

Mental Health throughout the Pandemic



RECHERCHE
EN SANTÉ
MENTALE
CANADA

MENTAL
HEALTH
RESEARCH
CANADA

pollara
strategic insights

Methodology

Study has been conducted on behalf of Mental Health Research Canada.

Online surveys conducted among a randomly-selected samples of Canadians 16 years of age or older

Research was conducted over 10 polls.

Each wave of study consisted of between 1,800 and 4,000 surveys - with more than 30,000 surveys being conducted in total.

Study started in April 2020 and Poll 10 was conducted in December 2021. Poll 11 is scheduled to field this month.

Reliability

All 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.

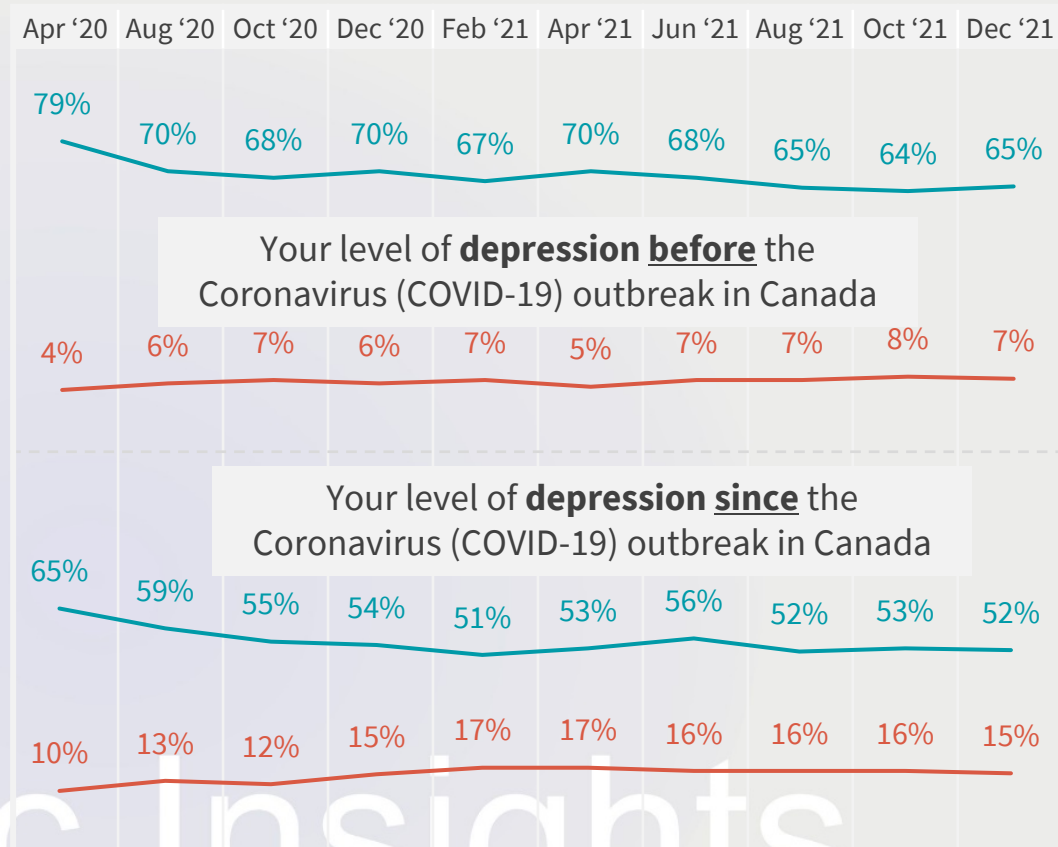
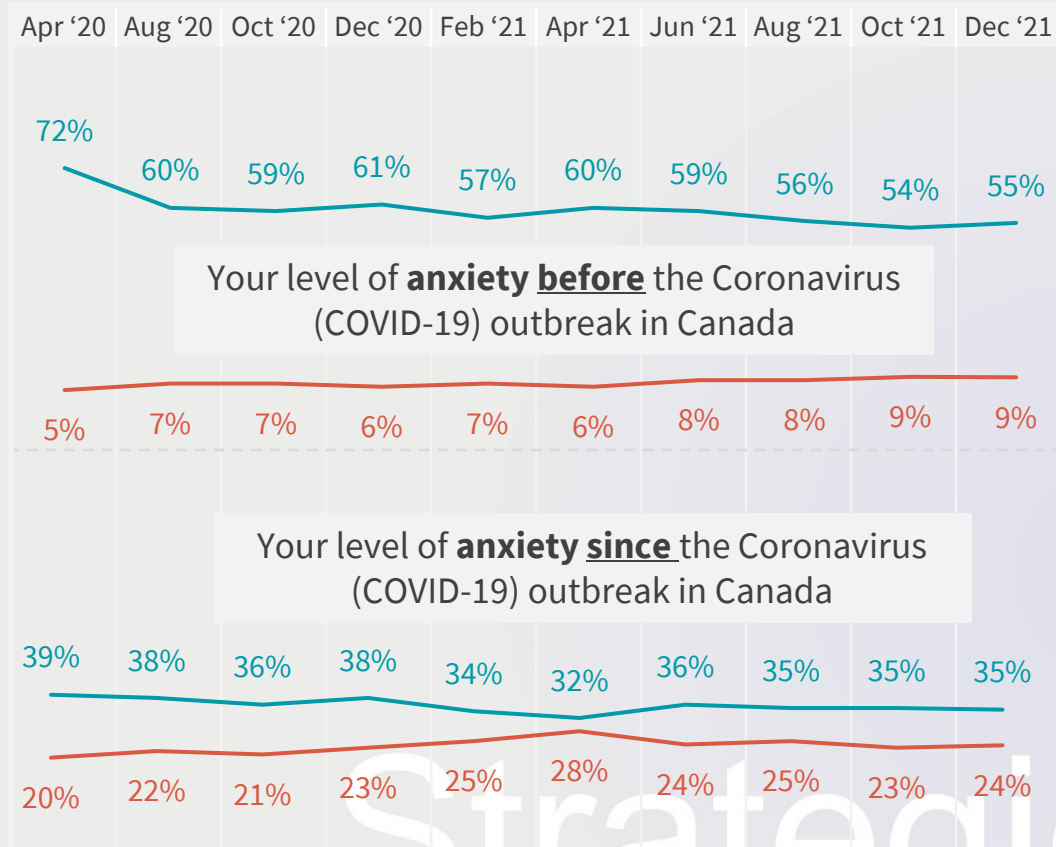
National	Interview Dates	Number of Interviews
Poll One	April 22 to 28, 2020	1,803
Poll Two	August 21 to 31, 2020	4,010
Poll Three	October 22 to 28, 2020	2,004
Poll Four	Dec 10 to 18, 2020	2,761
Poll Five	February 1 to 8, 2021	3,005
Poll Six	April 20 to 28, 2021	4,005
Poll Seven	June 7 to 13, 2021	4,010
Poll Eight	August 17 to 24, 2021	3,010
Poll Nine	Oct 22 to Nov 3, 2021	4,108
Poll Ten	Dec 13 to 22, 2021	3,701

While levels of Anxiety and Depression peaked in April 2021, they are not back to pre-pandemic levels

3

Most at risk groups:

- Younger Canadians
- Members of the LGBTQ2S+ community
- Frontline healthcare workers



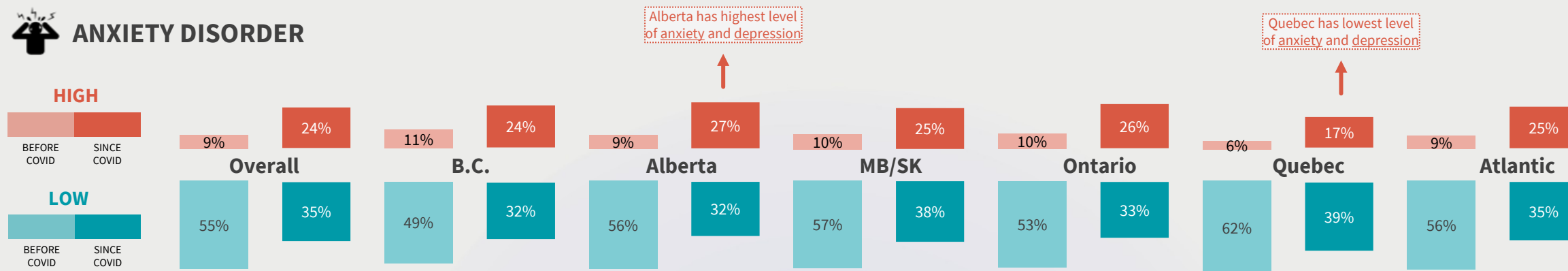
LOW
HIGH

Levels of Anxiety and Depression are highest in Alberta and lowest in Quebec

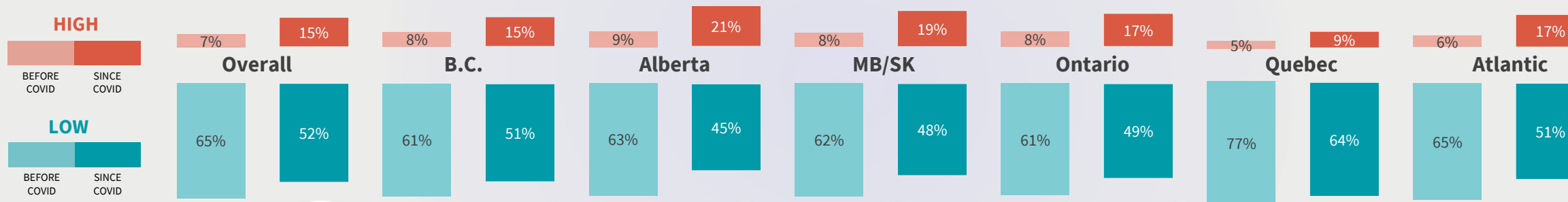
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ANXIETY DISORDER



DEPRESSION

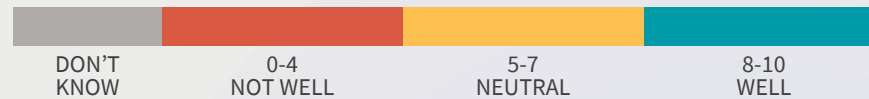


Strategic Insights

One-fifth to One-quarter have had difficulty managing stress, anxiety and depression – increasing slightly since October

- Those having hardest time managing: Younger Canadians and those with mental health disorder diagnosis.

MANAGED FEELINGS OF STRESS, ANXIETY AND DEPRESSION



Not Well

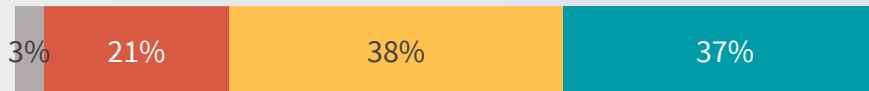
Well

Before the Coronavirus (COVID-19) outbreak in Canada



Dec '20	Feb '21	Apr '21	Jun '21	Aug '21	Oct '21	Dec '21	Dec '20	Feb '21	Apr '21	Jun '21	Aug '21	Oct '21	Dec '21
14%	17%	17%	16%	15%	16%	14%	51%	47%	48%	47%	47%	46%	47%

Since the Coronavirus (COVID-19) outbreak in Canada

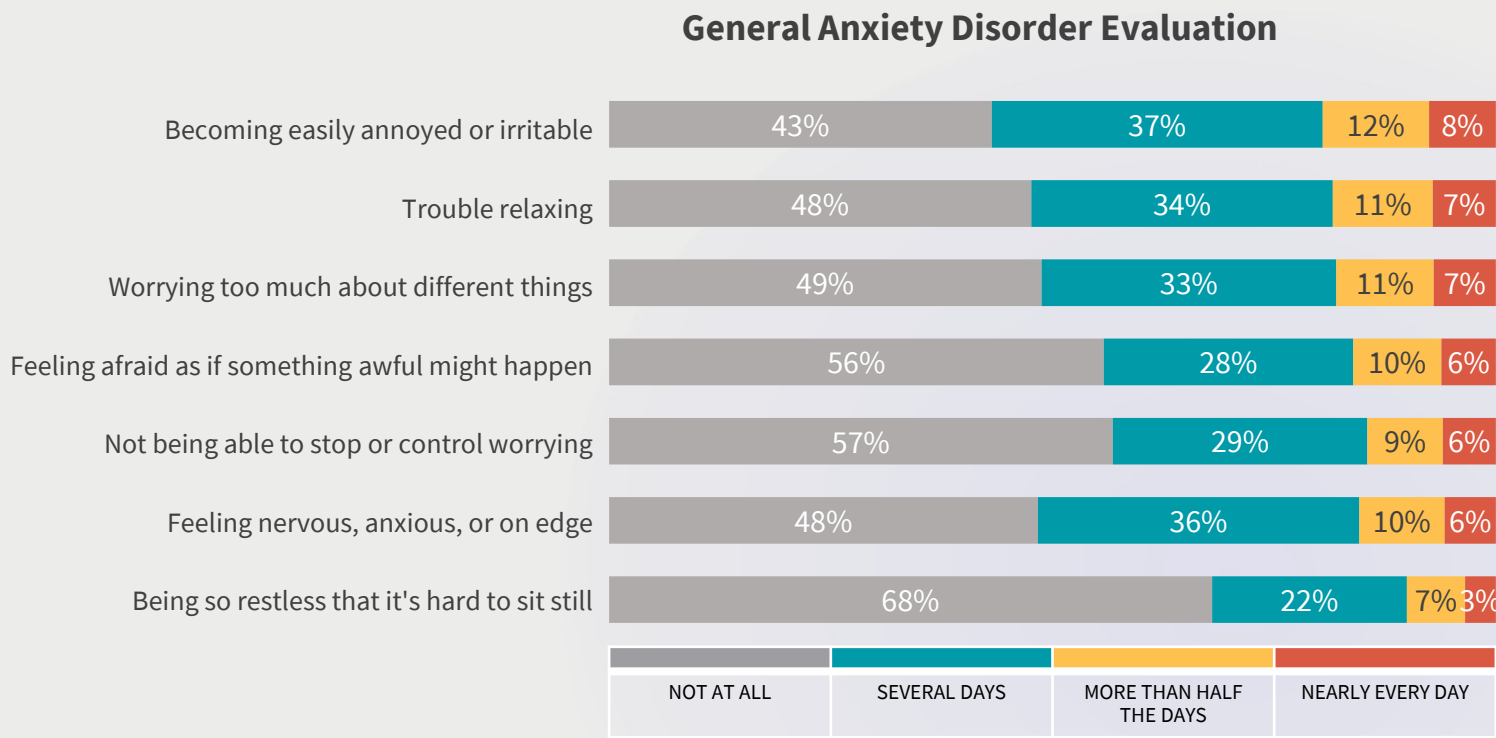


Dec '20	Feb '21	Apr '21	Jun '21	Aug '21	Oct '21	Dec '21	Dec '20	Feb '21	Apr '21	Jun '21	Aug '21	Oct '21	Dec '21
23%	24%	23%	23%	23%	19%	21%	36%	33%	32%	34%	35%	37%	37%

Strategic Insights

A seventh of the Canadians report likely to have moderate to severe levels of anxiety using the GAD-7

- Most at risk group: Younger Canadians, members of the LGBTQ2S+ Community



GAD-7 Scores

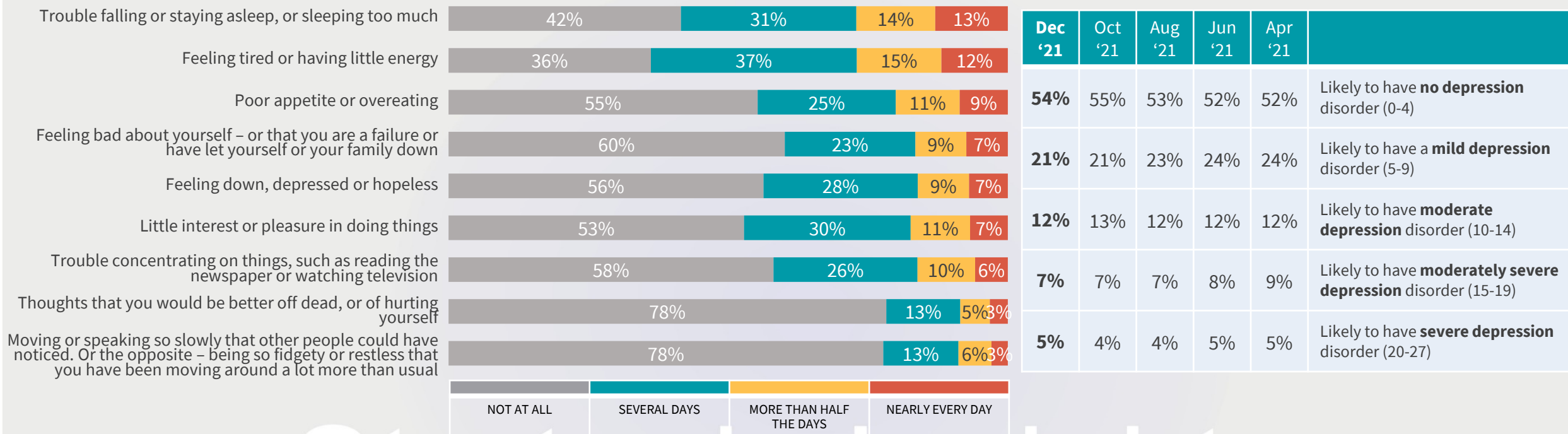
Dec '21	Oct '21	Aug '21	Jun '21	Apr '21	
62%	65%	63%	63%	62%	Likely to have no anxiety disorder (0-5)
23%	22%	23%	22%	23%	Likely to have a mild anxiety disorder (6-10)
9%	9%	9%	9%	9%	Likely to have moderate anxiety disorder (11-15)
5%	4%	5%	5%	6%	Likely to have severe anxiety disorder (16-21)

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

- Most at risk group: Younger Canadians, members of the LGBTQ2S+ Community

Patient Health Questionnaire Evaluation

PHQ-9 Scores



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

- Most at risk group (likely to have severe mental disorder): Younger Canadians, Frontline healthcare workers

Psychological Distress 1-5 Point Scale Items

	(All/Most)	(None/Little)
Tired out for no good reason	29%	39%
That everything was an effort	23%	52%
Nervous	22%	41%
Depressed	18%	56%
Restless or fidgety	18%	54%
Hopeless	16%	62%
Worthless	15%	68%
So sad that nothing could cheer you up	12%	69%
So restless you could not sit still	10%	74%
So nervous that nothing could calm you down	9%	72%

Kessler-10 Scores among Canadians with high and moderate anxiety or depression since COVID

Moderate: 5-7

High: 8-10

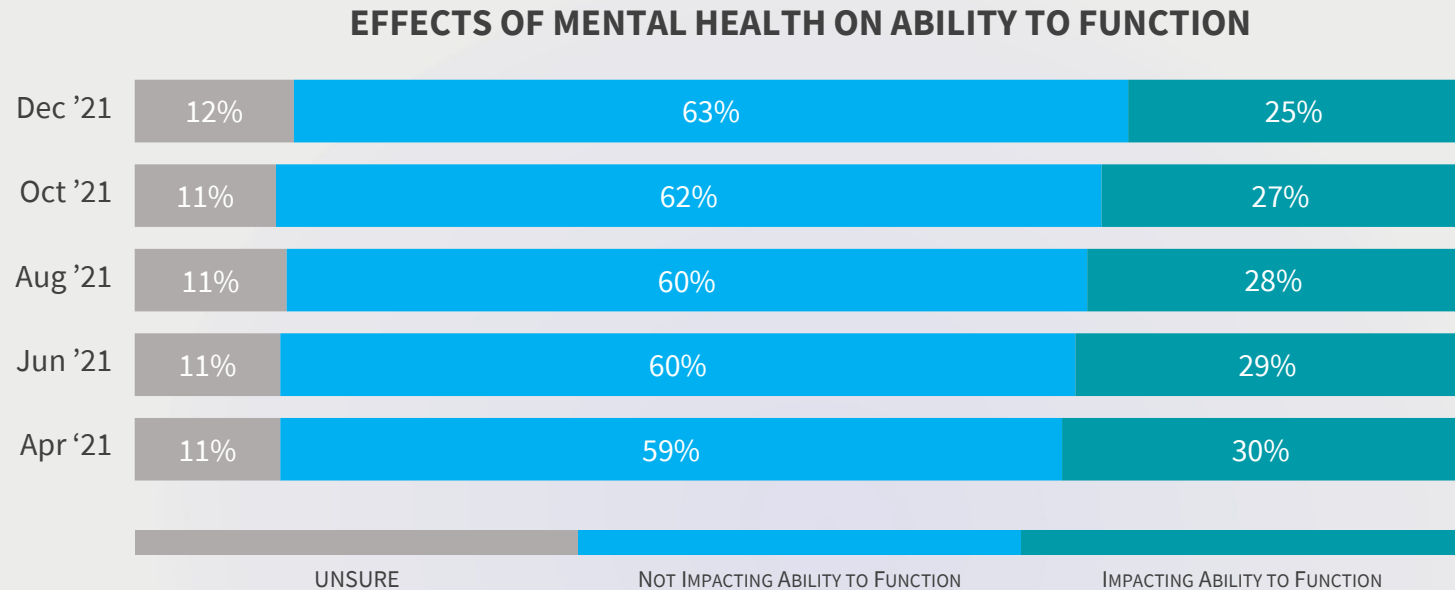
Dec '21	Dec '21	Oct '21	Aug '21	Jun '21	Apr '21	Feb '21	Dec '20	Oct '20	Aug '20	
49%	19%	20%	21%	20%	23%	19%	19%	18%	21%	Likely to have no mental health disorder (<20)
21%	19%	19%	20%	19%	18%	18%	18%	19%	16%	Likely to have a mild mental disorder (20-24)
14%	18%	22%	22%	21%	21%	20%	22%	26%	21%	Likely to have moderate mental disorder (25-29)
15%	44%	38%	38%	40%	37%	43%	40%	36%	42%	Likely to have severe mental disorder (30-50)

Strategic Insights

A quarter of Canadians report experiencing the effect of the mental health symptoms on their day-to-day life

9

- Groups most impacted: Younger Canadians, members of the LGBTQ2S+ Community, Frontline healthcare workers.

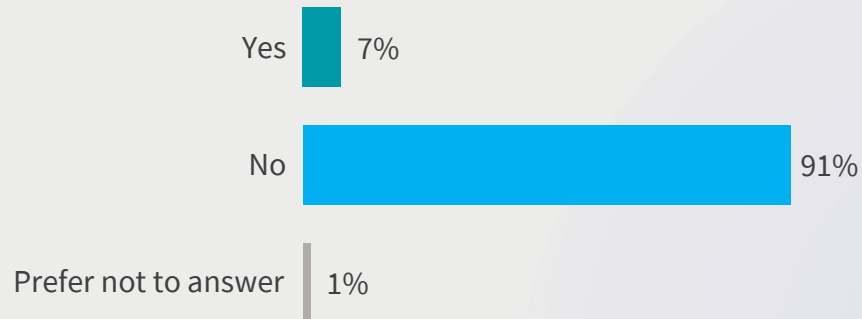


Strategic Insights

Almost one-in-ten have lost days due to mental health in the past week, one-fifth have felt impaired

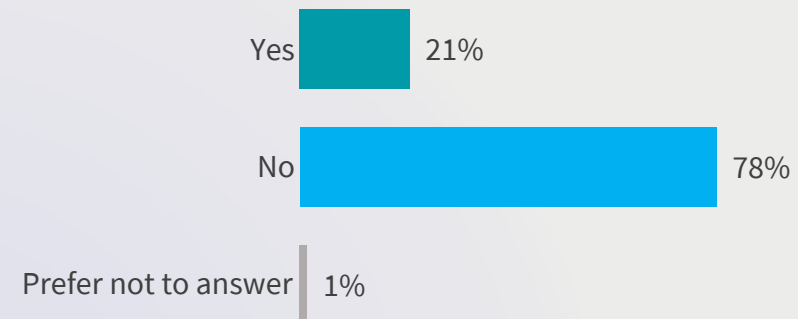
- Groups most impacted: Younger Canadians (students), Frontline healthcare workers.

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



Mean
2.9
DAYS

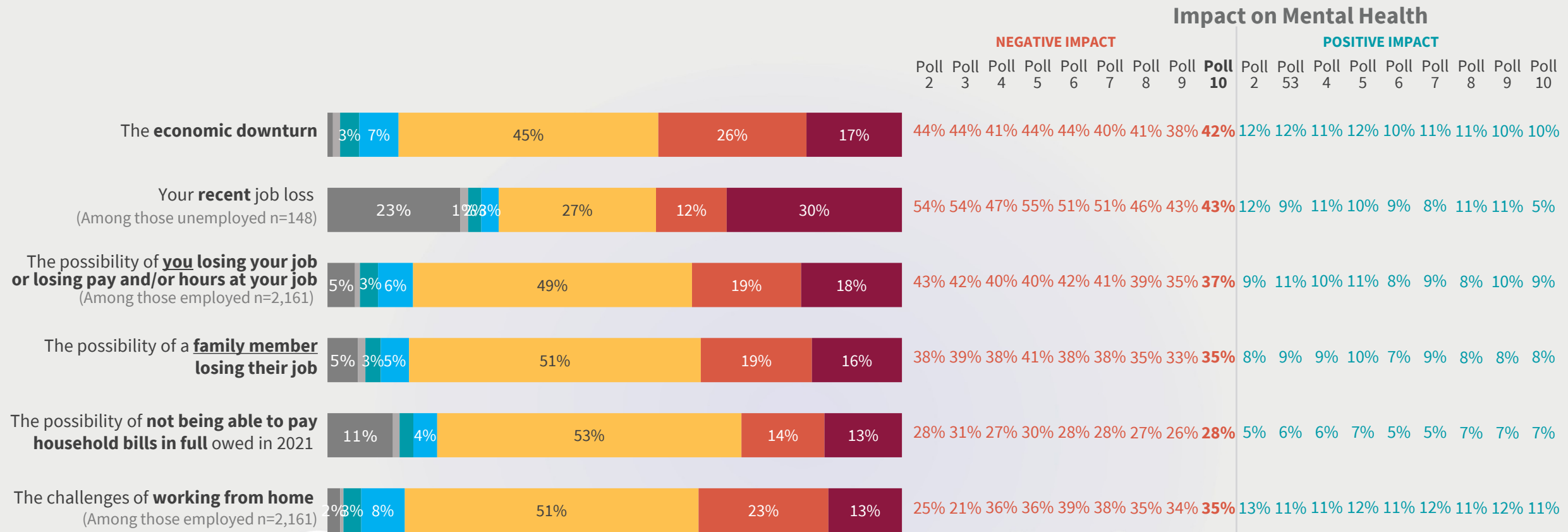
FEELING IMPAIRED AND PRODUCTIVITY WAS REDUCED AT SCHOOL OR WORK DURING THE LAST WEEK



Mean
3.0
DAYS

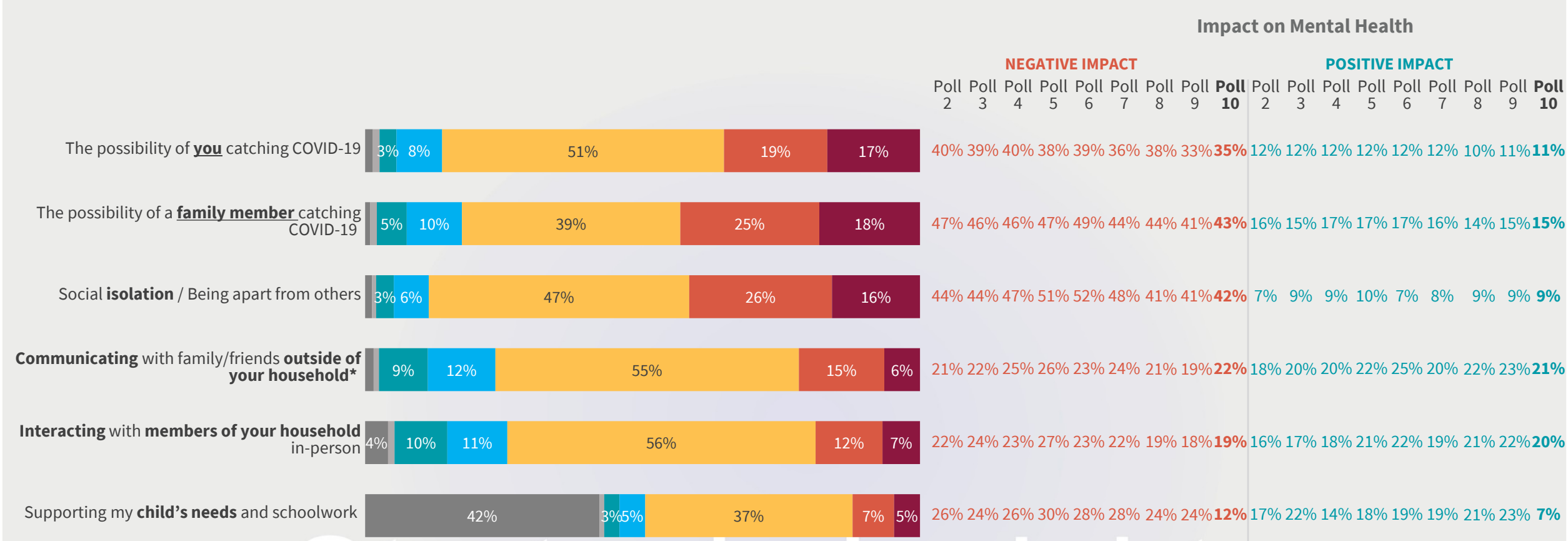
Strategic Insights

Economic and financial worries have a negative impact on mental health



Strategic Insights

Social isolation and fear of the virus has a negative impact on mental health



Daily news has a negative impact on mental health, while entertainment, reading and going outside has a positive one

Impact on Mental Health

NEGATIVE IMPACT

POSITIVE IMPACT

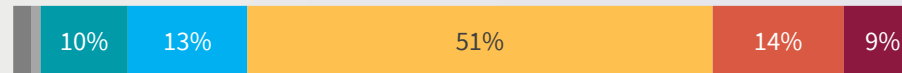
Poll 2 Poll 3 Poll 4 Poll 5 Poll 6 Poll 7 Poll 8 Poll 9 Poll 10 Poll 2 Poll 3 Poll 4 Poll 5 Poll 6 Poll 7 Poll 8 Poll 9 Poll 10

Daily news about the coronavirus (COVID-19) pandemic



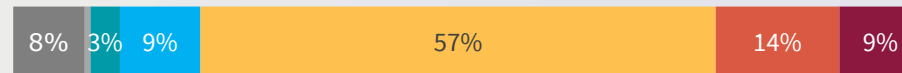
39% 43% 45% 45% 50% 42% 42% 40% **44%** 6% 6% 6% 7% 6% 7% 6% 7% **6%**

Physical activity / exercise



28% 27% 29% 32% 29% 28% 26% 23% **23%** 16% 17% 17% 21% 22% 20% 20% 21% **23%**

Social media, such as Facebook, Twitter, Instagram, etc.



23% 24% 24% 24% 24% 24% 23% 23% **23%** 9% 9% 11% 11% 10% 9% 11% 11% **12%**

Entertainment, such as television, movies, music, podcasts, etc.



19% 17% 17% 20% 16% 17% 16% 16% **14%** 18% 21% 23% 25% 26% 24% 24% 25% **29%**

Reading books, short stories, essays, etc. that are not about the COVID-19 pandemic



11% 12% 12% 14% 11% 12% 11% 11% **11%** 27% 29% 29% 30% 35% 30% 31% 31% **32%**

Going outside / walking /hiking



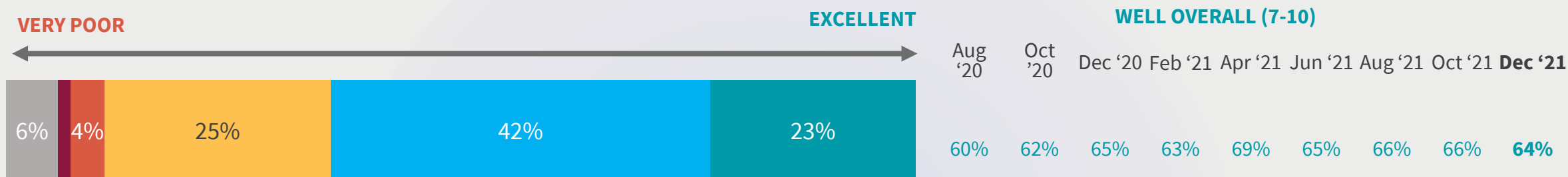
n/a 13% 15% 16% 13% 14% 13% 12% **12%** n/a 39% 38% 43% 47% 41% 42% 43% **43%**

Strategic Insights

However, two-thirds are able to manage and bounce back from challenges

14

Ability to Manage and Bounce Back from Challenges and Unexpected Troubles



Strategic Insights

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