

Summary of Findings

Mental Health Impacts of COVID-19: Round 3

Emotional responses to COVID-19

	Region (yellow = Top 5) *Note very small sample size										
	Total	BC + TER	AB	MB	SK	ON	QC	NB	NS	PEI	NL
BASE:	3034	398	337	122*	92*	1156	719	63*	22*	7*	42*
Anxious or worried	40%	37%	46%	51%	41%	44%	31%	40%	45%	52%	32%
Bored	35%	32%	35%	35%	48%	40%	32%	32%	16%	18%	38%
Stressed	34%	28%	40%	37%	40%	40%	24%	22%	32%	52%	17%
Lonely or isolated	31%	31%	34%	36%	30%	32%	26%	32%	24%	52%	20%
Sad	25%	27%	24%	28%	27%	28%	20%	23%	24%	18%	10%
Angry	23%	14%	29%	16%	28%	26%	22%	19%	19%	18%	8%
Depressed	23%	19%	25%	27%	26%	26%	19%	14%	20%	18%	12%
Hopeless	12%	11%	15%	14%	18%	15%	7%	8%	11%	0%	4%
Afraid	12%	9%	11%	9%	11%	12%	15%	14%	10%	0%	8%
Panicked	5%	4%	6%	7%	4%	7%	2%	1%	7%	0%	4%
Unprepared	5%	6%	3%	10%	3%	6%	2%	10%	3%	13%	6%
Guilty	3%	5%	4%	2%	6%	4%	1%	0%	3%	0%	9%
Ashamed	2%	2%	2%	5%	3%	2%	1%	0%	3%	0%	2%
No difficult emotions	23%	29%	20%	24%	13%	17%	30%	21%	29%	48%	35%
Hopeful	24%	31%	23%	21%	26%	24%	20%	28%	26%	35%	30%
Calm	22%	24%	22%	17%	24%	17%	30%	21%	22%	13%	31%
Empathetic	17%	19%	18%	21%	14%	18%	15%	10%	9%	17%	15%
Comfortable	15%	16%	16%	18%	10%	14%	15%	20%	15%	0%	16%
Secure	11%	11%	13%	5%	9%	9%	15%	15%	10%	0%	20%
Content	9%	11%	13%	9%	8%	9%	7%	7%	10%	18%	13%
Inspired	3%	4%	4%	2%	3%	4%	3%	0%	0%	0%	6%
No positive emotions	50%	43%	53%	49%	56%	53%	48%	48%	55%	35%	31%

Self-reported change to mental health

	Total	Region						
		BC	AB	MB/SK	ON	QC	ATL	TER
BASE:	3034	376	337	214	1156	719	210	22*
Mental health has deteriorated since onset of the pandemic	41%	37%	45%	42%	45%	35%	32%	36%

Deteriorating mental health among population subgroups

- 61% of those who are unemployed due to COVID-19
- 54% of those with a pre-existing mental health condition
- 50% of those aged 18-24
- 48% of students
- 47% of those with a disability
- 46% of LGBTQ2+ people

Suicidality

	Total	Region						
		BC	AB	MB/SK	ON	QC	ATL	TER
BASE:	3034	376	337	214	1156	719	210	22*
Suicidal thoughts or feelings	8%	7%	8%	10%	8%	6%	5%	7%

Coping with stress related to COVID-19 pandemic

	Total	Region						
		BC	AB	MB/SK	ON	QC	ATL	TER
BASE:	3034	376	337	214	1156	719	210	22*
Coping very/fairly well	79%	82%	80%	78%	76%	80%	83%	93%
Coping not very well/not well at all	15%	11%	15%	16%	19%	13%	12%	3%

Coping strategies

	Total	Region						
		BC	AB	MB/SK	ON	QC	ATL	TER
BASE:	3034	376	337	214	1156	719	210	22*
Going for a walk/exercise outside	51%	58%	48%	45%	52%	50%	48%	42%

Connecting with family or friends virtually	43%	40%	46%	36%	46%	43%	35%	46%
Maintaining a healthy lifestyle (balanced diet, sleep, etc.)	40%	44%	44%	34%	40%	39%	41%	47%
Keeping up to date with relevant information (news, etc.)	38%	38%	34%	31%	37%	41%	43%	66%
Doing a hobby	37%	41%	40%	36%	36%	36%	34%	47%
Increased screen time	57%	60%	59%	59%	60%	51%	53%	63%
Increased eating/food consumption	28%	31%	36%	30%	31%	22%	29%	37%
Increased compulsive online shopping (e.g. buying things you don't really need)	18%	18%	18%	20%	18%	17%	19%	19%
Increased substance use as a way to cope	13%	12%	14%	9%	17%	8%	16%	20%

Methodology

This is the third of three rounds 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) and the Canadian Mental Health Association (CMHA) in partnership with Maru/Matchbox. 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 through input from people with lived experience of mental health conditions. Questions were refined for the Canadian context. Round 1 data were collected between mid-May 2020, round 2 data were collected mid-September 2020. Round 3 data were collected late January 2021 from a total of 3,034 respondents and weighted to ensure a representative sample of the adult Canadian population by age, gender, region, and household income. The maximum margin of error for proportions derived from our sample of 3034 participants is +/- 1.79% at a 95% level of confidence.

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