



# Mental health and Alcohol consumption post pandemic.

# Key Findings

1

## Mental Health

The proportion of Canadians who report that their mental health is better or somewhat better ([21%](#)) now compared to before the pandemic has increased since last year ([14%](#)). In Quebec, the proportion who report that their mental health has worsened or somewhat worsened ([22%](#)) is significantly lower compared to Ontario ([40%](#)).

2

## Alcohol Consumption

Canadians are now more likely to say that, compared to before the pandemic, their alcohol consumption has decreased ([20%](#)) rather than increased ([13%](#)). Almost half ([49%](#)) continue to say their consumption hasn't changed.

3

## Expressed concerns about drinking

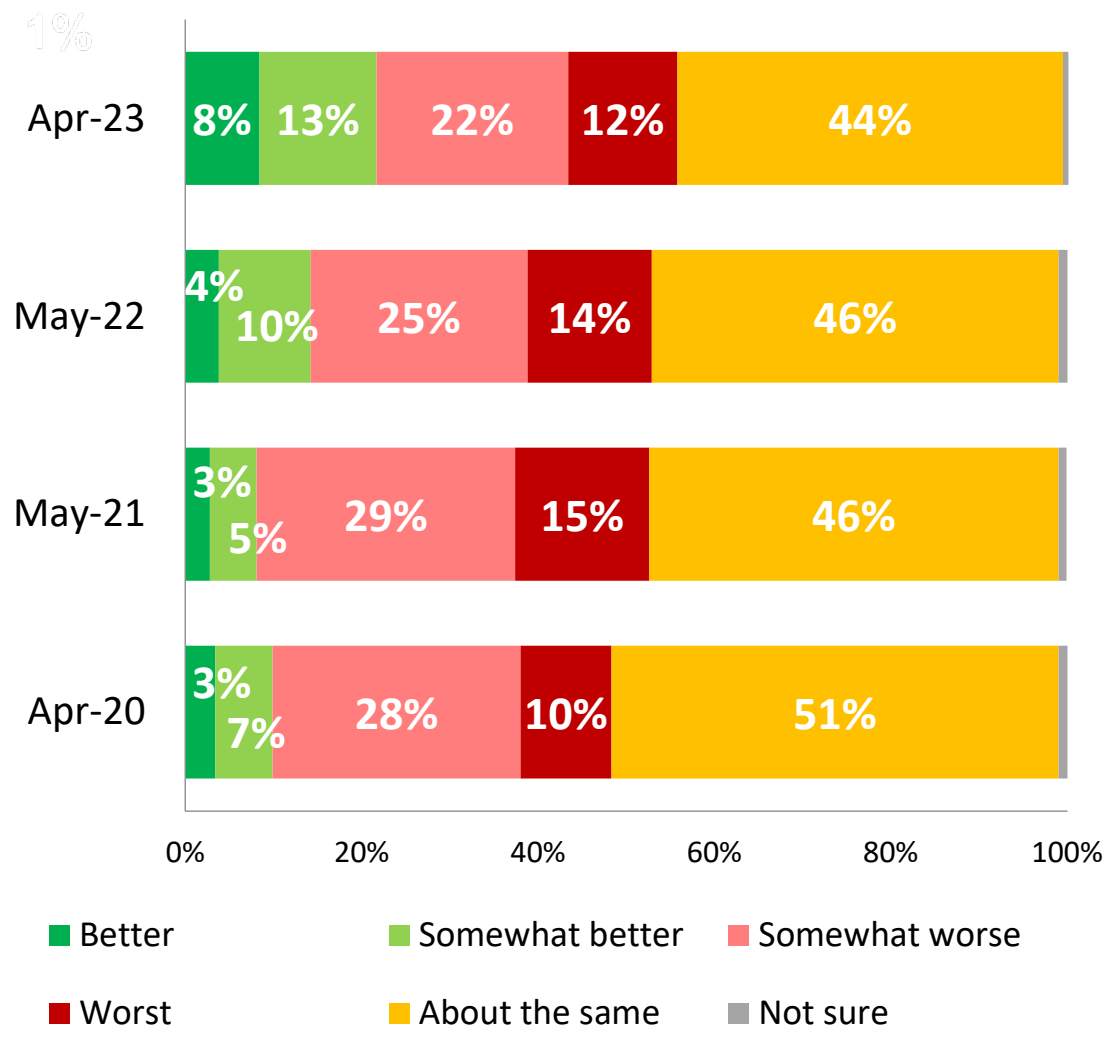
A majority of Canadians still report that no one has expressed any concern about their drinking ([94%](#)) which is consistent with the previous waves of research.

4

## Expressed concerns about Mental Health

Similar to previous waves, a majority of Canadians report that no one has expressed their concerns about their mental health ([78%](#)).





# Mental health condition now compared to before the pandemic

Over **4 in 10** Canadians

report that their mental health is about the same as before the COVID-19 pandemic and one quarter report that it has gotten better or somewhat better than before the COVID-19 pandemic



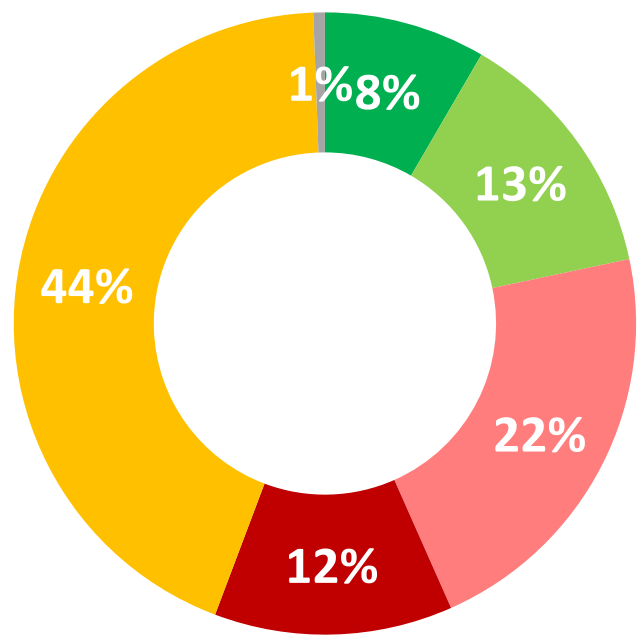
\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.  
 \*\*Tracking data for March and May 2020 from the MHCC Submission 2020-1636

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]

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023, n=1080, accurate 3.0 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
- Unsure

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

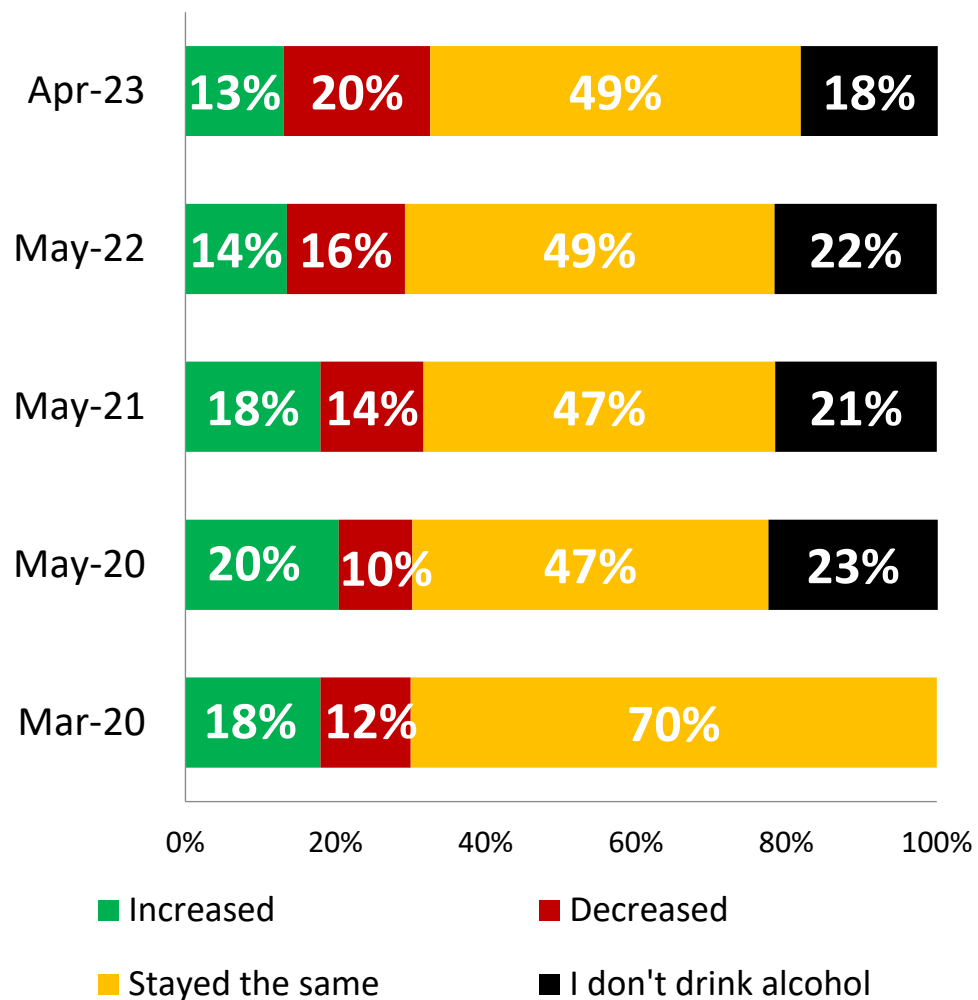
	Atlantic (n=105)	Quebec (n=213)	Ontario (n=380)	Prairies (n=217)	BC (n=165)
<b>About the same</b>	<b>51.9%</b>	<b>45.6%</b>	<b>42.8%</b>	<b>43.0%</b>	<b>39.6%</b>
	Men (n=552)	Women (n=520)	18 to 34 (n=237)	35 to 54 (n=383)	55 plus (n=460)
	<b>47.0%</b>	<b>40.5%</b>	<b>29.8%</b>	<b>42.4%</b>	<b>53.7%</b>
<b>Worse/ somewhat worse</b>	<b>30.9%</b>	<b>21.7%</b>	<b>40.2%</b>	<b>35.1%</b>	<b>37.4%</b>
	Men (n=552)	Women (n=520)	18 to 34 (n=237)	35 to 54 (n=383)	55 plus (n=460)
	<b>32.3%</b>	<b>35.9%</b>	<b>41.6%</b>	<b>36.9%</b>	<b>26.9%</b>

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

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.



# Change in consumption of alcohol



\*Weighted to the true population proportion.

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

\*\*Tracking data for March and May 2020 from the MHCC Submission 2020-1636

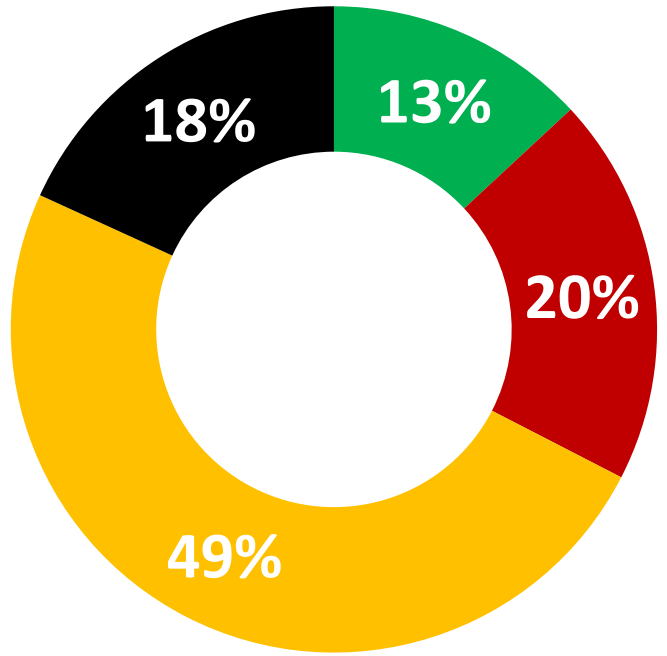
## 1 in 5 Canadians

report that their alcohol consumption has decreased compared to before the pandemic and near to one half report that it has stayed the same compared to before the pandemic.

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

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.

# Change in consumption of alcohol



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

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

	Atlantic (n=105)	Quebec (n=213)	Ontario (n=380)	Prairies (n=217)	BC (n=165)
<b>Stayed the same</b>	51.9%	47.8%	49.7%	51.1%	47.1%
	Men (n=552)	Women (n=520)	18 to 34 (n=237)	35 to 54 (n=383)	55 plus (n=460)
<b>Decreased</b>	22.7%	21.7%	18.4%	19.1%	17.6%
	Men (n=552)	Women (n=520)	18 to 34 (n=237)	35 to 54 (n=383)	55 plus (n=460)
	18.6%	19.8%	23.9%	16.3%	19.0%

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

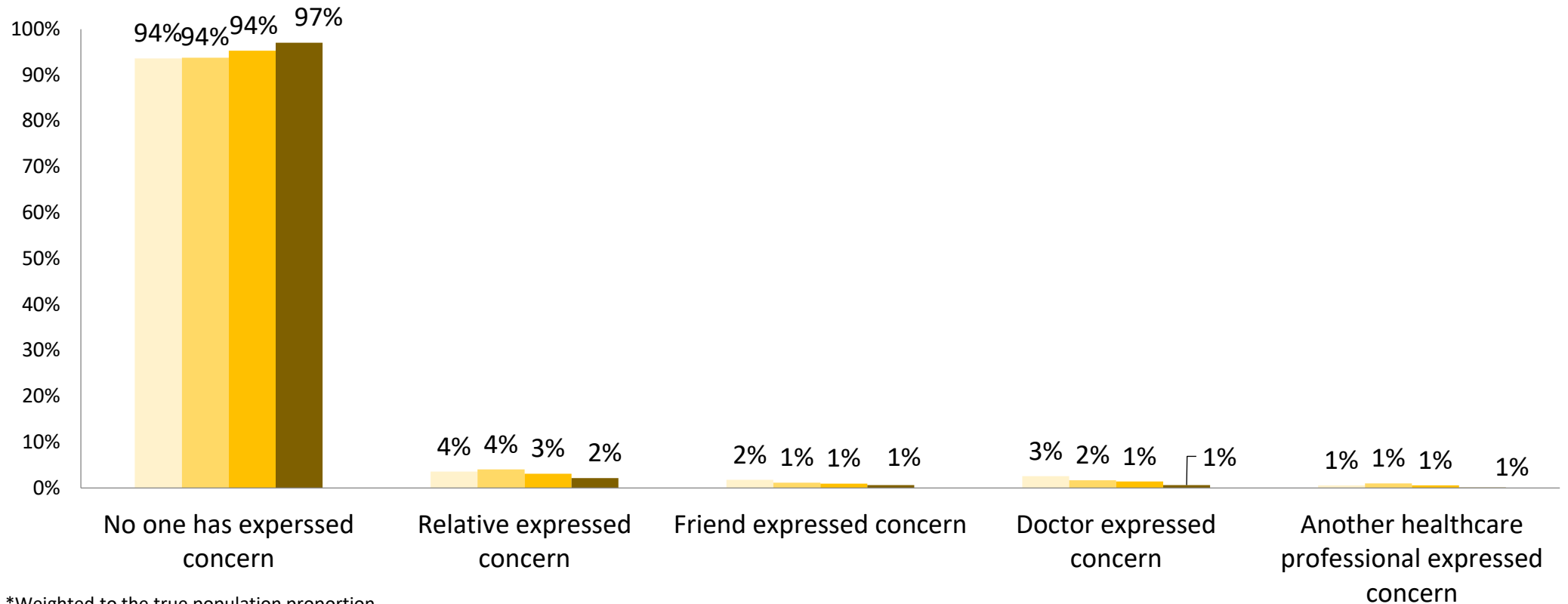
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.



# Expressed 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]



\*Weighted to the true population proportion.

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

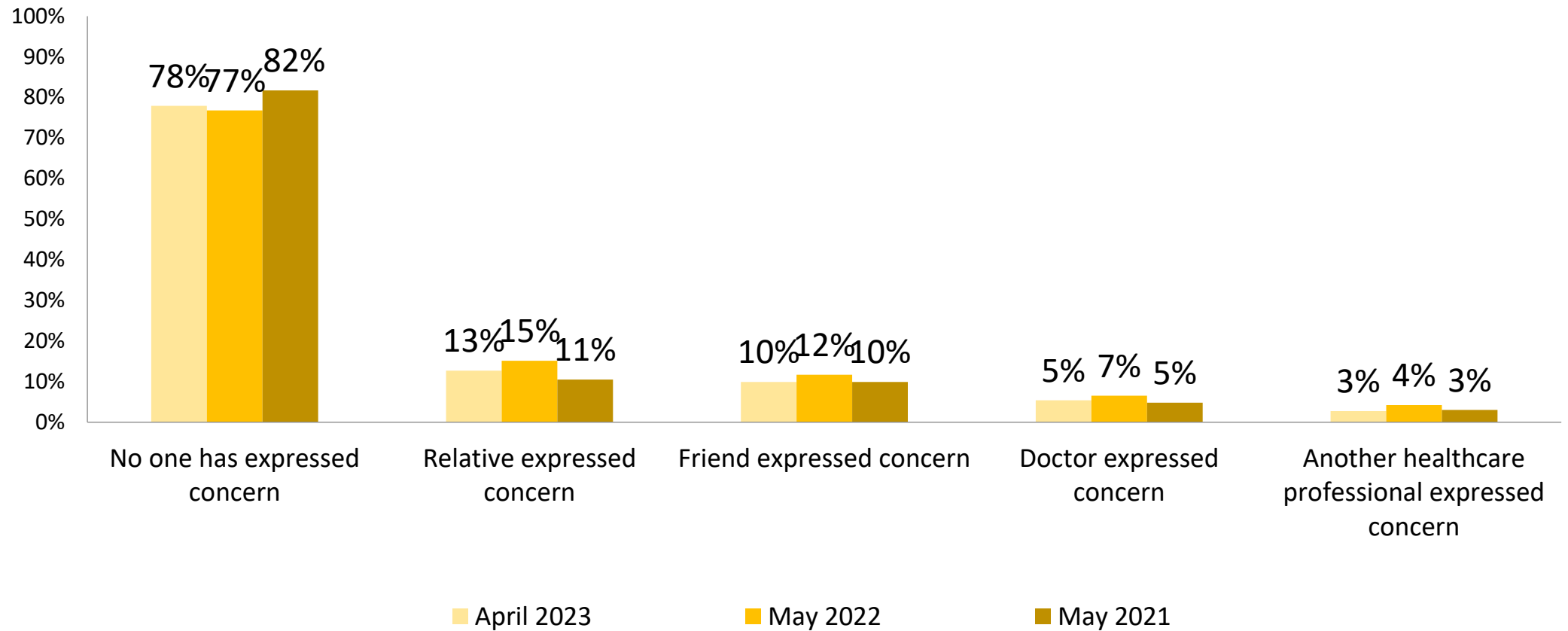
\*Tracking data from the CCSA May submission 2020-1645

■ April 2023 ■ May 2022 ■ May 2021 ■ May 2020

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.

# Expressed 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)



Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 30th to May 3rd, 2023, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.



**Nanos May OMNI 2022-2137:** 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 29<sup>th</sup> to May 2<sup>nd</sup>, 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  $\pm 3.1$  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.

**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 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.

**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 dialing 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 dialing 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.

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1080 Canadians, 18 years of age or older, between April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023 as part of an omnibus survey.

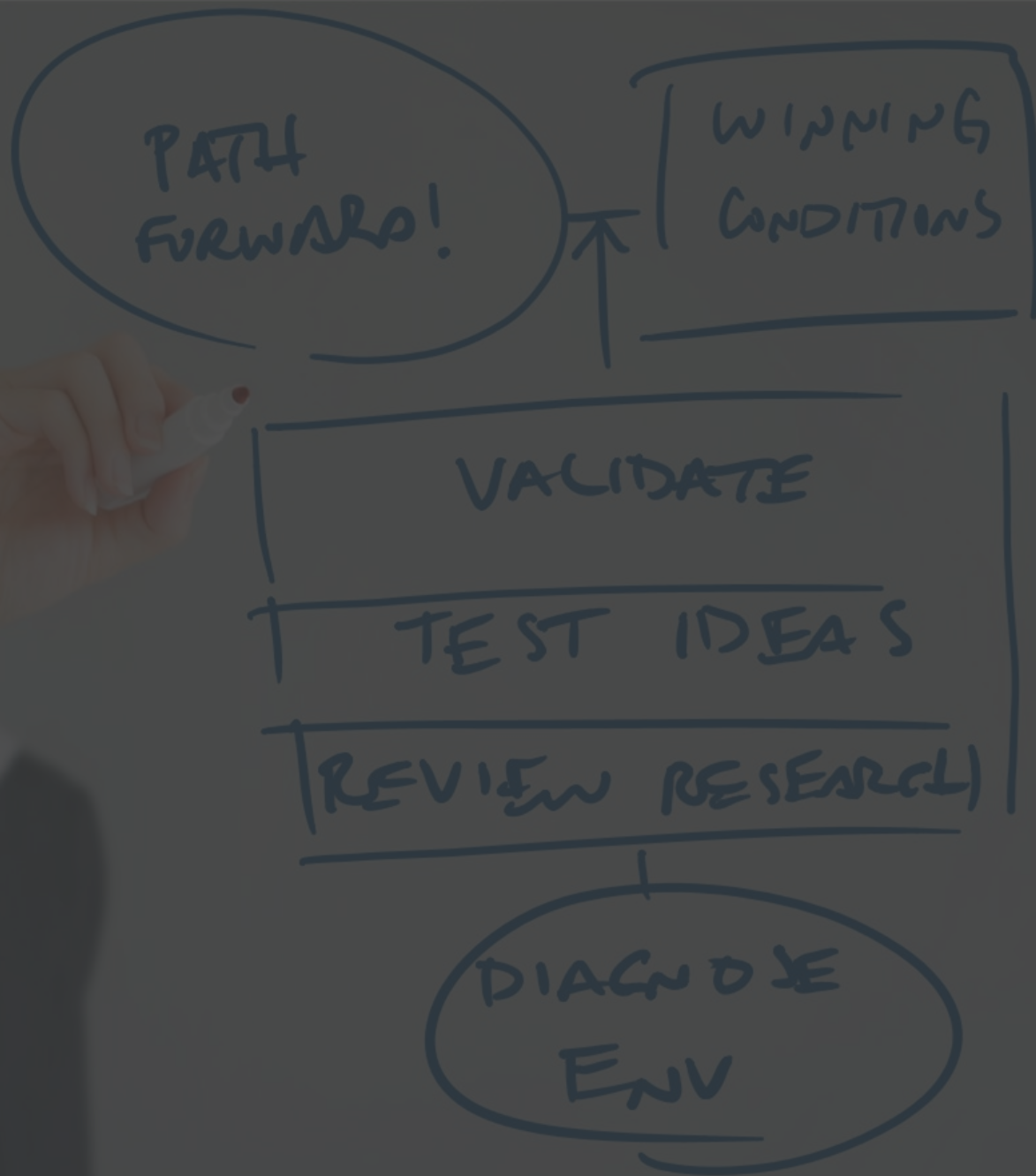
Participants were randomly recruited by telephone using live agents and administered a survey online. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

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

The margin of error for a random survey of 1080 Canadians is  $\pm 3.0$  percentage points, 19 times out of 20.

The research was commissioned and 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 (2021) 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	1080 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 (2021) 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	10 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 on political issues and views on economic issues.
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 30 <sup>th</sup> to May 3 <sup>rd</sup> , 2023.		
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>		



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ABOUT NANOS

# Any questions?

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# TABULATIONS







2023-2375 – Mental Health – April Omni – STAT SHEET

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1080	105	213	380	217	165	552	520	8	237	383	460
		Wgt N	1008	68	233	390	178	139	490	510	8	271	324	413
	Better	%	8.4	3.8	13.8	5.8	8.0	9.1	8.4	8.5		9.6	9.0	7.1
	Somewhat better	%	13.3	11.0	17.9	10.8	13.7	13.4	11.8	14.8		17.6	11.7	11.8
	Somewhat worse	%	21.7	15.5	16.8	26.1	18.0	24.9	21.8	21.7		22.7	24.8	18.5
	Worse	%	12.4	15.4	4.9	14.1	17.1	12.5	10.5	14.2		18.9	12.1	8.4
	About the same as before	%	43.7	51.9	45.6	42.8	43.0	39.6	47.0	40.5		29.8	42.4	53.7
	Unsure	%	0.6	2.3	1.0	0.3	0.2	0.5	0.5	0.4		1.4	0.0	0.6

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1080	105	213	380	217	165	552	520	8	237	383	460
		Wgt N	1008	68	233	390	178	139	490	510	8	271	324	413
	Increased	%	13.1	8.1	12.9	14.0	13.9	12.3	13.0	13.4		19.6	11.5	10.1
	Decreased	%	19.5	22.7	21.7	18.4	19.1	17.6	18.6	19.8		23.9	16.3	19.0
	Stayed the same	%	49.3	51.9	47.8	49.7	51.1	47.1	52.3	46.8		39.1	54.6	51.7
	I don't drink alcohol	%	18.2	17.4	17.6	17.9	15.9	23.0	16.1	20.0		17.4	17.5	19.2

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1080	105	213	380	217	165	552	520	8	237	383	460
		Wgt N	1008	68	233	390	178	139	490	510	8	271	324	413
	Relative expressed concern	%	3.6	4.1	4.3	3.1	5.0	2.1	5.1	2.2		5.7	2.3	3.3
	Friend expressed concern	%	1.8	1.2	2.0	1.8	2.4	0.9	2.2	1.4		5.1	1.1	0.2
	Doctor expressed concern	%	2.6	3.0	3.5	1.5	1.9	4.6	3.1	2.1		3.2	1.2	3.2
	Another healthcare professional expressed concern	%	0.6	0.0	1.7	0.0	0.6	0.7	0.7	0.5		1.7	0.3	0.1
	No one has expressed concern	%	93.6	95.1	93.1	94.2	92.7	92.9	91.8	95.1		90.2	95.7	94.0

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

\*\*Multifrequency tab based on multiple responses

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,080 Canadians, 18 years of age or older, between April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023. The margin of error for this survey is ±3.0 percentage points, 19 times out of 20. \*Columns with fewer than 30 respondents have been shaded due to small sample size.



2023-2375 – Mental Health – April Omni – STAT SHEET

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1101	108	221	382	223	167	565	528	8	251	385	465
		Wgt N	1029	70	244	393	182	141	504	517	8	287	326	417
	Relative expressed concern	%	3.6	3.9	4.1	3.1	4.8	2.1	5.0	2.2		5.4	2.2	3.3
	Friend expressed concern	%	1.8	1.1	1.9	1.8	2.3	0.9	2.2	1.4		4.8	1.1	0.2
	Doctor expressed concern	%	2.5	2.9	3.3	1.5	1.8	4.5	3.0	2.1		3.0	1.2	3.1
	Another healthcare professional expressed concern	%	0.6	0.0	1.6	0.0	0.6	0.7	0.6	0.5		1.6	0.3	0.1
	No one has expressed concern	%	91.6	92.0	89.1	93.6	90.5	91.8	89.2	93.8		85.2	95.2	93.3

\*Values are based on the proportion an activity represents of all response options (columns add up to 100%).

\*\*Multifrequency tab based on multiple responses

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1080	105	213	380	217	165	552	520	8	237	383	460
		Wgt N	1008	68	233	390	178	139	490	510	8	271	324	413
	Relative expressed concern	%	12.7	8.1	11.4	13.0	15.5	12.9	13.0	12.4		18.8	13.5	8.1
	Friend expressed concern	%	9.9	8.8	8.3	11.4	9.1	9.5	8.0	11.6		18.5	9.5	4.5
	Doctor expressed concern	%	5.4	4.8	5.2	5.6	4.0	7.2	3.8	7.0		9.7	5.7	2.3
	Another healthcare professional expressed concern	%	2.7	2.4	3.1	2.6	2.5	2.3	2.0	3.3		5.9	2.8	0.4
	No one has expressed concern	%	77.9	81.9	80.1	76.2	77.2	77.6	80.6	75.3		64.9	77.1	87.0

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

\*\*Multifrequency tab based on multiple responses

			Region						Gender			Age		
			Canada 2023-04	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	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	1168	113	228	411	238	178	587	573	8	278	418	472
		Wgt N	1094	72	252	425	193	152	527	559	8	319	351	423
	Relative expressed concern	%	11.7	7.6	10.5	11.9	14.3	11.7	12.1	11.3		16.0	12.4	8.0
	Friend expressed concern	%	9.1	8.3	7.7	10.5	8.4	8.7	7.5	10.6		15.7	8.8	4.4
	Doctor expressed concern	%	5.0	4.5	4.8	5.2	3.7	6.6	3.5	6.4		8.3	5.3	2.2
	Another healthcare professional expressed concern	%	2.4	2.3	2.9	2.4	2.3	2.1	1.9	3.0		5.0	2.6	0.4
	No one has expressed concern	%	71.8	77.3	74.1	70.0	71.3	70.8	75.0	68.7		55.1	71.0	85.0

\*Values are based on the proportion an activity 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 1,080 Canadians, 18 years of age or older, between April 30<sup>th</sup> to May 3<sup>rd</sup>, 2023. The margin of error for this survey is ±3.0 percentage points, 19 times out of 20. \*Columns with fewer than 30 respondents have been shaded due to small sample size.