Younger Canadians are more likely to report struggling with mental health and self isolation during the pandemic than older Canadians.

NANOS

Key Findings

1 YOUNGER CANADIANS

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

2 COPING WITH ISOLATION

A majority of Canadians still report coping well (37%) or somewhat well (44%) with self isolation, which is consistent with the previous waves of research.

3 MENTAL HEALTH

Canadians remain about three times more likely to report that their mental health is worse (14%) or somewhat worse (25%) compared to before the pandemic rather than better (four per cent) or somewhat better (10%).
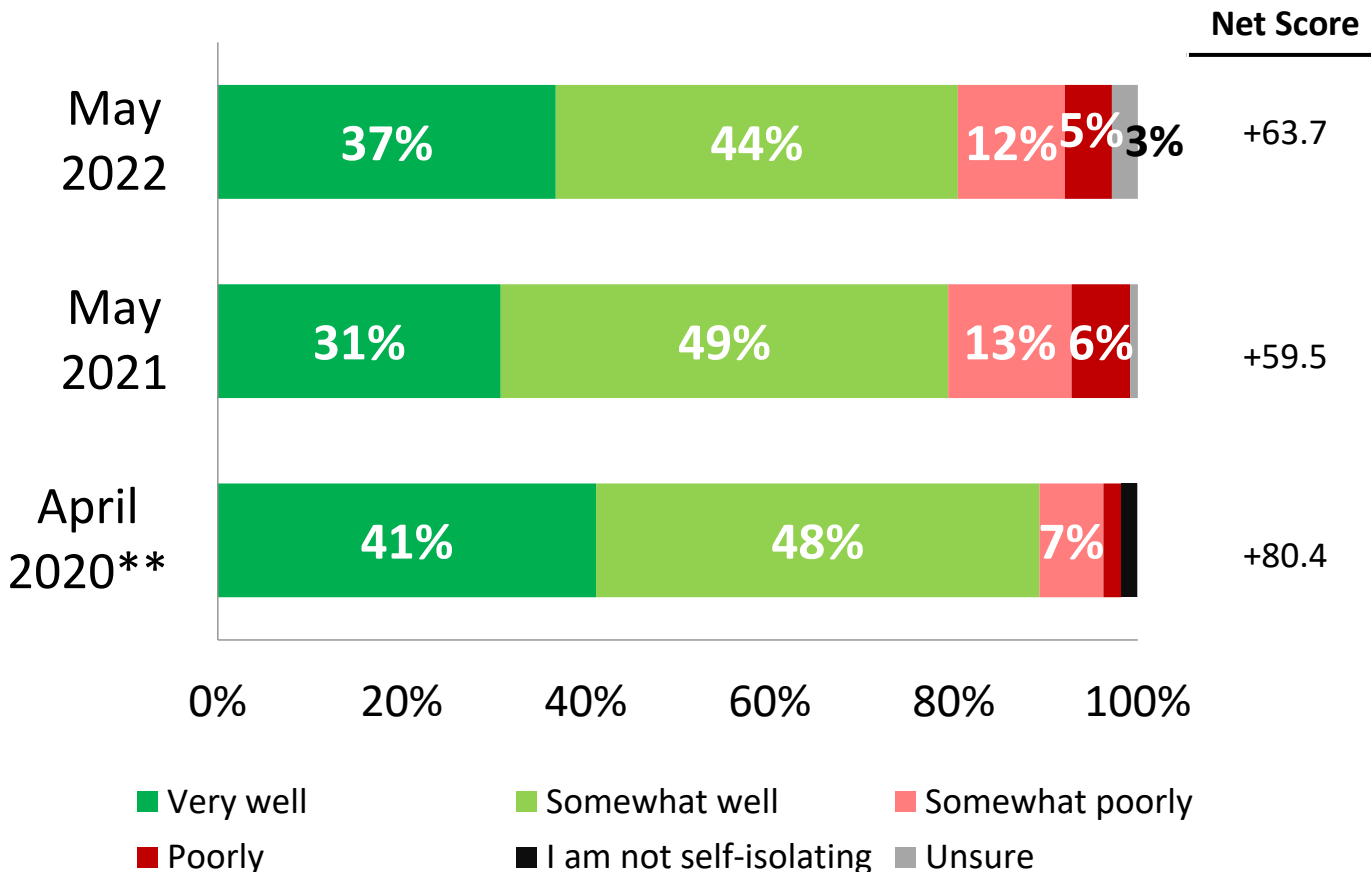
4 ALCOHOL CONSUMPTION

The proportion of Canadians who report their alcohol consumption has decreased compared to before the pandemic (16%) remains higher than the March 2020 benchmark (12%), although most continue to say their consumption hasn't changed or they do not drink.

NANOS

Coping with self-isolation during COVID-19 outbreak

Net Score

Year	Very well	Somewhat well	Somewhat poorly	Poorly	Unsure	Net Score
May 2022	37%	44%	12%	5%	3%	+63.7
May 2021	31%	49%	13%	6%		+59.5
April 2020**	41%	48%	7%			+80.4

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

"Similar to the previous waves, a majority of Canadians report coping very well or somewhat well with self-isolation. Younger Canadians (18-34) continue to be more likely to report dealing poorly (nine percent) or somewhat poorly (16%) than older Canadians (55 plus) (two percent poorly, nine per cent somewhat poorly)."

NANOS

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]
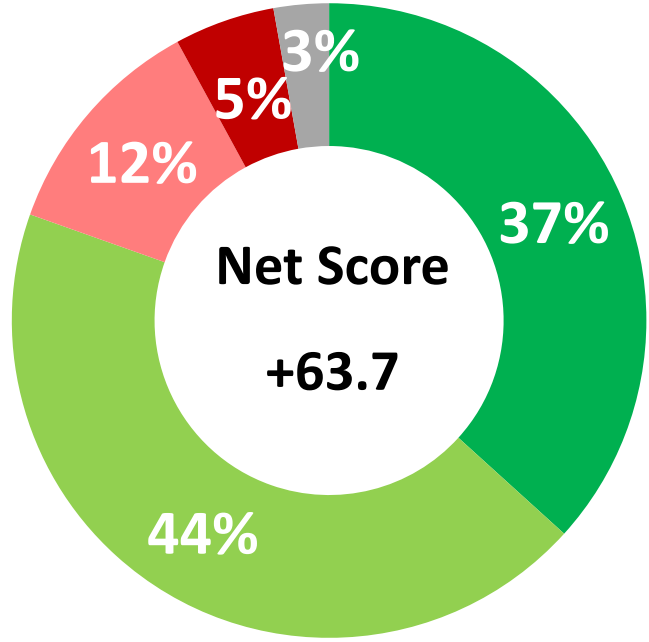
Net Score +63.7

- 37% Very well
- 44% Somewhat well
- 12% Somewhat poorly
- 5% Poorly
- 3% Unsure

Legend:
- ■ Very well
- ■ Somewhat well
- ■ Somewhat poorly
- ■ Poorly
- ■ Unsure

Very well/somewhat well	Atlantic (n=100)	Quebec (n=249)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	83.1%	83.3%	77.9%	78.7%	83.6%
	Men (n=525)	Women (n=480)	18 to 34 (n=309)	35 to 54 (n=370)	55 plus (n=326)
	81.8%	79.1%	72.3%	78.7%	87.7%

Poorly/somewhat poorly	Atlantic (n=100)	Quebec (n=249)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	15.2%	15.7%	19.5%	16.6%	11.8%
	Men (n=525)	Women (n=480)	18 to 34 (n=309)	35 to 54 (n=370)	55 plus (n=326)
	16.2%	17.3%	24.5%	17.6%	10.6%

*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.

NANOS

Mental health condition now compared to before the pandemic

Net Score

May 2022
- Better: 4%
- Somewhat better: 10%
- Somewhat worse: 25%
- Worst: 14%
- About the same: 46%
- Net Score: -24.6

May 2021
- Somewhat better: 5%
- Somewhat worse: 29%
- Worst: 15%
- About the same: 46%
- Net Score: -36.3

April 2020**
- Better: 3%
- Somewhat better: 7%
- Somewhat worse: 28%
- Worst: 10%
- About the same: 51%
- Net Score: -28.5

Legend:
- ■ Better
- ■ Somewhat better
- ■ Somewhat worse
- ■ Worst
- ■ About the same
- ■ Not sure

> "Canadians are marginally more likely to report that their mental health is better or somewhat better than before the pandemic than the May 2021 wave. Younger Canadians (18-34) are more likely to report that their mental health is worse (22%) or somewhat worse (28%) than older Canadians (55 plus)(eight per cent worse, 21% 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

NANOS

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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]
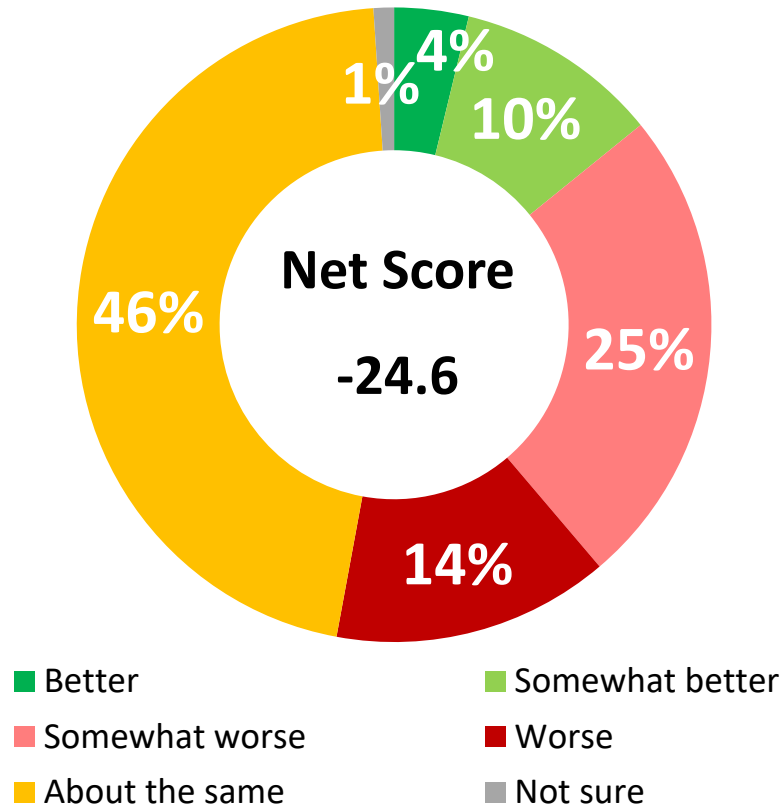

Net Score

-24.6

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

About the same	Atlantic (n=100)	Quebec (n=249)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	51.2%	**56.2%**	**44.5%**	**40.1%**	**38.4%**
	Men (n=525)	Women (n=480)	18 to 34 (n=309)	35 to 54 (n=370)	55 plus (n=326)
	48.5%	**43.7%**	**31.9%**	**40.8%**	**60.8%**

Worse/somewhat worse	Atlantic (n=100)	Quebec (n=249)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	37.4%	**27.4%**	**41.5%**	**45.1%**	**42.5%**
	Men (n=525)	Women (n=480)	18 to 34 (n=309)	35 to 54 (n=370)	55 plus (n=326)
	35.9%	**41.5%**	**50.7%**	**41.1%**	**28.2%**

*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 29th to May 2nd, 2022, n=1005, accurate 3.1 percentage points plus or minus, 19 times out of 20

NANOS

Change in consumption of alcohol

Net Score

	Increase	Decreased	Remained the same	I don't drink alcohol	Net Score
May-22	14%	16%	49%	22%	+2.2
May 2021	18%	14%	47%	21%	-4.3
May 2020**	20%	10%	47%	22%	-10.6
March 2020**	18%	12%	70%		-6.0

0%   50%   100%

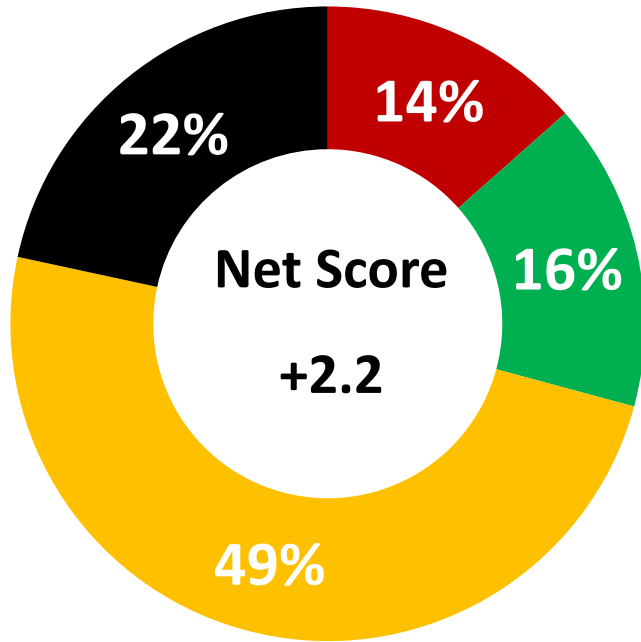■ Increase ■ Decreased ■ Remained the same ■ I don't drink alcohol

"
The proportion of Canadians who report their alcohol consumption has decreased compared to before the pandemic continues to marginally trend up from the first wave in March 2020.
"

*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 29th to May 2nd, 2022, n=1002, accurate 3.1 percentage points plus or minus, 19 times out of 20

NANOS

Change in consumption of alcohol

Compared to before the pandemic, has your alcohol consumption increased, decreased or stayed the same?

Net Score

+2.2

14%

16%

49%

22%

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

Stayed the same

	Atlantic (n=100)	Quebec (n=246)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	43.6%	**53.1%**	**47.6%**	**48.4%**	**50.9%**
	Men (n=523)	Women (n=479)	18 to 34 (n=309)	35 to 54 (n=368)	55 plus (n=325)
	48.4%	**49.9%**	**42.9%**	**47.8%**	**54.9%**

Increased

	Atlantic (n=100)	Quebec (n=246)	Ontario (n=301)	Prairies (n=196)	BC (n=159)
	16.2%	**10.2%**	**14.0%**	**10.6%**	**20.3%**
	Men (n=523)	Women (n=479)	18 to 34 (n=XXX)	35 to 54 (n=368)	55 plus (n=325)
	13.9%	**13.1%**	**17.8%**	**15.1%**	**9.0%**

*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.

NANOS

Express concern about drinking since COVID-19

Legend: ■ May 2022   ■ May 2021   ■ May 2020

Category	May 2022	May 2021	May 2020
No one has expressed concern	94%	95%	97%
Relative expressed concern	4%	3%	2%
Friend expressed concern	1%	1%	1%
Doctor expressed concern	2%	1%	1%
Another healthcare professional expressed concern	1%	1%	1%

" Consistent with the previous waves, the 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.
*Tracking data from the CCSA May submission 2020-1645

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 29th to May 2nd, 2022, n=1001, accurate 3.1 percentage points plus or minus, 19 times out of 20
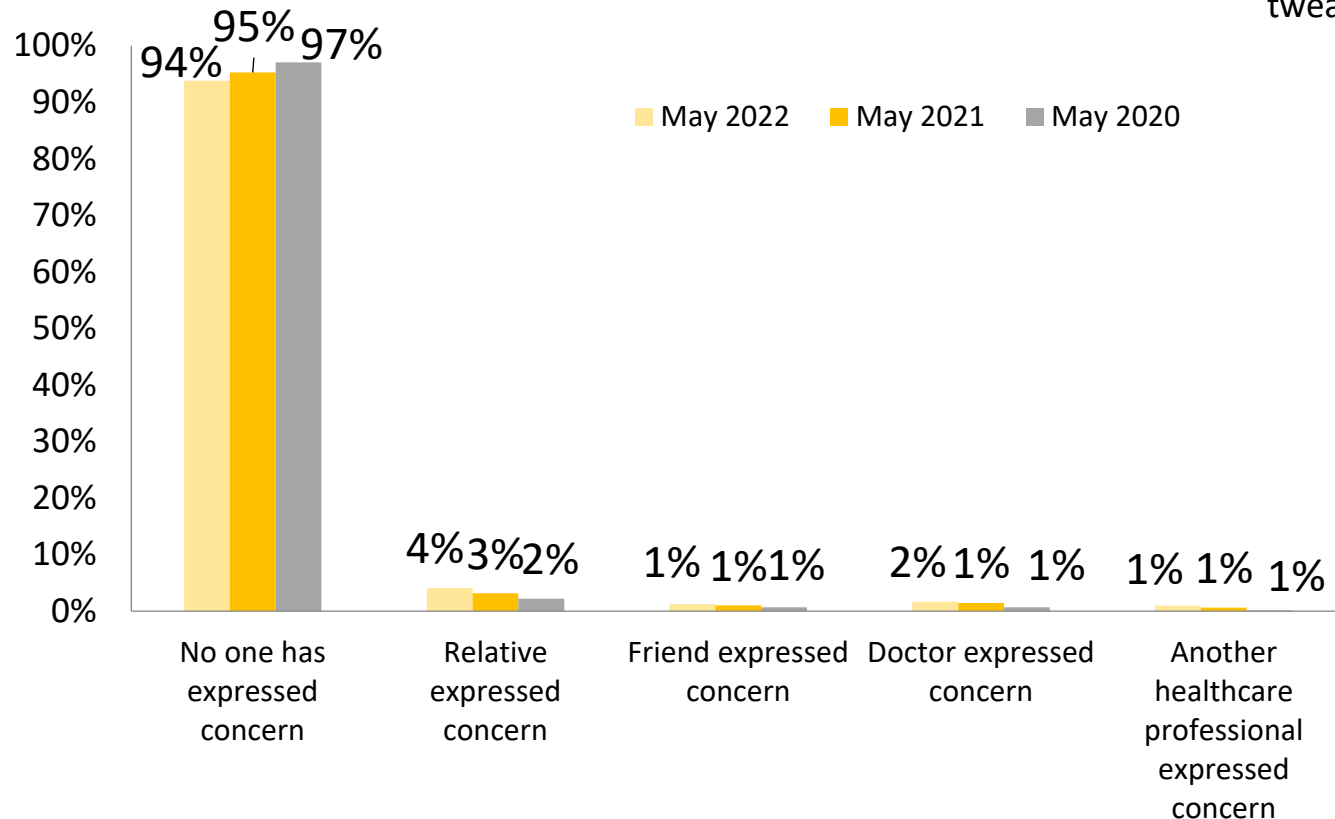
NANOS

Express concern about mental health since COVID-19
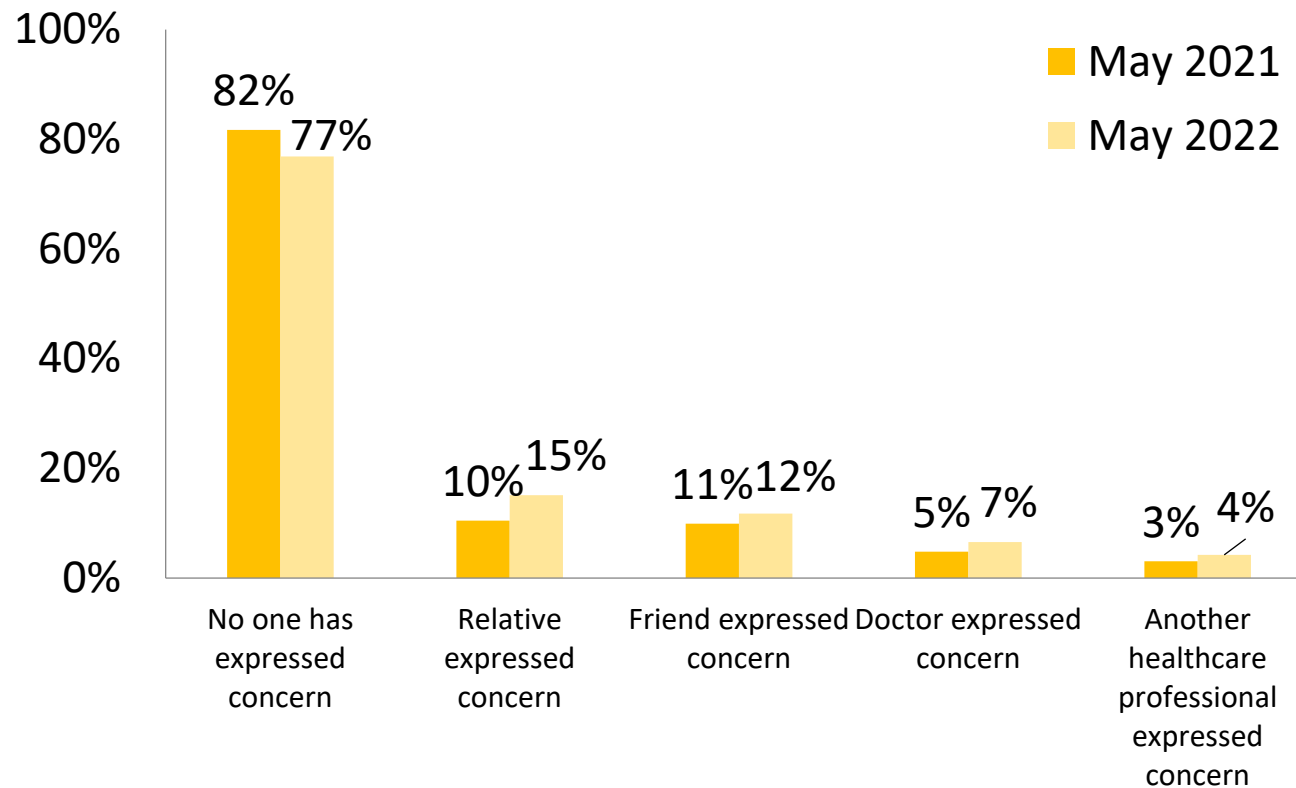
May 2021
May 2022

"
Nearly four in ten Canadians report that either a relative, friend, doctor or other healthcare professionals have expressed concern about their mental health, a marginal increase since the last wave in May 2021. Younger Canadians are less likely to report that no one has expressed concern about their mental health (60%) than older Canadians (55 plus)(90%).
"

*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, April 29th to May 2nd, 2022, n=999, accurate 3.1 percentage points plus or minus, 19 times out of 20

NANOS

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,005 Canadians, 18 years of age or older, between April 29th to May 2nd, 2022 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 1,005 Canadians is ±3.1 percentage points, 19 times out of 20.

The research was sponsored and conducted by Nanos Research.

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

METHODOLOGY

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 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. 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.

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 30thand April 2nd, 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 dialing with a maximum of five call backs.
The margin of error for this survey is ±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 26th and 28th, 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 ±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.

Nanos April OMNI 2021-1893: 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 29th and May 3rd, 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 ±3.1 percentage points, 19 times out of 20. The research was commissioned by Nanos Research and was conducted by Nanos Research.

PAST WAVES METHODOLOGY

Element	Description
Research sponsor	Nanos Research
Population and Final Sample Size	1,005 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	April 29th to May 2nd, 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/

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	11 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, views on economic issues, the Canadian trucking industry, broadcasting, the CBC, diabetes and helping people with disabilities.
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.

TECHNICAL NOTE

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ABOUT NANOS

TABULATIONS

2022-2137 – Mental Health – Omni – STAT SHEET

					Region				Gender		Age		
			Canada 2022-05	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	1005	100	249	301	196	159	525	480	309	370	326
		Wgt N	1000	67	233	384	183	133	489	511	273	341	386
	Very well	%	36.7	34.6	45.7	31.8	34.4	39.5	39.4	34.1	31.4	35.4	41.7
	Somewhat well	%	43.7	48.4	37.6	46.1	44.3	44.1	42.4	45.0	40.9	43.3	46.0
	Somewhat poorly	%	11.6	9.9	12.4	13.9	9.9	7.0	12.0	11.3	15.5	11.7	8.8
	Poorly	%	5.1	5.3	3.3	5.6	6.6	4.8	4.2	6.0	8.9	5.9	1.8
	Unsure	%	2.8	1.7	0.9	2.6	4.7	4.6	2.0	3.6	3.2	3.7	1.7

					Region				Gender		Age		
			Canada 2022-05	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	1005	100	249	301	196	159	525	480	309	370	326
		Wgt N	1000	67	233	384	183	133	489	511	273	341	386
	Better	%	3.8	2.3	3.5	4.0	3.1	5.2	4.2	3.4	4.7	4.7	2.3
	Somewhat better	%	10.4	7.5	12.2	9.0	10.5	12.4	10.4	10.4	11.5	12.8	7.4
	Somewhat worse	%	24.6	23.5	21.2	24.5	26.9	28.5	22.8	26.4	28.3	26.1	20.7
	Worse	%	14.1	13.9	6.2	17.1	18.2	14.0	13.1	15.1	22.4	15.0	7.5
	About the same as before	%	46.1	51.2	56.2	44.5	40.1	38.4	48.5	43.7	31.9	40.8	60.8
	Unsure	%	1.0	1.6	0.7	0.9	1.1	1.5	1.0	1.1	1.3	0.6	1.3

					Region				Gender		Age		
			Canada 2022-05	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	1002	100	246	301	196	159	523	479	309	368	325
		Wgt N	998	67	231	384	183	133	487	510	273	340	385
	Increased	%	13.5	16.2	10.2	14.0	10.6	20.3	13.9	13.1	17.8	15.1	9.0
	Decreased	%	15.7	16.8	15.7	15.6	17.0	13.9	17.0	14.5	18.3	15.0	14.6
	Stayed the same	%	49.2	43.6	53.1	47.6	48.4	50.9	48.4	49.9	42.9	47.8	54.9
	I don't drink alcohol	%	21.6	23.3	20.9	22.9	24.1	14.9	20.7	22.5	21.0	22.2	21.6

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2022-2137 – Mental Health – Omni – STAT SHEET

					Region				Gender		Age		
			Canada 2022-05	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? (Select all that apply)	Total	Unwgt N	1001	100	248	298	196	159	522	479	308	369	324
		Wgt N	995	67	232	380	183	133	485	510	272	340	383
	Relative expressed concern	%	4.1	4.0	2.0	5.0	3.7	5.5	6.5	1.8	5.1	4.7	2.8
	Friend expressed concern	%	1.2	0.8	2.1	0.9	0.8	1.2	1.6	0.8	2.6	1.2	0.2
	Doctor expressed concern	%	1.7	0.0	1.6	2.5	0.4	1.7	2.8	0.6	2.0	1.7	1.4
	Another healthcare professional expressed concern	%	1.0	0.8	1.1	1.2	0.8	0.5	1.6	0.3	2.8	0.5	0.0
	No one has expressed concern	%	93.8	94.4	94.1	93.1	95.9	92.1	90.0	97.4	92.1	93.2	95.6

*Values are based on the percentage of positive responses to a specific response option (columns exceed 100%)
**Multifrequency tab based on multiple responses

					Region				Gender		Age		
			Canada 2022-05	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? (Select all that apply)	Total	Unwgt N	1022	100	251	310	200	161	538	484	324	374	324
		Wgt N	1012	67	234	391	186	134	497	515	285	345	383
	Relative expressed concern	%	4.0	4.0	2.0	4.9	3.7	5.5	6.4	1.7	4.8	4.6	2.8
	Friend expressed concern	%	1.2	0.8	2.1	0.9	0.8	1.2	1.6	0.8	2.5	1.2	0.2
	Doctor expressed concern	%	1.6	0.0	1.6	2.5	0.4	1.7	2.7	0.6	1.9	1.6	1.4
	Another healthcare professional expressed concern	%	0.9	0.8	1.1	1.1	0.8	0.5	1.6	0.3	2.7	0.5	0.0
	No one has expressed concern	%	92.2	94.4	93.2	90.6	94.4	91.1	87.8	96.5	88.1	92.0	95.6

*Values are based on the proportion a response represents of all response options (columns add up to 100%).
**Multifrequency tab based on multiple responses

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,005 Canadians, 18 years of age or older, between April 29th and May 2nd, 2022. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.
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			Canada 2022-05	Region					Gender		Age		
				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? (Select all that apply)	Total	Unwgt N	999	100	247	298	196	158	520	479	308	365	326
		Wgt N	995	67	232	381	183	132	484	510	272	337	386
	Relative expressed concern	%	15.1	10.8	12.4	19.0	14.7	11.2	12.3	17.7	25.9	17.0	5.8
	Friend expressed concern	%	11.7	10.9	12.5	11.8	12.4	9.7	9.8	13.6	25.2	9.4	4.3
	Doctor expressed concern	%	6.5	5.3	6.5	7.4	6.3	5.3	5.4	7.7	11.5	6.2	3.4
	Another healthcare professional expressed concern	%	4.2	4.5	4.9	5.0	2.8	2.4	4.3	4.1	9.1	5.1	0.0
	No one has expressed concern	%	76.8	79.9	80.4	72.9	76.2	81.3	79.9	73.9	59.5	76.3	89.6

*Values are based on the percentage of positive responses to a specific response option (columns exceed 100%)
**Multifrequency tab based on multiple responses

			Canada 2022-05	Region					Gender		Age		
				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? (Select all that apply)	Total	Unwgt N	1144	115	275	356	223	175	583	561	395	414	335
		Wgt N	1138	75	271	442	206	145	541	597	357	384	398
	Relative expressed concern?	%	13.2	9.7	10.7	16.4	13.1	10.2	11.0	15.1	19.7	14.9	5.7
	Friend expressed concern	%	10.3	9.8	10.7	10.2	11.0	8.8	8.8	11.6	19.2	8.3	4.2
	Doctor expressed concern	%	5.7	4.7	5.6	6.3	5.6	4.8	4.8	6.6	8.7	5.4	3.3
	Another healthcare professional expressed concern	%	3.7	4.0	4.2	4.3	2.5	2.1	3.9	3.5	7.0	4.4	0.0
	No one has expressed	%	67.1	71.7	68.8	62.8	67.8	74.0	71.5	63.2	45.4	67.0	86.9

*Values are based on the proportion a response represents of all response options (columns add up to 100%).
**Multifrequency tab based on multiple responses

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,005 Canadians, 18 years of age or older, between April 29th and May 2nd, 2022. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.
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