INFOGRAPHICS

MENTAL HEALTH & COVID-19 IN SASKATCHEWAN

March to August 2020

Results from a survey of 576 Saskatchewan residents collected August 21-31 by Pollara Strategic Insights on behalf of Mental Health Research Canada (MHRC)

Preliminary Release: December 18, 2020
Updated Release: January 20, 2021


Mental Health Status Change
first 6 months of COVID-19 in Saskatchewan (March to August 2020)

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).

Survey conducted August 21-31, 2020

18+ Years

Focused on respondents’ mental health

Respondents

Saskatchewan
n=576

Canada n=4010

104% increase

'States' Anxiety

'States' Depression

Since COVID

214%

versus

117%

'States' Anxiety

'States' Depression

Canada

Saskatchewan

Survey conducted
August 21-31, 2020

'tates' Anxiety

'tates' Depression

Quintiles

Quintiles

10.8 - 11.4
11.4 - 12.0
12.0 - 13.4
13.4 - 17.5
17.5 - 19.4

10.8 - 11.4
11.4 - 12.0
12.0 - 13.4
13.4 - 17.5
17.5 - 19.4

M E N T A L  H E A L T H  A N D  C O V I D - 1 9  I N  S A S K A T C H E W A N

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Mental Health and COVID-19 in Saskatchewan

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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)

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

'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 Regina reported experiencing high anxiety compared to Central & South regions

North Saskatoon

North Regina

-reported experiencing high depression compared to the South

MENTAL HEALTH AND COVID-19 IN SASKATCHEWAN
IMPACT ON MENTAL HEALTH
first 6 months of COVID-19 in Saskatchewan (March to August 2020)

Survey conducted
August 21-31, 2020

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Respondents
Survey conducted
August 21-31, 2020

Financial disruptions

“very negative” impact on respondents’ mental health

Personal relationships

Mental Health and COVID-19 in Saskatchewan

Diversions

0 5 10 15 20 25 30 35 %
0 5 10 15 20 25 30 35 %
0 5 10 15 20 25 30 35 %
0 5 10 15 20 25 30 35 %

Saskatchewan Sample
n=576
Canada Sample
n=4010

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

Survey focused on respondents’ mental health

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

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

Daily news about COVID-19
Lack of physical activity
Social media
Lack of Entertainment
Reading that is not about pandemic
If social isolation were to continue for 2 more months, 1 in 6 Saskatchewan respondents expect to experience ‘high’ anxiety or depression.

<table>
<thead>
<tr>
<th>Level of Anxiety</th>
<th>Regions that most experienced anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-10: High</td>
<td>North</td>
</tr>
<tr>
<td>5-7: Medium</td>
<td>Regina</td>
</tr>
<tr>
<td>0-4: Low</td>
<td>South</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Regions that most experienced depression</th>
<th>Level of Depression</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIGH</td>
<td>Regina</td>
</tr>
<tr>
<td>MEDIUM</td>
<td>Saskatoon</td>
</tr>
<tr>
<td>LOW</td>
<td>South</td>
</tr>
</tbody>
</table>

Level of Anxiety and Depression:
- 'HIGH' ANXIETY: 21.5% 16.9% 9.8%
- 'HIGH' DEPRESSION: 24.3% 16.3% 6.9%

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18% of Saskatchewan respondents reported receiving services from a mental health professional since COVID, compared to 34% before COVID.

**Treatment before COVID**

- 21.4% reported receiving talk therapy*
- 24.1% reported talking to their doctor
- 58.3% reported taking prescription medication
- 14.8% reported taking non-prescription medication

*Provided by Therapists, Counsellors or Social Workers

**Treatment since COVID**

- 15% of Saskatchewan respondents who had a mental health disorder before COVID and are still suffering but are no longer being treated.

**Mental Health and COVID-19 in Saskatchewan**

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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>5%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**BEFORE COVID**

- **34%** Receiving services from a mental health professional (MHP):
  - **23%** One-to-one in-person with MHP
  - **9.5%** One-to-one via online or phone with MHP
  - **2.3%** One-to-one via texting/messaging with MHP

**SINCE COVID**

- **18%** Receiving services from a mental health professional (MHP):
  - **7%** One-to-one in-person with MHP
  - **10.4%** One-to-one via online or phone with MHP
  - **1.3%** One-to-one via texting/messaging with MHP

**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

SASKATCHEWAN
576 respondents

EXCELLENT  40.1%
GOOD  38.0%
ABOUT SAME  15.8%
Poor/very poor  2.4%

CANADA
4010 respondents

EXCELLENT  49%
GOOD  34%
ABOUT SAME  12%
Poor/very poor  3%

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%

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ABILTY 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>
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<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>

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%

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