



Mental health of Canadians continues to worsen.
Loss of social contacts, and lockdowns and
restrictions negatively impact their mental health.

Key Findings

1

NEGATIVE IMPACTS ON MENTAL HEALTH

Nearly two in three Canadians say loss of social contacts (63%) is a main driver that negatively impacts their mental health. This is followed by the impact of lockdowns and public health restrictions (59%) and uncertainty about the virus (50%). Younger Canadians (18 to 34) are more likely to report that reading social media has a negative impact on their mental health (42%, compared to 20% of those 55 plus).

2

MENTAL HEALTH CONDITION

The proportion of Canadians who report that their mental health is worse compared to before the pandemic continues to increase with now nearly two in ten who say it is worse (18%) and three in ten who say it is somewhat worse (29%). Younger Canadians (30% of those 18-34) are more likely to report that their mental health today is worse than older Canadians (eight per cent of those 55 plus).

3

SEEKING TREATMENT FOR MENTAL HEALTH

Nearly two in ten Canadians say they have sought help for their mental health either through treatment or counselling. Younger Canadians (33% of those 18-34) are more likely to report having done so than middle aged Canadians (20% of those 35 to 54; six per cent of those 55 and older). Women (23%) are more likely to report having done so than men (13%).

4

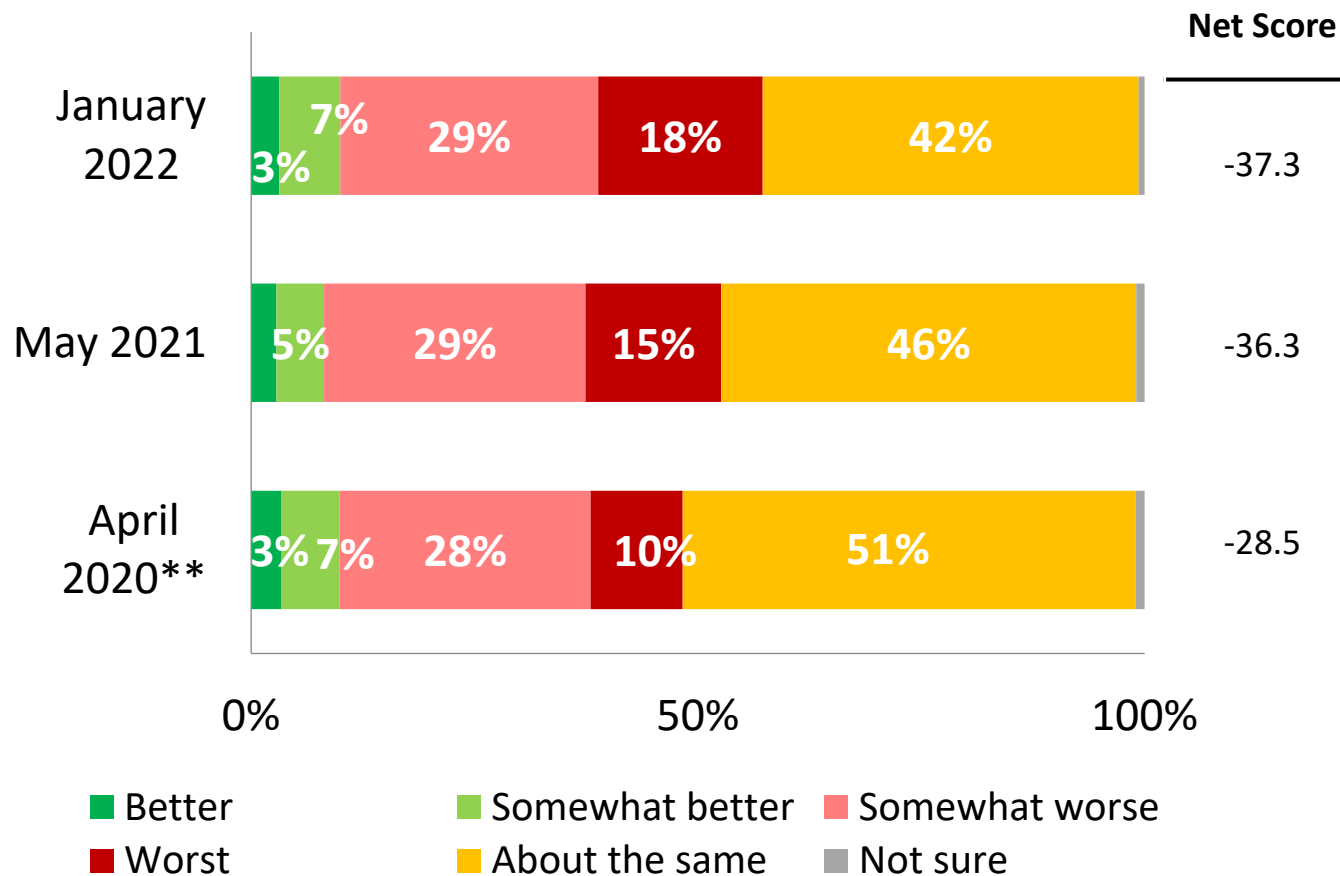
EXPECTED TIMELINE FOR PANDEMIC

Canadians expect that the pandemic will end in 16 months on average. Just over one third of Canadians (39%) believe it will end in less than a year, two in ten (22%) believe it will end in one year and one quarter (26%) believe it will end in 14 to 24 months.

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?



“

The proportion of Canadians who report that their mental health has deteriorated compared to before the pandemic continues to increase with now almost one in two saying it is worse (18%) or somewhat worse (29%). Younger Canadians are significantly more likely to report that their mental health is worse or somewhat worse (64%) than older Canadians (31%).

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*Weighted to the true population proportion.

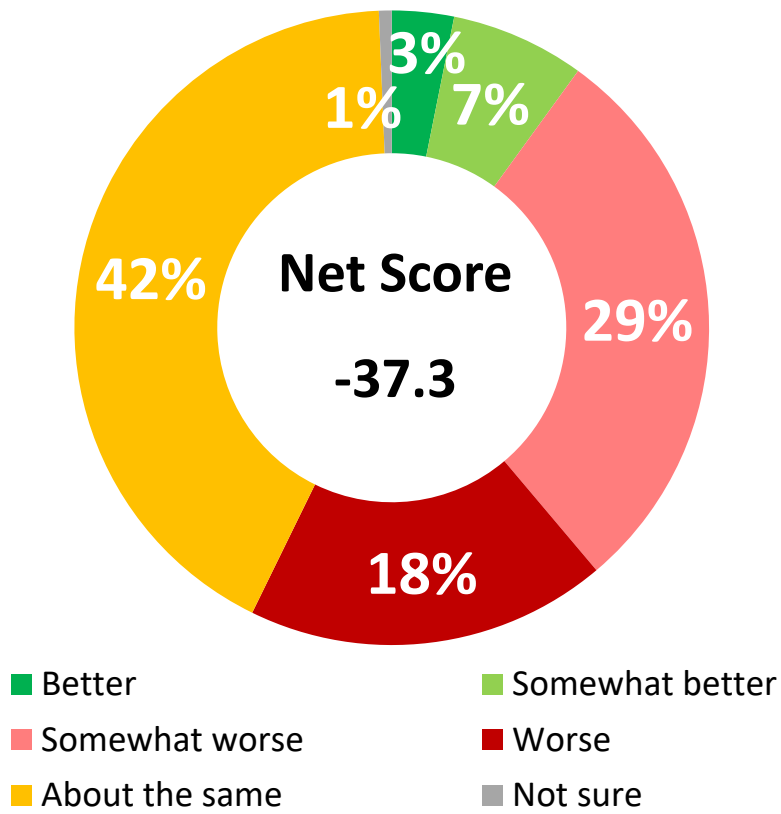
*Charts may not add up to 100 due to rounding.

*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, January 21st to 23rd, 2022, n=1,049, accurate ±3.0 percentage points plus or minus, 19 times out of 20.

Mental health condition now compared to before the pandemic



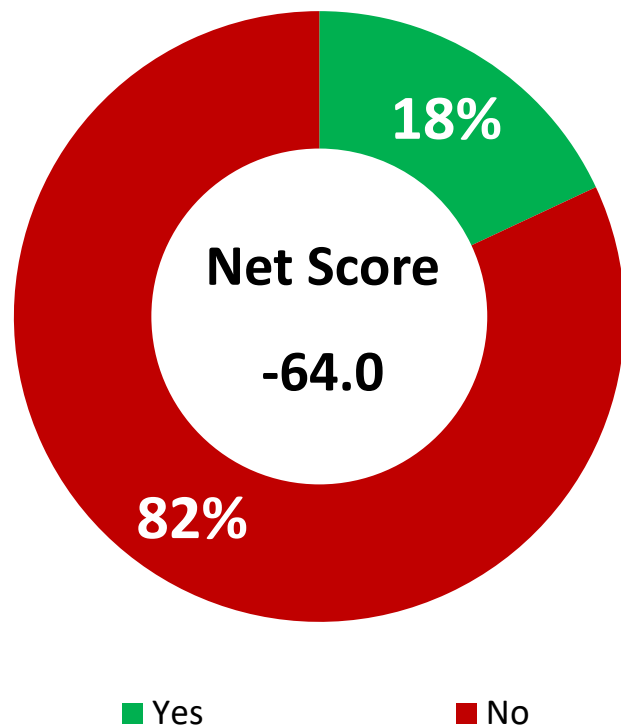
*Weighted to the true population proportion.
 *Charts may not add up to 100 due to rounding.
 *The net score is the difference between all positive and negative numbers in a question.

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, January 21st to 23rd, 2022, n=1,049, accurate ±3.0 percentage points plus or minus, 19 times out of 20.

Q Is your mental health today better, somewhat better, somewhat worse, worse or about the same as before the COVID-19 pandemic?

	Atlantic (n=99)	Quebec (n=230)	Ontario (n=350)	Prairies (n=208)	BC (n=162)
About the same	36.5%	47.9%	41.1%	36.5%	45.4%
	Men (n=556)	Women (n=493)	18-34 (n=176)	35-54 (n=446)	55 plus (n=427)
Worse/somewhat worse	44.5%	39.8%	22.9%	36.7%	60.4%
	Atlantic (n=99)	Quebec (n=230)	Ontario (n=350)	Prairies (n=208)	BC (n=162)
Worse/somewhat worse	58.7%	39.5%	49.4%	49.6%	45.7%
	Men (n=556)	Women (n=493)	18-34 (n=176)	35-54 (n=446)	55 plus (n=427)
Worse/somewhat worse	45.5%	48.9%	64.4%	51.8%	31.2%

Seeking treatment for mental health during the pandemic



Q

During the pandemic have you sought treatment or counselling to help with your mental health?

“

Nearly two in ten Canadians report having sought treatment or counselling to help with their mental health. This number is highest among younger Canadians with one in three (33%) who report having sought treatment or counselling for their mental health compared to older Canadians (6% sought treatment or counselling).

”

*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, January 21st to 23rd, 2022, n=1,049, accurate ±3.0 percentage points plus or minus, 19 times out of 20.

Seeking treatment for mental health during the pandemic by demographics

Q

During the pandemic have you sought treatment or counselling to help with your mental health?

Yes	Atlantic (n=99)	Quebec (n=230)	Ontario (n=350)	Prairies (n=208)	BC (n=162)
	19.4%	21.2%	18.5%	12.7%	17.9%
No	Men (n=556)	Women (n=493)	18-34 (n=176)	35-54 (n=446)	55 plus (n=427)
	12.7%	23.2%	33.3%	19.5%	5.9%
No	Atlantic (n=99)	Quebec (n=230)	Ontario (n=350)	Prairies (n=208)	BC (n=162)
	80.6%	78.8%	81.5%	87.3%	82.1%
No	Men (n=556)	Women (n=493)	18-34 (n=176)	35-54 (n=446)	55 plus (n=427)
	87.3%	76.8%	66.7%	80.5%	94.1%

*Weighted to the true population proportion.

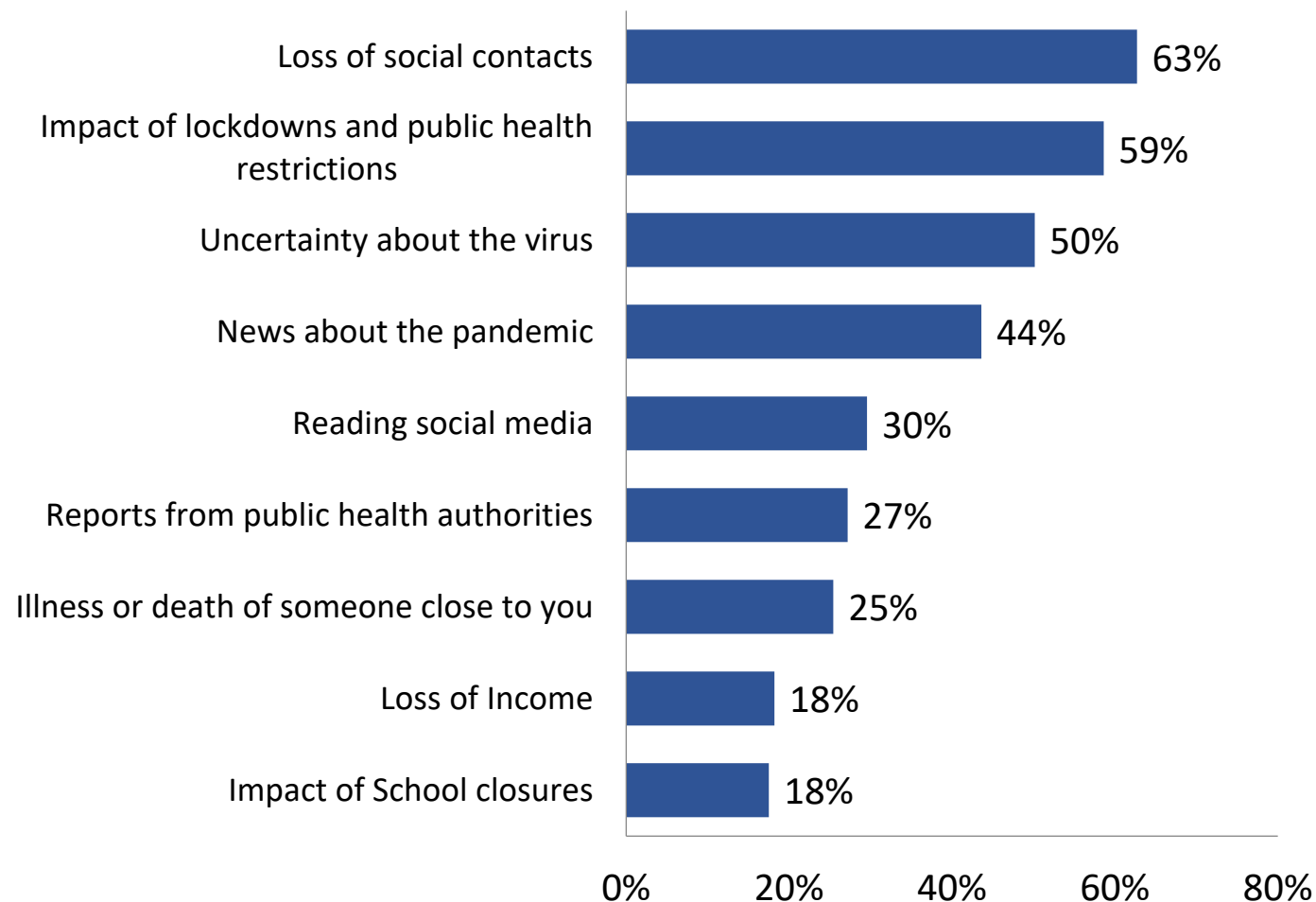
*Charts may not add up to 100 due to rounding.

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, January 21st to 23rd, 2022, n=1,049, accurate ±3.0 percentage points plus or minus, 19 times out of 20.

Drivers of negative impacts on mental health

Q

What do you think are the main drivers that negatively impact your mental health? [RANDOMIZE] [SELECT AS MANY AS APPLY]



“

Canadians are most likely to say that loss of social contacts, lockdowns and public health restriction and uncertainty about the virus are main drivers that negatively impact their mental health.

”

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, January 21st to 23rd, 2022, n=1,028, accurate ±3.1 percentage points plus or minus, 19 times out of 20.

Drivers of negative impacts on mental health – By demographics

Q

What do you think are the main drivers that negatively impact your mental health? [RANDOMIZE] [SELECT AS MANY AS APPLY]

	Canada (n=1028)	Atlantic (n=99)	Quebec (n=220)	Ontario (n=341)	Prairies (n=207)	BC (n=159)	Men (n=542)	Women (n=486)	18-34 (n=175)	35-54 (n=436)	55 plus (n=417)
Loss of social contacts	62.7%	68.9%	60.6%	65.7%	58.5%	60.6%	58.7%	66.6%	67.3%	60.0%	61.8%
Impact of lockdowns and public health restrictions	58.6%	59.8%	62.4%	59.0%	57.6%	51.8%	58.2%	59.0%	58.7%	62.2%	55.4%
Uncertainty about the virus	50.2%	52.8%	38.0%	56.1%	51.2%	51.3%	43.8%	56.3%	48.6%	50.5%	51.0%
News about the pandemic	43.6%	52.0%	38.0%	48.1%	44.8%	34.5%	40.7%	46.4%	45.3%	44.0%	42.0%
Reading social media	29.6%	25.4%	20.9%	30.8%	38.5%	30.7%	28.5%	30.6%	41.5%	30.9%	19.8%
Reports from public health authorities	27.2%	27.4%	23.5%	27.4%	32.2%	25.7%	28.1%	26.3%	26.8%	27.6%	27.1%
Illness or death of someone close to you	25.4%	26.0%	20.9%	32.0%	21.5%	19.6%	21.6%	29.1%	24.4%	25.7%	25.9%
Loss of Income	18.2%	15.3%	17.4%	20.0%	22.2%	10.3%	17.6%	18.7%	27.6%	20.3%	9.6%
Impact of School closures	17.5%	18.0%	15.5%	22.5%	16.4%	8.0%	16.9%	18.1%	31.1%	17.0%	8.2%

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, January 21st to 23rd, 2022, n=1,028, accurate ±3.1 percentage points plus or minus, 19 times out of 20.

Expected timeline for the end of the pandemic

Q

How many months do you think it will be before the pandemic is over?
_____ months

	Canada (n=1023)	Atlantic (n=96)	Quebec (n=227)	Ontario (n=340)	Prairies (n=202)	BC (n=158)	Men (n=544)	Women (n=479)	18-34 (n=170)	35-54 (n=436)	55 plus (n=417)
Average number of months	15.6	16.1	17.4	15.3	13.6	15.6	14.5	16.6	16.7	15.5	14.8
Median number of months	12.0	12.0	12.0	12.0	10.0	12.0	12.0	12.0	12.0	12.0	12.0
12 months	22.2%	29.2%	23.3%	23.7%	17.9%	18.4%	18.7%	25.6%	18.8%	22.9%	23.9%
24 months	16.4%	16.2%	20.4%	14.7%	12.5%	19.1%	15.6%	17.1%	16.9%	16.8%	15.6%
6 months	15.1%	19.2%	12.4%	14.6%	20.0%	12.6%	18.3%	12.0%	12.0%	14.4%	17.8%
18 months	6.3%	6.2%	5.8%	7.5%	6.0%	4.5%	6.9%	5.8%	6.1%	6.6%	6.3%
36 months	4.7%	6.7%	6.6%	4.0%	3.5%	4.0%	3.7%	5.6%	4.6%	4.2%	5.2%

TOP RESPONSES

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, January 21st to 23rd, 2022, n=1,049, accurate ±3.1 percentage points plus or minus, 19 times out of 20.

METHODOLOGY

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 January 21st to 23rd, 2022 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 ± 3.0 percentage points, 19 times out of 20.

This study was commissioned by CTV News and the research was conducted by Nanos Research.

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



Element	Description	Element	Description
Research sponsor	CTV News	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	1049 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 Hybrid Probability 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	±3.0 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	This was the only question asked on this topic.
Sampling Method Base	The sample included both land- and cell-lines RDD (Random Digit Dialed) across Canada.	Question Content	Previous content included political and economical questions.
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. http://www.nanos.co 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	January 21 st to 23 rd , 2022.		
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/		



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ABOUT NANOS

TABULATIONS



2022-2058 – CTV/Nanos Survey – Mental Health - STAT SHEET

			Region						Gender		Age		
			Canada 2022-01	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	1049	99	230	350	208	162	556	493	176	446	427
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Better	%	3.2	1.3	3.8	2.2	5.6	2.3	3.3	3.0	3.8	3.4	2.5
	Somewhat better	%	6.8	2.9	7.3	7.3	7.7	5.4	6.2	7.5	8.2	7.5	5.3
	Somewhat worse	%	28.9	35.8	25.6	28.8	30.1	29.7	26.2	31.4	33.9	31.4	23.0
	Worse	%	18.4	22.9	13.9	20.6	19.6	16.0	19.3	17.5	30.4	20.4	8.1
	About the same	%	42.1	36.5	47.9	41.1	36.5	45.4	44.5	39.8	22.9	36.7	60.4
	Unsure	%	0.7	0.6	1.5	0.0	0.6	1.2	0.4	0.9	0.8	0.6	0.6

			Region						Gender		Age		
			Canada 2022-01	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - During the pandemic have you sought treatment or counselling to help with your mental health?	Total	Unwgt N	1049	99	230	350	208	162	556	493	176	446	427
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	Yes	%	18.0	19.4	21.2	18.5	12.7	17.9	12.7	23.2	33.3	19.5	5.9
	No	%	82.0	80.6	78.8	81.5	87.3	82.1	87.3	76.8	66.7	80.5	94.1

2022-2058 – CTV/Nanos Survey – Mental Health - STAT SHEET

			Region						Gender		Age		
			Canada 2022-01	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - What do you think are the main drivers that negatively impact your mental health? [SELECT AS MANY AS APPLY][RANDOMIZE]	Total	Unwgt N	1028	99	222	341	207	159	542	486	175	436	417
		Wgt N	981	67	226	374	182	131	478	502	271	334	376
	Uncertainty about the virus	%	50.2	52.8	38.0	56.1	51.2	51.3	43.8	56.3	48.6	50.5	51.0
	Illness or death of someone close to you	%	25.4	26.0	20.9	32.0	21.5	19.6	21.6	29.1	24.4	25.7	25.9
	Impact of lockdowns and public health restrictions	%	58.6	59.8	62.4	59.0	57.6	51.8	58.2	59.0	58.7	62.2	55.4
	Impact of School closures	%	17.5	18.0	15.5	22.5	16.4	8.0	16.9	18.1	31.1	17.0	8.2
	Loss of Income	%	18.2	15.3	17.4	20.0	22.2	10.3	17.6	18.7	27.6	20.3	9.6
	Loss of social contacts	%	62.7	68.9	60.6	65.7	58.5	60.6	58.7	66.6	67.3	60.0	61.8
	News about the pandemic	%	43.6	52.0	38.0	48.1	44.8	34.5	40.7	46.4	45.3	44.0	42.0
	Reports from public health authorities	%	27.2	27.4	23.5	27.4	32.2	25.7	28.1	26.3	26.8	27.6	27.1
	Reading social media	%	29.6	25.4	20.9	30.8	38.5	30.7	28.5	30.6	41.5	30.9	19.8

*Values are based on the percentage of positive responses to a specific activity (columns exceed 100%)

**Multifrequency tab based on multiple responses

2022-2058 – CTV/Nanos Survey – Mental Health - STAT SHEET

			Region						Gender		Age		
			Canada 2022-01	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - What do you think are the main drivers that negatively impact your mental health? [SELECT AS MANY AS APPLY][RANDOMIZE]	Total	Unwgt N	3346	332	661	1202	687	464	1664	1682	632	1464	1250
		Wgt N	3265	231	672	1354	624	383	1502	1763	1005	1128	1132
	Uncertainty about the virus	%	15.1	15.3	12.8	15.5	14.9	17.5	13.9	16.0	13.1	14.9	16.9
	Illness or death of someone close to you	%	7.6	7.5	7.0	8.9	6.3	6.7	6.9	8.3	6.6	7.6	8.6
	Impact of lockdowns and public health restrictions	%	17.6	17.3	21.0	16.3	16.8	17.7	18.5	16.8	15.8	18.4	18.4
	Impact of School closures	%	5.3	5.2	5.2	6.2	4.8	2.7	5.4	5.1	8.4	5.0	2.7
	Loss of Income	%	5.5	4.4	5.9	5.5	6.5	3.5	5.6	5.3	7.4	6.0	3.2
	Loss of social contacts	%	18.8	19.9	20.4	18.2	17.1	20.7	18.7	19.0	18.1	17.7	20.6
	News about the pandemic	%	13.1	15.0	12.8	13.3	13.1	11.8	12.9	13.2	12.2	13.0	14.0
	Reports from public health authorities	%	8.2	7.9	7.9	7.6	9.4	8.8	9.0	7.5	7.2	8.2	9.0
	Reading social media	%	8.9	7.3	7.0	8.5	11.2	10.5	9.1	8.7	11.2	9.1	6.6

*Values are based on the proportion an activity represents of all activities (columns add up to 100 percent).

**Multifrequency tab based on multiple responses

2022-2058 – CTV/Nanos Survey – Mental Health - STAT SHEET

			Region						Gender		Age		
			Canada 2022-01	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - How many months do you think it will be before the pandemic is over? [OPEN]	Total	Unwgt N	1023	96	227	340	202	158	544	479	170	436	417
		Wgt N	972	65	230	370	178	128	480	493	262	333	377
		Mean	15.6	16.1	17.4	15.3	13.6	15.6	14.5	16.6	16.7	15.5	14.8
		Median	12.0	12.0	12.0	12.0	10.0	12.0	12.0	12.0	12.0	12.0	12.0
	0	%	1.0	0.0	0.7	0.7	2.9	0.0	1.1	0.9	1.4	1.4	0.2
	1	%	1.4	2.4	2.0	0.5	2.7	0.8	1.8	1.0	1.6	1.8	0.9
	2	%	2.5	0.0	3.3	2.2	3.7	1.3	2.2	2.7	3.1	2.5	2.0
	3	%	2.7	4.5	1.7	2.7	2.2	3.9	3.2	2.1	1.6	3.0	3.0
	4	%	3.6	0.0	1.2	3.9	4.7	7.2	5.3	2.0	5.5	2.7	3.1
	5	%	2.5	0.0	1.2	2.4	4.9	3.4	2.3	2.8	4.1	1.5	2.3
	6	%	15.1	19.2	12.4	14.6	20.0	12.6	18.3	12.0	12.0	14.4	17.8
	7	%	0.6	0.0	0.3	0.9	0.6	0.6	0.8	0.4	0.0	0.8	0.9
	8	%	4.6	7.2	3.1	4.3	3.2	8.6	4.0	5.1	5.6	4.8	3.7
	9	%	2.2	0.0	1.7	2.7	2.4	2.2	2.2	2.1	0.4	2.1	3.4
	10	%	2.3	0.0	2.1	2.8	2.1	2.5	2.7	1.9	2.4	2.3	2.2
	11	%	0.5	0.0	0.3	0.8	0.8	0.0	0.3	0.7	0.6	0.8	0.3
	12	%	22.2	29.2	23.3	23.7	17.9	18.4	18.7	25.6	18.8	22.9	23.9
	14	%	0.2	0.0	0.0	0.5	0.0	0.0	0.2	0.2	0.0	0.5	0.0
	15	%	1.8	0.9	2.1	1.9	0.0	3.6	1.5	2.0	1.5	1.6	2.1
	16	%	0.9	0.6	0.4	1.6	0.5	0.0	0.8	0.9	1.2	1.2	0.3
	18	%	6.3	6.2	5.8	7.5	6.0	4.5	6.9	5.8	6.1	6.6	6.3
	20	%	0.7	0.0	1.0	0.8	0.0	1.0	0.3	1.1	0.0	0.7	1.2
	23	%	0.1	0.9	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2
	24	%	16.4	16.2	20.4	14.7	12.5	19.1	15.6	17.1	16.9	16.8	15.6
	27	%	0.2	0.0	0.0	0.0	1.2	0.0	0.4	0.0	0.8	0.0	0.0
	30	%	1.6	1.9	1.4	1.7	1.8	0.9	0.8	2.3	3.5	1.1	0.7
	35	%	0.3	0.0	0.4	0.5	0.0	0.0	0.4	0.2	0.8	0.2	0.0
	36	%	4.7	6.7	6.6	4.0	3.5	4.0	3.7	5.6	4.6	4.2	5.2
	42	%	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.2	0.0	0.0	0.3
	45	%	0.3	0.0	0.5	0.0	0.8	0.0	0.0	0.5	1.0	0.0	0.0
	48	%	1.2	0.9	2.5	0.8	1.1	0.6	1.2	1.2	0.8	1.3	1.4
	50	%	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.0	0.3	0.0
	60	%	1.4	3.2	1.2	0.7	2.2	1.4	1.7	1.0	0.5	2.2	1.2
72	%	0.4	0.0	0.5	0.8	0.0	0.0	0.6	0.2	1.2	0.3	0.0	
75	%	0.2	0.0	0.6	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.4	
84	%	0.2	0.0	0.0	0.6	0.0	0.0	0.0	0.5	0.9	0.0	0.0	
85	%	0.1	0.0	0.0	0.0	0.0	1.0	0.0	0.3	0.5	0.0	0.0	
86	%	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.2	0.0	0.3	0.0	
Unsure/no answer	%	1.9	0.0	3.4	1.1	2.3	1.7	2.8	1.0	2.6	1.7	1.5	