CTV News **NANOS**

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Methodology: Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online survey of 1,009 Canadians, 18 years of age and older, between November 29th and December 2nd, 2025. The margin of error for a survey of 1,009 Canadians is ±3.1 percentage points, 19 times out of 20.

Note: Responses with a sample size of less than 30 have been suppressed

www.nanos.co

Question - How often do you use Artificial Intelligence such as ChatGPT, CoPilot, Gemini, Grok, etc. in your daily activities?

		Canada	Region					Gender		Age		
		2025-12	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Total	Unwgt N	1009	106	208	343	205	147	584	425	186	346	477
	Wgt N	1000	67	231	388	175	139	490	510	267	322	411
Several times a day	%	6.0	1.8	8.8	4.9	6.5	5.6	7.0	5.0	7.9	6.5	4.3
Everyday or almost everyday	%	11.1	5.5	11.6	13.0	7.5	11.9	10.9	11.2	14.3	11.0	9.0
2-3 times a week	%	12.9	14.1	13.7	14.1	12.8	7.5	13.5	12.2	23.0	13.2	6.0
Once a week	%	7.6	0.8	6.4	10.3	6.8	6.4	7.8	7.4	10.7	7.3	5.9
2-3 times a month	%	6.9	6.9	7.5	6.7	8.1	5.4	6.7	7.2	7.3	8.5	5.5
Once a month/Less often	%	16.4	15.8	16.4	17.5	15.0	15.6	17.4	15.5	19.0	16.5	14.7
Never	%	39.1	55.1	35.6	33.5	43.3	47.5	36.7	41.4	17.9	37.0	54.5