

MENTAL HEALTH STATUS CHANGE

first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Respondents

Saskatchewan

n=576

Canada n=4010

18+ Years



Survey conducted August 21-31, 2020

adjusted by most current census data in terms of gender, age, and region



Focused on respondents' mental health

Since COVID

163%
increase

Saskatchewan
respondents

104%
increase

'high'
anxiety

'high'
depression

VS

VS

214%

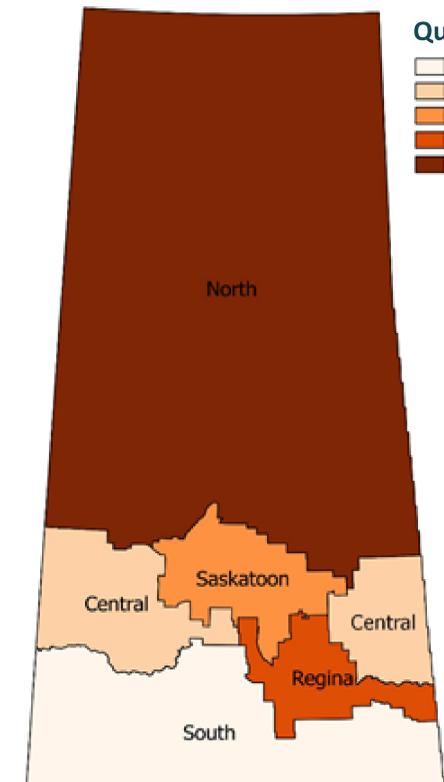
Canadian
respondents

117%

'High' Anxiety since COVID



'High' Depression since COVID



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

MENTAL HEALTH IN SASKATCHEWAN

first 6 months of COVID-19 (March to August 2020)



20%

experiencing
'HIGH' ANXIETY
(score of 8-10)



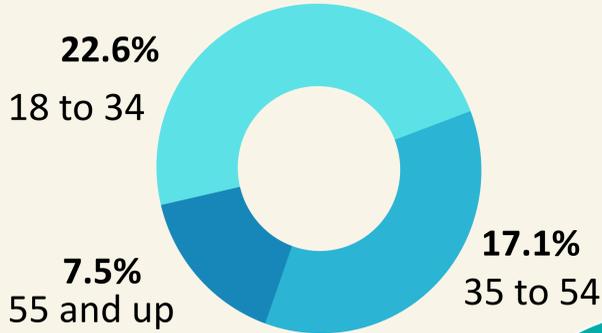
15%

experiencing
'HIGH' DEPRESSION
(score of 8-10)

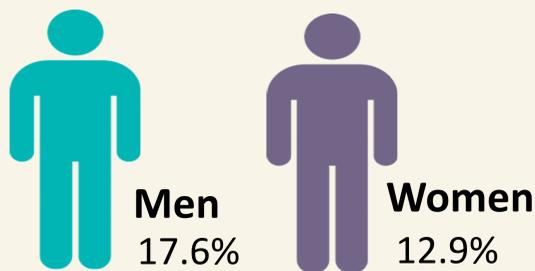
'High depression'

found to be most commonly experienced by:

Younger respondents



MEN compared to WOMEN



2x

as many respondents from



reported experiencing high anxiety compared to **Central & South** regions



reported experiencing high depression compared to the **South**

Of Saskatchewan respondents reporting 'HIGH' anxiety or depression

48%

WERE DEEMED LIKELY

to experience a severe mental disorder if COVID restrictions continue for **2 months**

VS

42%

of Canadian respondents



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

IMPACT ON MENTAL HEALTH

first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Respondents

Survey conducted
August 21-31, 2020

Saskatchewan



n=576

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weighted by most current
census data in terms of gender,
age, and region



Survey focused on
respondents'
mental health

“very negative” impact on respondents’ mental health



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

Online survey conducted Aug. 21-31, 2020 by Pollara Strategic Insights on behalf of Mental Health Research Canada (MHRC) supported by the Saskatchewan Health Research Foundation (SHRF). Saskatchewan sample (n=576, weighted by most current census data in terms of gender, age, and region, ±4.1% margin of error).

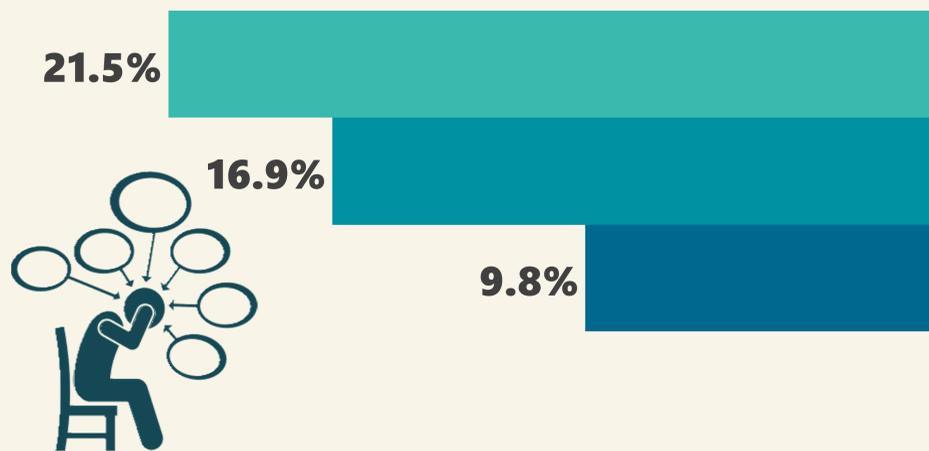


IMPACT OF SOCIAL ISOLATION ON MENTAL HEALTH

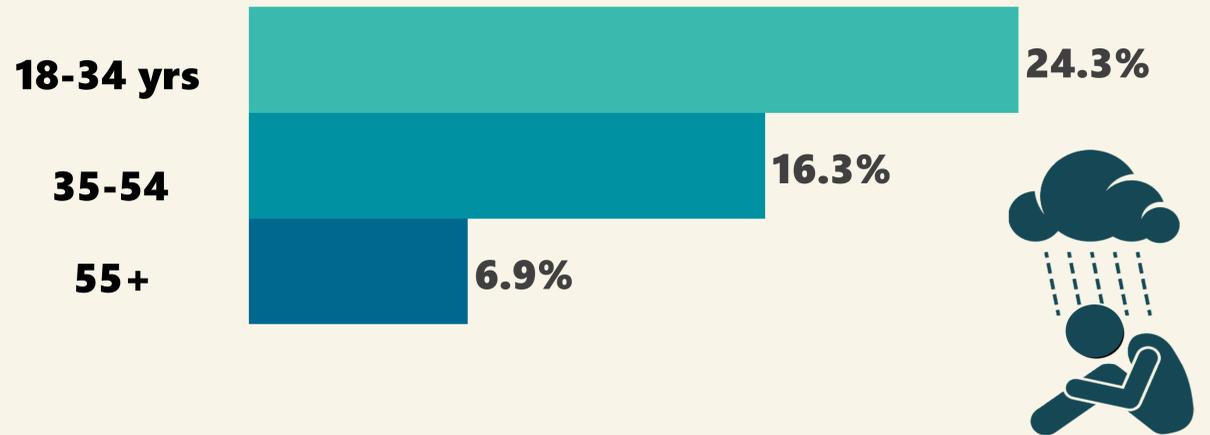
first 6 months of COVID-19 in Saskatchewan (March to August 2020)

If **social isolation** were to continue for **2 more months**,
1 in 6 Saskatchewan respondents expect to experience
'high' anxiety or depression.

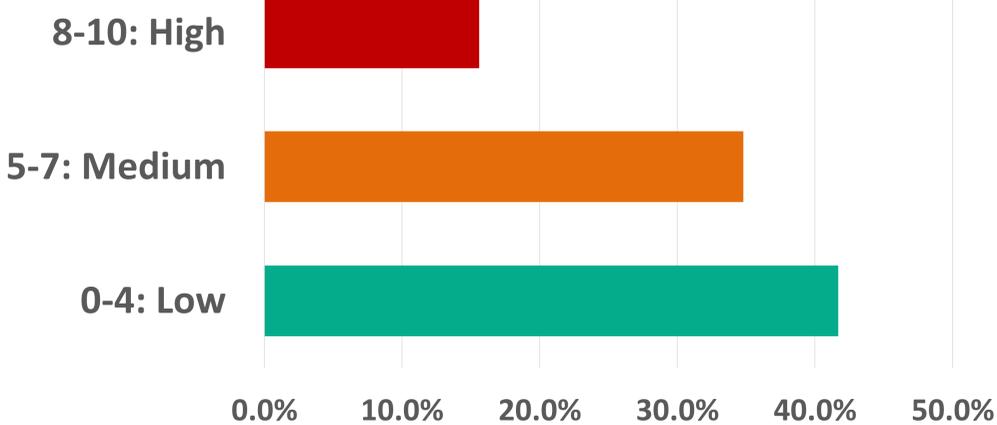
'HIGH' ANXIETY



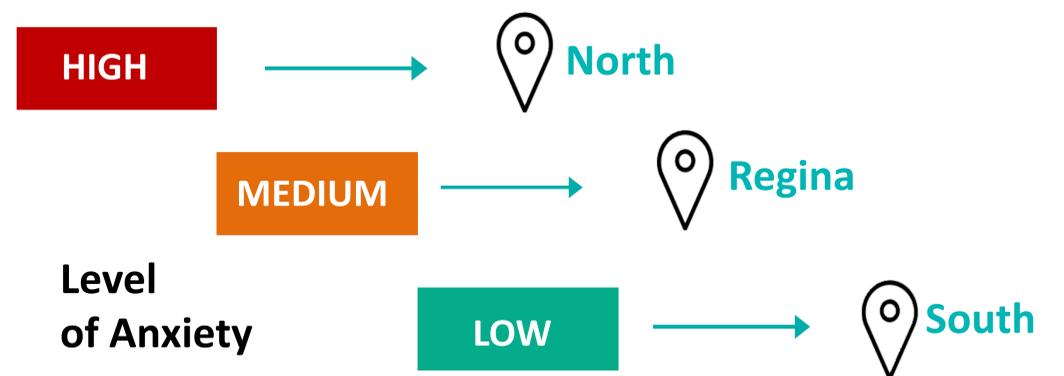
'HIGH' DEPRESSION



Level of Anxiety



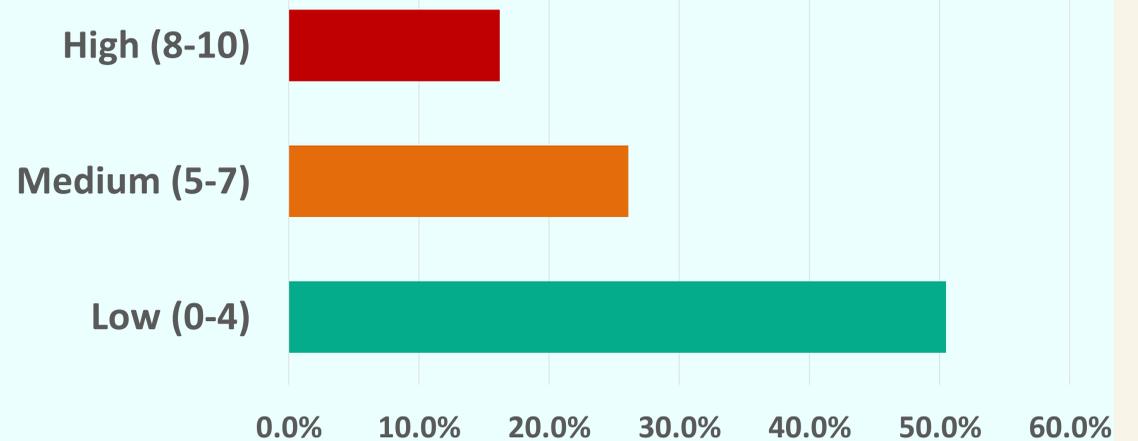
Regions that most experienced anxiety



Regions that most experienced depression



Level of Depression



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

TREATMENT FOR MENTAL HEALTH DISORDERS

first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Treatment since COVID

18% of Saskatchewan respondents reported receiving services from a mental health professional

VS

34% before COVID

15% of Saskatchewan respondents

who had a mental health disorder before COVID and are **still suffering** but are

no longer being treated

VS

13% of Canadian respondents



Treatment before COVID



talk therapy treatment*

21.4% reported receiving **talk therapy**
**Provided by Therapists, Counsellors or Social Workers*

24.1% reported **talking to their doctor**

talking to doctor regularly

prescription drug treatment

58.3% reported taking **prescription medication**



14.8% reported taking **non-prescription medication**

non-prescription drug treatment

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

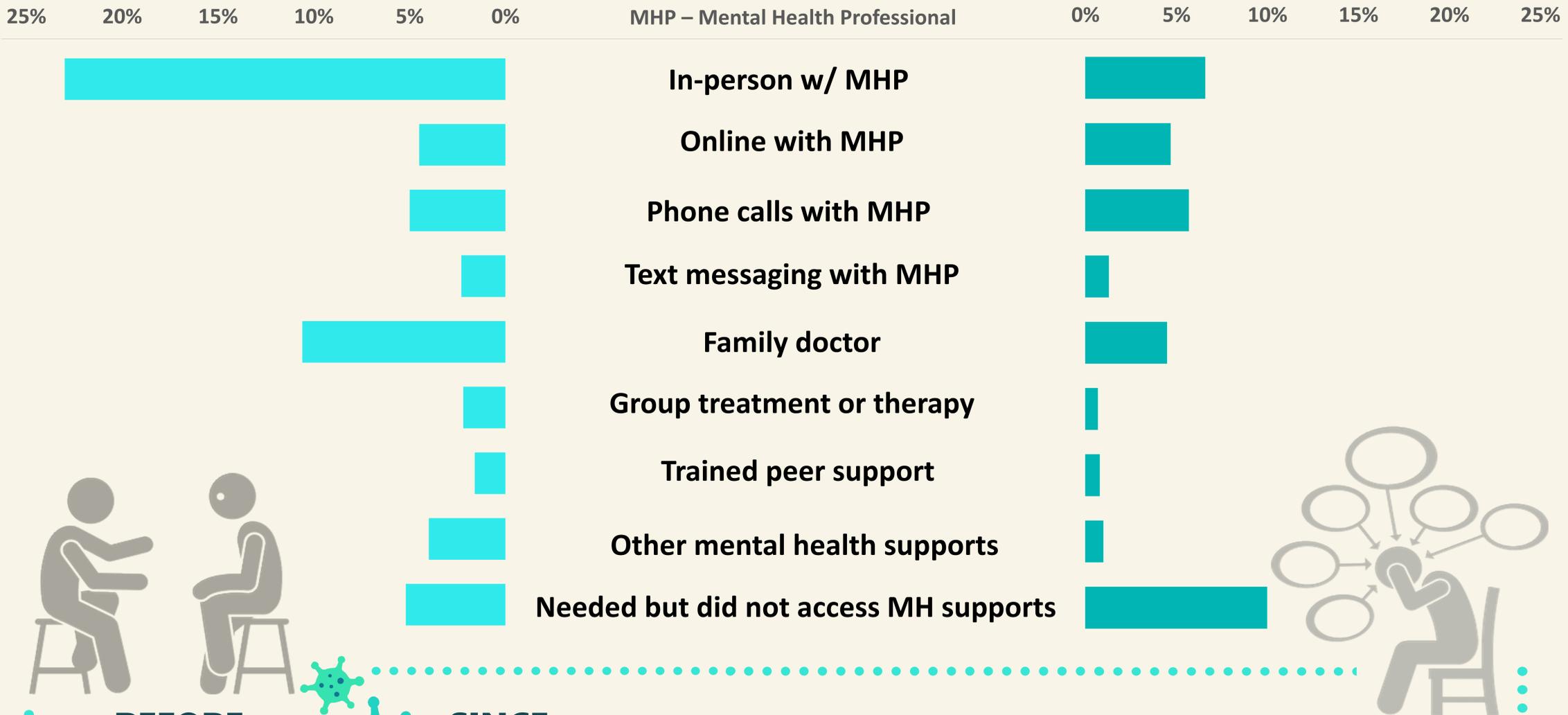
SUPPORT FOR MENTAL HEALTH CONDITIONS

first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Before COVID



Since COVID



BEFORE

SINCE

COVID

BEFORE	SINCE	Details
34%	18%	Receiving services from a mental health professional (MHP):
23%	7%	• One-to-one <u>in-person</u> with MHP
9.5%	10.4%	• One-to-one via <u>online or phone</u> with MHP
2.3%	1.3%	• One-to-one via <u>texting/messaging</u> with MHP
11%	4.5%	Receiving services from their family doctor/GP
5%	10%	Needing but not accessing mental health supports

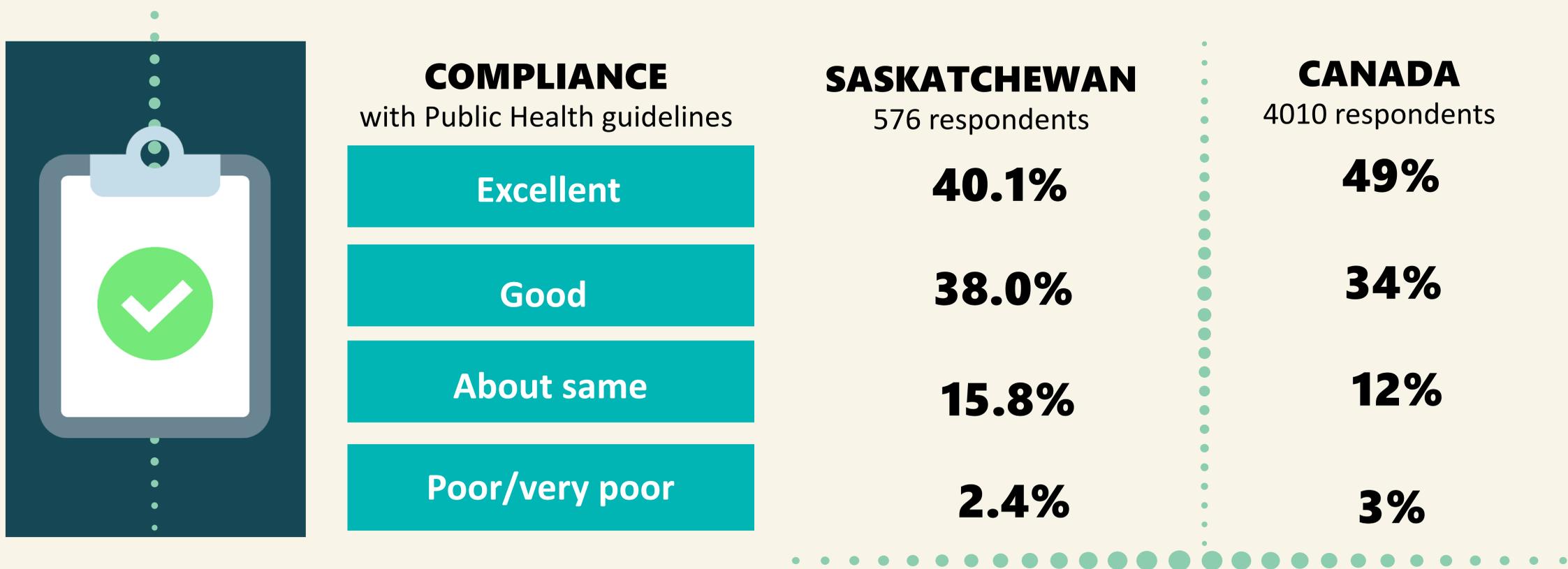
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COMPLIANCE WITH COVID-19 GUIDELINES

first 6 months of COVID-19 in Saskatchewan (March to August 2020)



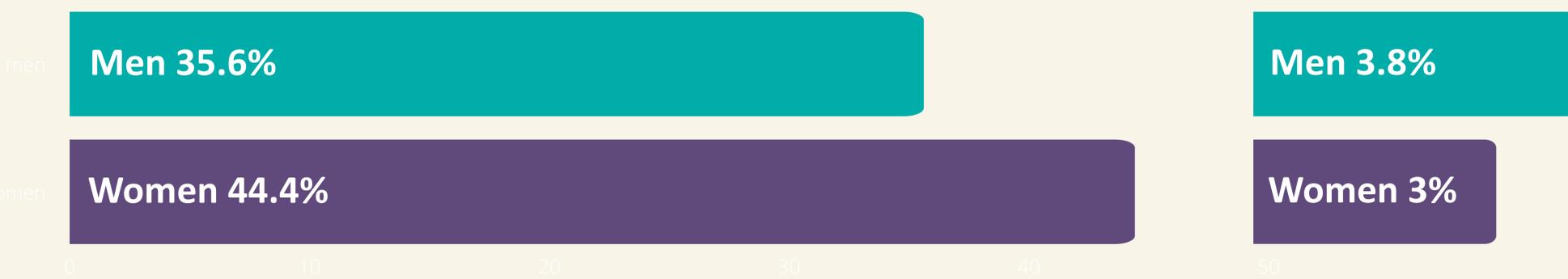
Good/excellent compliance by age



Women had better compliance than men.

Excellent compliance

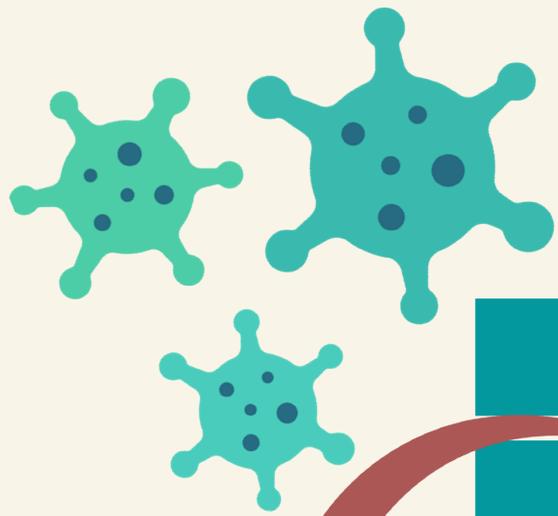
Poor-very poor compliance



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN

ABILITY TO RECOVER FROM CHALLENGES

first 6 months of COVID-19 in Saskatchewan (March to August 2020)



Ability to Recover

SASKATCHEWAN

576 respondents

17.7%

39.7%

28.3%

4.9%

CANADA

4010 respondents

17%

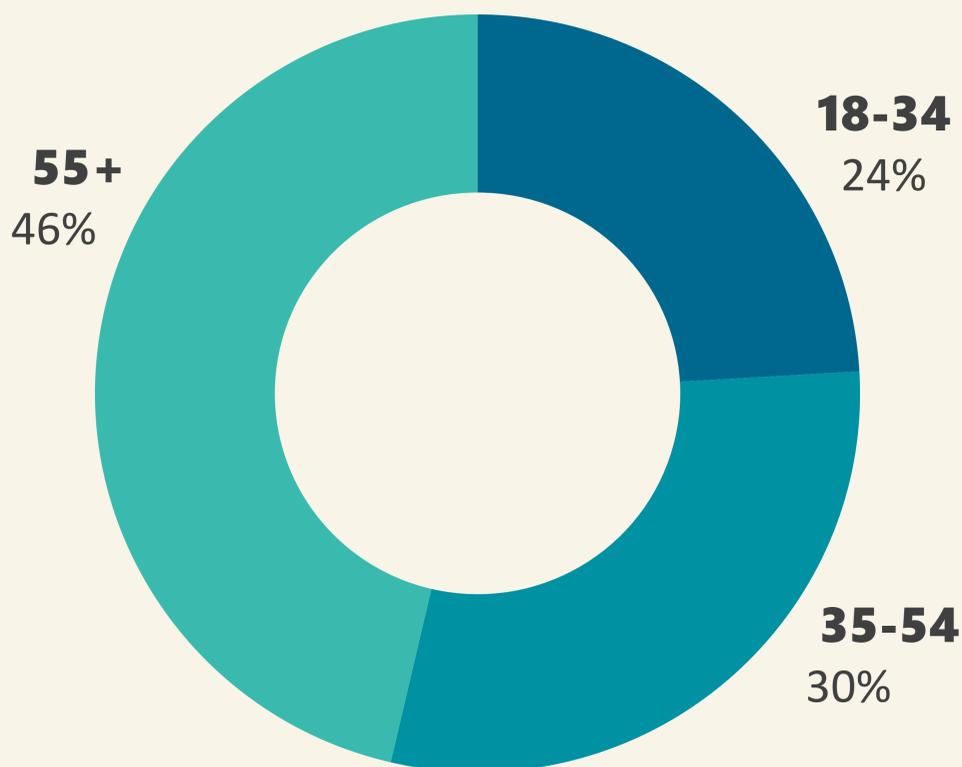
43%

30%

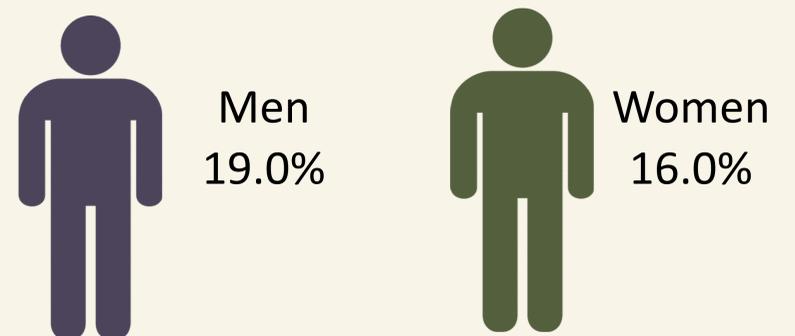
5%

Individuals 55+ years of age and men reported best ability to recover from challenges.

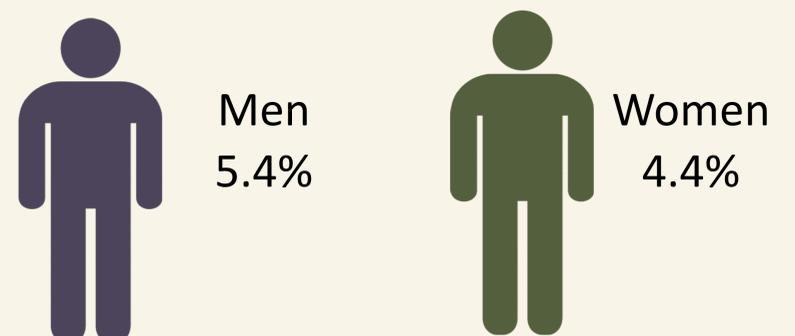
Good-Excellent ability by age



Excellent ability by gender



Poor ability



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN