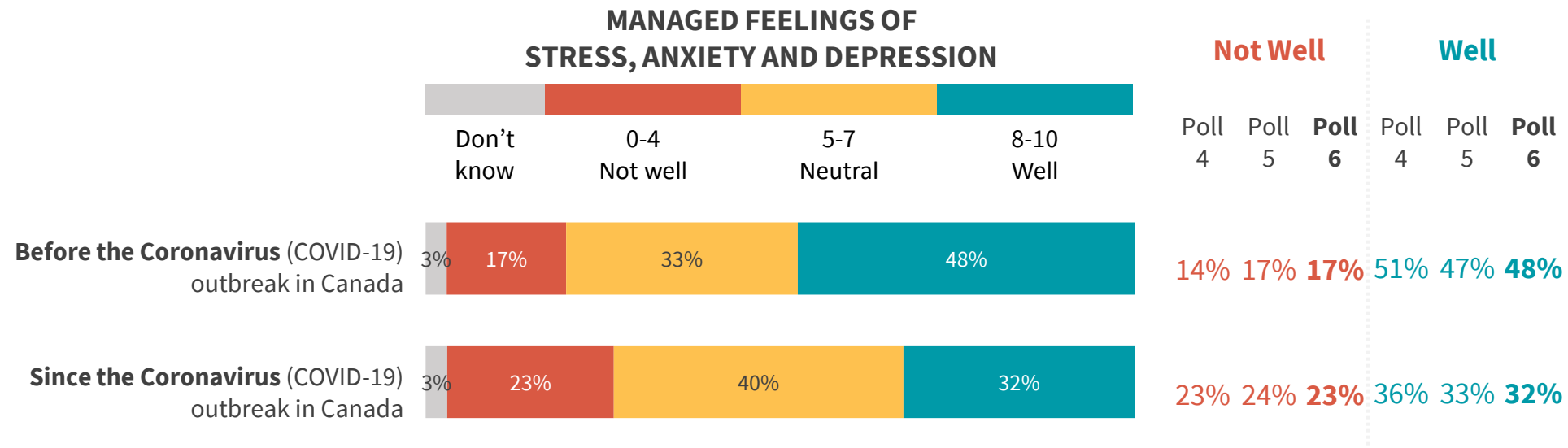
DEPRESSION



A2D. And, using the scale below... if COVID-19 – and the associated government guidelines and laws (ex. social distancing, social bubbles/circles, masks, quarantines, etc.) – remains in your province for 2 more months... what do you expect the following to be? Base: (Total n=4,005)

COVID-19 consistently continues to have a negative impact on management of stress/mental health (3/3)

- In Poll 6 (48%), almost half of Canadians say they were doing well managing feelings of stress, anxiety and depression prior to COVID-19, similar to Poll 5 (47%).
- Consistent with Poll 5 findings, the proportion of Canadians in Poll 6 who say they are doing well managing their mental health following the outbreak dropped to just a third (32%) with over one-fifth(23%) reporting they are not doing well.
- Young people, 18-34, are less likely to feel they are managing stress well (8-10 rating) before the pandemic (33%) and this fell further after the outbreak (21%) – the 35-54 group had a similar decline (42% to 29%, respectively).
- Before the pandemic, those with a mental health issue were less likely to handle this well (37%). Since the pandemic, the number has reduced significantly (down by 14% to 23%).



A2B. 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=4,005)



Impacts on Mental Health

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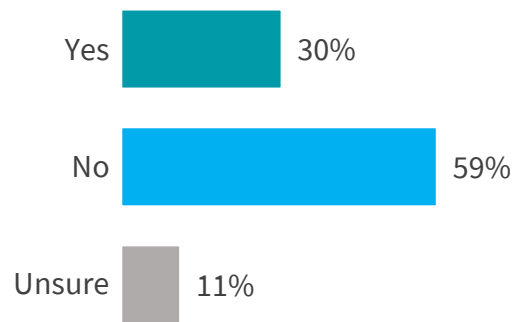
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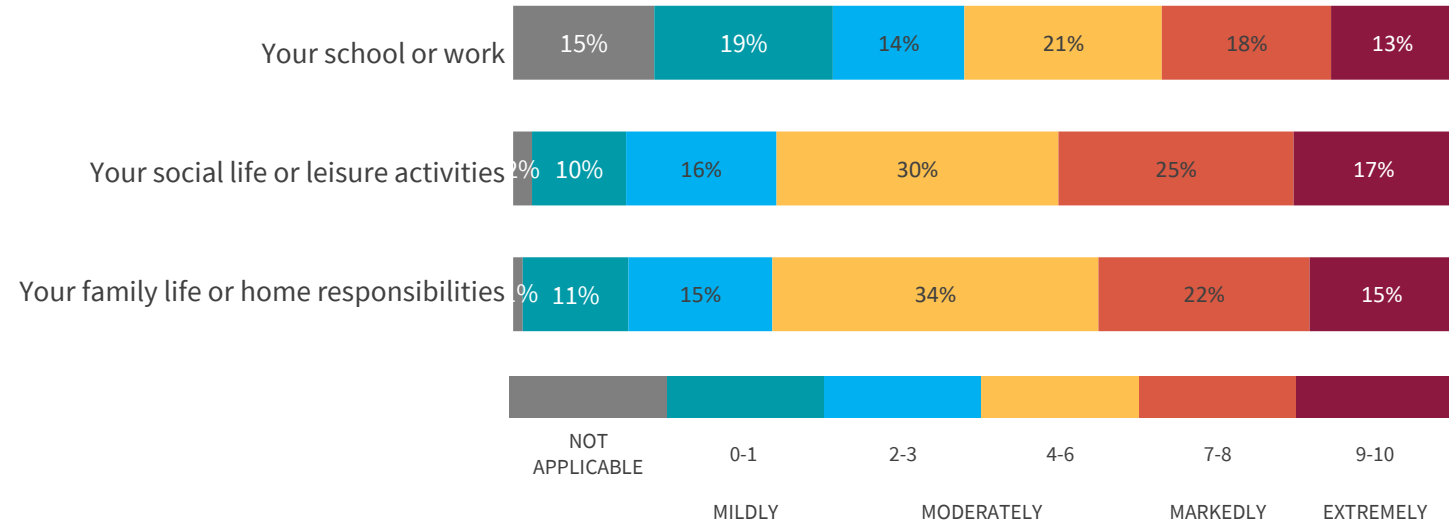
One-in-three Canadians report experiencing the effect of the mental health symptoms on their day-to-day life

- Social life and leisure activities faced most disruptions (9-10: 17%) due to mental health symptoms compared to family life or home responsibilities (15%) and school or work (13%).
- Canadians more prone to be affected due to their mental health: Younger Canadians (43%; 35-54: 32%; 55+: 18%); females (32% vs. 27% of males); employed (33% vs. 25% of unemployed); having a mood disorder (45% vs. 17% of those with no mood disorder).

EFFECTS OF MENTAL HEALTH ON ABILITY TO FUNCTION



DISRUPTIONS DUE TO MENTAL HEALTH SYMPTOMS



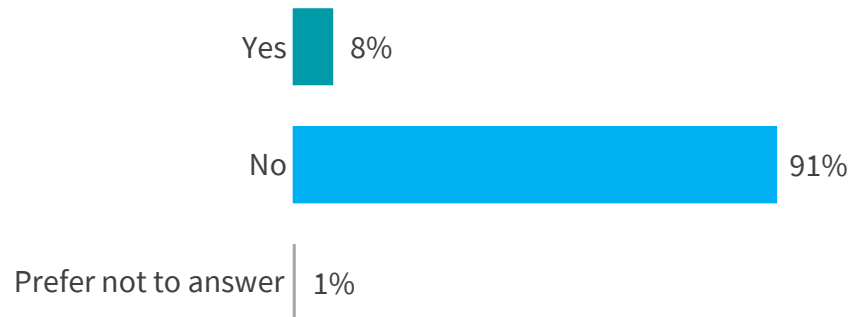
A11. The following question outlines the effect that mental health symptoms may be having on your day-to-day life. Do you feel that your mental health is having any effect on your ability to function? Base: (Total n=4,005)

A12. Have mental health symptoms disrupted any of the following: Base: (Yes at A11 n=1,138)

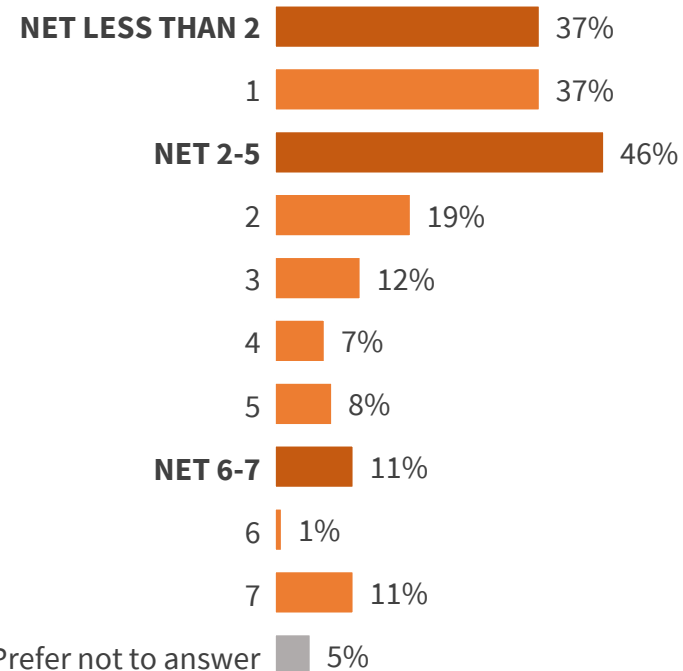
Mental health is causing a significant number of lost work and/or school days

- This is a bigger problem to young Canadians, with one-in-ten (11%) of 18-34 year old missing an average of 2.5 of the last 7 days.
- More than one-in-ten front line health care workers have lost work time (13%); an average of 2.6 of the last 7 days.
- Those who have severe disorders on the Kessler-10 (22%), the GAD-7 (26%) or the PHQ9 (27%) are most likely to have lost days.

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



DAYS LOST BECAUSE OF MENTAL HEALTH



**Mean
2.7
DAYS**

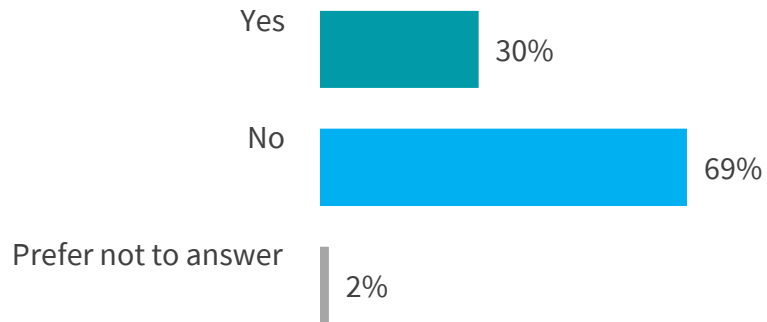
A13. Did you lose any days at school or work because of your mental health in the past week? Base: (Those who are employed or are students n=2,501)

A13A. How many days? Base: those who have lost days n=200)

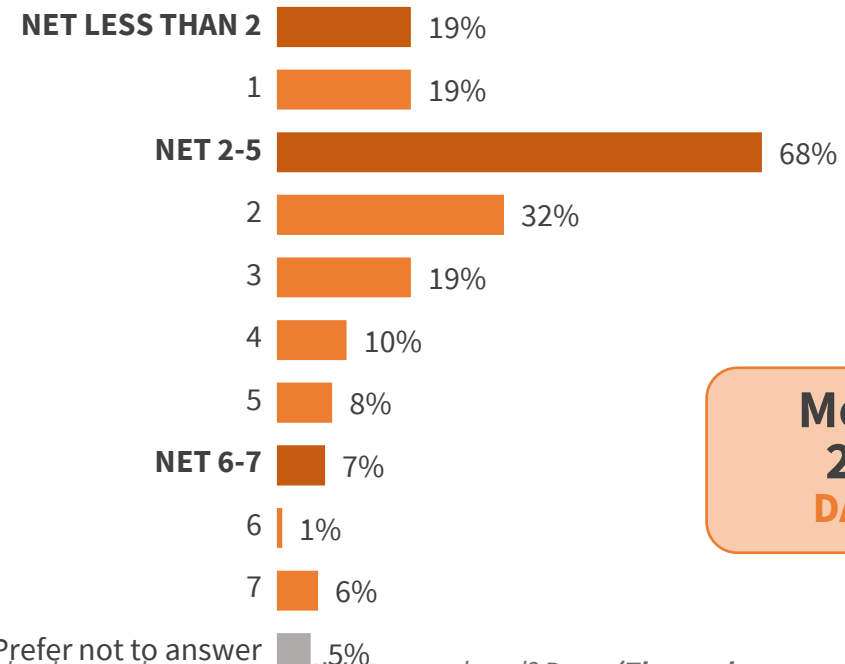
Canadians are impaired for a significant number of work and/or school days due to their mental health

- Canadians more prone to feeling impaired and have reduced productivity: Younger Canadians (37%; 35-54: 23%; 55+: 9%); females (24% vs. 18% of males); employed (27% vs. 14% of unemployed); having a mood disorder (31% vs. 13% of those with no mood disorder).
- Canadians feeling impaired and have reduced productivity for 6-7 days: Males (10% vs. females: 5%).

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



DAYS WHEN FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED



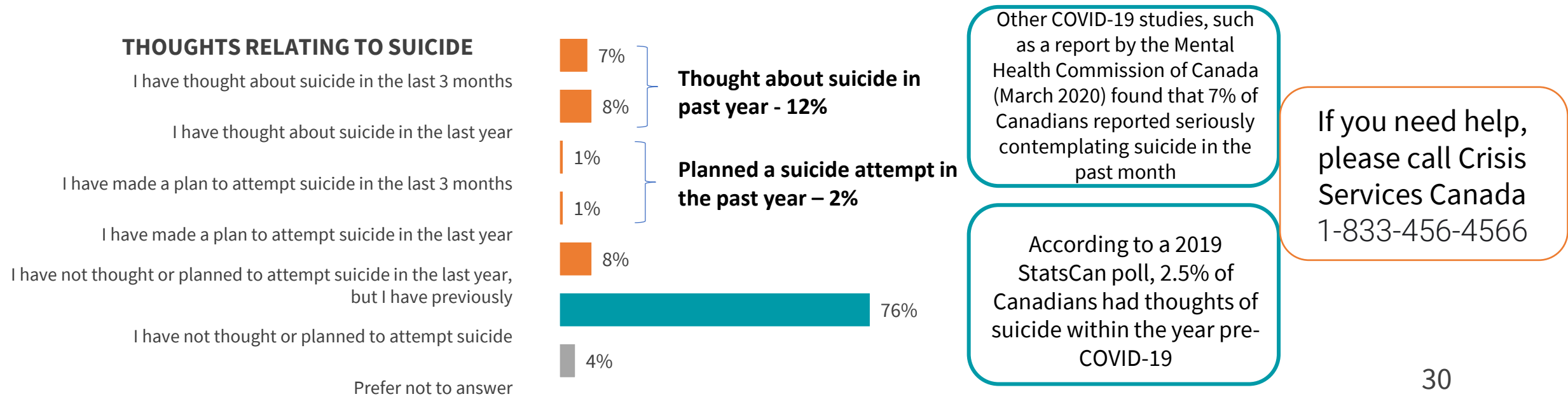
**Mean
2.9
DAYS**

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=2,501)

A14A. How many days? Base: (those who have lost days n=714)

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

- Thoughts of suicide are more predominant among younger Canadians, with 19% of 18-34 year olds having thought of it in the past year (11% in the past three months), and 4% having planned an attempt in the past year (2% in the past three months).
- Thoughts of suicide are also higher among those who live in rural (past year 16%) rather than urban (past year 12%) settings and among those who live alone (15% past year).
- One-fifth (20%) of frontline healthcare workers have thought about suicide in the past year (20%) and 4% have planned an attempt.
- Those who rate their anxiety and depression as high (rated 8-10) since COVID-19 have more thoughts of suicide. More than two-fifths (44%) of those with high depression have thought of it in the past year (32% in the past three months) and almost one-in-ten (9%) have planned an attempt in the past year (7% in the past three months). Of those rating their anxiety as high, 31% have thought about suicide in the past year (20% in the past three months) and 6% have planned an attempt in the past year (4% in the past three months).

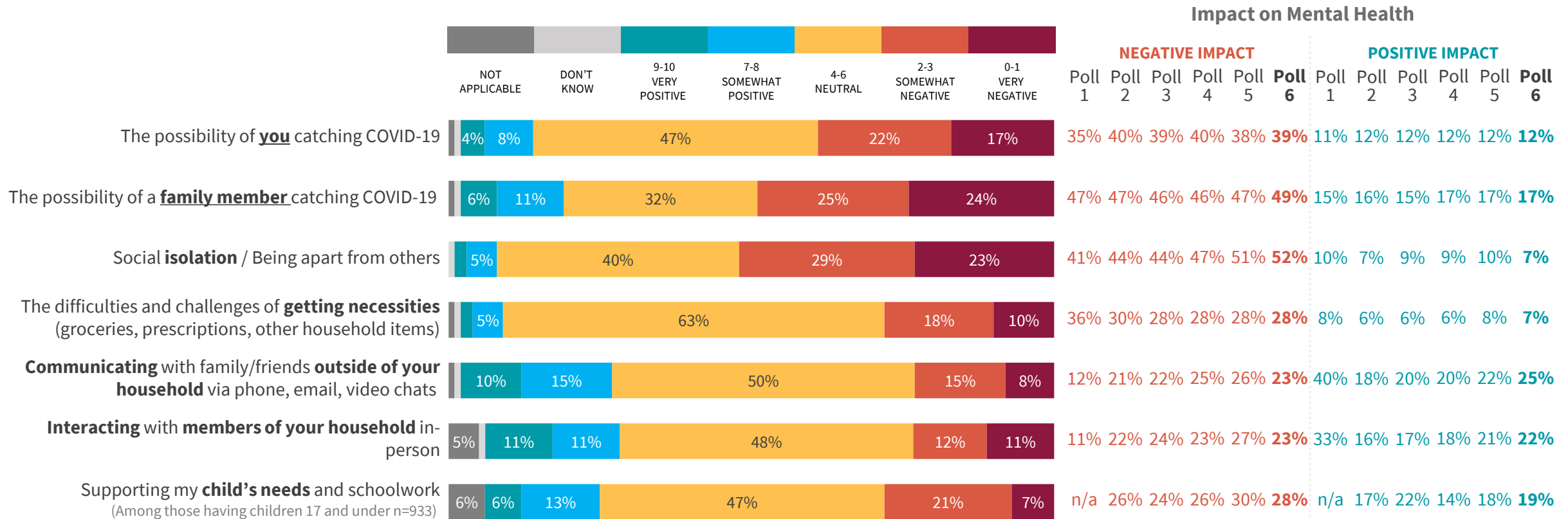


A15. The following questions may be sensitive to some people, but we have to ask the same questions of everyone. Base: (Total n=4,005)

Fear of the spread of COVID-19 continues to have a negative impact on mental health (1 of 2)

- Despite the vaccine roll out, two-fifths (39%) of Canadians say concerns about contracting COVID-19 is having a negative impact on their mental health while half (49%) remain concerned about family members contracting COVID-19. Results have remained consistent since Poll 2.
- **Social isolation** is now the leading stressor on mental health with half (52%) reporting a negative impact, an increase of 11% since the first poll. It is particularly hard on those at a high risk for mental health issues, with three-quarters (73%) saying it is having a negative impact on their mental health.
- In the early stages of the outbreak, Canadians reported that **communication with friends/ family outside and inside the home** had a positive impact on mental health, but Poll 2 saw an increase in **the negative impact of these interactions**. In Poll 6, these interactions continue to have a negative impact (26%) but there is a decrease of 3% compared to Poll 5 and a quarter (23%, -4%) that communication within the home is having a negative impact.
- Young people, ages 18-34, are feeling the negative impact of the pandemic on their mental health. They are more likely to be concerned about the following: family member catching COVID-19 (56% vs. 35-54: 51%; 55+: 41%); social isolation (60% vs. 35-54: 51%; 55+: 45%); and buying necessities (32% vs. 35-54: 30%; 55+: 23%).
- Young people, 18-34 are more likely to identify **communicating** with others outside the home (28% vs. 35-54: 23%; 55+: 23%) and inside the home (28% vs. 35-54: 25%; 55+: 17%) as a **positive influence** on mental health despite the overall negative impact of communication already noted.
- Overall **women** remain more likely to say the pandemic is having a negative impact including: social isolation(55%) and buying necessities (29%).

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

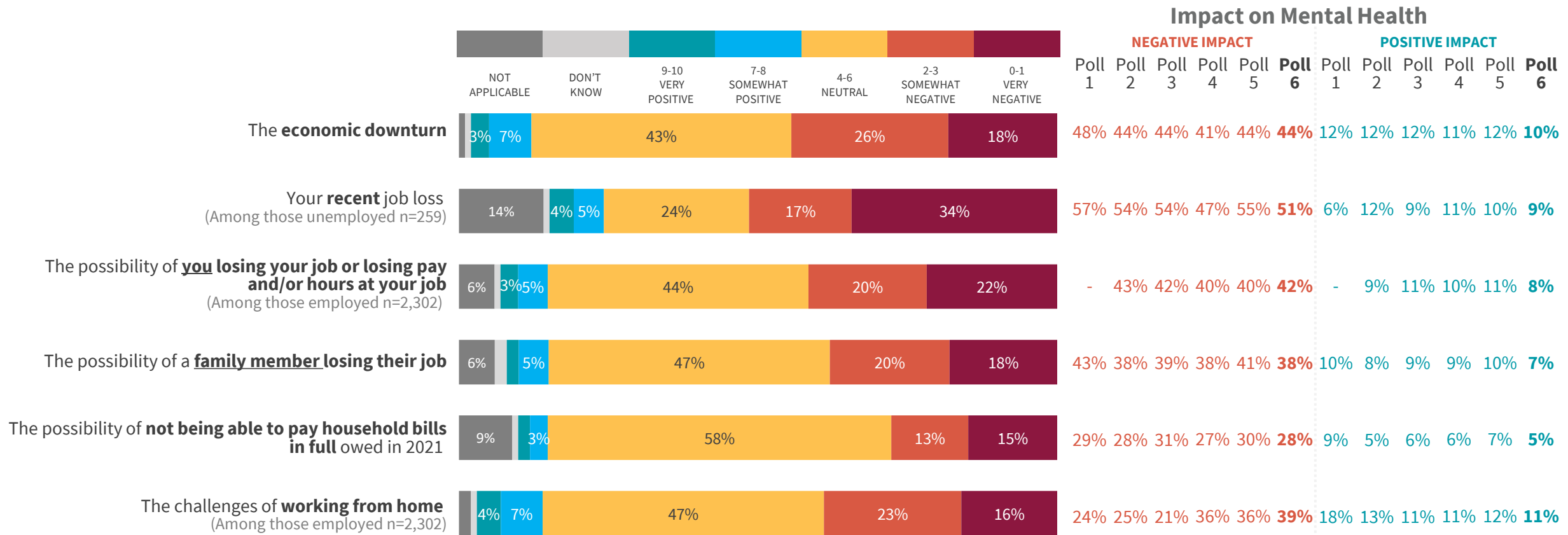


A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any: Base: (Total n=4,005)

The economy remains a stressor for Canadians and is disproportionately affecting younger Canadians (1 of 2)

- In Poll 4, the negative impact of the economy had lessened for a few indicators (economic downturn, job loss, paying bills), but the impact returned in Poll 5 and has remained constant in Poll 6.
- Two-fifths (44%) of Canadians continue to feel that the economic downturn has had a negative impact on their mental health, up slightly (by 3%) since Poll 4 and similar to Poll 5.
- More than half (51%) of unemployed Canadians say job loss is having a negative impact as the pandemic continues, a decrease of 4% since Poll 5.
- The negative impact on mental health of the possibility of themselves (42%) or their family (38%, a decrease of 3%) losing their jobs remains and is consistent with previous polls.
- A third (28%) agree that the possibility of not being able to pay bills is having a negative impact (down 2% since Poll 5) in-line with the findings from Poll 1 and 2.
- The negative impact on mental health as a result of **working from home** has been increasing since Poll 4 to two-fifths (39%, up by 3%).
- Young people, ages 18-34, are more likely to report that the economic downturn is having a negative impact on their mental health including: fear of a family member losing a job (46% vs. 35-54: 39%; 55+: 32%) and concern about paying bills (35% vs. 35-54: 32%; 55+: 20%).

The economic downturn continues to have a negative impact on mental health as the pandemic continues (2 of 2)

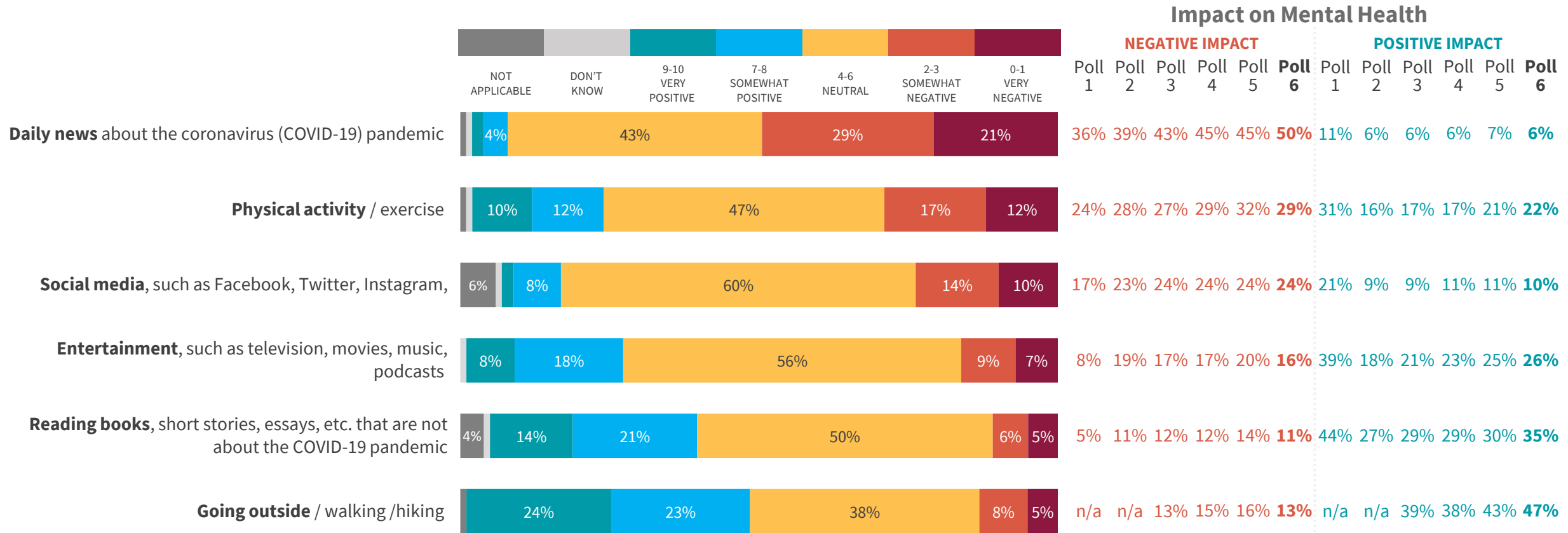


A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any:
Base: (Total n=4,005)

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

- Increasing number of Canadians (up 5% to 50%) report that daily news about COVID-19 continues to have a negative impact on their mental health. This is particularly troublesome for those at a high risk for mental health issues (56%).
- Physical activity, considered a positive influence on mental health in Poll 1 and declining in Poll 2, remains a negative influence with a slight decline in Poll 6 (29%, a decrease of 3%) with only a fifth (22%, up 1%) agreeing physical activity has a positive impact.
- Entertainment (26% say positive) and reading books (35% say positive) remain a more positive than negative impact on mental health, following an upward trend, but are still not as positive an influence as in Poll 1.
- **Going outside continues to be the activity with the most positive impact on mental health which has increased with this poll to 47% (up 4%) – only 13% say going out has a negative impact.**
- Young people, 18-34 years, are more likely to say a number of activities are having a positive impact on mental health during the pandemic compared with other age groups. This includes: entertainment (34% vs. 35-54: 29%; 55+: 20%); physical activity (28% vs. 35-54: 24%; 55+: 17%); and social media (12%; 35-54: 10%; 55+: 9%).
- The influence of social media on mental health polarizes younger Canadians, 18-34. While it is a positive influence on mental health for some, it can also have a significant negative impact (0-3 rating) compared with older Canadians: (31% vs. 35-54: 26%; 55+: 16%).

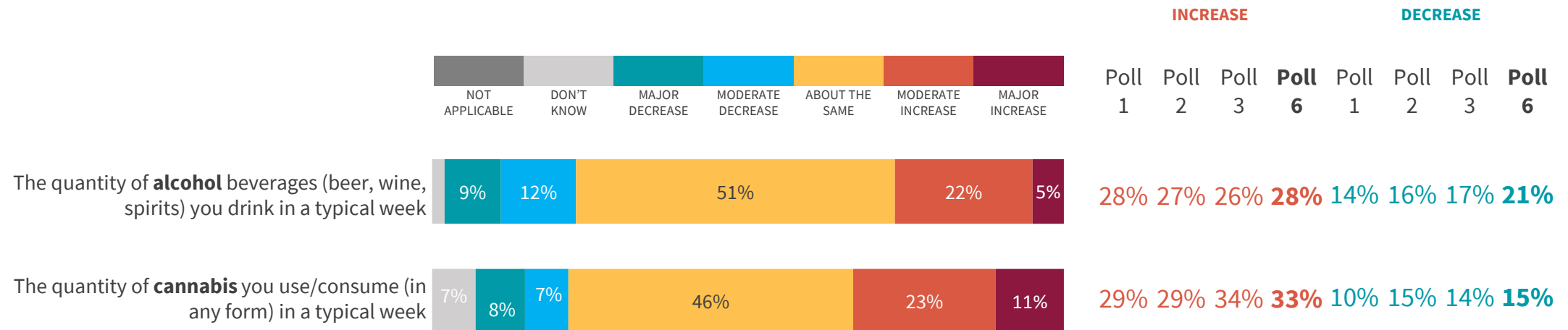
Going outside continues to have the most positive impact on mental health (2 of 2)



A3A. During the current Coronavirus (COVID-19) outbreak in Canada, please rate each of the following in terms of the impact they are currently having on your mental health, if any: Base: (Total n=4,005)

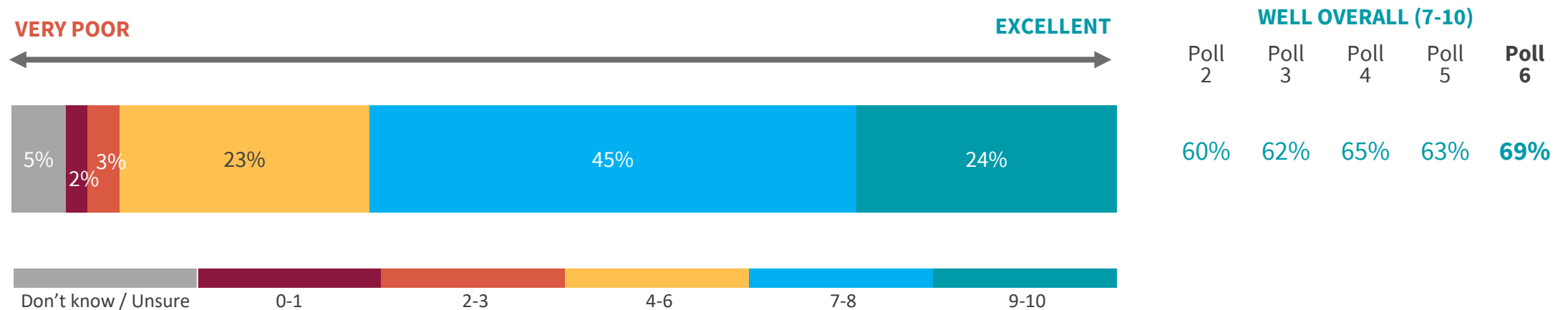
Alcohol consumption has increased slightly in this current poll

- A stagnant trend is followed since Poll 1 in the number of Canadians increasing their alcohol (28%, +2% since Poll 3) and cannabis (33%, +4% since Poll1 but -1% since Poll 3) consumption, a trend worth monitoring.
- Canadians reporting to have decreased their alcohol consumption (21%, +4% since Poll 3) has gone up since Poll 1. However, the opposite is observed for cannabis consumption. In the current poll (Poll 6) lesser number of people said that they are decreasing their cannabis consumption (4%, -10% since Poll 3).
- Those in the 18-34 age group are most likely to have increased their alcohol consumption (33% vs. 27% 18-34, 22% 55+).
- 18-34 (39%) and 35-54 (38%) are more likely to have increased their cannabis use, compared to 55+ (20%).



An increasing number of Canadians feel confident about their ability to recover from challenges presented by COVID-19

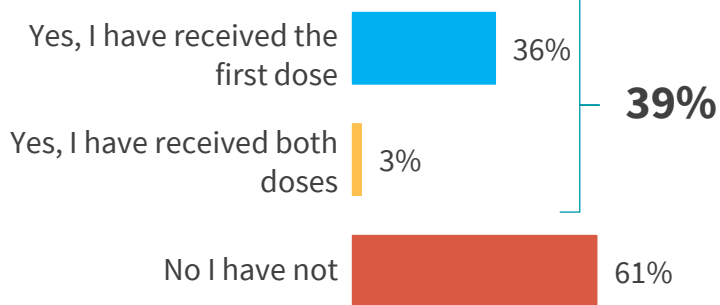
- More than two-thirds (69%) of Canadians continue to feel somewhat confident about their ability to bounce back from the challenges created by COVID-19 (69% rate this 7 to 10, when 10 means excellent), with a quarter feeling very confident (24% rating this a 9 or 10). While there was a slight dip in Poll 5, the numbers have increased significantly since Poll 1 (up by 9%).
- Younger Canadians (below 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: 57%; 35-54: 64%; 55+: 80%).
- 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 (77%) compared to those who are suffering from mental illness (58%).



Two-fifths of Canadians have been vaccinated, with depression higher among the unvaccinated

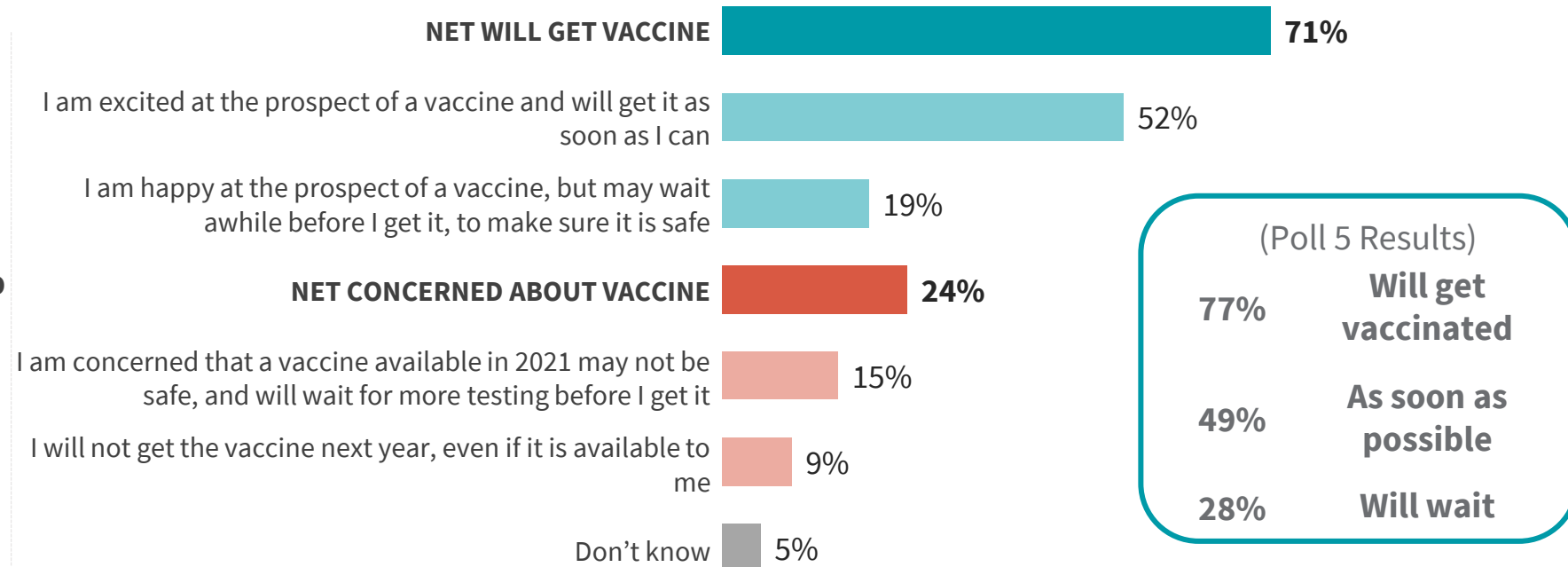
- More than a third (36%) said that they received the first dose of the COVID-19 vaccination while only 3% got both the doses.
- Of those not vaccinated yet, almost three-quarters (71%) of Canadians plan to get vaccinated, similar to Poll 5 (77%). 55+ are more likely to be vaccinated (69% vs. 18-34: 16%; 35-54: 23%) and out of those not vaccinated, 68% plan to get it, with 47% saying they will get it as soon as it is available. By comparison, 74% of those 18-34 plan to get the vaccine (55% as soon as available) but 21% are concerned about it (compared to 28% of those 55 and older).
- Those aged 55+ who have been vaccinated are indicating much lower levels of depression (8%) compared to those 55+ who have not been vaccinated (14%).

COVID-19 VACCINATION



A5A. Have you received the COVID-19 vaccination? Base: (Total n=4,005)

NOT YET VACCINATED



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=2,536)



Life in the Post-Pandemic World

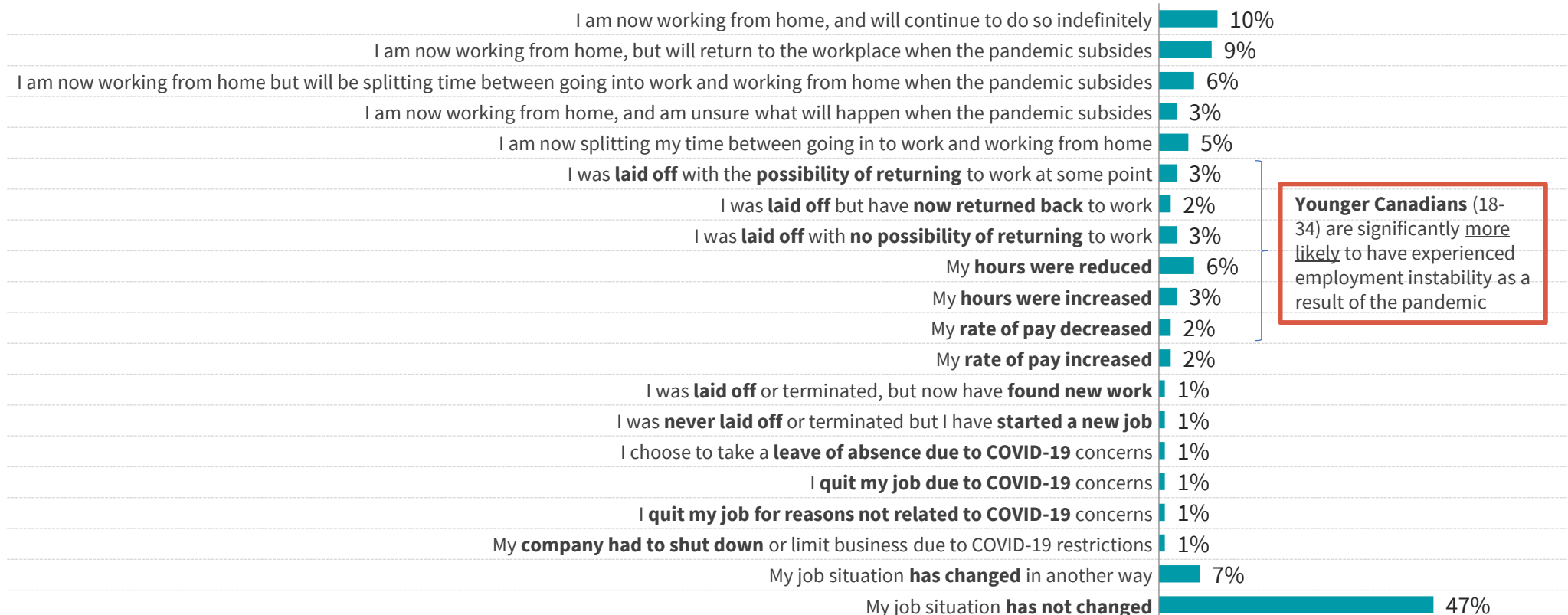
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While one-third of Canadians are working from home, only one-in-ten said they will remain at home full time once the pandemic is over

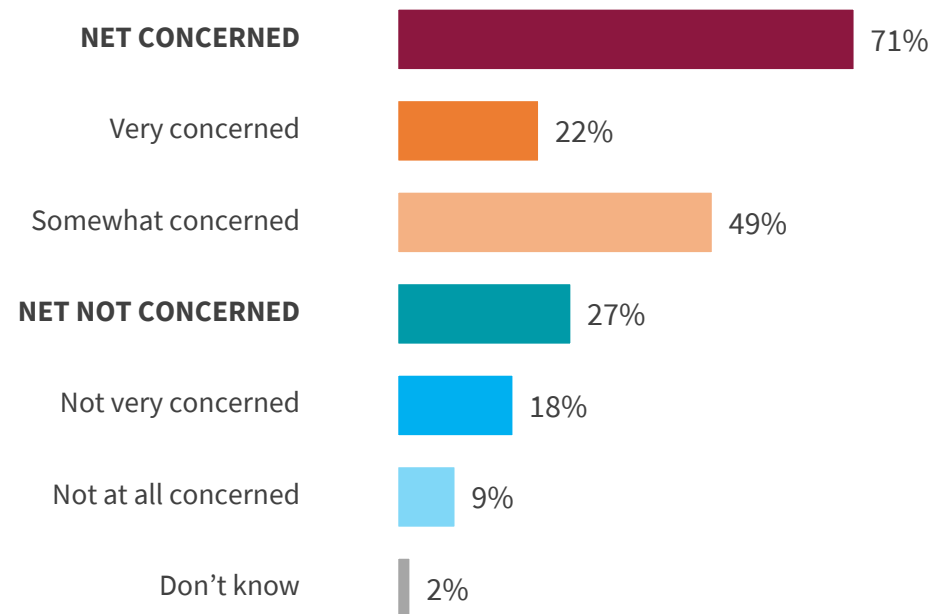
- Close to half (47%) of Canadians say their job situation has not changed and a third (33%) report they now work from home either completely or partially.



The majority of Canadians say they would be concerned about the continuing potential threat of COVID-19 even in the post-pandemic world

- Canadians concerned about the continuing potential threat of COVID-19: Atlantic Regions (78%); Ontario (80%); British Columbia (79%); urban (72% vs. rural: 63%); 55+ (75% vs. 35-54: 70%; 18-34: 63%); females (74% vs. males: 68%); people with mental disorder (74% vs. those with no mental disorder: 69%).

CONCERNED ABOUT THE CONTINUING POTENTIAL THREAT OF COVID-19





Mental Health Supports

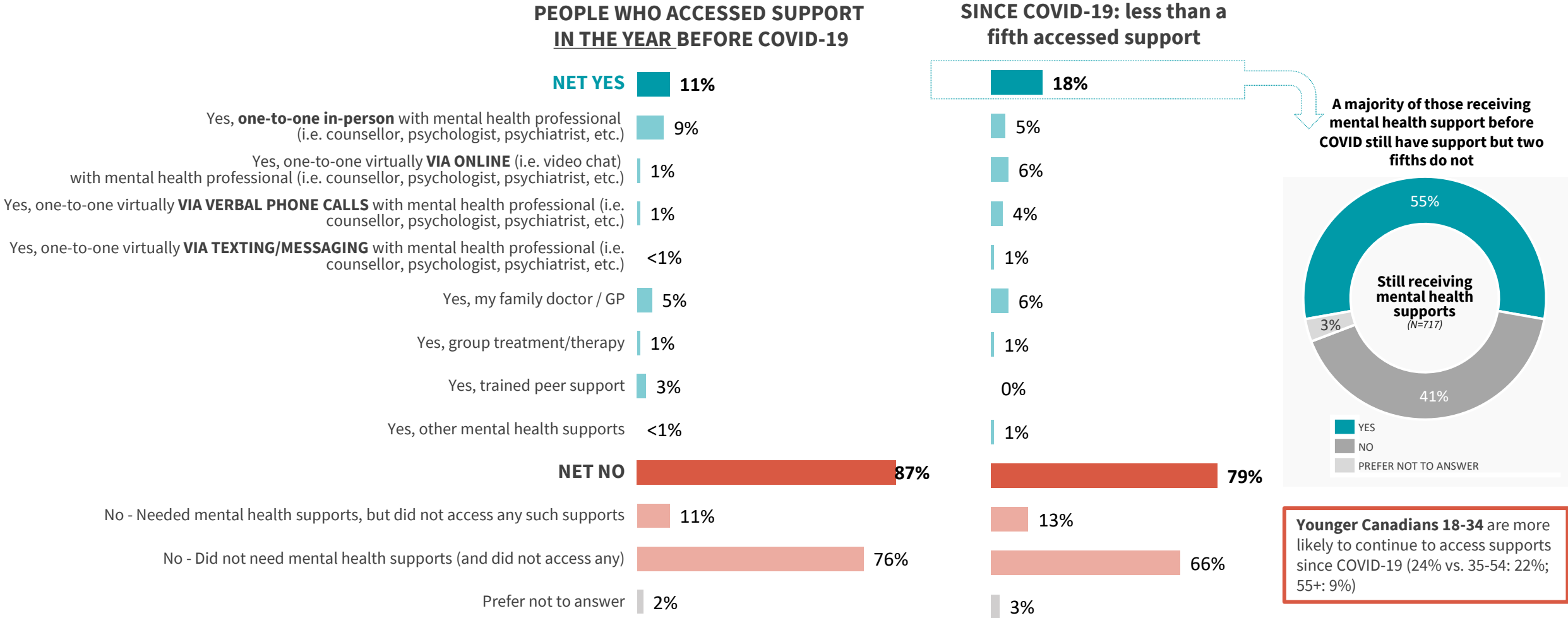
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Accessing mental health supports since COVID-19 remains steady at less than one-fifth

- In the year before COVID, 11% of Canadians had accessed mental health supports. This has increased to 18% in the year since the pandemic started. Of those who have not, one-in-ten both time frames felt they needed this support.



B11. BEFORE the outbreak of Coronavirus in Canada, have you ever had mental health support from any health care professionals? (Total n=4,005)

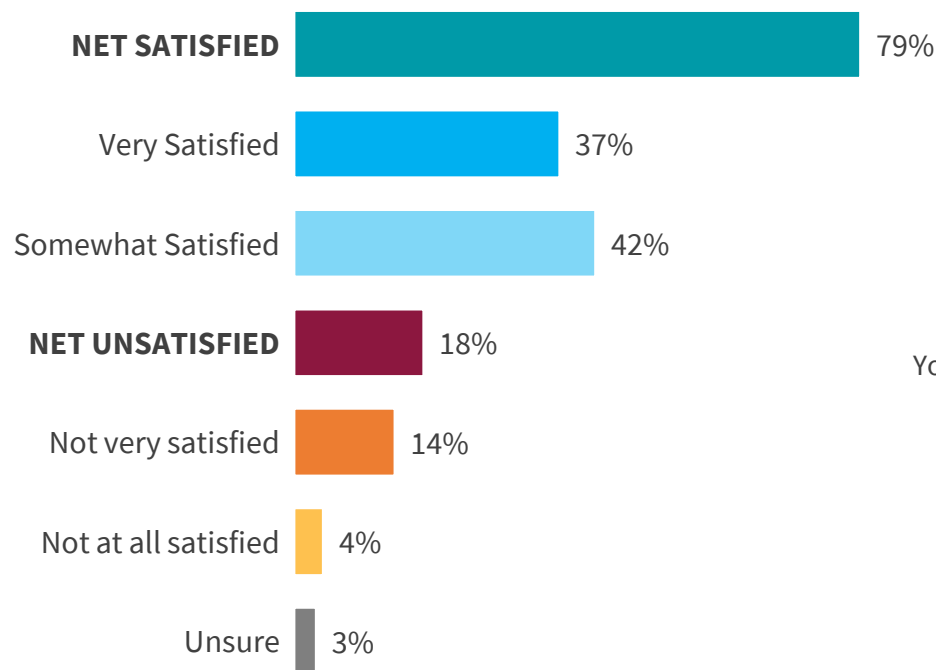
B13. SINCE the outbreak of the Coronavirus in Canada, have you had any support from any mental health professionals? (Total: n=4,005)

B14. Are you currently still receiving these mental health supports? (Total: n=717)

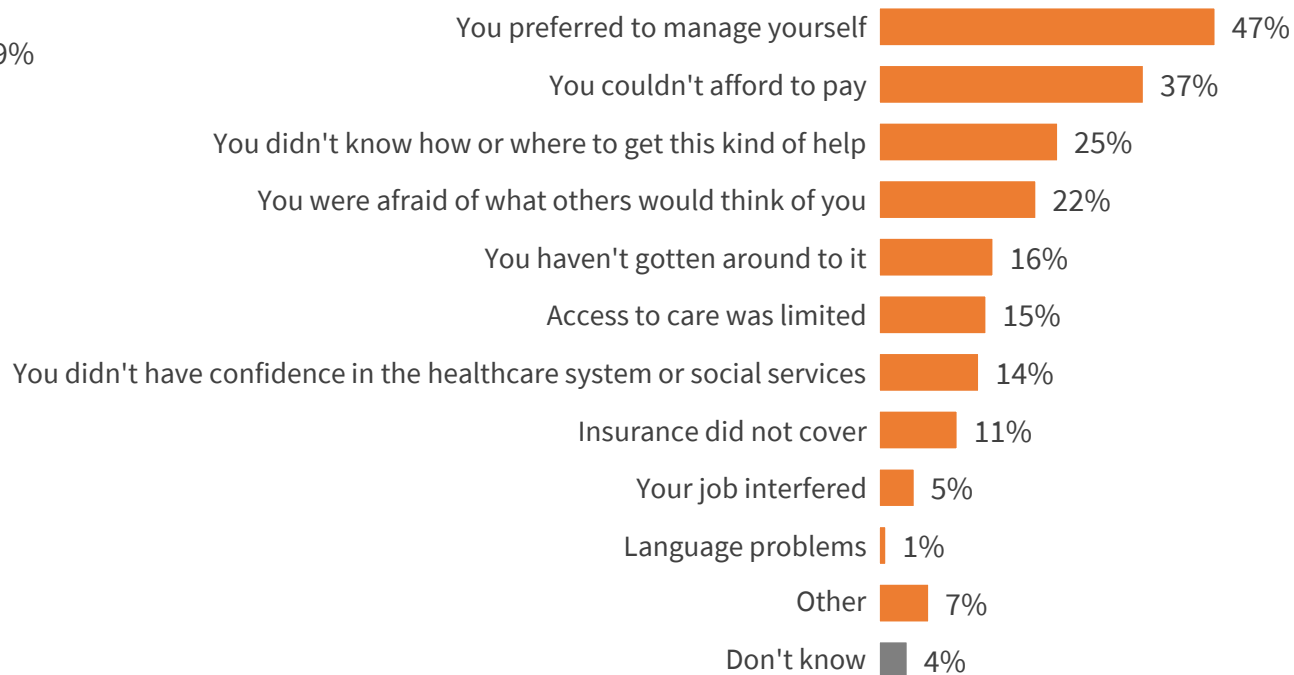
More than three-quarters were satisfied with the mental health support received before the pandemic

- While close to two-fifths (37%) of Canadians report they were very satisfied with the mental health support before COVID-19, 42% report that they were somewhat satisfied.
- Of those not assessing professional support for their mental health, almost half (47%) said they preferred to manage themselves while close to two-fifths (37%) said they could not afford the professionals

SATISFACTION WITH SUPPORT RECEIVED BEFORE COVID-19



REASONS FOR NOT ACCESSING THE SUPPORT BEFORE COVID-19



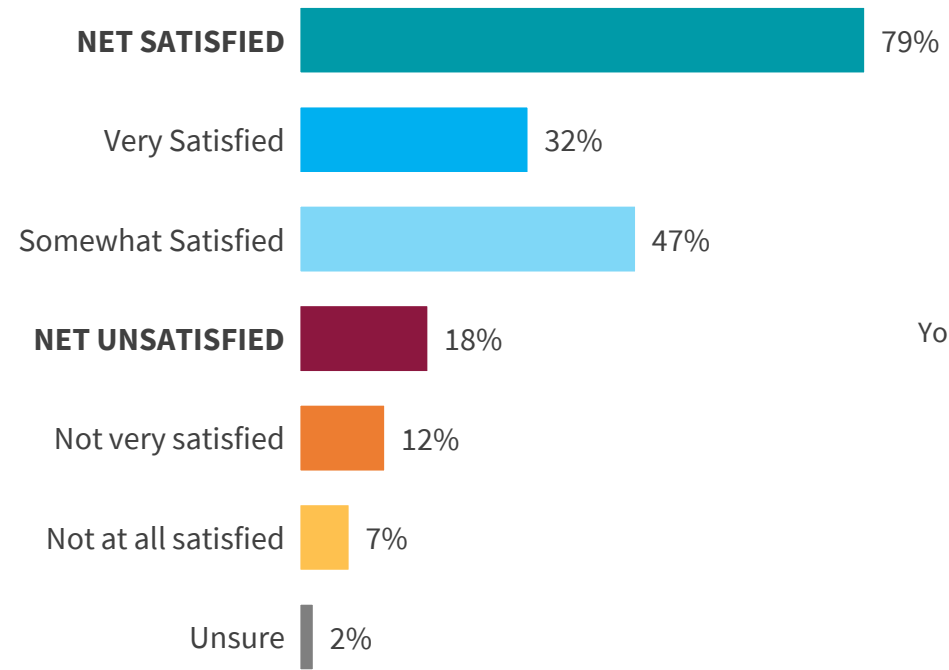
B12A. How satisfied were you with the support you received in the time BEFORE the Coronavirus (COVID-19) outbreak in Canada? Base: **Ever had mental support before COVID-19** n=1,300)

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=312)

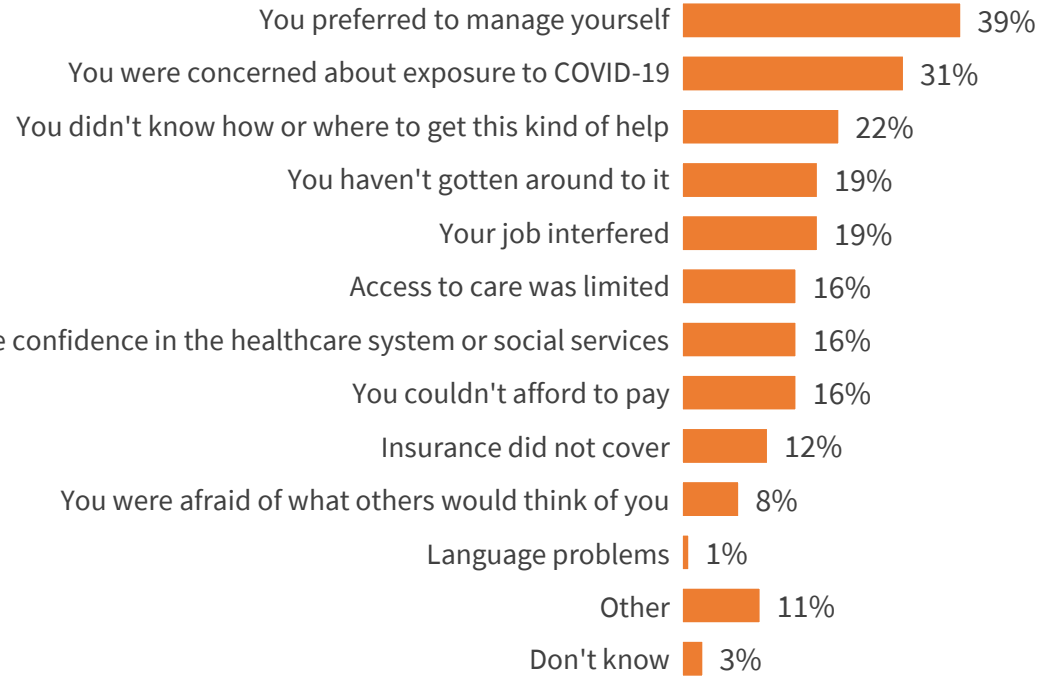
Satisfaction levels for mental health support remains consistent to the pre-COVID-19 levels

- While a third (33%) of Canadians report they were very satisfied with the mental health support before COVID-19, 47% report that they were somewhat satisfied.
- Of those not assessing professional support for their mental health since COVID-19, two-fifths (39%) said they preferred to manage themselves while close to a third (31%) said they were concerned about getting exposed to COVID-19.

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: (“Yes” at B13 n=717) access the support of a mental health professional? Base: (“No - Needed mental health supports, but did not access any such supports” at B11 n=517)

B14B: Why did you not



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