



**Negative impact of the pandemic on mental health continues; Reports of worsening mental health on rise compared to April 2020.**

# Key Findings

---



## Coping with isolation

While a majority of Canadians still report coping well or somewhat well with self isolation, these numbers have decreased compared to the April 2020 wave .



## Mental Health

Nearly one in two Canadians report that their mental health is worse or somewhat worse than before the pandemic, which is a slight increase compared to when this question was asked in April 2020 .



## Alcohol consumption

Similar to the previous wave, close to two in ten Canadians report a higher alcohol consumption than before the pandemic. Two in three say it has remained the same or that they do not drink alcohol.

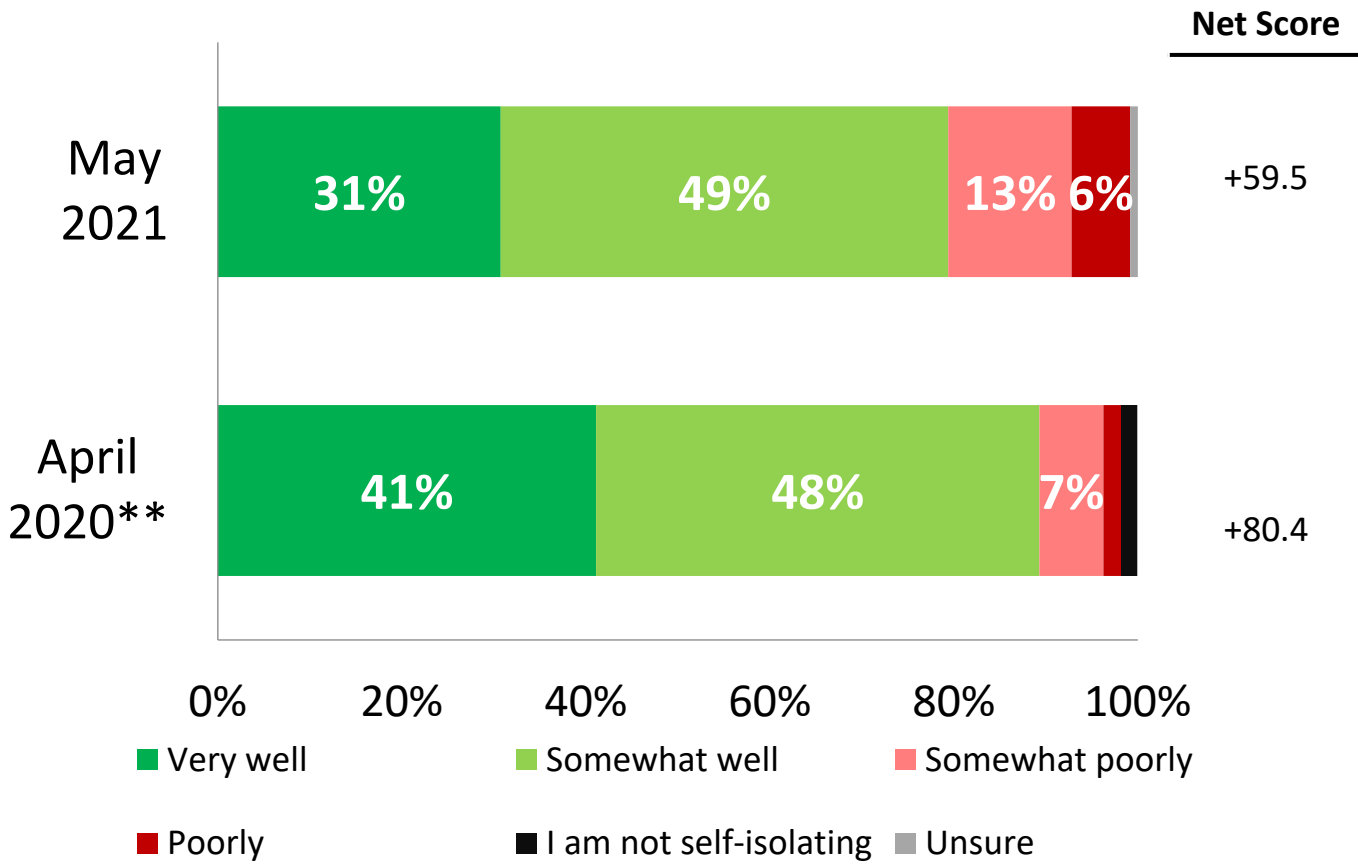


## Younger Canadians

Overall, younger Canadians are more likely than older Canadians to report negative impacts of the pandemic such as not coping well with self isolation, a worsening of their mental health, and increased alcohol consumption.

# Coping with self-isolation during COVID-19 outbreak

**Q** 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? [Tracking question from the Globe and Mail submission 2020-1628]



“ Fewer Canadians report coping very well or somewhat well with self-isolation than they did in April 2020. Younger Canadians (18-34) are more likely to report dealing poorly (21%) or somewhat poorly (eight per cent) than older Canadians (55 plus) (eight per cent somewhat poorly, four per cent poorly). ”

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.  
 \*\*Tracking data from the Globe and Mail Submission 2020 1628

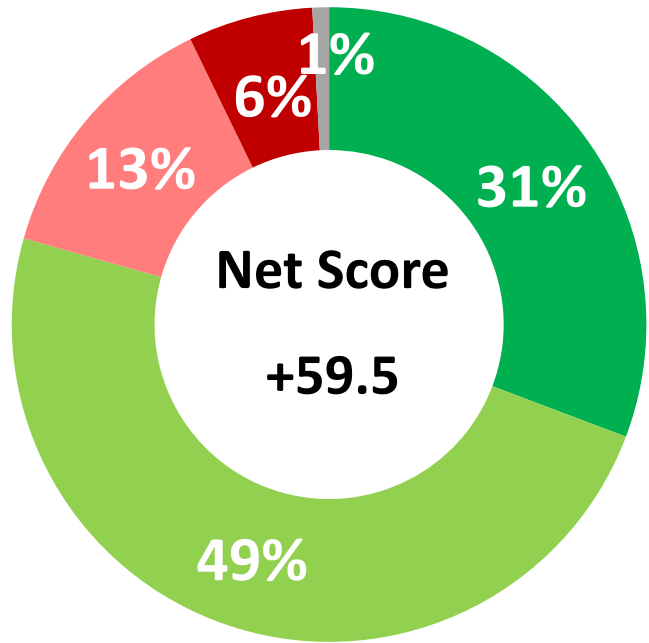
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate ±3.1 percentage points plus or minus, 19 times out of 20.



# Coping with self-isolation during COVID-19 outbreak

Q

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? [Tracking question from the Globe and Mail submission 2020-1628]



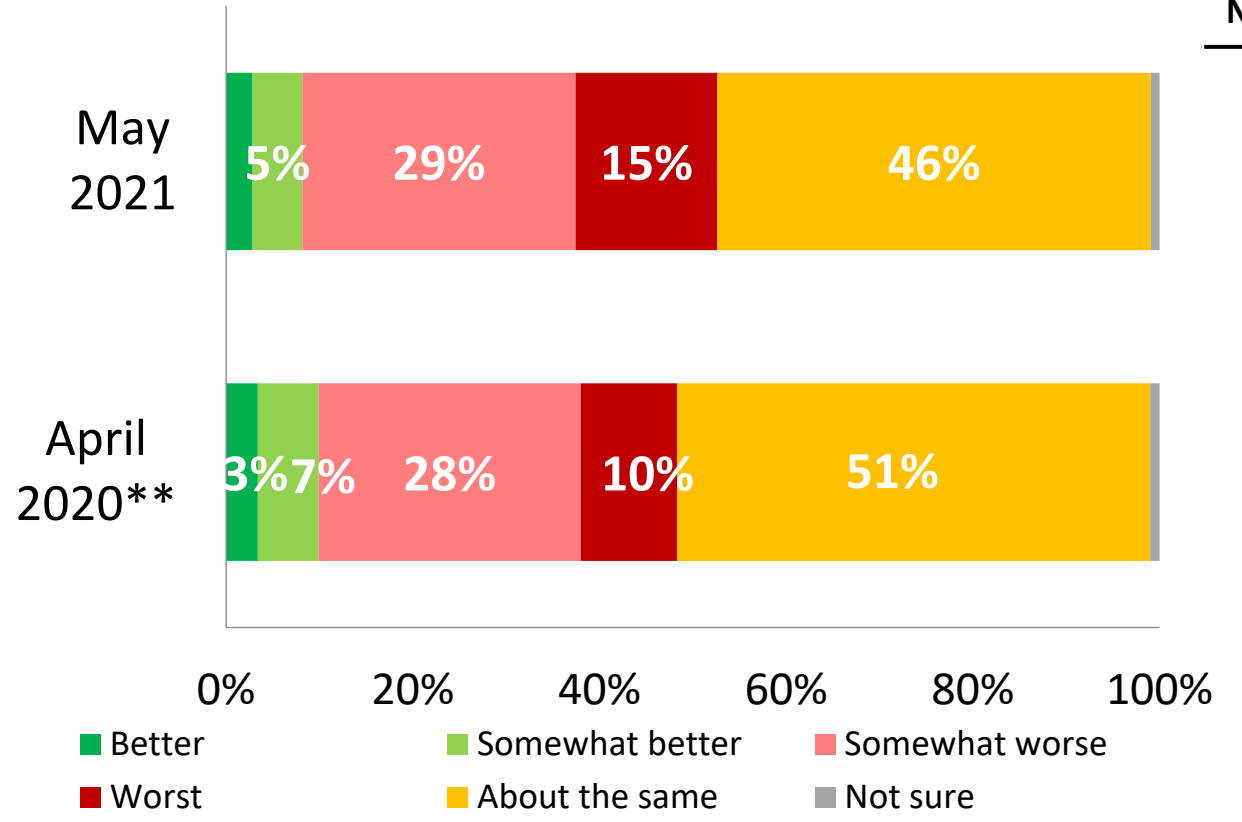
- Very well
- Somewhat well
- Somewhat poorly
- Poorly
- Unsure

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.

	Atlantic (n=89)	Quebec (n=220)	Ontario (n=345)	Prairies (n=210)	BC (n=161)
Very well/somewhat well	<b>87.5%</b>	<b>87.4%</b>	<b>77.8%</b>	<b>68.1%</b>	<b>81.3%</b>
	Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)
	<b>79.8%</b>	<b>79.0%</b>	<b>66.6%</b>	<b>78.9%</b>	<b>88.9%</b>
Poorly/somewhat poorly	<b>11.4%</b>	<b>11.8%</b>	<b>21.6%</b>	<b>30.9%</b>	<b>17.4%</b>
	Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)
	<b>19.6%</b>	<b>20.0%</b>	<b>32.2%</b>	<b>19.7%</b>	<b>11.1%</b>

# Mental health condition now compared to before the pandemic

**Q** Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic? [Tracking question from the MHCC submission 2020-1636]



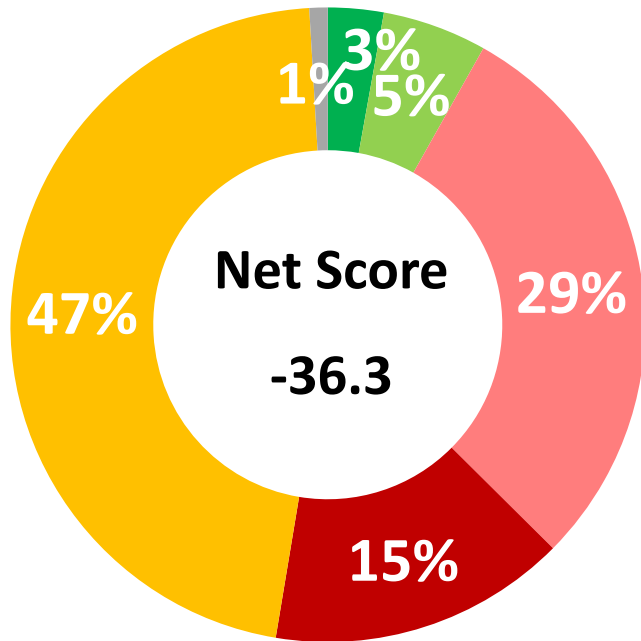
“ Canadians are marginally more likely to report that their mental health is worse or somewhat worse than before the pandemic than in April 2020. Younger Canadians (18-34) are more likely to report that their mental health is worse (25%) or somewhat worse (34%) than older Canadians (55 plus)(eight per cent worse, 25% somewhat worse). ”

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.  
 \*\*Tracking data from the MHCC Submission 2020-1636

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate ±3.1 percentage points plus or minus, 19 times out of 20.



# Mental health condition now compared to before the pandemic



- Better
- Somewhat better
- Somewhat worse
- Worse
- About the same
- Not sure

**Q** Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic? [Tracking question from the MHCC submission 2020-1636]

	Atlantic (n=89)	Quebec (n=220)	Ontario (n=345)	Prairies (n=210)	BC (n=161)
<b>About the same</b>	<b>54.3%</b>	<b>56.8%</b>	<b>43.5%</b>	<b>40.4%</b>	<b>41.3%</b>
	Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)
<b>47.4%</b>	<b>45.6%</b>	<b>31.7%</b>	<b>42.9%</b>	<b>59.9%</b>	
<b>Worse/somewhat worse</b>	Atlantic (n=89)	Quebec (n=220)	Ontario (n=345)	Prairies (n=210)	BC (n=161)
	<b>35.8%</b>	<b>32.3%</b>	<b>49.4%</b>	<b>52.7%</b>	<b>44.5%</b>
Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)	
<b>43.5%</b>	<b>45.4%</b>	<b>58.1%</b>	<b>46.1%</b>	<b>33.3%</b>	

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.  
 \*Tracking question from the Globe and Mail submission 2020-1636

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate ±3.1 percentage points plus or minus, 19 times out of 20.

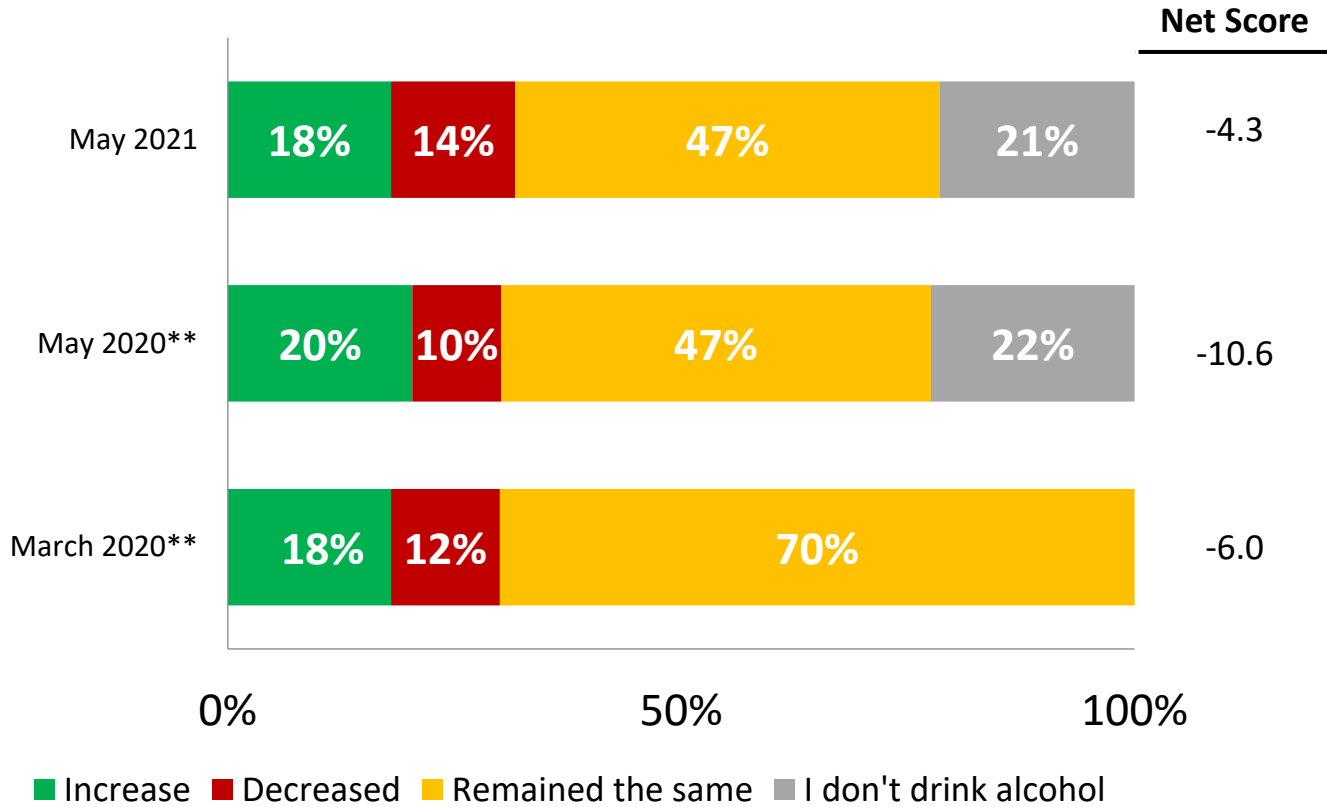


# Change in consumption of alcohol



Since LAST MARCH, has your alcohol consumption increased, decreased or stayed the same?

\*Previous waves: Since you have been home more, has your alcohol consumption increased, decreased or stayed the same? [Tracking from the CCSA March submission 2020-1621 and May submission 2020-1645]



“ Similar to previous waves, about two in ten Canadians report an increase in their alcohol consumption since they have been home more. Younger respondents (18-34)(24%) are more likely to say their alcohol consumption has increased than older Canadians (55 plus)(11%). ”

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.  
 \*\*Tracking data from the CCSA May Submission 2020-1645 and CCSA March Submission 2020-1621

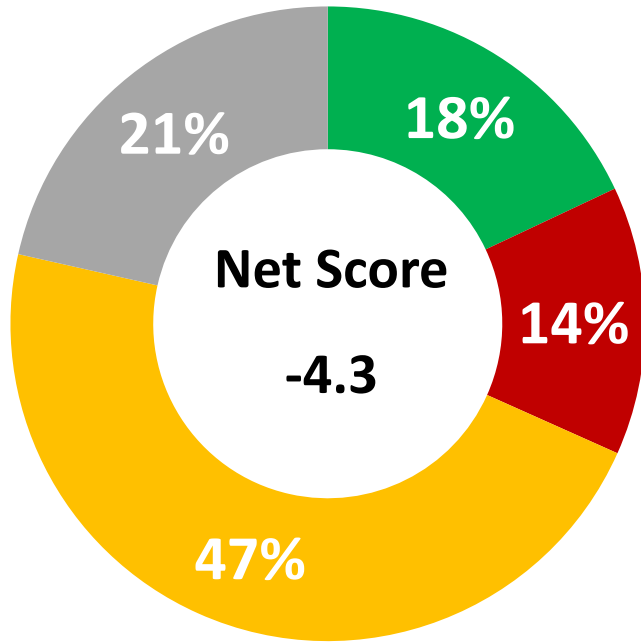
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate ±3.1 percentage points plus or minus, 19 times out of 20.



# Change in consumption of alcohol



Since LAST MARCH, has your alcohol consumption increased, decreased or stayed the same?



- Increased
- Decreased
- Stayed the same
- I don't drink alcohol

	Atlantic (n=89)	Quebec (n=220)	Ontario (n=345)	Prairies (n=210)	BC (n=161)
<b>Stayed the same</b>	<b>60.0%</b>	<b>48.7%</b>	<b>46.2%</b>	<b>39.9%</b>	<b>48.3%</b>
	Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)
	<b>47.3%</b>	<b>46.4%</b>	<b>40.7%</b>	<b>43.6%</b>	<b>54.0%</b>
<b>Increased</b>	Atlantic (n=89)	Quebec (n=220)	Ontario (n=345)	Prairies (n=210)	BC (n=161)
	<b>10.2%</b>	<b>18.3%</b>	<b>16.4%</b>	<b>22.8%</b>	<b>19.3%</b>
	Men (n=546)	Women (n=479)	18 to 34 (n=193)	35 to 54 (n=438)	55 plus (n=394)
	<b>21.0%</b>	<b>15.1%</b>	<b>23.8%</b>	<b>20.8%</b>	<b>11.4%</b>

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.

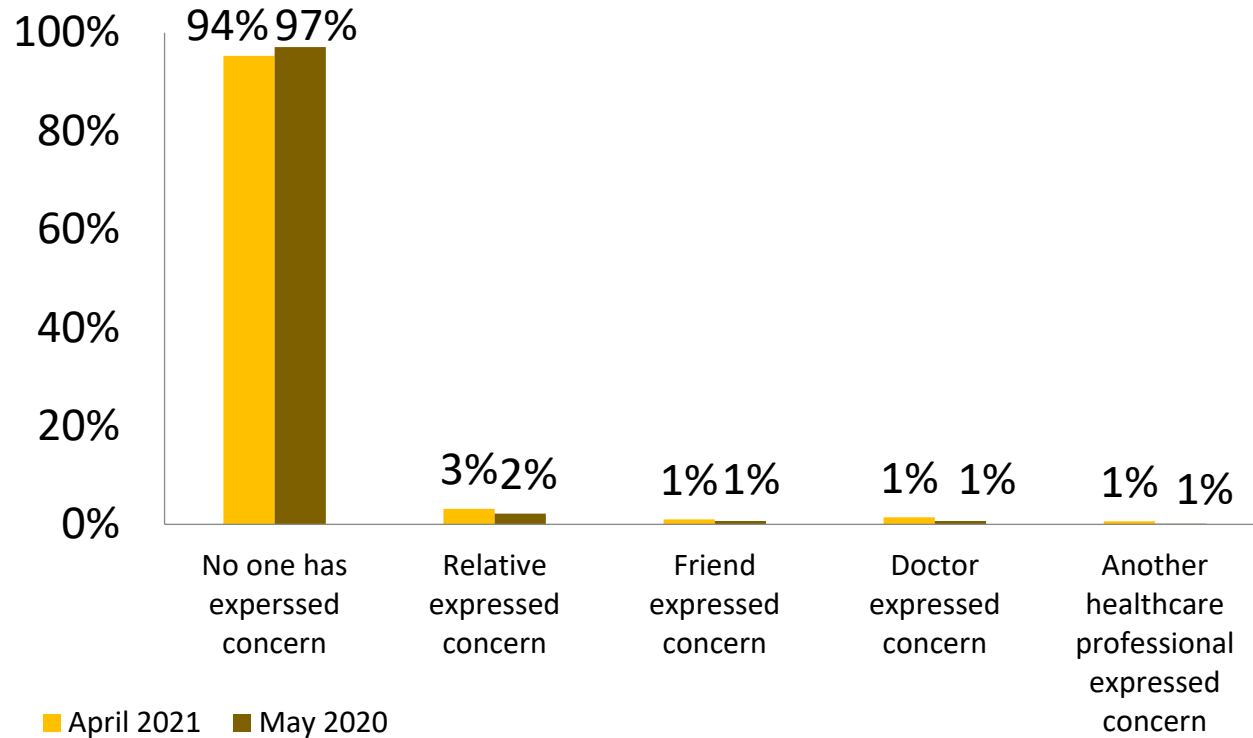


# Express concern about drinking since COVID-19

Q

In the past 12 months, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply)

\*Previous wave: Since the onset of COVID-19, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply) [Tracking question tweaked from the CCSA May submission 2020-1645]



“ Similar to the April 2021 wave, a vast majority of Canadians report that no one has expressed concern about their drinking or suggested they cut down. ”

\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*The net score is the difference between all positive and negative numbers in a question.  
 \*Tracking data from the CCSA May submission 2020-1645 and CCSA March submission 2020-1621

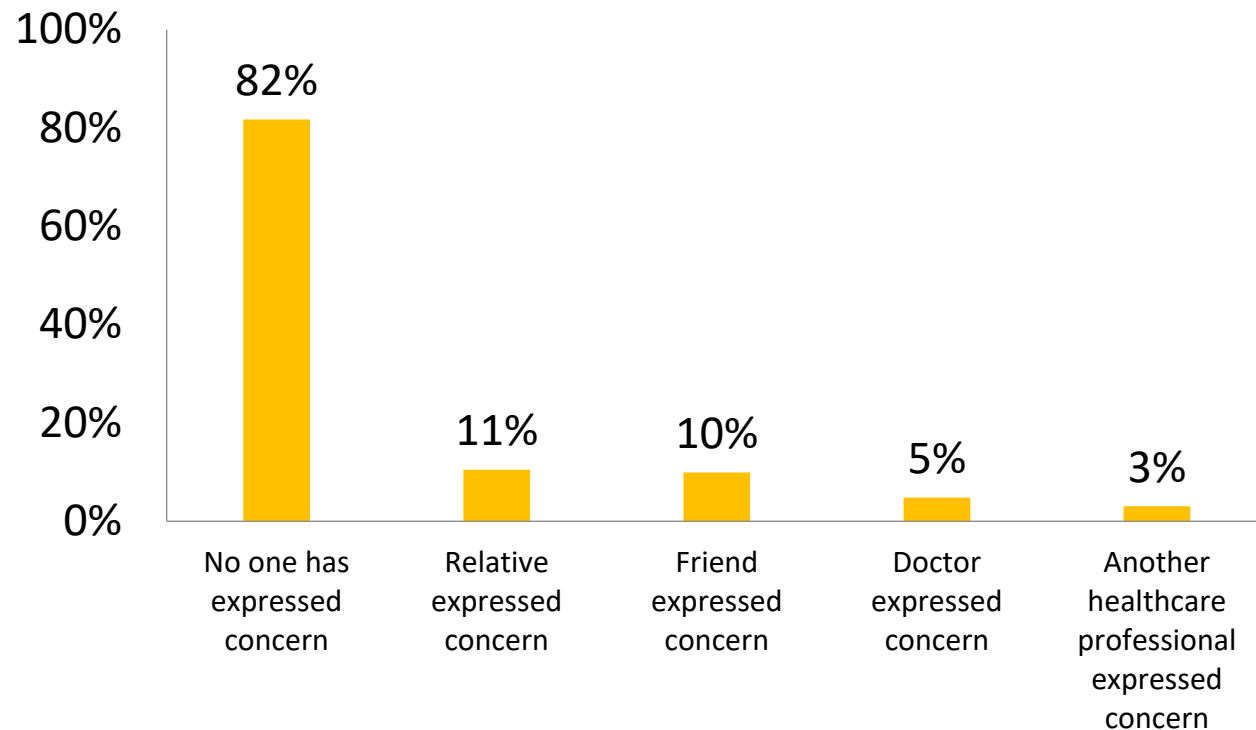
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate ±3.1 percentage points plus or minus, 19 times out of 20.



## Express concern about mental health since COVID-19

Q

In the past 12 months, has a relative, friend, doctor, or another health professional expressed concern about your mental health? (Select all that apply)



“

Nearly two in ten Canadians report that either a relative, friend, doctor or other healthcare professionals have expressed concern about their mental health. Younger Canadians are less likely to report that no one has expressed concern (67%) than older Canadians (91%).

”

\*Weighted to the true population proportion.

\*Charts may not add up to 100 due to rounding.

\*The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29<sup>th</sup> to May 3<sup>rd</sup>, 2021, n=1,025, accurate  $\pm 3.1$  percentage points plus or minus, 19 times out of 20.

**Globe 2020-1628 and MHCC 2020-1636** : 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 25<sup>th</sup> and 27<sup>th</sup>, 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  $\pm 3.1$  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.

**CCSA March 2020-1621:** Nanos conducted an RDD dual frame (land-and cell-lines) hybrid telephone and online random survey of 1,036 Canadians, 18 years of age or older, between March 30<sup>th</sup> and April 2<sup>nd</sup>, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. 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 were randomly called using random digit dialling with a maximum of five call backs. The margin of error for this survey is  $\pm 3.1$  percentage points, 19 times out of 20. The research was commissioned by the Canadian Centre on Substance Use and Addiction and was conducted by Nanos Research. Note: Charts may not add up to 100 due to rounding.

**CCSA May 2020-1645:** Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. 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 were randomly called using random digit dialling with a maximum of five call backs. The margin of error for this survey of 1,009 Canadians is  $\pm 3.1$  percentage points, 19 times out of 20. The research was commissioned by Canadian Centre on Substance Use and Addiction and was conducted by Nanos Research. Note: Charts may not add up to 100 due to rounding.

# METHODOLOGY

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. 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 were randomly called using random digit dialling with a maximum of five call backs.

The margin of error for a random survey of 1,025 Canadians is  $\pm 3.1$  percentage points, 19 times out of 20.

The research was commissioned by Nanos Research and was conducted by Nanos Research.

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



Element	Description	Element	Description
Research sponsor	Nanos Research	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
Population and Final Sample Size	1,025 Randomly selected individuals.	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.
Source of Sample	Nanos Panel	Excluded Demographics	Individuals younger than 18 years old; individuals without land or cell lines, and individuals without internet access could not participate.
Type of Sample	Probability	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.
Margin of Error	±3.1 percentage points, 19 times out of 20.	Estimated Response Rate	14 percent, consistent with industry norms.
Mode of Survey	RDD dual frame (land- and cell-lines) hybrid telephone and online omnibus survey	Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Sampling Method Base	The sample included both land- and cell-lines RDD (Random Digit Dialed) across Canada.	Question Content	Topics on the omnibus ahead of the survey content included: views on political issues, views on economic issues, COVID-19 vaccination, the Federal budget and housing.
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.	Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Fieldwork/Validation	Individuals were recruited using live interviews with live supervision to validate work, the research questions were administered online	Research/Data Collection Supplier	Nanos Research
Number of Calls	Maximum of five call backs to those recruited.	Contact	Contact Nanos Research for more information or with any concerns or questions. <a href="http://www.nanos.co">http://www.nanos.co</a> Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.
Time of Calls	Individuals recruited were called between 12-5:30 pm and 6:30-9:30pm local time for the respondent.		
Field Dates	April 29 <sup>th</sup> to May 3 <sup>rd</sup> , 2021.		
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. <a href="https://canadianresearchinsightscouncil.ca/standards/">https://canadianresearchinsightscouncil.ca/standards/</a>		



nanos dimap analytika



NANOS RUTHERFORD MCKAY & Co.

As one of North America's premier market and public opinion research firms, we put strategic intelligence into the hands of decision makers. The majority of our work is for private sector and public facing organizations and ranges from market studies, managing reputation through to leveraging data intelligence. Nanos Research offers a vertically integrated full service quantitative and qualitative research practice to attain the highest standards and the greatest control over the research process. [www.nanos.co](http://www.nanos.co)

This international joint venture between [dimap](#) and [Nanos](#) brings together top research and data experts from North American and Europe to deliver exceptional data intelligence to clients. The team offers data intelligence services ranging from demographic and sentiment microtargeting; consumer sentiment identification and decision conversion; and, data analytics and profiling for consumer persuasion. [www.nanosdimap.com](http://www.nanosdimap.com)

NRM is an affiliate of Nanos Research and Rutherford McKay Associates. Our service offerings are based on decades of professional experience and extensive research and include public acceptance and engagement, communications audits, and narrative development. [www.nrmpublicaffairs.com](http://www.nrmpublicaffairs.com)

ABOUT NANOS

# TABULATIONS





**2021-1893 – Nanos Research – Mental Health – April OMNI – STAT SHEET**

			Region					Gender		Age			
			Canada 2021-05	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	1025	89	220	345	210	161	546	479	193	438	394
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Very well	%	30.7	43.6	35.3	27.2	26.1	32.9	31.7	29.8	15.4	31.8	40.7
	Somewhat well	%	48.6	43.9	52.0	50.6	42.0	48.4	48.1	49.2	51.2	47.1	48.2
	Somewhat poorly	%	13.4	6.3	9.0	16.8	16.7	10.7	12.3	14.5	20.7	14.1	7.6
	Poorly	%	6.4	5.1	2.8	4.8	14.3	6.7	7.3	5.5	11.5	5.5	3.5
	Unsure	%	0.8	1.0	0.9	0.6	1.0	1.3	0.6	1.1	1.2	1.5	0.0

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.





**2021-1893 – Nanos Research – Mental Health – April OMNI – STAT SHEET**

			Region					Gender		Age			
			Canada 2021-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?	Total	Unwgt N	1025	89	220	345	210	161	546	479	193	438	394
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Better	%	2.8	3.2	2.4	1.2	4.6	5.7	3.3	2.4	2.7	4.2	1.7
	Somewhat better	%	5.3	5.0	6.9	5.3	1.9	7.6	5.6	5.1	6.4	5.7	4.2
	Somewhat worse	%	29.3	26.8	24.0	33.9	27.6	28.8	26.9	31.6	33.5	30.2	25.4
	Worse	%	15.2	9.1	8.3	15.6	25.1	15.6	16.6	13.8	24.6	15.9	7.9
	About the same as before	%	46.4	54.3	56.8	43.5	40.4	41.3	47.4	45.6	31.7	42.9	59.9
	Unsure	%	0.9	1.7	1.7	0.6	0.4	1.0	0.3	1.5	1.1	1.0	0.8

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.



**2021-1893 – Nanos Research – Mental Health – April OMNI – STAT SHEET**

			Region					Gender		Age			
			Canada 2021-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Compared to before the pandemic, has your alcohol consumption increased, decreased or stayed the same?	Total	Unwgt N	1025	89	220	345	210	161	546	479	193	438	394
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Increased	%	18.0	10.2	18.3	16.4	22.8	19.3	21.0	15.1	23.8	20.8	11.4
	Decreased	%	13.7	10.6	10.7	16.1	13.3	14.1	13.7	13.7	14.2	10.8	15.9
	Stayed the same	%	46.8	60.0	48.7	46.2	39.9	48.3	47.3	46.4	40.7	43.6	54.0
	I don't drink alcohol	%	21.5	19.1	22.3	21.3	24.0	18.3	18.0	24.8	21.2	24.8	18.7

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.



**2021-1893 – Nanos Research – Mental Health – April OMNI – STAT SHEET**

			Region					Gender		Age			
			Canada 2021-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - In the past 12 months, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? [RANDOMIZE] (Select all that apply)	Total	Unwgt N	1025	89	220	345	210	161	546	479	193	438	394
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Relative expressed concern	%	3.2	8.5	3.4	3.4	2.3	0.4	4.8	1.6	4.2	3.6	2.1
	Friend expressed concern	%	1.0	3.4	0.4	0.5	2.1	0.7	1.9	0.2	1.6	0.6	0.9
	Doctor expressed concern	%	1.4	2.3	2.3	0.9	0.9	1.8	2.3	0.7	1.6	1.4	1.4
	Another healthcare professional expressed concern	%	0.6	1.7	1.3	0.2	0.0	0.9	0.9	0.4	1.2	0.6	0.3
	No one has expressed concern	%	95.3	88.5	95.9	95.4	95.4	97.1	92.7	97.7	94.2	94.8	96.4

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.



**2021-1893 – Nanos Research – Mental Health – April OMNI – STAT SHEET**

			Region					Gender		Age			
			Canada 2021-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - In the past 12 months, has a relative, friend, doctor, or another health professional expressed concern about your mental health? [RANDOMIZE] (Select all that apply)	Total	Unwgt N	1025	89	220	345	210	161	546	479	193	438	394
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Relative expressed concern	%	10.5	6.9	6.5	10.5	17.9	8.9	9.2	11.7	21.7	8.8	4.0
	Friend expressed concern	%	9.9	8.7	5.6	11.2	14.4	8.3	8.2	11.6	20.2	7.6	4.7
	Doctor expressed concern	%	4.8	1.7	3.2	5.7	5.6	5.7	3.3	6.3	11.1	4.2	0.9
	Another healthcare professional expressed concern	%	3.0	1.7	2.0	3.0	3.1	5.6	2.3	3.8	6.1	2.2	1.7
	No one has expressed concern	%	81.7	88.4	88.8	79.3	74.2	83.3	84.4	79.1	66.7	83.1	91.1

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,025 Canadians, 18 years of age or older, between April 29<sup>th</sup> and May 3<sup>rd</sup>, 2021. The margin of error for this survey is ±3.1 percentage points, 19 times out of 20.