

INFOGRAPHICS

MENTAL HEALTH & COVID-19 IN SASKATCHEWAN

2

March 2020-February 2021

Results from a survey of 577 Saskatchewan residents
Collected February 1-8, 2021 by Pollara Strategic Insights
on behalf of Mental Health Research Canada (MHRC)

Release: April 21, 2021



Cite: Muhajarine, N., Adeyinka, D., Jeffery, B., McIntosh, T., Novik, N., Alam, S., Pisolkar, V., Coomaran, V., Kallio, N., Mental Health and COVID-19 in Saskatchewan (March 2020 to February 2021). SPHERU. April 2021.

More Information available at www.spheru.ca.

HIGH ANXIETY AND HIGH DEPRESSION

first 11 months of COVID-19 in Saskatchewan (March 2020 to February 2021)

Survey conducted
February 1-8, 2021

Saskatchewan

n=577

Canada n=3,005

18+ Years



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

survey focused on
respondents'
mental health



margin of error $\pm 4.07\%$
% estimates reported will fall $\pm 4.07\%$
of the true value, 19 times out of 20

conducted by
Pollara Strategic Insights
on behalf of
**Mental Health
Research Canada (MHRC)**



24%
experiencing
'HIGH'
ANXIETY

(score of 8-10
out of 10-point scale)



17%
experiencing
'HIGH'
DEPRESSION

(score of 8-10
out of 10-point scale)

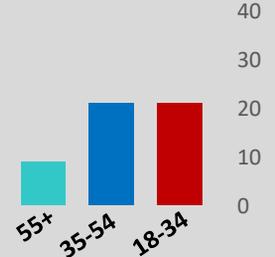
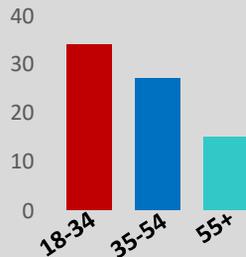
most likely to be experienced by



WOMEN
compared to
MEN



YOUNGER
compared to
OLDER



33%

those negatively
affected by
WINTER



22%

HIGH ANXIETY

HIGH DEPRESSION

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

PSYCHOLOGICAL DISTRESS IN SASKATCHEWAN

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Respondents (asked Feb 1-8) who experienced psychological distress all/most of the time in the past 4 weeks

That everything was an effort	25%	Tired out for no good reason	30%
Nervous	18%	Restless or fidgety	20%
Hopeless	14%	Depressed	17%
So restless you could not sit still	11%	Worthless	11%
So nervous nothing could calm you down	5%	So sad nothing could cheer you up	9%

most likely to be classified with **severe mental disorder** (KESSLER TEST)



22% FEMALES
vs 17% MALES

33% 18-34 YEARS
vs 23% of 35-54
6% of 55+

21% LIVING ALONE
vs 20% not living alone

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

ABILITY TO RECOVER & MANAGE FEELINGS

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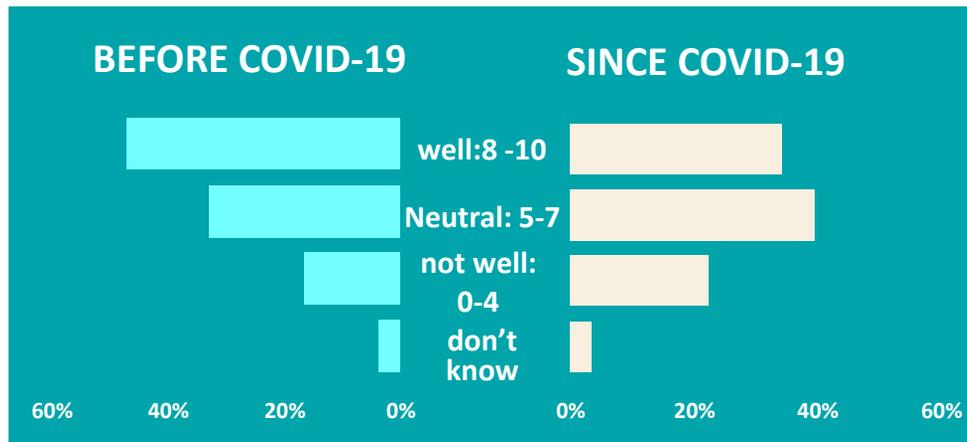
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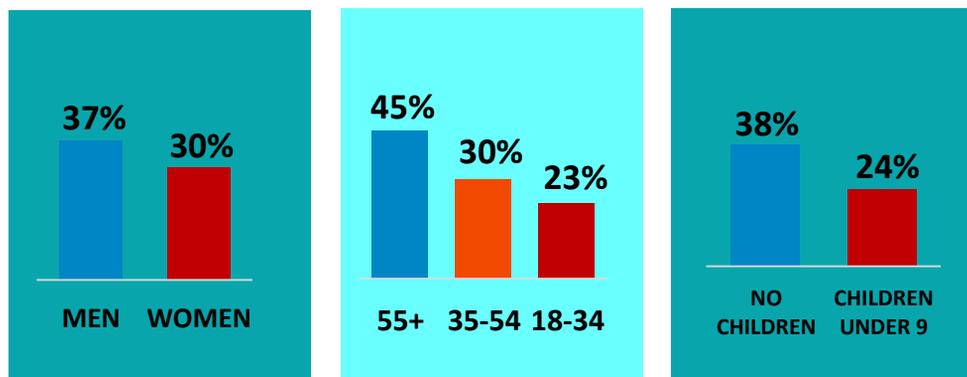
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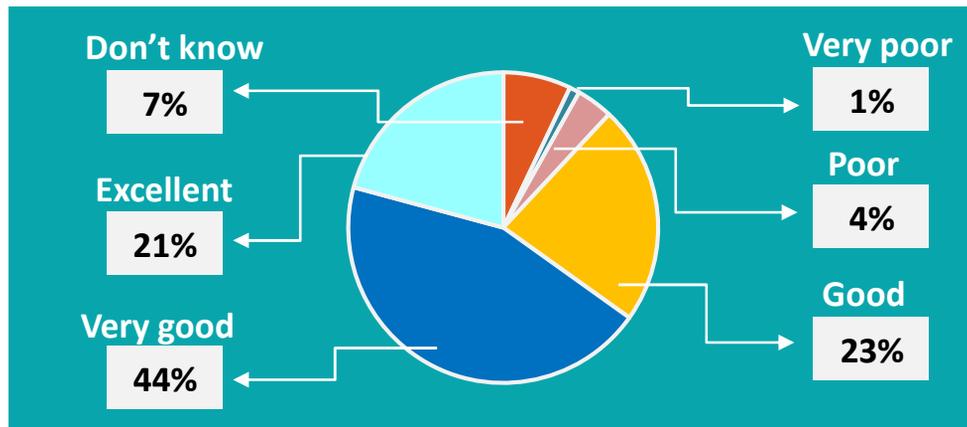
MANAGING FEELINGS OF STRESS, ANXIETY, AND DEPRESSION (OVERALL – Scale of 1-10)



MANAGING FEELINGS OF STRESS, ANXIETY AND DEPRESSION (AS PER AGE, SEX, FAMILY COMPOSITION)



CONFIDENCE IN THEIR ABILITY TO RECOVER



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

MENTAL HEALTH EFFECTS

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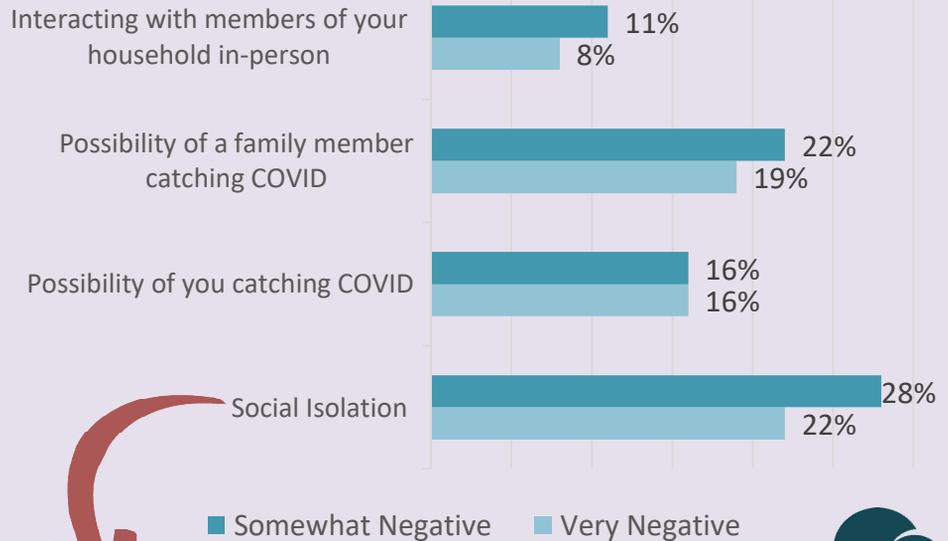
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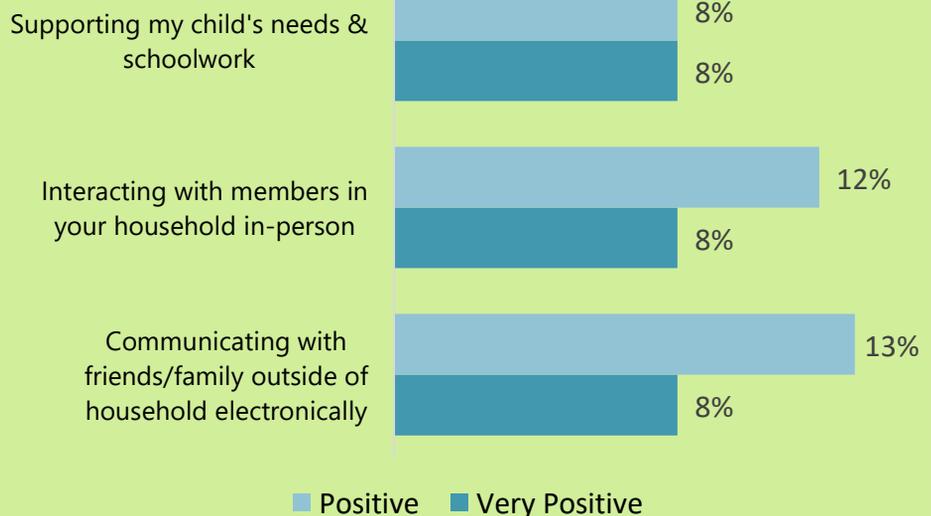
Negative Effects



Social isolation continues to be a leading factor in poor mental health.



Positive Effects



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

IMPACT OF SOCIAL ISOLATION ON MENTAL HEALTH

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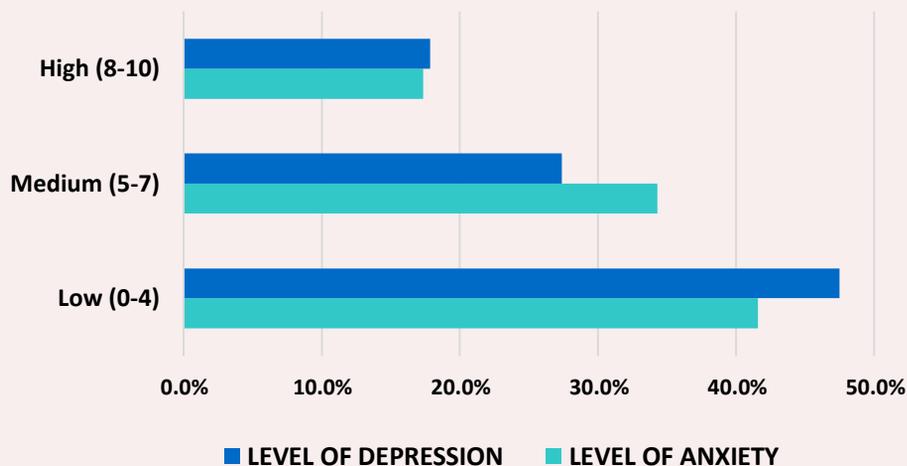


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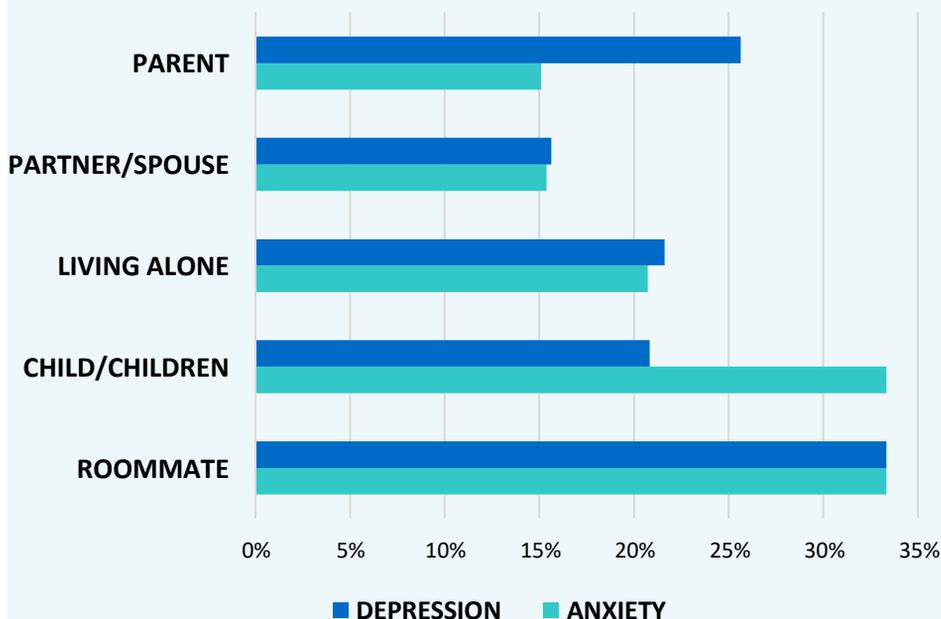
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If **social isolation** were to continue for **2 more months**,
Saskatchewan respondents (asked Feb 1-8, 2021) expect to experience:

LEVELS OF ANXIETY AND DEPRESSION



LEVEL OF ANXIETY AND DEPRESSION HIGHEST AMONG RESIDENTS LIVING WITH:



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

EVENTS AND ACTIVITIES AFFECTING MENTAL HEALTH

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Events with a "Very Negative" Impact

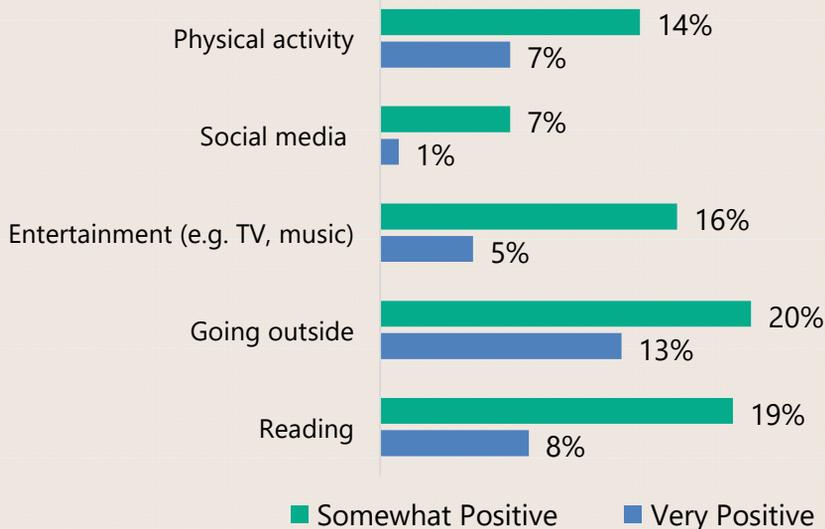


Job loss continues to be a **leading factor**
contributing to poor mental health.



Going outside had the **greatest** positive impact.

Activities with a Positive Impact



■ Somewhat Positive ■ Very Positive

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

COMPLIANCE WITH COVID GUIDELINES

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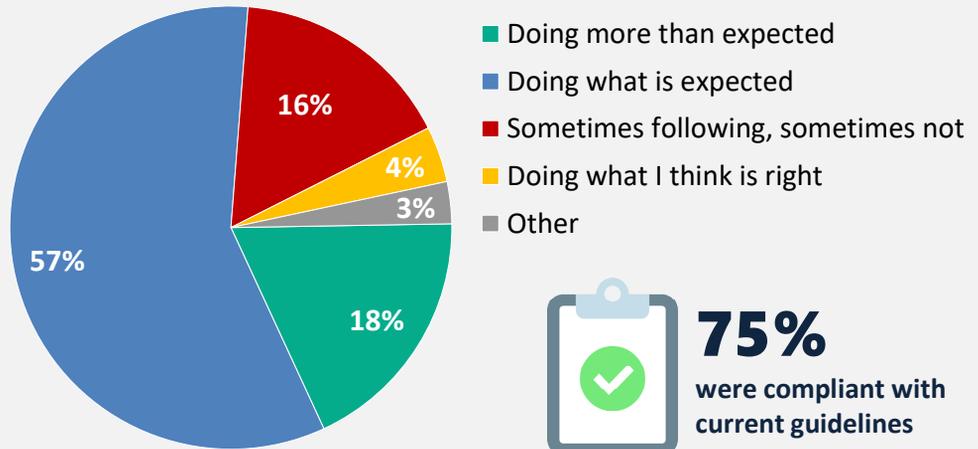
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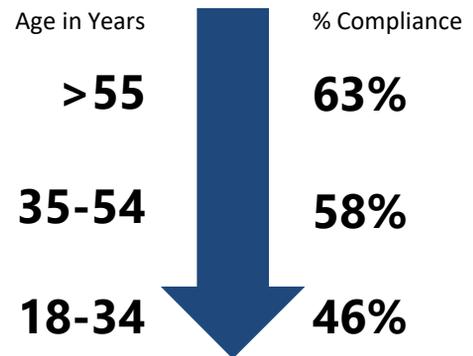
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Respondents following public health guidelines

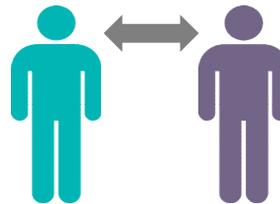


Compliance by Age



Compliance was comparable by gender

59%
men



56%
women

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

ACCESS TO MENTAL HEALTH SERVICES

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Seeking Mental Health Care Since COVID

21% of Saskatchewan respondents reported accessing services from a mental health professional

vs **34%** before COVID



Diagnoses since COVID

6% of respondents reported being diagnosed with depression

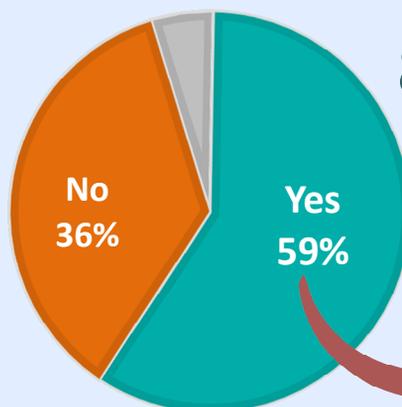


reported being diagnosed with an anxiety disorder **4%**

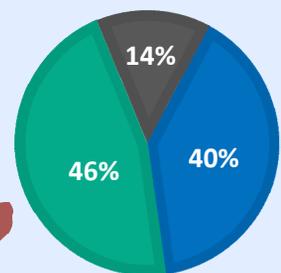


6% reported having a **family member** being diagnosed with an anxiety disorder or depression

Continuing to Access Services since COVID



86% who responded "yes" were 18-54 years of age



■ 18-34 ■ 35-54 ■ > 55

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

DIAGNOSIS & TREATMENT OF MENTAL HEALTH CONDITIONS

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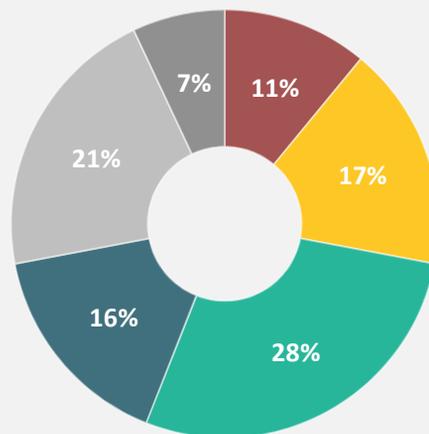


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Length of Time Since Mental Health Diagnosis of Self or Family Member

- Within the past year
- 1-2 years ago
- 3-5 years ago
- 6-10 years ago
- 10+ years ago
- Don't Know/No Answer



TREATMENT DURING COVID

MEDICATIONS

8% reported taking **non-prescription medications**

62% reported taking **prescription medication**



THERAPY



29% reported receiving regular **talk therapy**

20% reported **talking to their doctor** regularly

13% reported **no longer being treated**
but **still having** their condition



MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN 2

SUPPORT FOR MENTAL HEALTH IN SASKATCHEWAN

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Respondents receiving mental health support (before and since COVID)

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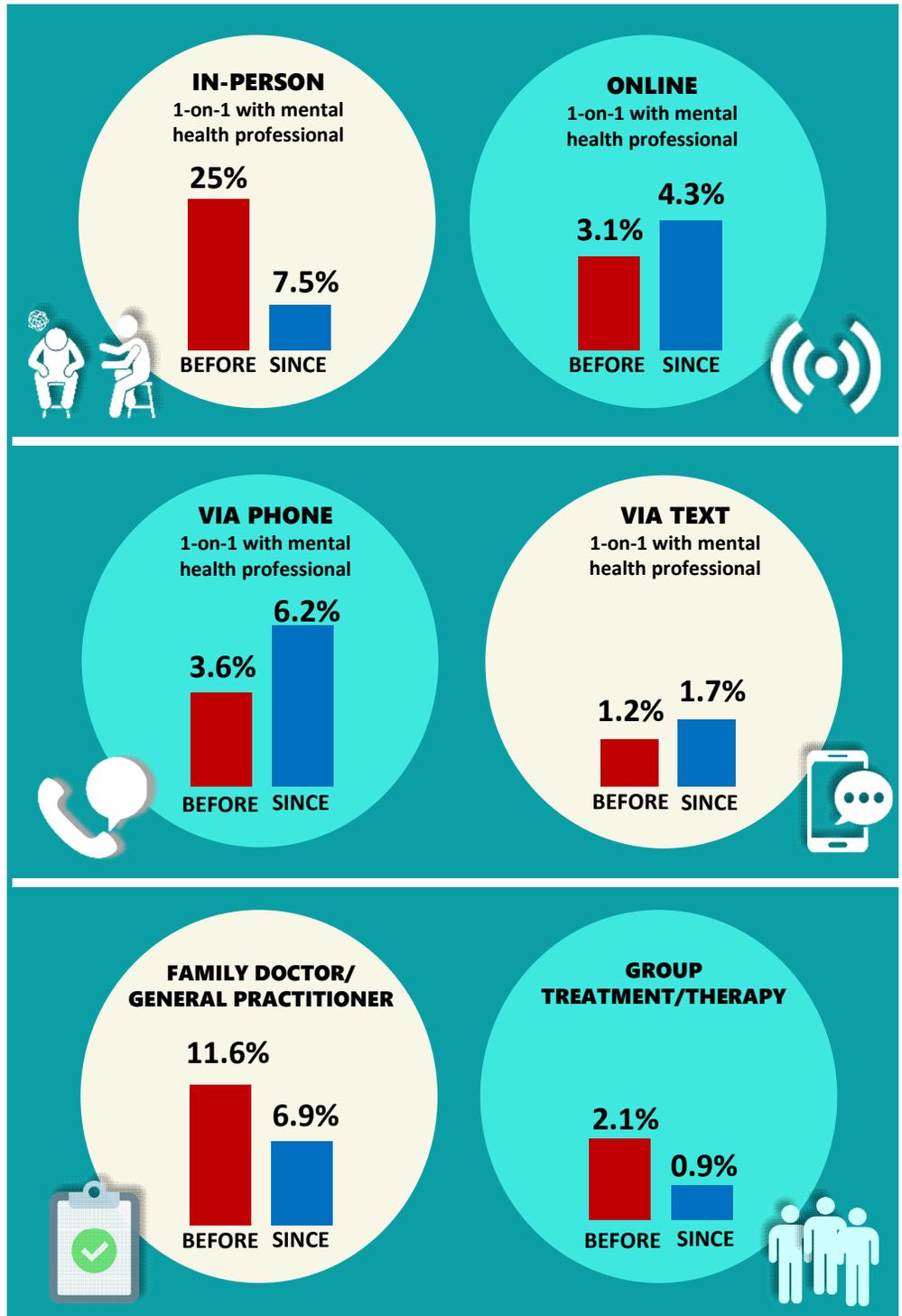
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INFORMATION ON MENTAL HEALTH SERVICES

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SK respondents reported wanting more info on:

activities to do on your own
(videos, exercises)

16%



11%

1-on-1 counselling
with MHP

MHP - mental health professional

self-help activities
with support of MHP

9%

8%

specific concerns for
self/someone else



support through
text messaging

7%

6%

connecting with
someone/ group with
similar experiences

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