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

Since COVID

163% increase

104% increase

‘high’ anxiety vs ‘high’ depression

214% increase

‘high’ anxiety vs ‘high’ depression

‘High’ Anxiety
since COVID

‘High’ Depression
since COVID

Quintiles

10.8 - 11.4
11.4 - 11.7
11.7 - 21.4
21.4 - 22.8
22.8 - 23.8

8.8 - 10.8
10.8 - 13.4
13.4 - 15.7
15.7 - 17.5
17.5 - 19.4

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).
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
- 22.6% 18 to 34
- 7.5% 55 and up

MEN compared to WOMEN
- Men 17.6%
- Women 12.9%

2x as many respondents from
- North Saskatoon
- North Regina

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

42% of Canadian respondents
IMPACT ON MENTAL HEALTH
first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Survey conducted
August 21-31, 2020

Respondents
Survey focused on respondents’ mental health
weighted by most current census data in terms of gender, age, and region

18+ Years

Mental Health and COVID-19 in Saskatchewan

“very negative” impact on respondents’ mental health

Financial disruptions
- Economic downturn
- Recent job loss
- Possibility of losing job
- Possibility of family member losing job
- Not being able to pay bills
- Challenges of working from home

Personal relationships
- Possibility of catching COVID
- Possibility of family member catching COVID
- Social isolation/being apart from others
- Challenges of getting necessities
- Communicating with family/friends
- Supporting my child’s needs and schoolwork
- Interacting with members of your household

Diversions
- Daily news about COVID-19
- Lack of physical activity
- Social media
- Lack of Entertainment
- Reading that is not about pandemic

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

### 'HIGH' ANXIETY
- **21.5%**
- **16.9%**
- **9.8%**

### 'HIGH' DEPRESSION
- **24.3%**
- **16.3%**
- **6.9%**

#### Regions that most experienced anxiety
- **8-10: High**
- **5-7: Medium**
- **0-4: Low**
- **North**, **Regina**, **South**

#### Regions that most experienced depression
- **High (8-10)**
- **Medium (5-7)**
- **Low (0-4)**
- **Regina**, **Saskatoon**, **South**
**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

**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
- **prescription drug treatment** 58.3% reported taking prescription medication
- 14.8% reported taking non-prescription medication

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**SUPPORT FOR MENTAL HEALTH CONDITIONS**

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

<table>
<thead>
<tr>
<th>MHP – Mental Health Professional</th>
<th>Before COVID</th>
<th>Since COVID</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-person w/ MHP</td>
<td>34%</td>
<td>18%</td>
</tr>
<tr>
<td>Online with MHP</td>
<td>23%</td>
<td>7%</td>
</tr>
<tr>
<td>Phone calls with MHP</td>
<td>9.5%</td>
<td>10.4%</td>
</tr>
<tr>
<td>Text messaging with MHP</td>
<td>2.3%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Family doctor</td>
<td>11%</td>
<td>4.5%</td>
</tr>
<tr>
<td>Group treatment or therapy</td>
<td>5%</td>
<td>10%</td>
</tr>
<tr>
<td>Trained peer support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other mental health supports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needed but did not access MH supports</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN**

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

COMPLIANCE with Public Health guidelines

<table>
<thead>
<tr>
<th></th>
<th>SASKATCHEWAN</th>
<th>CANADA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>40.1%</td>
<td>49%</td>
</tr>
<tr>
<td>Good</td>
<td>38.0%</td>
<td>34%</td>
</tr>
<tr>
<td>About same</td>
<td>15.8%</td>
<td>12%</td>
</tr>
<tr>
<td>Poor/very poor</td>
<td>2.4%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Good/excellent compliance by age

- Over 55 year respondents had the best compliance. 41%
- 35-54 year respondents had good compliance. 32%
- 18-34 year respondents need better compliance. 27%

Women had better compliance than men.

- Excellent compliance
  - Men 35.6%
  - Women 44.4%
- Poor-very poor compliance
  - Men 3.8%
  - Women 3%
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

<table>
<thead>
<tr>
<th></th>
<th>Saskatchewan</th>
<th>Canada</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>17.7%</td>
<td>17%</td>
</tr>
<tr>
<td>Good</td>
<td>39.7%</td>
<td>43%</td>
</tr>
<tr>
<td>About same</td>
<td>28.3%</td>
<td>30%</td>
</tr>
<tr>
<td>Poor/very poor</td>
<td>4.9%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Saskatchewan sample (n=576, weighted by most current census data in terms of gender, age, and region, ±4.1% margin of error).

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

Good-Excellent ability by age

- 55+ years: 46%
- 18-34: 24%
- 35-54: 30%

Excellent ability by gender

- Men: 19.0%
- Women: 16.0%

Poor ability

- Men: 5.4%
- Women: 4.4%