INFOGRAPHICS

MENTAL HEALTH & COVID-19 IN SASKATCHEWAN

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


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 ±4.07%
% estimates reported will fall ±4.07% of the true value, 19 times out of 20

conducting 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

WOMEN 30% MEN 17%

YOUnger compared to OLder

55+ 18% 35-54 20% 18-34 33%

THOSE NEGATIVELY AFFECTED BY WINTER

WOMEN 33% MEN 22%
Respondents (asked Feb 1-8) who experienced psychological distress all/most of the time in the past 4 weeks

- **That everything was an effort**
  - Nervous: 25%
  - Hopeless: 18%

- **Tired out for no good reason**
  - Restless or fidgety: 20%
  - Depressed: 17%

- **So restless you could not sit still**
  - So nervous nothing could calm you down: 11%

- **So sad nothing could cheer you up**
  - Worthless: 11%
  - So sad nothing could cheer you up: 9%

Most likely to be classified with severe mental disorder (Kessler Test)

- **FEMALES**
  - 22%
  - vs 17% MALES

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

- **LIVING ALONE**
  - 21%
  - vs 20% not living alone

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

BEFORE COVID-19

SINCE COVID-19

CONFIDENCE IN THEIR ABILITY TO RECOVER

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

BEFORE COVID-19

SINCE COVID-19

ABILITY TO RECOVER & MANAGE FEELINGS
first 11 months of COVID-19 in Saskatchewan (March 2020 to February 2021)
### Negative Effects

<table>
<thead>
<tr>
<th>Negative Effect</th>
<th>Somewhat Negative</th>
<th>Very Negative</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interacting with members of your household in-person</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Possibility of a family member catching COVID</td>
<td>19%</td>
<td>22%</td>
</tr>
<tr>
<td>Possibility of you catching COVID</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>Social Isolation</td>
<td>22%</td>
<td>28%</td>
</tr>
</tbody>
</table>

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

### Positive Effects

<table>
<thead>
<tr>
<th>Positive Effect</th>
<th>Positive</th>
<th>Very Positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting my child’s needs &amp; schoolwork</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Interacting with members in your household in-person</td>
<td>8%</td>
<td>12%</td>
</tr>
<tr>
<td>Communicating with friends/family outside of household electronically</td>
<td>8%</td>
<td>13%</td>
</tr>
</tbody>
</table>

IMPACT OF SOCIAL ISOLATION ON MENTAL HEALTH
first 11 months of COVID-19 in Saskatchewan (March 2020 to February 2021)

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

- **High (8-10)**
- **Medium (5-7)**
- **Low (0-4)**

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**LEVEL OF ANXIETY AND DEPRESSION HIGHEST AMONG RESIDENTS LIVING WITH:**

- **PARENT**
- **PARTNER/SPOUSE**
- **LIVING ALONE**
- **CHILD/CHILDREN**
- **ROOMMATE**

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Table: Events with a “Very Negative” Impact

<table>
<thead>
<tr>
<th>Event</th>
<th>Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenges of Working from Home</td>
<td>16%</td>
</tr>
<tr>
<td>Possibility of a family member losing their job</td>
<td>19%</td>
</tr>
<tr>
<td>Possibility of losing your job</td>
<td>19%</td>
</tr>
<tr>
<td>Losing your job</td>
<td>35%</td>
</tr>
<tr>
<td>Economic downturn</td>
<td>17.00%</td>
</tr>
</tbody>
</table>

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

Going outside had the greatest positive impact.

Table: Activities with a Positive Impact

<table>
<thead>
<tr>
<th>Activity</th>
<th>Positive Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical activity</td>
<td>7%</td>
</tr>
<tr>
<td>Social media</td>
<td>1%</td>
</tr>
<tr>
<td>Entertainment (e.g. TV, music)</td>
<td>5%</td>
</tr>
<tr>
<td>Going outside</td>
<td>13%</td>
</tr>
<tr>
<td>Reading</td>
<td>8%</td>
</tr>
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</table>

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

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Respondents following public health guidelines

- Doing more than expected: 16%
- Doing what is expected: 57%
- Sometimes following, sometimes not: 4%
- Doing what I think is right: 3%
- Other: 18%

75% were compliant with current guidelines

Compliance by Age

Respondents over the age of 55 had the best compliance

Age in Years % Compliance
>55 63%
35-54 58%
18-34 46%

Compliance was comparable by gender

59% men
56% women

Mental Health and COVID-19 in Saskatchewan (March 2020 to February 2021) SPHERU April 2021

**ACCESS TO MENTAL HEALTH SERVICES**
first 11 months of COVID-19 in Saskatchewan (March 2020 to February 2021)

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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

No

36%

Yes

59%

14%

46%

40%

18-34 35-54 > 55

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

- Within the past year: 28%
- 1-2 years ago: 17%
- 3-5 years ago: 16%
- 6-10 years ago: 21%
- 10+ years ago: 7%
- Don't Know/No Answer: 11%

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**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

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Respondents receiving mental health support (before and since COVID)

IN-PERSON
1-on-1 with mental health professional

25% BEFORE
7.5% SINCE

ONLINE
1-on-1 with mental health professional

3.1% BEFORE
4.3% SINCE

VIA PHONE
1-on-1 with mental health professional

3.6% BEFORE
6.2% SINCE

VIA TEXT
1-on-1 with mental health professional

1.2% BEFORE
1.7% SINCE

FAMILY DOCTOR/GENERAL PRACTITIONER

11.6% BEFORE
6.9% SINCE

GROUP TREATMENT/THERAPY

2.1% BEFORE
0.9% SINCE

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activities to do on your own (videos, exercises) 16%

1-on-1 counselling with MHP 11%

self-help activities with support of MHP 9%

specific concerns for self/someone else 8%

support through text messaging 7%

connecting with someone/ group with similar experiences 6%

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