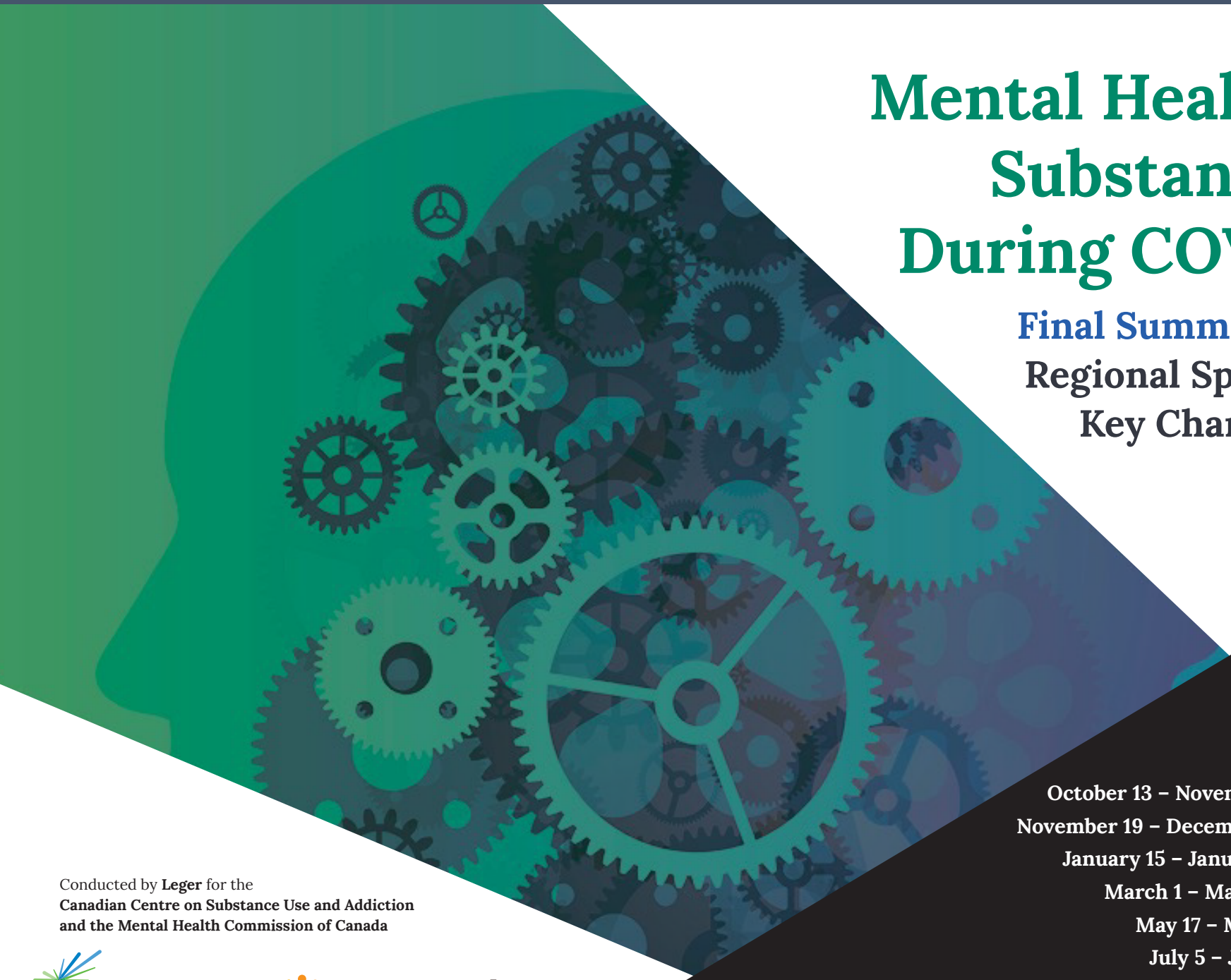


Mental Health and Substance Use During COVID-19

Final Summary Report:
Regional Spotlight and Key Characteristics

October 13 – November 2, 2020 (Time 1)
November 19 – December 11, 2020 (Time 2)
January 15 – January 25, 2021 (Time 3)
March 1 – March 14, 2021 (Time 4)
May 17 – May 28, 2021 (Time 5)
July 5 – July 18, 2021 (Time 6)
August 31 – September 13, 2021 (Time 7)
November 12 – November 20, 2021 (Time 8)
January 11 – January 20, 2022 (Time 9)
March 2 – March 11, 2022 (Time 10)

Conducted by **Leger** for the
Canadian Centre on Substance Use and Addiction
and the Mental Health Commission of Canada

Mental Health Commission of Canada | Commission de la santé mentale du Canada

Canadian Centre on Substance Use and Addiction

Leger

Contents

Call to Action

- More than two years into the COVID-19 pandemic many people in Canada are still reporting significant mental health and substance use concerns.
- The mental health and substance use impacts of COVID-19 are interconnected.
  - People reporting problematic substance use have been more likely to report mental health concerns and vice versa.
- The pandemic continues to impact people in different ways.
- COVID-19 is expected to have long-lasting impacts on mental health and substance use.
  - The full impact of the pandemic might only become apparent over time.
- Despite increased mental health and substance use concerns, the number of people who report accessing services has remained relatively low.
  - Key barriers include financial constraints, not having readily available help, not knowing how and where to get help, and long waitlists.
- Actions to reduce the risk of long-term harms include:
  - Greater focus on timely access to and the availability of a range of services and supports, especially for those most affected.
  - Increased awareness and public education about available services and supports across jurisdictions.
  - Policies and a range of programs aimed at fostering resilience.
  - More research to understand the distinct experiences of different social, cultural, and ethno-racialized groups.

The full series of polls can be found here: Mental Health and Substance Use During COVID-19

Key Findings: Regional Spotlight and Key Factors

- **Mental health and substance use concerns remained elevated over time in all provinces, throughout multiple waves of the COVID-19 pandemic.**
  - Almost 35% of respondents reported moderate to severe mental health concerns; mental health concerns have been lowest in Quebec.
  - Across all regions, about 25% of people who use alcohol or cannabis reported problematic use.
- **Rates of access to mental health and substance use services (virtual and in-person) remained relatively low in all regions.**
  - Less than 1 in 3 people with current mental health concerns are accessing mental health services.
  - Less than 1 in 4 with problematic alcohol or cannabis use accessed substance use services; access to substance use services declined over time in Ontario, and in Canada overall.
- **Financial concerns have been the top pandemic stressor across all regions except for Quebec, where the top stressor was social isolation.**
- **Current and past mental health concerns were strongly predictive of substance use impacts and vice versa. For example:**
  - People who report problematic alcohol use were 2 times more likely to report suicidal ideation in the past month; for people with a history of substance use disorders, it was 2.8 times more likely.
  - People who report current moderate to severe symptoms of depression were 3.2 times more likely to report problematic alcohol use; for people with a history of mental health diagnosis, it was 1.3 times more likely.
- **Age, gender, 2SLGBTQ+, income, and employment status have been the strongest predicators of mental health and substance use concerns. For example,**
  - People who were laid off or unemployed during the pandemic were about 2 times more likely than people who were employed to report moderate to severe symptoms of depression and anxiety.
  - People who identified as 2SLGBTQ+ were 2 times more likely than people who do not identify as such to report poor or fair mental health.
  - Youth were almost 1.5 times more likely than other age groups to report using more alcohol and cannabis during the pandemic.
  - Women were 0.5 times less likely than men to report problematic alcohol or cannabis use.

Context and Objectives

Context
It has been more than two years since the COVID-19 pandemic began. During this time, concerns about catching the virus, feelings of isolation and hopelessness, financial concerns, job insecurity, the trauma of losing a loved one, or a combination of these and other stressors have affected us all. However, not everyone has been impacted equally.

Since October 2020, the Canadian Centre on Substance Use and Addiction (CCSA) and the Mental Health Commission of Canada (MHCC) have been tracking the relationship between mental health and substance use across several priority populations. This document includes cross-sectional findings collected over 10 time periods between **October 2020 and March 2022**.

Objectives
The objectives of this final report are to:

- Spotlight **regional variations** in mental health and substance use concerns among different populations over the course of the pandemic.
- Report the relative impact of **key factors** on mental health and substance use during the pandemic.
- Continue to highlight the **broader intersection** between mental health and substance use during the pandemic as well as other key intersections.
- Inform **policy** and the development of mental health and substance use resources and services.

Methodology

Study Population (N=16,797)

- Residents of Canada, aged 16 and older, who signed up to complete an online survey via Leger's online panel, LEO (see final slides for sample details).

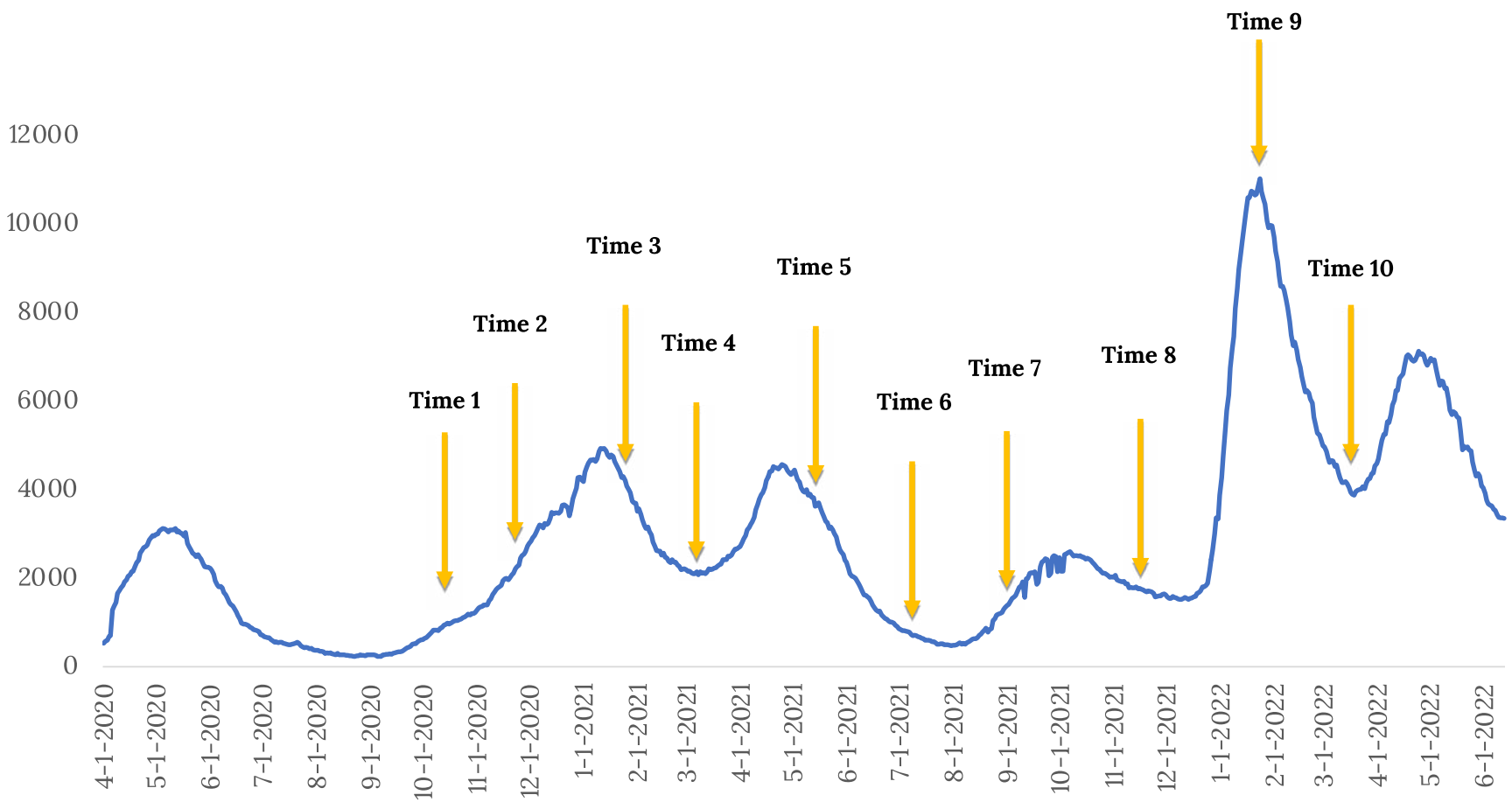
Statistical Analysis

- As a non-random online survey, a margin of error is technically not reported.
- If the data were collected through a random sample, the margin of error for T1 would be, Canada (n = 2,502) ±2.0%, 19 times out of 20. For T2 through T10, the margin of error would be, Canada (n = ~1,500) ±2.5%, 19 times out of 20.
- While the sample has been weighted according to age, gender, and region, using data from the 2016 census, it is not fully representative of the population living in Canada, and caution should be exercised when comparing results with other surveys.
- The numbers presented have been rounded to the nearest whole number. However, raw values were used to calculate the sums presented and may therefore not correspond to the manual addition of these numbers.
- Findings were not reported for a sample size less than 10.

Sample Limitations

- Where sample sizes were too small, Alberta, Saskatchewan and Manitoba were combined into "Prairies," and New Brunswick, Prince Edward Island, Nova Scotia, and Newfoundland and Labrador into "Atlantic."
- Results for the Atlantic region should be interpreted with caution; the sample size is small which leads to more variations.
- In keeping with Ownership, Control, Access, and Possession (OCAP®) principles, the report does not provide any survey results related to First Nations, Inuit, and Métis respondents. Data is available to Indigenous organizations upon request.
- The survey collected data on ethno-racialized respondents, including Black, South Asian, Middle Eastern, Latinx, East or Southeast Asian, and French Canadian respondents. These results are not shared within this report but can be found in previous reports, including the Spotlight on Suicidal Ideation and Substance Use and Spotlight On 2SLGBTQ+ Communities in Canada.

COVID-19 Hospitalization Rate in Canada and Data Collection Periods

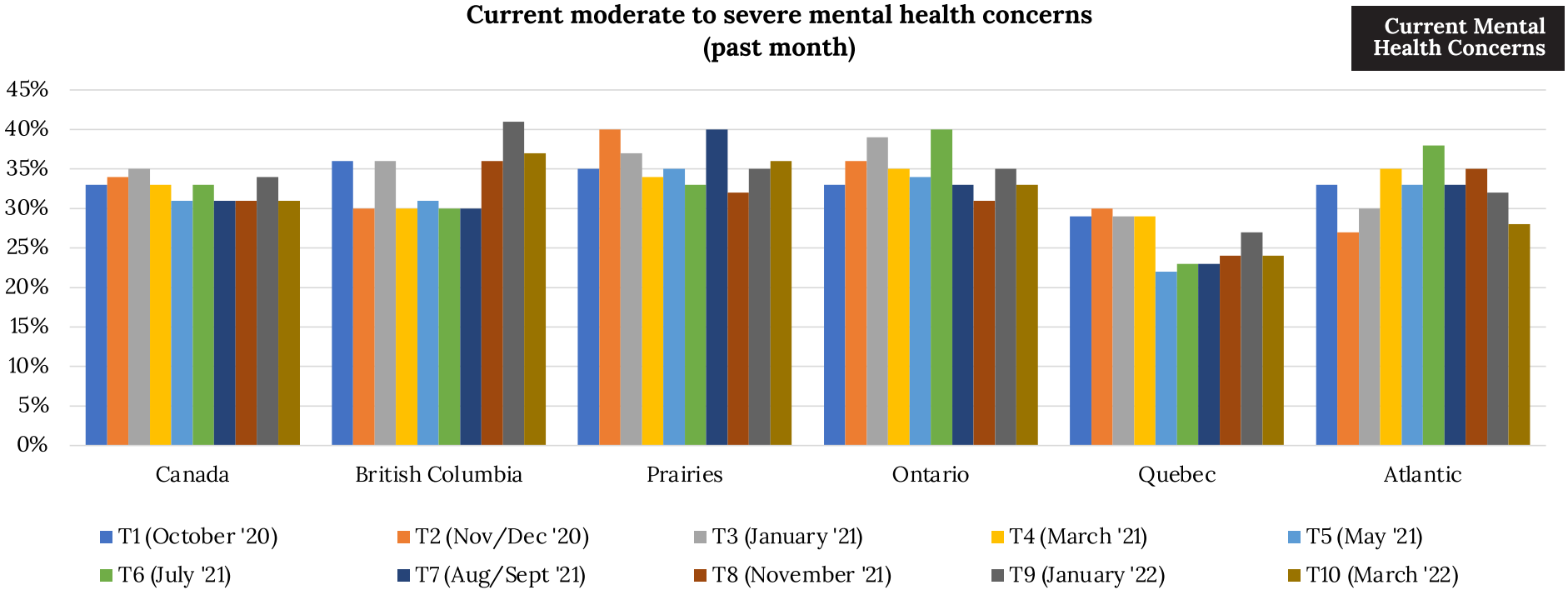


COVID-19 epidemiology update - Canada.ca

Part I
Regional Spotlight

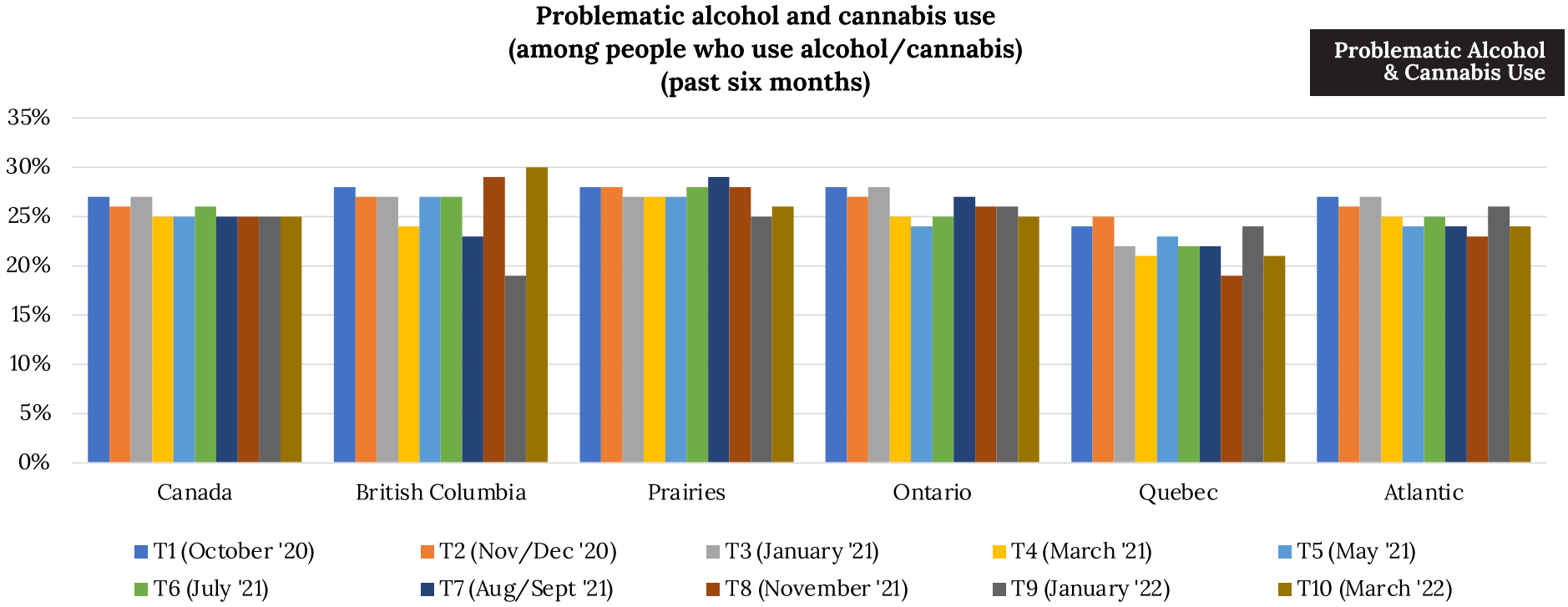
Moderate to severe mental heath concerns remained elevated throughout waves of COVID-19

Mental health concerns have been lowest in Quebec



Current moderate to severe mental health concerns:
Depression Score (PHQ-9 = 15+)/Anxiety Score (GAD-7 = 10+)/Q11A: Have you contemplated suicide in the past month?

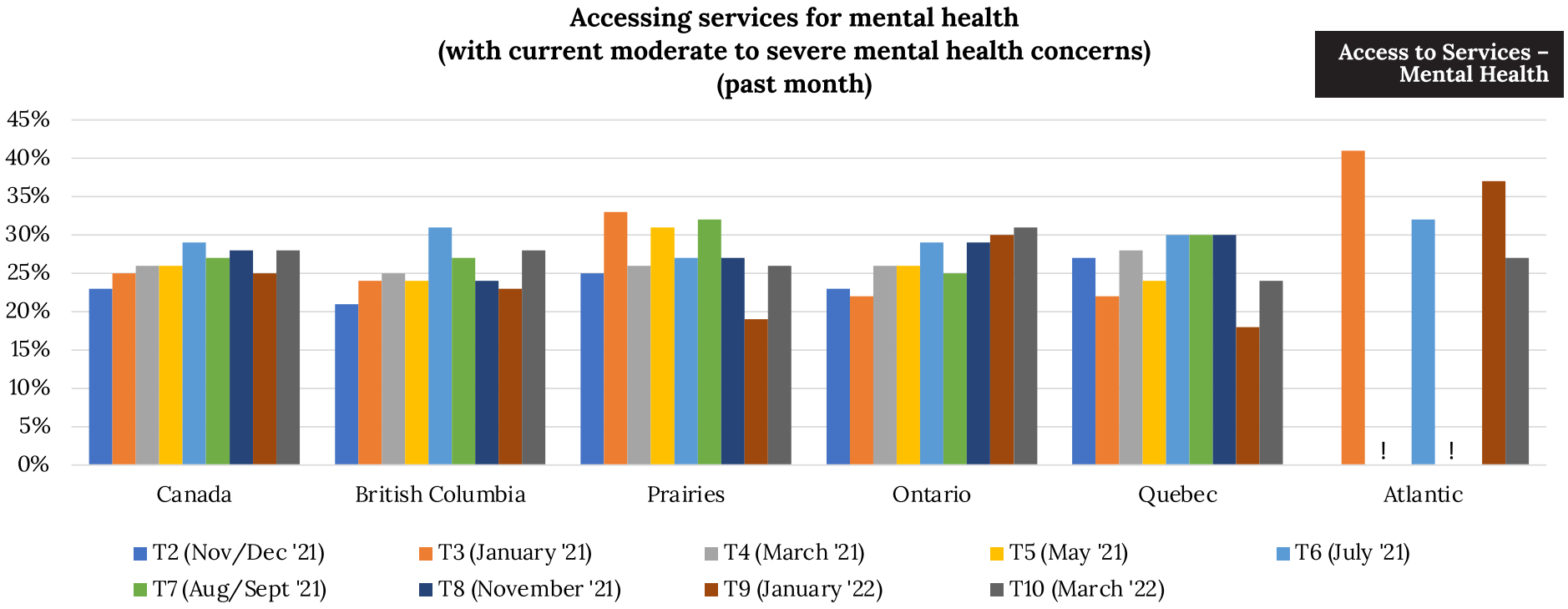
About 1 in 4 people who use alcohol, cannabis or both reported problematic use



Problematic alcohol and/or cannabis use: AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score and/or CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

In all regions, less than 1 in 3 people with current mental health concerns are accessing mental health services

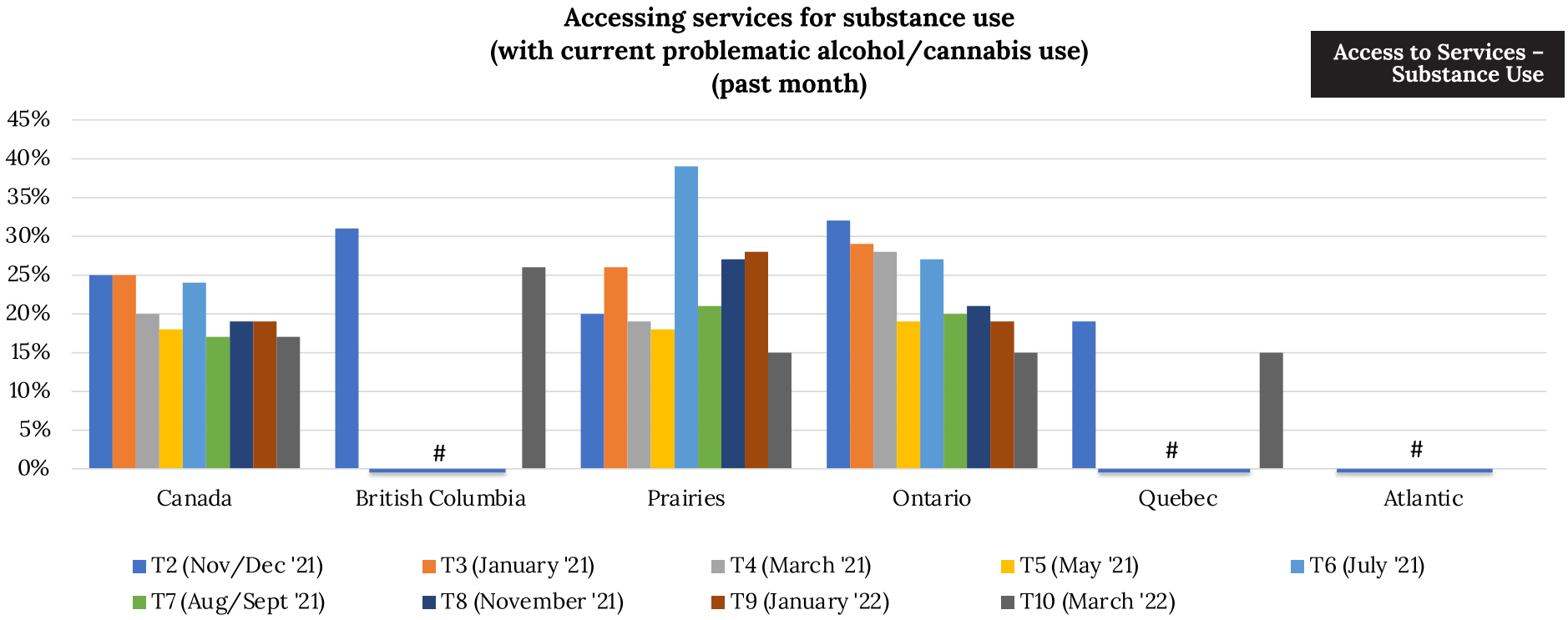
In Ontario, access to mental health services has increased



BASE: Current moderate to severe mental health concerns. Q44: During the past month, have you accessed formal treatment services (e.g., a medical doctor, psychologist, social worker, counsellor, support groups, peer counsellor) to help manage your emotions or mental health (on the internet, via phone or in person)?
#: Sample size too small to report findings.

Overall, less than 1 in 4 people with problematic alcohol/cannabis use accessed substance use services

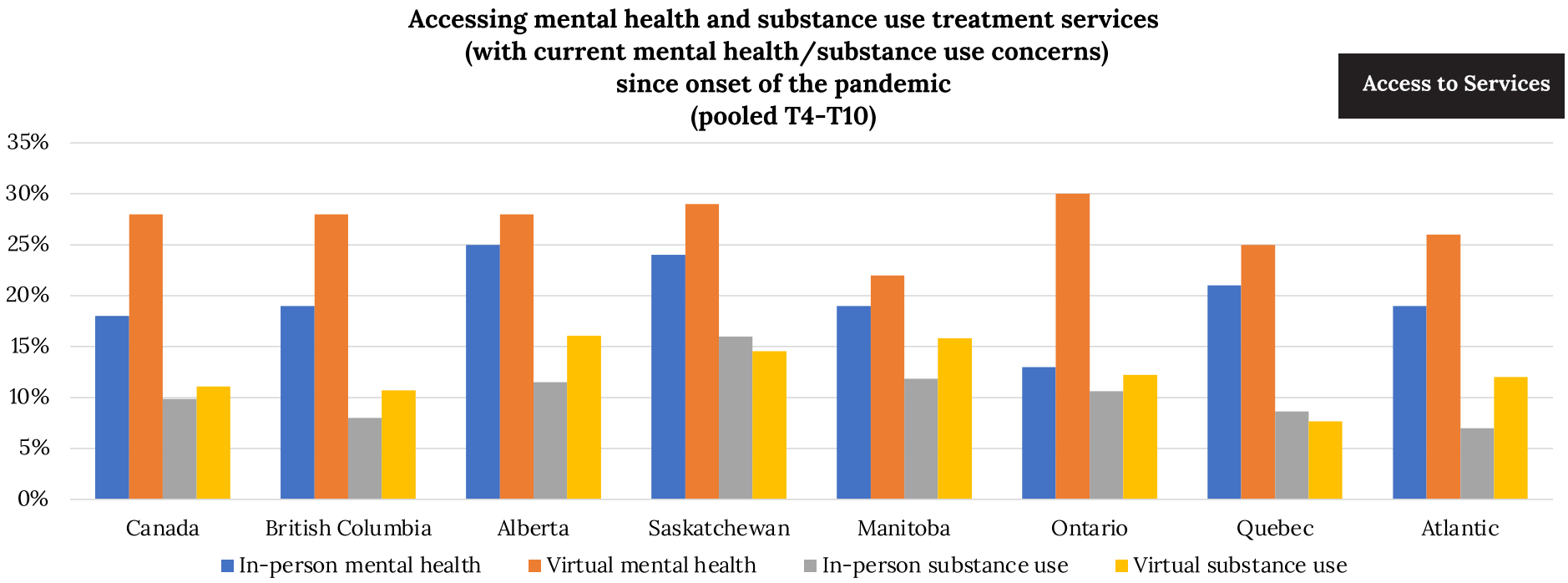
Ontario and Canada overall had a significant decline



BASE: Current problematic alcohol or cannabis use. Q42: During the past month, have you accessed formal treatment services (e.g., a medical doctor, psychologist, social worker, counsellor, support groups, peer counsellor) to help manage your use of any of the following substances (on the internet, via phone or in person)?
#: Sample size too small to report findings.

In Ontario, virtual mental health services were accessed almost 3 times more than in-person services

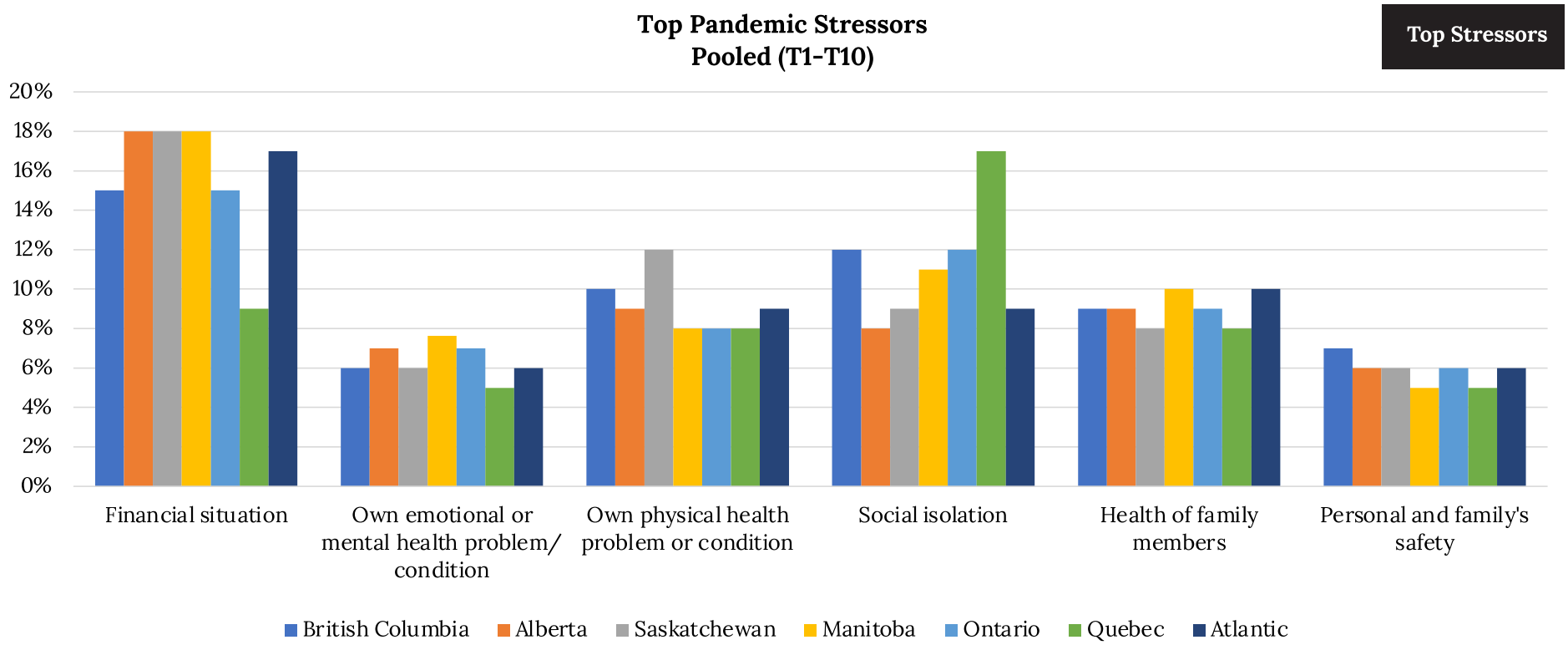
Alberta, Saskatchewan, and Manitoba respondents accessed substance use services the most



BASE: Current moderate to severe mental health concerns.Q54A/Q56A: Since the onset of COVID-19 (March 2020), did you access in-person/virtual (e.g., online or via telephone) mental health services? BASE: Current problematic alcohol or cannabis use. Q46A/Q48A: Since the onset of COVID-19 (March 2020), did you access in-person/virtual (e.g., online or via telephone) treatment services for substance use or substance use disorder?

Financial concerns have been the most common stressor across most regions

Social isolation was largest stressor for respondents from Quebec



Q18: Thinking about your day-to-day life during the pandemic, what would you say is your biggest source of COVID-19 related stress right now (top six stressors)?

Part II

Key Factors Impacting Mental Health and Substance Use

Multiple Logistic Regression Analysis

Independent variables included in each model
Gender, focused on men and women*
2SLGBTQ+ identity
Age
Education
Employment
Low income#
Household size
Children under 13 years of age

Substance use models	Mental health models
Current problematic alcohol use	Current depression symptoms
Lifetime substance use disorder diagnosis (SUD)	Lifetime mental health disorder diagnosis (MHD)

We know from previous polling reports that the mental health and substance use impacts of the COVID-19 pandemic have been greater for different parts of the population. **Multiple logistic regression** analysis allows us to compare the unique contribution that each of these factors has had on each mental health and substance use outcome in this report.

Multiple logistic regression is a type of statistical analysis used to calculate the probability of a particular health outcome (e.g., having depression symptoms or not), also known as the dependent variable, based on more than one contributing factor, also known as independent variables.

* Data on transgender, non-binary, and two-spirited individuals was collected, but the number of respondents was too low for results to be reported.

Low pre-tax household income adjusted for household size and size of population centre.

Self-reported mental health

People with a history of substance use disorder were 1.9 times more likely, and youth 1.7 times more likely, to report poor or fair mental health

The odds of having **poor to fair mental health (versus good to excellent)** are:

Genders	**1.6** times larger for women than for men.
2SLGBTQ+	**1.8** times larger for individuals who consider themselves part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.7** times larger for youth (16—24) and **0.6** times smaller for older adults (65+) than for the rest of the population.
Education	**0.8** times smaller for individuals who have a college, professional or university diploma than for individuals who have a high school diploma or less.
Employment	**1.9** times larger for individuals who were unemployed prior to COVID, **2** times larger for individuals who were laid off or unemployed since COVID, **1.2** times larger for students, **3.1** times larger for individuals who are unable to work, and **0.7** times smaller for retired individuals than for those who are employed.
Low income	**1.2** times larger for individuals with low income than for those above the low-income limit.
Household size	–
Children under 13 years old	–
Problematic alcohol use	**1.4** times larger for individuals who report problematic alcohol use than for those who do not.
Lifetime SUD	**1.9** times larger for individuals who report having a lifetime substance use disorder diagnosis than for those who do not.

Q7: In general, how would you describe your mental health? Sample size = 15,811. Hyphen (-) indicates nonsignificant results $p > .05$.

Anxiety symptoms

People with low income were 1.4 times more likely to report moderate to severe anxiety symptoms

The odds of having **moderate to severe anxiety (versus none to mild) over the past 2 weeks** are:

Genders	**1.9** times larger for women than for men.
2SLGBTQ+	**2** times larger for individuals who consider themselves part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.7** times larger for youth (16—24) and **0.5** times smaller for older adults (65+) than for the rest of the population.
Education	–
Employment	**1.5** times larger for individuals who were unemployed prior to COVID, **1.7** times larger for individuals who were laid off or unemployed since COVID, **1.3** times larger for students, **1.8** times larger for individuals who are unable to work, and 0.6 times smaller for retired than for those who are employed.
Low income	**1.4** times larger for individuals with low income than for those above the low-income limit.
Household size	–
Children under 13 years old	**1.2** times larger for individuals with children under 13 years of age in their household than for those who do not.
Problematic alcohol use	**2.5** times larger for individuals who report problematic alcohol use than for those who do not.
Lifetime SUD	**2.3** times larger for individuals who report having a lifetime substance use disorder diagnosis than for those who do not.

Q8: Anxiety Score (GAD-7). Sample size = 15,817. Hyphen (-) indicates nonsignificant results $p > .05$.

Depression symptoms

2SLGBTQ+ communities were 2.2 times more likely, and people with problematic alcohol use 2.6 times more likely, to report moderate to severe depression symptoms

The odds of having **moderate to severe depression (versus none to mild) over the past 2 weeks** are:

Genders	**1.6** times larger for woman than for men.
2SLGBTQ+	**2.2** times larger for individuals who consider themselves part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.9** times larger for youth (16—24) and **0.6** times smaller for older adults (65+) than for the rest of the population.
Education	–
Employment	**1.7** times larger for individuals who were unemployed prior to COVID, **1.9** times larger for individuals who were laid off or unemployed since COVID, **3** times larger for individuals who are unable to work, and **0.6** times smaller for retired than for individuals who are employed.
Low income	**1.4** times larger for individuals with low income than for those above the low-income limit.
Household size	–
Children under 13 years old	–
Problematic alcohol use	**2.6** times larger for individuals who report problematic alcohol use than for those who do not.
Lifetime SUD	**3** times larger for individuals who report having a lifetime substance use disorder diagnosis than for those who do not.

Q9: Depression Score (PHQ-9). Sample size = 15,828. Hyphen (-) indicates nonsignificant results $p > .05$.

Suicidal ideation

Suicidal ideation was 1.8 times more likely among people who are unemployed since COVID and 3.1 times more likely among those who are unable to work

The odds of having **suicide ideation over the past month** are:

Genders	–
2SLGBTQ+	**2.5** times larger for individuals who consider themselves part of the 2SLGBTQ+ communities than for those who did not.
Age	**1.6** times larger for youth (16—24) than for the rest of the population.
Education	–
Employment	**1.9** times larger for individuals who were unemployed prior to COVID, **1.8** times larger for individuals who were laid off or unemployed since COVID, **3.1** times larger for individuals who are unable to work, and **0.6** times smaller for retired than for individuals who are employed.
Low income	–
Household size	–
Children under 13 years old	**0.7** times smaller for individuals with children under 13 years of age in their household than for those who do not.
Problematic alcohol use	**2** times larger for individuals who report problematic alcohol use than for those who do not.
Lifetime SUD	**2.8** times larger for individuals who report having a lifetime substance use disorder diagnosis than for those who do not.

Q11A: Have you contemplated suicide in the past month? Sample size = 15,328. Hyphen (-) indicates nonsignificant results $p > .05$.

Increased alcohol use

Youth were 1.3 times more likely to consume more alcohol than other age groups

For individuals consuming alcohol, the odds of drinking more (versus the same or less) in the **past month** are:

Genders	–
2SLGBTQ+	**1.2** times larger for individuals who consider themselves as part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.3** times larger for youth (16-24) and **0.8** times smaller for older adults (65+) than for the rest of the population.
Education	**1.2** times larger for individuals who have a college, professional or university diploma as well as for individual who have some college experience but no degree than for individuals who have a high school diploma or less.
Employment	**0.9** times smaller for retired, and **0.8** times smaller for self-employed individuals than for individuals who are employed.
Low income	–
Household size	–
Children under 13 years old	**1.1** times larger for individual with children under 13 years of age in their household than for those who do not.
Problematic alcohol use	**1.9** times larger for individual who report current moderate to severe depression symptoms than for those who do not.
Lifetime SUD	**1.1** times larger for individual who report having a lifetime mental health disorder diagnosis than for those who do not.

Q22r14: Drinking alcohol (beverages/drinks) – During the past month, have you engaged in more or less of the following activities? Sample size = 11,573.
Hyphen (-) indicates nonsignificant results $p > .05$.

Problematic alcohol use

People with current moderate to severe depression symptoms were 3.2 times more likely to report problematic alcohol use

For individuals consuming alcohol, the odds of having **problematic alcohol use (versus lower-risk consumption) over the past 6 months** are:

Genders	**0.4** times smaller for women than for men.
2SLGBTQ+	**1.2** times larger for individuals who consider themselves as part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.2** times larger for youth (16-24) and **0.6** times smaller for older adults (65+) than for the rest of the population.
Education	–
Employment	**0.6** times smaller for individuals who are unable to work and for retired individuals than for individuals who are employed.
Low income	**1.3** times larger for individual with low income than for those above the low income limit.
Household size	**0.9** times smaller for each additional individual in the household.
Children under 13 years old	**1.2** times larger for individual with children under 13 years of age in their household than for those who do not.
Problematic alcohol use	**3.2** times larger for individual who report current moderate to severe depression symptoms than for those who do not.
Lifetime SUD	**1.3** times larger for individual who report having a lifetime mental health disorder diagnostic than for those who do not.

Alcohol Use Disorder Identification Test (AUDIT). Sample size = 12,503. Hyphen (-) indicates nonsignificant results $p > .05$.

Increased cannabis use

Youth were almost 1.3 times more likely to use more cannabis

For individuals using cannabis, the odds of using **cannabis more (versus the same or less) in the past month** are:

Gender	–
2SLGBTQ+	**1.2** times larger for individuals who consider themselves as part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.3** times larger for youth (16-24) than for the rest of the population.
Education	–
Employment	**0.6** times smaller for retired and self-employed individuals than for individuals who are employed.
Low income	–
Household size	–
Children under 13 years old	**1.3** times larger for individual with children under 13 years of age in their household than for those who do not.
Current depression symptoms	**1.8** times larger for individual who report current moderate to severe depression symptoms than for those who do not.
Lifetime mental health diagnosis	**1.2** times larger for individual who report having a lifetime mental health disorder diagnostic than for those who do not.

Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities? Sample size = 4,316.
Hyphen (-) indicates nonsignificant results $p > .05$.

Problematic cannabis use

Men were more likely to report problematic cannabis use compared to women

For individuals using cannabis, the odds of having **problematic cannabis use (versus lower-risk consumption) over the past 6 months** are:

Genders	**0.5** times smaller for women than for men.
2SLGBTQ+	**1.2** times larger for individuals who consider themselves as part of the 2SLGBTQ+ communities than for those who do not.
Age	**1.3** times larger for youth (16-24) and **0.5** times smaller for older adults (65+) than for the rest of the population.
Education	**0.8** times smaller for individual who have some college experience but no degree than for individuals who have a high school diploma or less.
Employment	**1.6** times larger for individuals who were unemployed prior to COVID, **1.4** times larger for self-employed individuals, and **0.7** times smaller for individuals who are unable to work and for retired individuals than for individuals who are employed.
Low income	**1.4** times larger for individual with low income than for those above the low income limit.
Household size	**0.9** times smaller for each additional individual in the household.
Children under 13 years old	–
Current depression symptoms	**2.6** times larger for individual who report current moderate to severe depression symptoms than for those who do not.
Lifetime mental health diagnosis	**1.3** times larger for individual who report having a lifetime mental health disorder diagnostic than for those who do not.

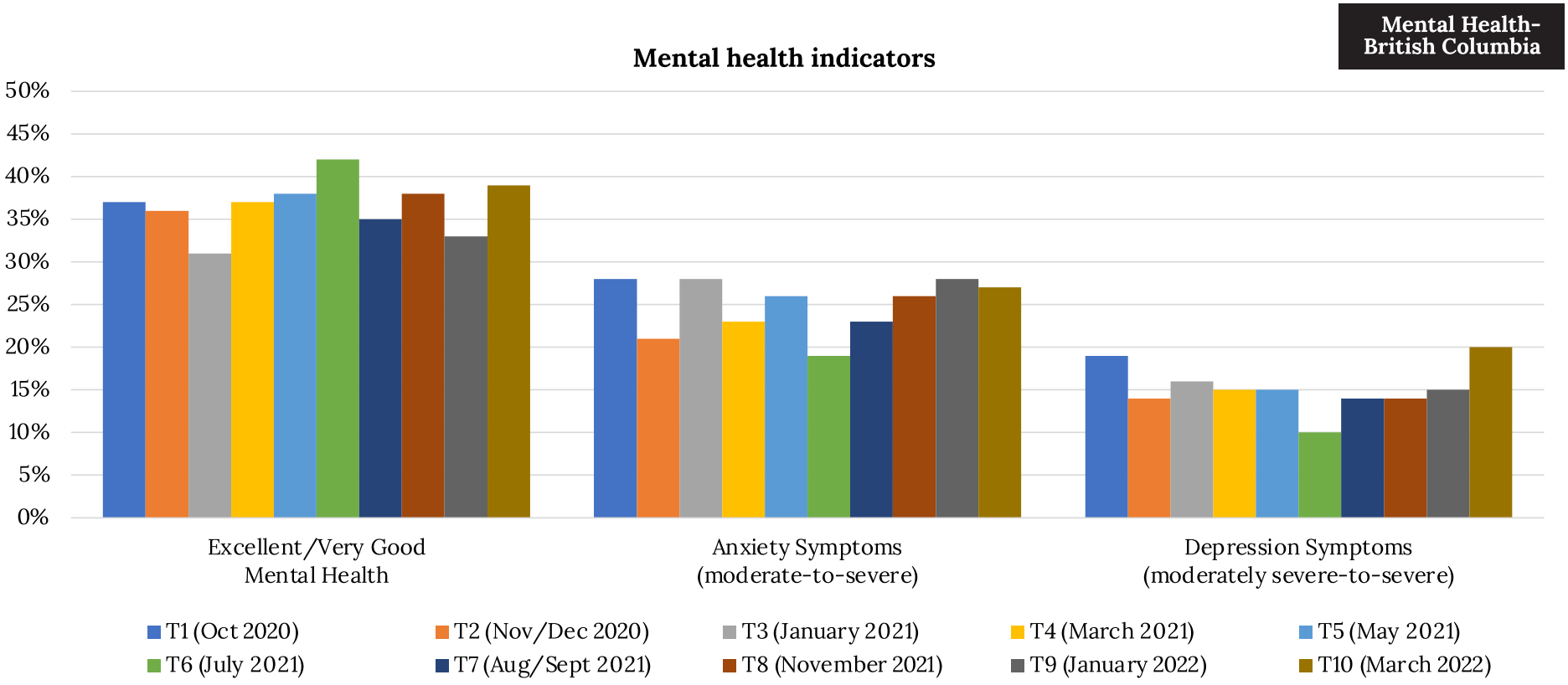
Cannabis Use Disorder Identification Test-Revised (CUDIT-R). Sample size = 4,175. Hyphen (-) indicates nonsignificant results $p > .05$.

Part III

Appendix: Provincial/Regional Data

British Columbia

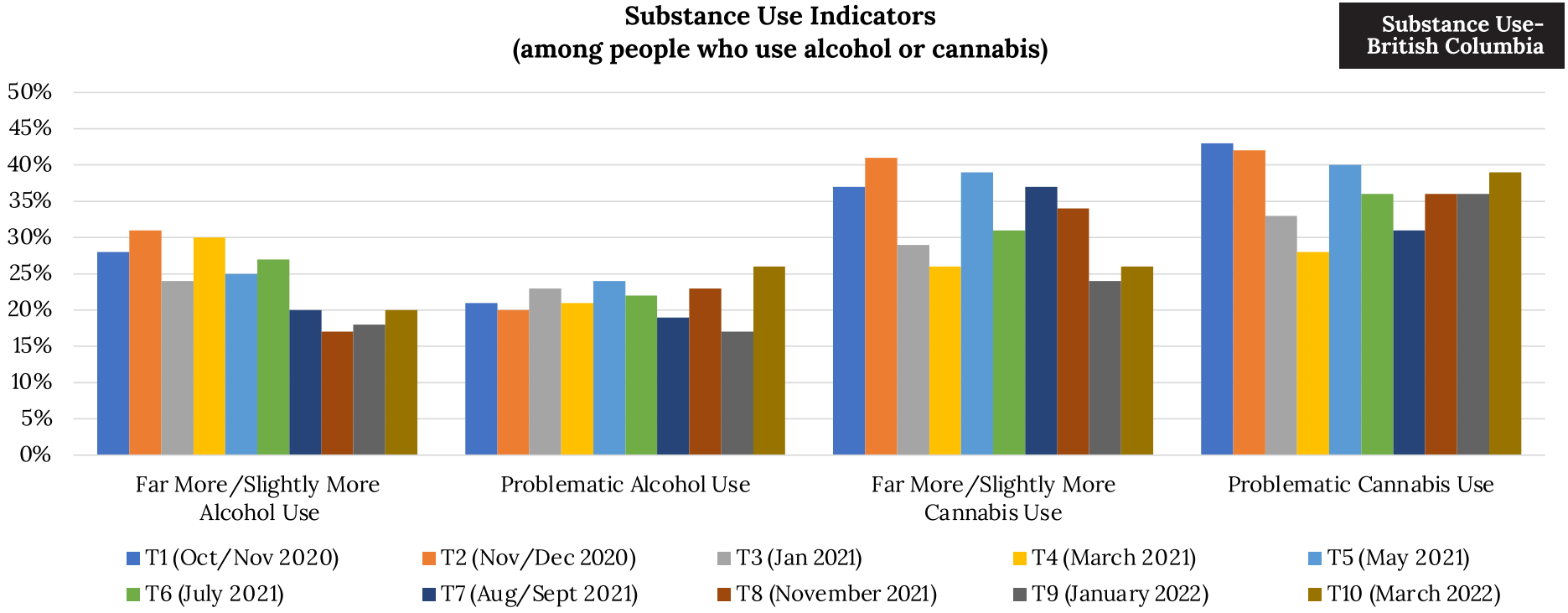
Mental health indicators



Q7: In general, how would you describe your mental health? Depression Score (PHQ-9 = 15+)/ Anxiety Score (GAD-7 = 10+).

British Columbia

Substance use indicators

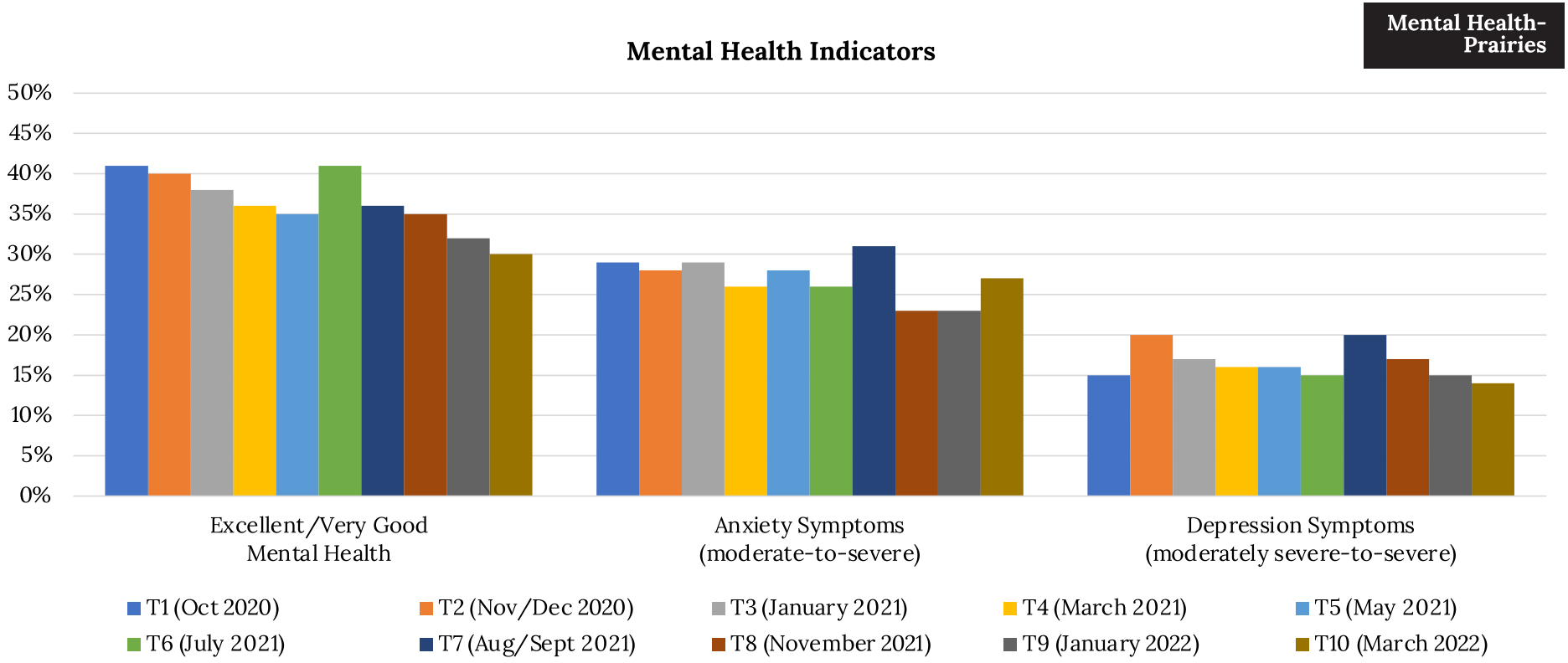


Q22r14: Drinking alcohol (beverages/drinks), Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities?

AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score; CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

Prairies: Alberta, Saskatchewan and Manitoba

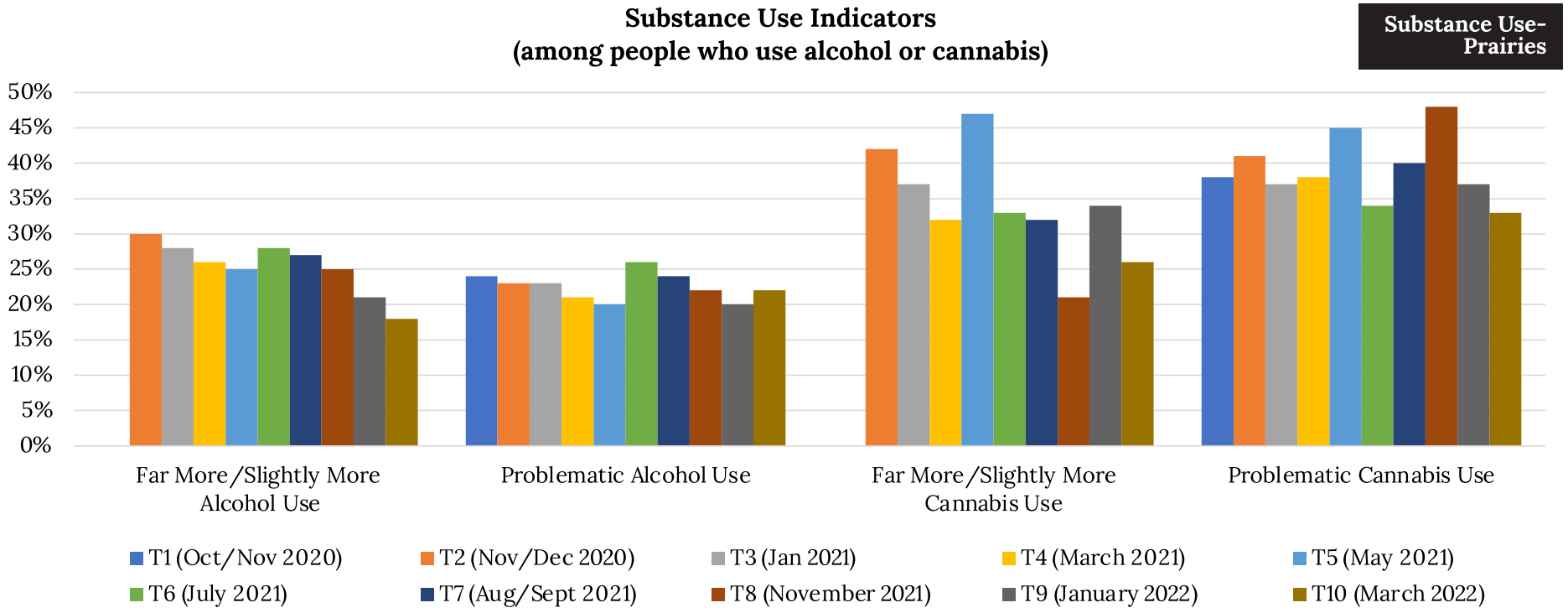
Mental health indicators



Q7: In general, how would you describe your mental health? Depression Score (PHQ-9 = 15+), Anxiety Score (GAD-7 = 10+).

Prairies: Alberta, Saskatchewan and Manitoba

Substance use indicators

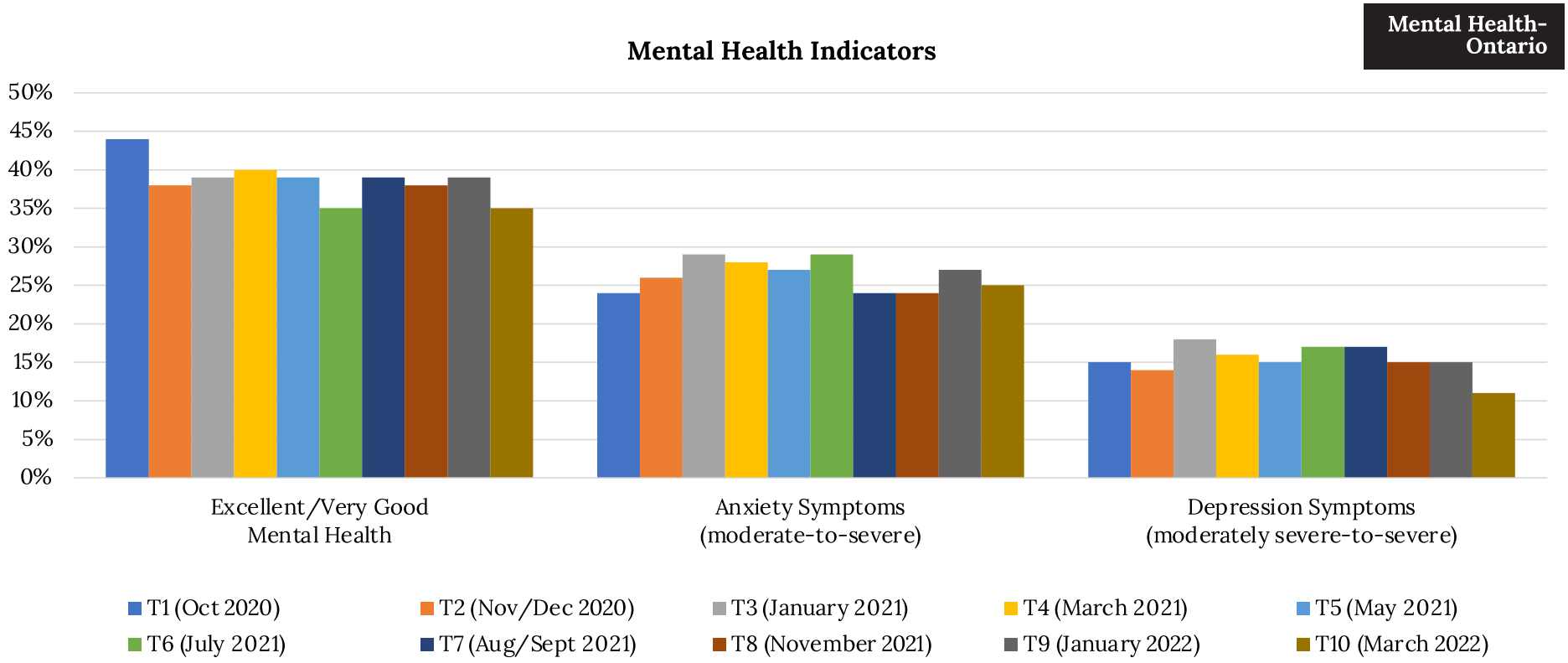


Q22r14: Drinking alcohol (beverages/drinks), Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities?

AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score; CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

Ontario

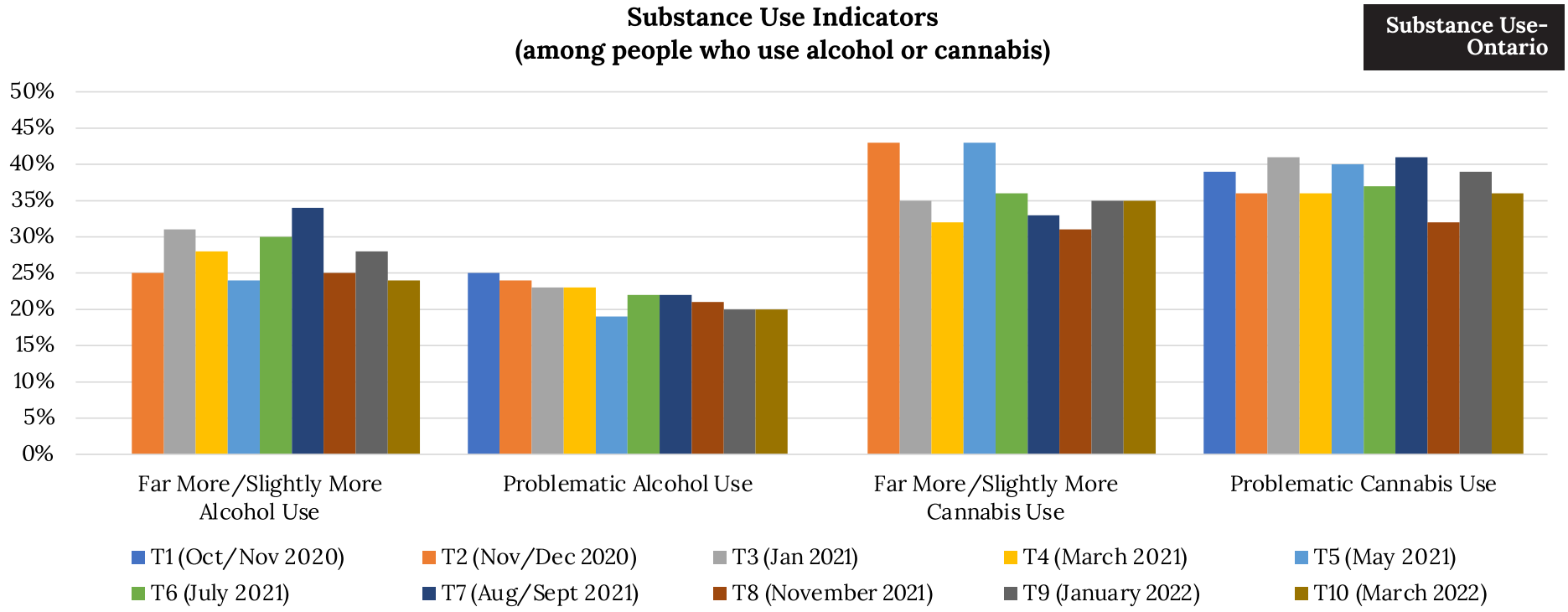
Mental health indicators



Q7: In general, how would you describe your mental health? Depression Score (PHQ-9 = 15+)/ Anxiety Score (GAD-7 = 10+).

Ontario

Substance use indicators

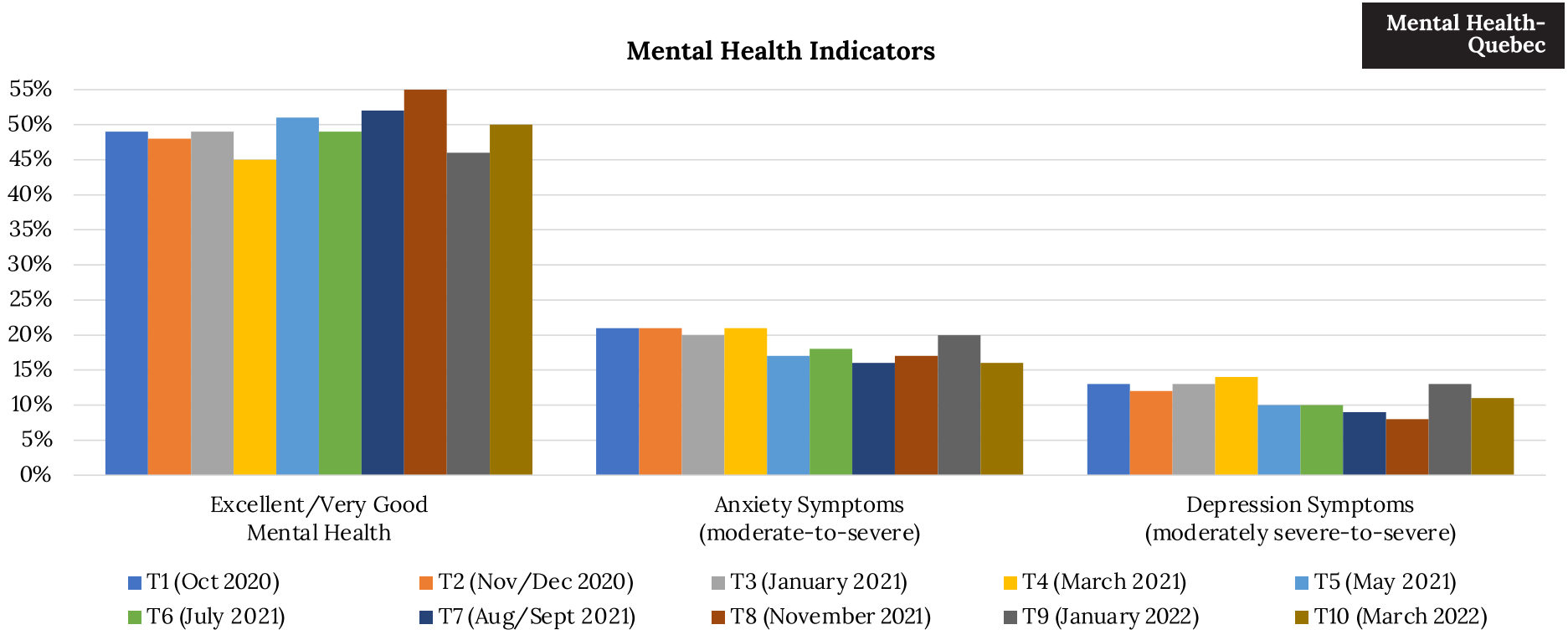


Q22r14: Drinking alcohol (beverages/drinks), Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities?

AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score; CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

Quebec

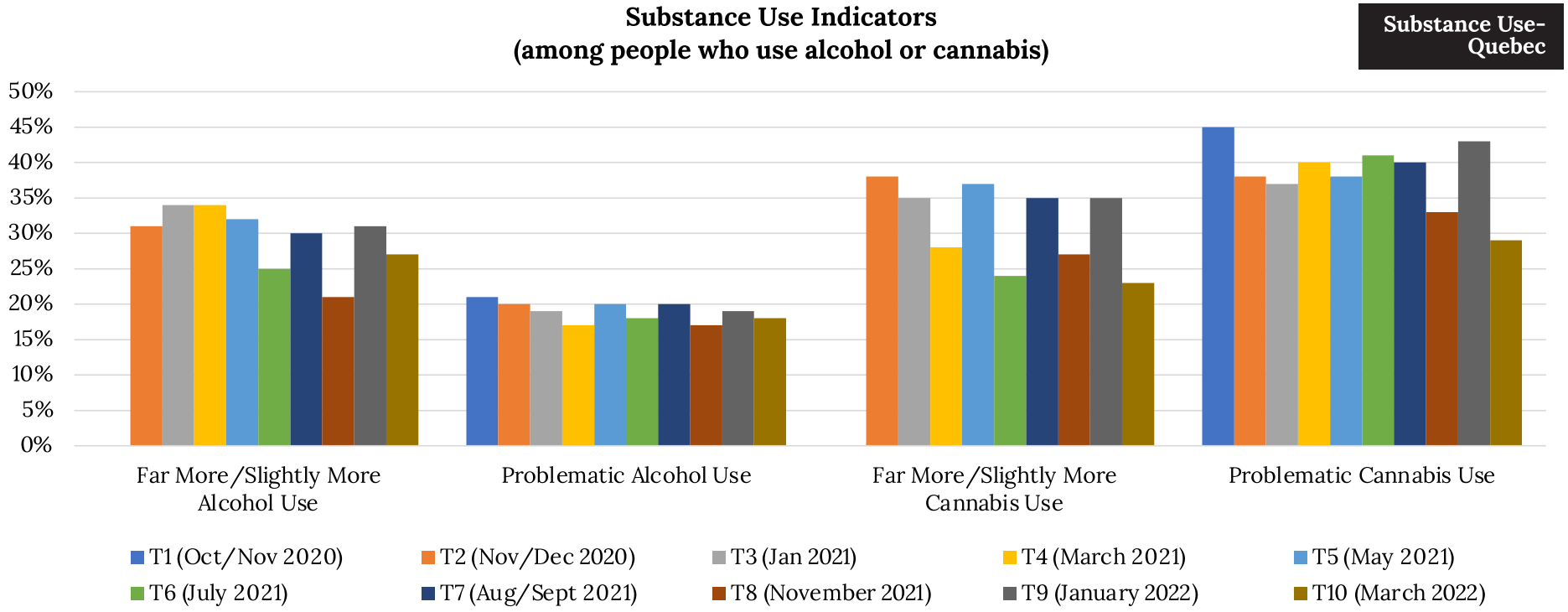
Mental health indicators



Q7: In general, how would you describe your mental health? Depression Score (PHQ-9 = 15+)/ Anxiety Score (GAD-7 = 10+).

Quebec

Substance use indicators

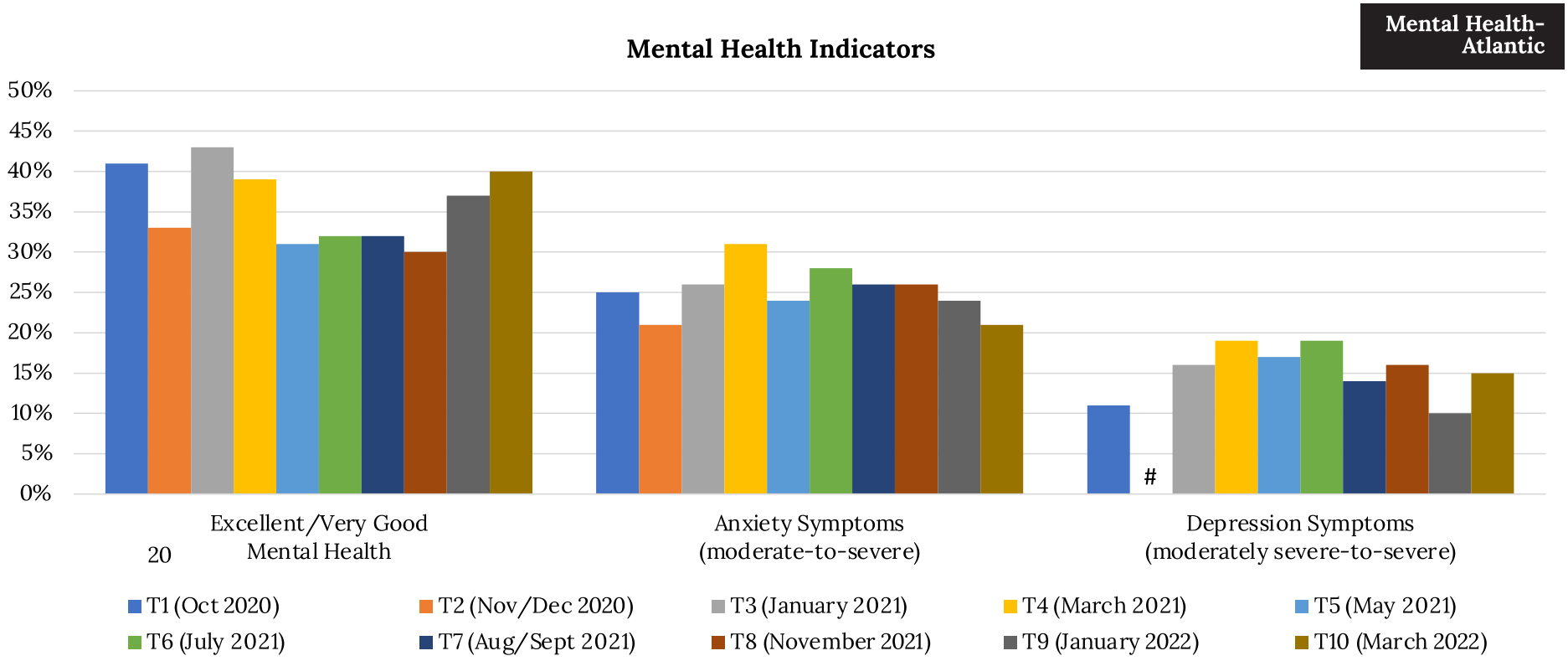


Q22r14: Drinking alcohol (beverages/drinks), Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities?

AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score; CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

Atlantic: New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland

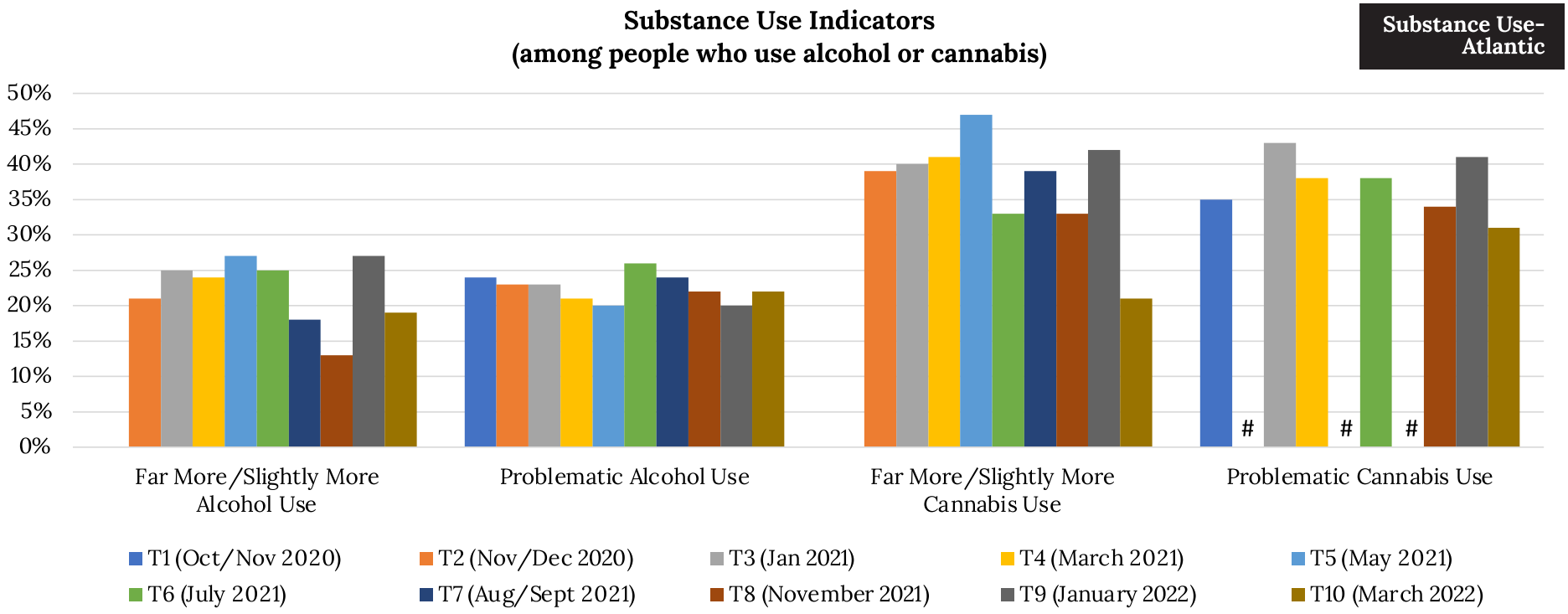
Mental health indicators



Q7: In general, how would you describe your mental health? Depression Score (PHQ-9 = 15+)/ Anxiety Score (GAD-7 = 10+).

Atlantic: New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland

Substance use indicators



Q22r14: Drinking alcohol (beverages/drinks), Q22r15: Consuming cannabis - During the past month, have you engaged in more or less of the following activities?

AUDIT= 8+ (Alcohol Use Disorder Identification Test) Score; CUDIT-R= 8+ (Cannabis Use Disorder Identification Test-Revised).

Respondent Profile

Respondent Profile (1 of 5)

Characteristics	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)	T10 (Mar. 2022)
n	**2,501**	**1,507**	**1,502**	**1,524**	**1,519**	**1,543**	**1,548**	**1,533**	**1,530**	**2,087**
British Columbia	13%	13%	13%	13%	13%	13%	13%	13%	13%	13%
Alberta	12%	12%	12%	12%	12%	12%	12%	12%	12%	12%
Saskatchewan	3%	3%	3%	3%	3%	3%	3%	3%	3%	3%
Manitoba	4%	4%	4%	4%	4%	4%	4%	4%	4%	4%
Ontario	39%	39%	39%	39%	39%	39%	39%	39%	39%	39%
Quebec	23%	23%	23%	23%	23%	23%	23%	23%	23%	23%
Atlantic (New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland)	7%	7%	7%	7%	7%	7%	7%	7%	7%	7%
Prairies (Alberta, Saskatchewan, and Manitoba)	18%	18%	18%	18%	18%	18%	18%	18%	18%	18%

Respondent Profile (2 of 5)

Characteristics	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)	T10 (Mar. 2022)
n	**2,502**	**1,507**	**1,502**	**1,524**	**1,519**	**1,543**	**1,548**	**1,533**	**1,530**	**2,089**
Gender	%	%	%	%	%	%	%	%	%	%
Female	51	51	51	51	51	51	51	51	51	51
Male	48	47	48	48	47	47	47	47	47	48
Other	-	1	1	1	2	2	1	1	1	-
Age, years	%	%	%	%	%	%	%	%	%	%
16 to 24	13	13	13	13	13	13	13	13	14	13
25 to 39	25	24	24	24	25	23	24	24	24	24
40 to 64	42	42	42	42	41	43	42	42	42	42
65 and older	21	21	21	21	21	21	21	21	21	21
2SLGBTQ+	%	%	%	%	%	%	%	%	%	%
Yes	11	10	11	11	11	13	10	11	12	10
No	88	89	88	88	88	86	89	88	87	89

Respondent Profile (3 of 5)

Characteristics	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)	T10 (Mar. 2022)
n	**2,502**	**1,507**	**1,502**	**1,524**	**1,519**	**1,543**	**1,548**	**1,533**	**1,530**	**2,089**
Canadian Status	%	%	%	%	%	%	%	%	%	%
Canadian citizen by birth or non-immigrant	79	79	77	79	80	80	80	81	80	82
Canadian by naturalization	13	13	15	12	12	12	13	12	13	12
Permanent resident	6	6	6	8	6	6	6	5	5	5
No status	1	1	1	1	1	1	1	1	1	1

Respondent Profile (4 of 5)

Characteristics	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)	T10 (Mar. 2022)
n	**2,502**	**1,507**	**1,502**	**1,524**	**1,519**	**1,543**	**1,548**	**1,533**	**1,530**	**2,089**
Ethnicity	%	%	%	%	%	%	%	%	%	%
White	77	76	78	77	77	77	78	78	79	78
East or Southeast Asian	8	8	7	8	10	9	8	10	7	9
Indigenous Peoples (First Nations, Inuk, Métis)	5	5	5	5	5	5	5	5	5	5
South Asian	5	5	4	5	4	4	5	4	4	4
Black	2	4	2	2	2	2	3	2	2	2
Middle Eastern	2	2	2	2	2	2	1	1	1	2
Latinx	1	2	2	1	2	2	1	2	2	1
Canadian or French Canadian (Non-specified)	1	<1	<1	1	<1	<1	<1	1	<1	<1

Respondent Profile (5 of 5)

Characteristics	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)	T7 (Aug./ Sept. 2021)	T8 (Nov. 2021)	T9 (Jan. 2022)	T10 (Mar. 2022)
n	**2,502**	**1,507**	**1,502**	**1,524**	**1,519**	**1,543**	**1,548**	**1,533**	**1,530**	**2,089**
Education	%	%	%	%	%	%	%	%	%	%
Less than a high school diploma	3	3	3	5	3	3	4	4	5	5
High school diploma or equivalent	18	21	19	21	19	17	20	22	21	23
Some college, no degree	31	29	30	28	27	29	26	19	20	18
Bachelor's degree	31	31	32	30	32	31	31	36	38	35
Master's degree	8	7	8	9	10	10	10	11	11	10
Professional degree	6	6	7	6	6	6	7	5	4	5
Doctorate	1	2	1	1	2	2	2	1	1	3
Employment	%	%	%	%	%	%	%	%	%	%
Employed	46	45	46	45	48	49	46	49	48	48
Unemployed before COVID	5	4	4	5	3	4	4	3	3	4
Unemployed since COVID	5	5	6	5	5	4	3	2	3	3
Student	10	10	9	9	8	8	10	10	8	8
Retired	24	26	25	24	24	24	25	27	24	26
Self-employed	5	6	6	6	6	5	7	5	7	5
Unable to work	4	4	4	4	4	5	4	4	5	5