



Tracking mental health and alcohol consumption post pandemic.

National Survey | Summary
Conducted by Nanos, May 2024
Field: April 28th to May 1st, 2024
Submission 2024-2593





The research gauged the views of Canadians on the impact of the pandemic on their mental health, changes in their alcohol consumption and whether anyone has expressed concern about their alcohol consumption or mental health.

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,086 Canadians, 18 years of age or older, between April 28th to May 1st, 2024 as part of an omnibus survey.

The margin of error for this survey is ± 3.0 percentage points, 19 times out of 20.

This study was commissioned and conducted by Nanos Research.

Key Findings



Mental Health

The proportion of Canadians who report that their mental health is better ([eight per cent](#)) or somewhat better ([11%](#)) now compared to before the pandemic has remained steady since last year, while the proportion who say it is about the same ([51%](#)) has slightly increased ([44% in 2023](#)). Younger Canadians (18 to 34) are significantly more likely to say their mental has worsened ([40%](#)) than Canadians 55 and older ([18%](#)).



Alcohol Consumption

Canadians continue to be more likely to report that, compared to before the pandemic, their alcohol consumption has decreased ([20%](#)) rather than increased ([eight per cent](#)). One in two Canadians ([50%](#)) continue to report their consumption hasn't changed.



Expressed concerns about drinking

A strong majority of Canadians report that no one has expressed any concern about their drinking ([92%](#)) which is consistent with the previous waves of research.



Expressed concerns about mental health

Consistent with previous waves, a majority of Canadians report that no one has expressed their concerns about their mental health ([82%](#)), while close to one in ten report either a relative ([12%](#)) or a friend ([eight per cent](#)) have expressed concern.





*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

Mental health now compared to before the pandemic – Tracking

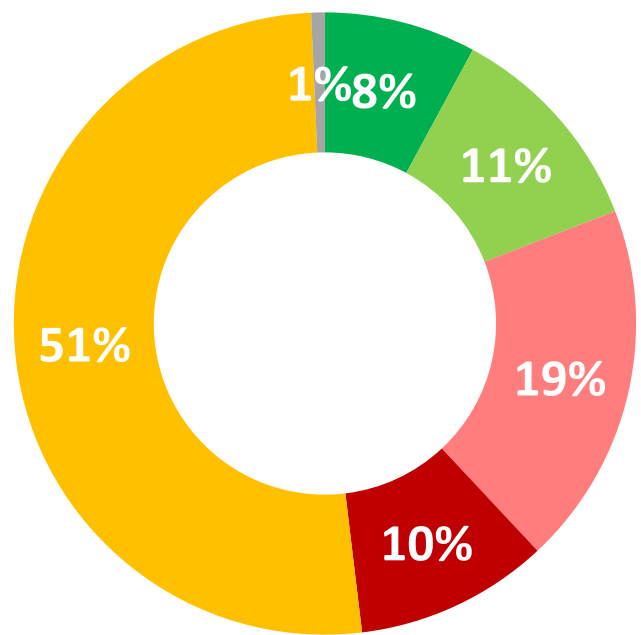
Over **1 in 2** Canadians

report that their mental health is about the same as before the COVID-19 pandemic (up from 44% in 2023) and just over one in four report that it has gotten worse or somewhat worse. Individuals in the Prairies (34%), BC (33%) and Ontario (32%) are more likely to say their mental health has worsened to some extent than individuals in Quebec (20%). Canadians 18 to 34 are significantly more likely to say their mental has worsened (40%) than those 55 plus (18%).

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 28th to May 1st, 2024, n=1086, accurate 3.0 percentage points plus or minus, 19 times out of 20.

Mental health 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.

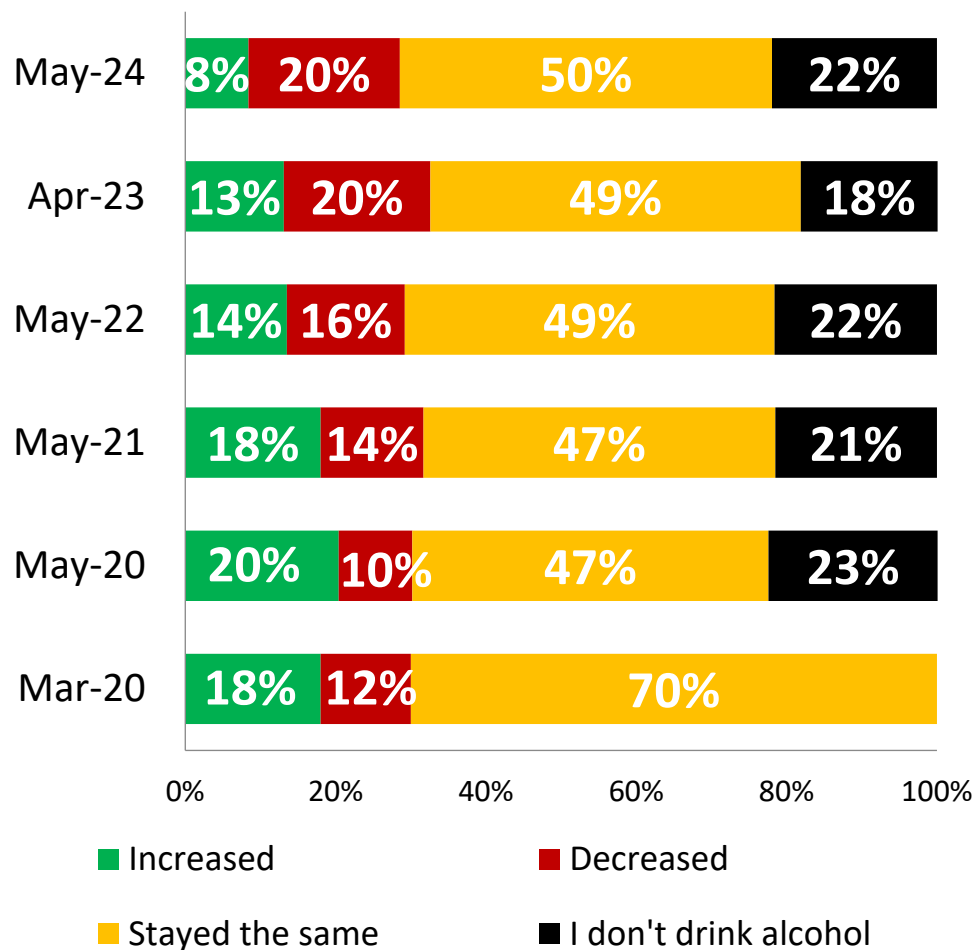
	Atlantic (n=100)	Quebec (n=252)	Ontario (n=366)	Prairies (n=216)	BC (n=152)
About the same	55.3%	61.0%	46.7%	48.0%	49.6%
	Men (n=582)	Women (n=503)	18 to 34 (n=227)	35 to 54 (n=363)	55 plus (n=496)
	48.9%	53.5%	35.1%	43.6%	67.6%
Worse/ somewhat worse	23.3%	20.3%	31.6%	33.8%	32.9%
	Men (n=582)	Women (n=503)	18 to 34 (n=227)	35 to 54 (n=363)	55 plus (n=496)
	29.5%	28.5%	40.1%	33.4%	18.3%

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 28th to May 1st, 2024, n=1086, accurate 3.0 percentage points plus or minus, 19 times out of 20.



Change in consumption of alcohol since COVID-19 – Tracking



*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

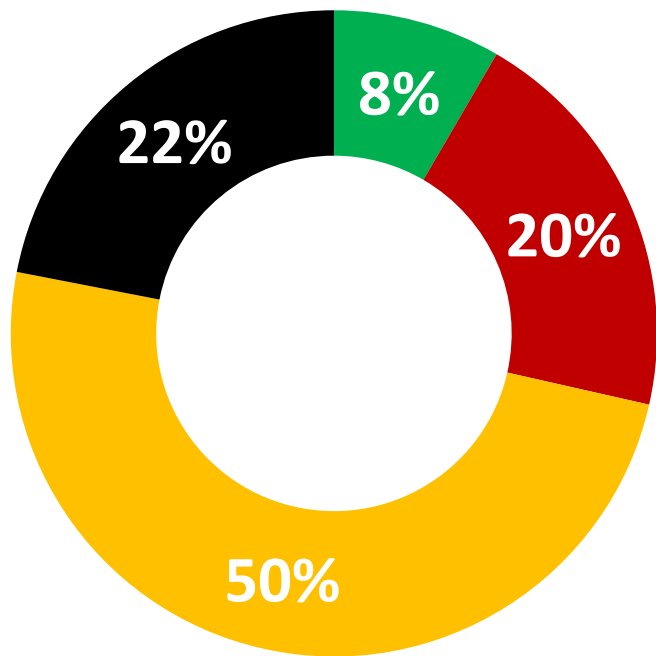
1 in 5 Canadians

report that their alcohol consumption has decreased compared to before the pandemic and one in two 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 28th to May 1st, 2024, n=1086, accurate 3.0 percentage points plus or minus, 19 times out of 20.

Change in consumption of alcohol since COVID-19



- 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=100)	Quebec (n=252)	Ontario (n=366)	Prairies (n=216)	BC (n=152)
Stayed the same	44.8%	53.4%	47.9%	49.1%	50.5%
	Men (n=582)	Women (n=503)	18 to 34 (n=227)	35 to 54 (n=363)	55 plus (n=496)
	50.7%	48.5%	41.9%	50.0%	54.1%
Decreased	Atlantic (n=100)	Quebec (n=252)	Ontario (n=366)	Prairies (n=216)	BC (n=152)
	16.2%	19.7%	20.5%	20.4%	21.4%
	Men (n=582)	Women (n=503)	18 to 34 (n=227)	35 to 54 (n=363)	55 plus (n=496)
	20.8%	19.5%	24.7%	17.3%	19.5%

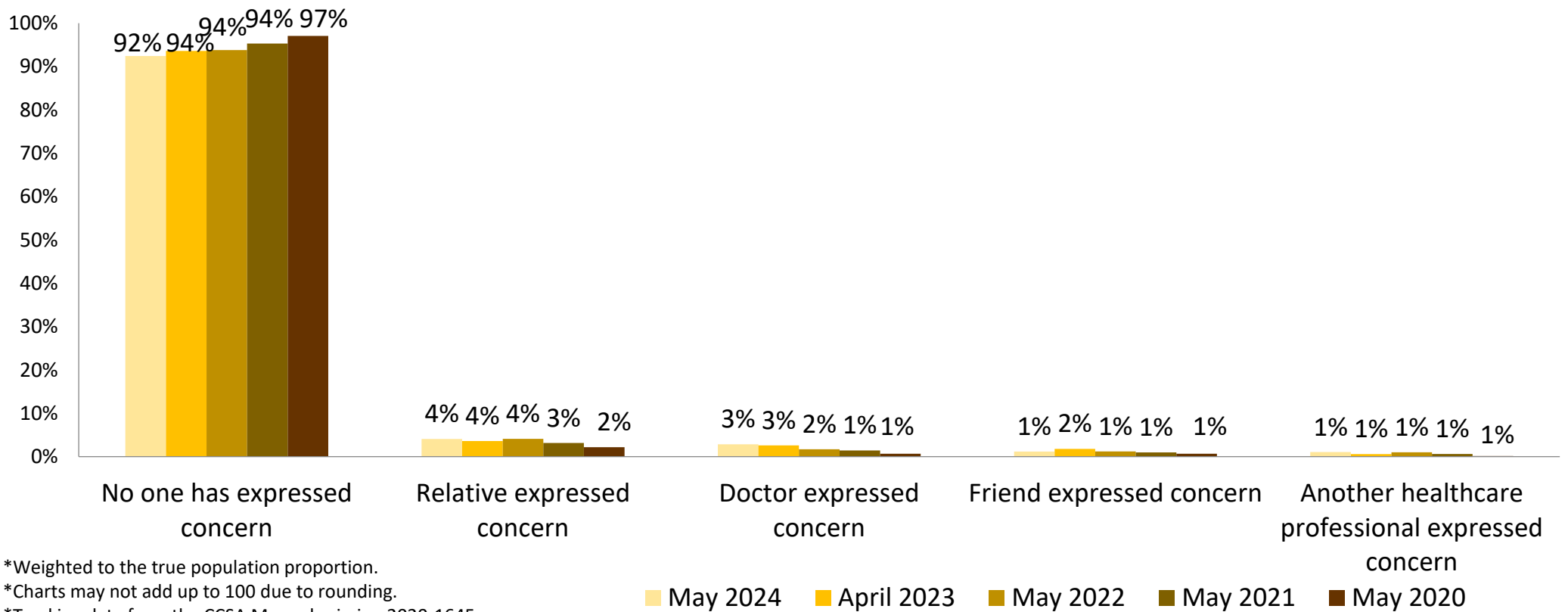
Q – Compared to before the pandemic, has your alcohol consumption increased, decreased or stayed the same?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 28th to May 1st, 2024, n=1086, accurate 3.0 percentage points plus or minus, 19 times out of 20.



Expressed concern about drinking in the past year – Tracking

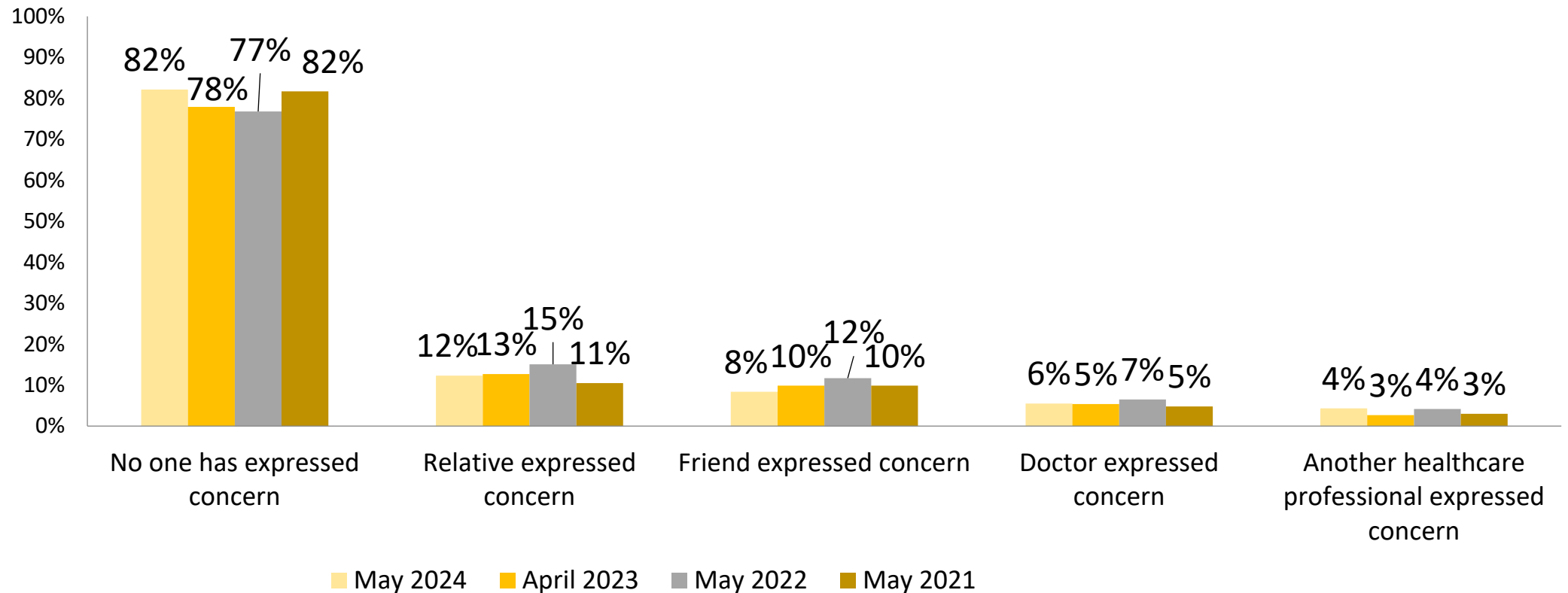
Q – In the past 12 months, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply)



Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, April 28th to May 1st, 2024, n=1080, accurate 3.0 percentage points plus or minus, 19 times out of 20.

Expressed concern about mental health in the past year – Tracking

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 28th to May 1st, 2024, n=1086, accurate 3.0 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 1,086 Canadians, 18 years of age or older, between April 28th to May 1st, 2024 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 1,086 Canadians is ± 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.



Nanos May OMNI 2023-2375: 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 30th to May 3rd, 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 ± 3.0 percentage points, 19 times out of 20. The research was commissioned and conducted by Nanos Research.

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 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.

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.

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 30th and 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 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. 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.

Element	Description
Research sponsor	Nanos Research
Population and Final Sample Size	1086 Randomly selected individuals.
Source of Sample	Nanos Probability Panel
Type of Sample	Probability
Margin of Error	±3.0 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 28 th to May 1 st , 2024.
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 (2021) 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 (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.
Estimated Response Rate	Twelve 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, Electric Vehicles, healthcare, employers, and IT services.
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 .
Data Tables	By region, age and gender: 2024-2593 Mental Health April - Formatted tabs.xlsx



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EthicStratēgies

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ABOUT NANOS

Any questions?



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