

Summary of Findings Mental Health Impacts of COVID-19: Round 4

Emotional responses to COVID-19

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB + NS + PEI + NL
BASE: All respondents	3030	391	339	222	1157	714	207
Anxious or worried	38%	35%	43%	42%	43%	27%	34%
Stressed	32%	33%	39%	39%	36%	20%	29%
Angry	26%	29%	39%	34%	25%	16%	25%
Sad	23%	23%	30%	24%	25%	17%	17%
Bored	22%	19%	21%	24%	22%	22%	18%
Lonely or isolated	20%	22%	27%	21%	21%	17%	14%
Depressed	19%	18%	23%	20%	19%	16%	16%
Indifferent	15%	18%	24%	13%	17%	8%	16%
Hopeless	14%	18%	18%	15%	15%	9%	13%
Afraid	13%	10%	15%	13%	13%	15%	12%
Panicked	7%	6%	8%	11%	8%	3%	5%
Unprepared	6%	7%	9%	5%	6%	5%	7%
Guilty	3%	3%	3%	*	4%	3%	3%
Ashamed	2%	1%	5%	3%	3%	1%	*
Calm	17%	15%	12%	16%	14%	23%	18%
Hopeful	15%	16%	14%	24%	16%	12%	16%
Empathetic	13%	13%	14%	14%	12%	13%	15%
Comfortable	12%	11%	10%	10%	12%	15%	11%
Content	10%	9%	10%	12%	9%	10%	11%
Secure	8%	7%	9%	5%	7%	12%	11%
Inspired	3%	2%	5%	1%	3%	2%	3%

Sources of stress in the past 2 weeks

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB + NS + PEI + NL
BASE: All respondents	3030	391	339	222	1157	714	207
Financial concerns (e.g. going into debt, ability to pay bills, long-term economic impacts, etc.)	30%	31%	42%	30%	32%	23%	25%

Worrying about how the mental health of my child(ren) will be affected by the pandemic	21%	21%	24%	29%	21%	17%	25%
Having enough food to meet my households basic needs	16%	17%	20%	15%	16%	15%	13%
Worrying about COVID-19 becoming endemic (meaning it will continue to circulate among pockets of the population for years to come)	57%	64%	58%	62%	56%	52%	54%
Worrying about the compounding effects of COVID-19 alongside the climate crisis	36%	48 %	40%	36%	36%	27%	35%
Being able to cope with uncertainty (e.g. not knowing what will happen)	39%	41%	45%	40%	41%	34%	34%
The spread of new variants/mutations of the virus	64%	65%	65%	68%	64%	60%	70%

Self-reported change to mental health

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
Mental health has deteriorated since onset of the pandemic	37%	41%	46%	42%	39%	25%	35%

Deteriorating mental health among population subgroups

- 57% of those who are unemployed due to COVID-19
- 56% of those with a pre-existing mental health condition
- 47% of students
- 44% of those with a disability
- 49% of LGBTQ2+ people

- 42% of people who are Indigenous

Substance use

Has your use of substances increased as a way to cope at any point during the pandemic?

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB + NS + PEI + NL
BASE: All respondents	3030	391	339	222	1157	714	207
Yes	13%	12%	20%	10%	15%	9%	10%
No	86%	87%	80%	90%	84%	91%	89%

Suicidality

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
Experienced suicidal thoughts or feelings	8%	10%	11%	9%	9%	5%	7%

Coping with stress related to COVID-19 pandemic

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
Coping very/fairly well	77%	76%	73%	80%	75%	79%	86%
Coping not very/not well	15%	15%	21%	15%	18%	11%	8%

Coping strategies

**10 most commonly reported coping strategies are included*

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
Going for a walk/exercise outside	47%	57%	44%	44%	48%	42%	40%
Maintaining a healthy lifestyle (e.g. balanced diet, enough sleep, exercise, etc.)	39%	46%	43%	37%	38%	35%	35%

Connecting in-person with friends or family	37%	37%	36%	44%	38%	33%	39%
Doing a hobby	36%	38%	37%	37%	36%	33%	37%
Connecting with my family or friends virtually (e.g. phone, video chat, etc.)	32%	33%	33%	34%	33%	29%	29%
Keeping up to date with relevant information (e.g. TV news, newspapers, online information, etc.)	32%	33%	29%	32%	31%	31%	36%
Exercising indoors (e.g., gym, home)	28%	29%	30%	26%	28%	26%	26%
Spending time with my pet(s)	28%	29%	27%	30%	30%	22%	31%
Enjoying outdoor activities with friends or family	25%	34%	29%	20%	25%	20%	25%
Connecting with those in my household	25%	29%	30%	27%	28%	13%	31%

Was there ever a time during the pandemic when you felt that you needed help for problems with your emotions, mental health or use of alcohol or drugs, but you didn't receive it?

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
Yes	17%	17%	23%	18%	19%	11%	12%

Why didn't you receive the help you needed (during the past 12 months)?

	TOTAL	BC+TER	AB	MB + SK	ON	QC	NB+NS+PEI+NL
BASE: All respondents	3030	391	339	222	1157	714	207
You didn't know how or where to get this kind of help	36%	35%	47%	33%	36%	26%	41%
Access to care was limited (e.g., help was not readily available)	29%	37%	26%	26%	23%	42%	29%

You couldn't afford to pay	36%	41%	54%	35%	32%	30%	21%
Insurance did not cover	19%	19%	26%	27%	17%	15%	17%

Methodology

This is the fourth round of a cross-sectional monitoring survey on the impacts of COVID-19 on mental health in Canada led by academic researchers from the University of British Columbia (UBC) in partnership with the Canadian Mental Health Association (CMHA) and Maru/Matchbox. Early iterations of the survey questions were informed by a UK longitudinal survey commissioned by the Mental Health Foundation in March 2020 and guided by research evidence on mental health impacts of past pandemics as well as input from people with lived experience of mental health conditions. Questions were refined for the Canadian context and to respond to emerging issues of priority. Round 1 data were collected May 2020, Round 2 data were collected September 2020, Round 3 data were collected January 2021, and Round 4 was collected November/December 2021. Round 4 included a total of 3,030 respondents, representative of the adult Canadian population by age, gender, province/territory, and household income. The maximum margin of error for proportions derived from this sample is +/- 1.79% at a 95% level of confidence (overall sample).