Fewer Canadians report coping very well with self isolation compared to April

National survey released October, 2020
Project 2020-1723D

SUMMARY

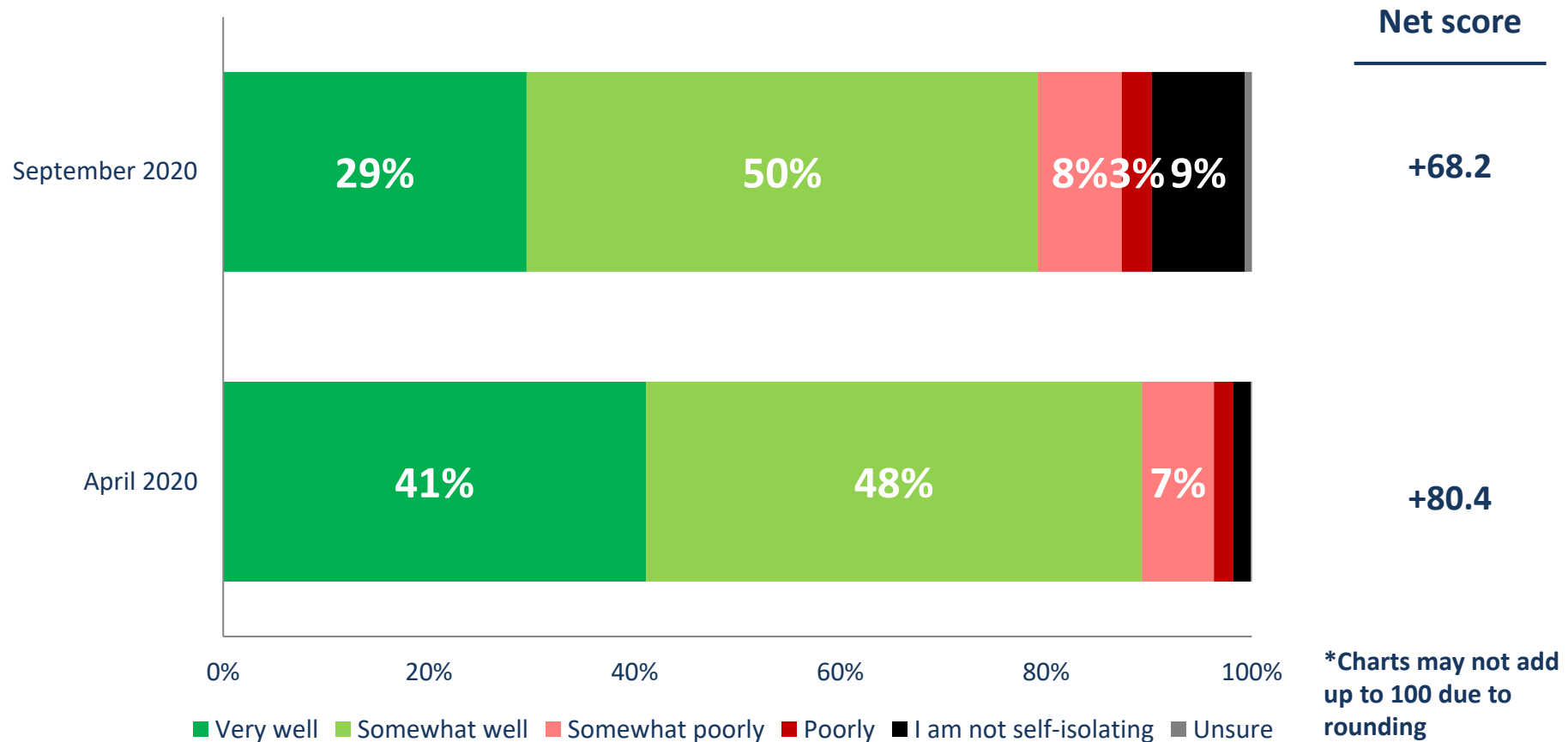{ Compared to April 2020, fewer Canadians report coping very well with self isolation }

While a majority of Canadians say they are coping very well or somewhat well with self isolation, the proportion of Canadians who report coping very well has gone down compared to April.

- **Fewer Canadians report coping well with isolation compared to April 2020** – Asked how well they are coping with self-isolation, under three in ten (29%) Canadians say very well (down from 41% in April), while one in two say somewhat well (50%, 48% in April). Under one in ten say they are coping somewhat poorly (eight per cent) or poorly (three per cent). Nine per cent say they are not self-isolating and one per cent are unsure.

- **Canadians from the Atlantic region are more likely to say they are coping very well with isolation compared to Canadians from Ontario and British Columbia** – Four in ten residents of the Atlantic region (40%) say they are coping very well with self-isolation compared to one in four residents of Ontario (26%) and British Columbia (25%).

- **Older Canadians are more likely to report coping very well with self isolation** – Nearly four in ten (38%) Canadians 55 and older report coping very well with self isolation compared to under four in ten (28%) Canadians 35 to 54 years old, and one in five (20%) Canadians 18 to 34 years old.

These observations are based on a hybrid telephone and online random survey of 1,003 Canadians, 18 years of age or older, between September 30th and October 4th, 2020 as part of an omnibus survey. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.

This study was commissioned by the Globe and Mail and the research was conducted by Nanos Research.

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Coping with self-isolation

Net score

September 2020

| 29% | 50% | 8% | 3% | 9% |

+68.2

April 2020

| 41% | 48% | 7% | |

+80.4

0%　　20%　　40%　　60%　　80%　　100%

*Charts may not add up to 100 due to rounding

■ Very well　■ Somewhat well　■ Somewhat poorly　■ Poorly　■ I am not self-isolating　■ Unsure

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QUESTION – Many Canadians are self-isolating and only going out in public for essentials or to work in an essential workplace. Are you coping very well, somewhat well, somewhat poorly, or poorly with self-isolation?

Coping with self-isolation

Net score

+68.2

29%

50%

8%

3%

9% 1%
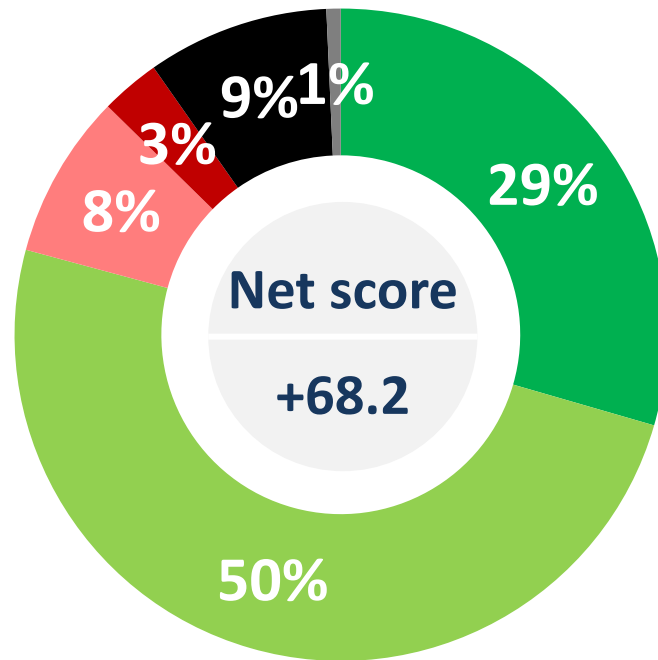
- Very well
- Somewhat well
- Somewhat poorly
- Poorly
- I am not self-isolating
- Unsure

	Very well/well
Atlantic (n=96)	75.2%
Quebec (n=225)	83.9%
Ontario (n=319)	79.1%
Prairies (n=202)	77.4%
British Columbia (n=161)	75.5%
Male (n=544)	75.7%
Female (n=459)	82.5%
18 to 34 (n=224)	71.7%
35 to 54 (n=403)	76.0%
55 plus (n=376)	87.4%

*Weighted to the true population proportion.
*Charts may not add up to 100 due to rounding.

QUESTION – Many Canadians are self-isolating and only going out in public for essentials or to work in an essential workplace. Are you coping very well, somewhat well, somewhat poorly, or poorly with self-isolation?

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Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,003 Canadians, 18 years of age or older, between September 30th and October 4th, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. The sample included both land- and cell-lines across Canada. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

Individuals randomly called using random digit dialling with a maximum of five call backs.

The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.

This study was commissioned by the Globe and Mail and the research was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,049 Canadians, 18 years of age or older, between April 25th and 27th, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. The sample included both land- and cell-lines across Canada. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

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TECHNICAL NOTE

Element	Description
Research sponsor	The Globe and Mail
Population and Final Sample Size	1003 Randomly selected individuals.
Source of Sample	Nanos Panel
Type of Sample	Probability
Margin of Error	±3.1 percentage points, 19 times out of 20.
Mode of Survey	RDD dual frame (land- and cell-lines) hybrid telephone and online omnibus survey
Sampling Method Base	The sample included both land- and cell-lines RDD (Random Digit Dialed) across Canada.
Demographics (Captured)	Atlantic Canada, Quebec, Ontario, Prairies, British Columbia; Men and Women; 18 years and older. Six digit postal code was used to validate geography.
Fieldwork/Validation	Individuals were recruited using live interviews with live supervision to validate work, the research questions were administered online
Number of Calls	Maximum of five call backs to those recruited.
Time of Calls	Individuals recruited were called between 12-5:30 pm and 6:30-9:30pm local time for the respondent.
Field Dates	September 30th and October 4th, 2020.
Language of Survey	The survey was conducted in both English and French.
Standards	Nanos Research is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the CRIC Public Opinion Research Standards and Disclosure Requirements. https://canadianresearchinsightscouncil.ca/standards/

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Individuals younger than 18 years old; individuals without land or cell lines, and individuals without internet access could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada. Smaller areas such as Atlantic Canada were marginally oversampled to allow for a minimum regional sample.
Estimated Response Rate	10 percent, consistent with industry norms.
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	Topics on the omnibus ahead of the survey content included: views on political issues, on economic issues, and the coronavirus pandemic.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Research/Data Collection Supplier	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. http://www.nanos.co Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.

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2020-1723 – Globe and Mail/Nanos Survey – September Omni – STAT SHEET – Isolation

					Region				Please select your gender		Age		
			Canada 2020-10	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Many Canadians are self-isolating and only going out in public for essentials or to work in an essential workplace. Are you coping very well, somewhat well, somewhat poorly, or poorly with self-isolation?	Total	Unwgt N	1003	96	225	319	202	161	544	459	224	403	376
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Very well	%	29.5	40.0	33.7	26.1	30.3	25.3	28.8	30.1	20.1	27.5	37.9
	Somewhat well	%	49.7	35.2	50.2	53.0	47.1	50.2	46.9	52.4	51.6	48.5	49.5
	Somewhat poorly	%	8.1	6.6	6.6	9.0	7.7	9.9	7.5	8.8	13.1	8.4	4.4
	Poorly	%	2.9	2.6	3.3	4.2	0.9	1.6	3.0	2.9	3.4	4.9	0.9
	I am not self-isolating	%	9.0	14.7	5.9	7.4	13.1	10.6	12.6	5.6	10.0	10.1	7.4
	Unsure	%	0.7	0.9	0.3	0.3	0.8	2.5	1.2	0.2	1.9	0.5	0.0