

Taking the Pulse of COVID-19 in Saskatchewan—in 13 charts

Results from the Social Contours & COVID-19 and Adult Mental Health in Saskatchewan research teams
June 23, 2022 (Issue 10)

QUESTION: What is the mental health status of Saskatchewan adults after two years of the COVID-19 pandemic?

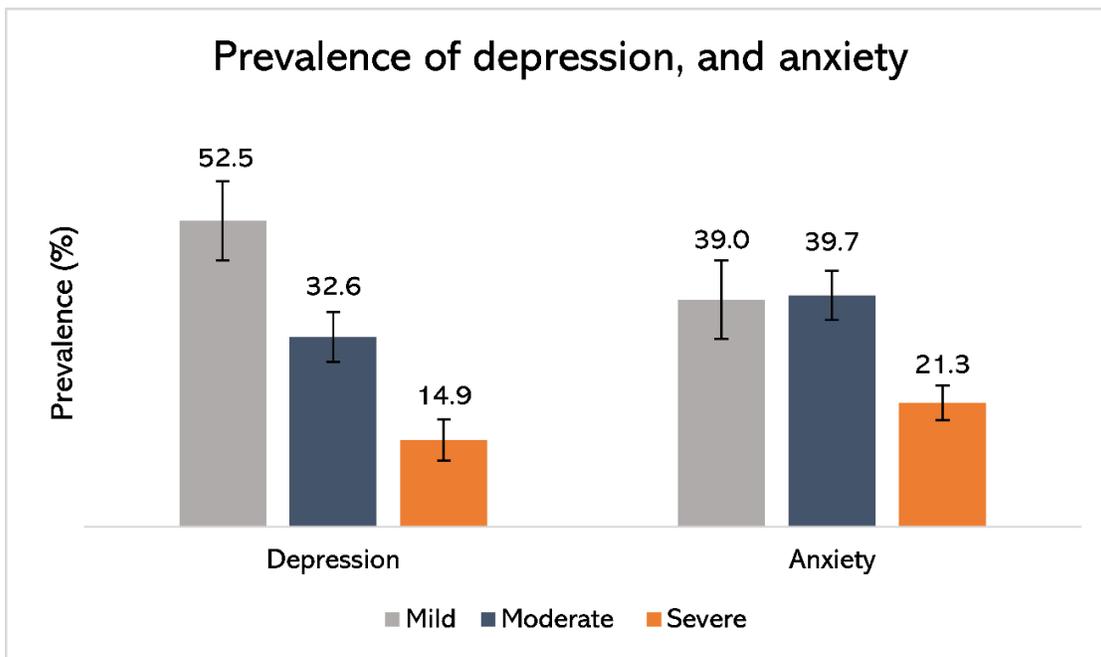
Methodological note: We present descriptive and inferential analyses of data collected from 594 Saskatchewan adults between February 15 to 22, 2022—cycle 11 of [Mental Health Research Canada \(MHRC\)](#)'s ongoing population-based national surveys. During this data collection period, the COVID-19 Omicron variant was prevalent in Saskatchewan.

Respondents were asked: "Please rate your level of anxiety and depression since the Coronavirus (COVID-19) outbreak in Canada." A ten-point (0-10) Likert scale ("extremely high" anchor set at 10 and "none" at 0) was provided. Based on pre-defined, literature-based criteria, the severity of mental health outcomes (anxiety and depression) was categorized as mild (a 0-4 rating), moderate (5-7 rating) and severe (8-10 rating) was employed. Using Stata™ version 17.0, comparative analyses of severity of anxiety or depression were conducted by income, employment, and equity-seeking populations (i.e., Indigenous/visible minority, immigrant status, and physical impairment). To ensure representativeness of the Saskatchewan adult population, results have been weighted based on age, gender, and location of residence as per the 2016 census.

Key Takeaways

- Prevalence of moderate and severe depression was 33% and 15% respectively, and prevalence of moderate and severe anxiety was 40% and 21% respectively, which were comparable to the prevalence rates from the previous cycle (cycle 9, November 2021). In November 2021, the prevalence of moderate and severe depression was 30% and 16%, respectively. The prevalence of moderate and severe anxiety was 38% and 22%, respectively.
- Prevalence of moderate depression and anxiety was higher among employed people; however, severe depression and anxiety was higher among unemployed participants.
- Participants aged 16 to 29 years old, compared to those 50 years or older, were most likely to declare they experienced either moderate or severe depression. Those who were retired or were students were less likely to declare that they experienced moderate or severe depression.
- Participants who identified as women, compared to men, were more likely to indicate they experienced either moderate or severe anxiety. As with depression, those who were retired or were students were less likely to declare either moderate or severe anxiety.

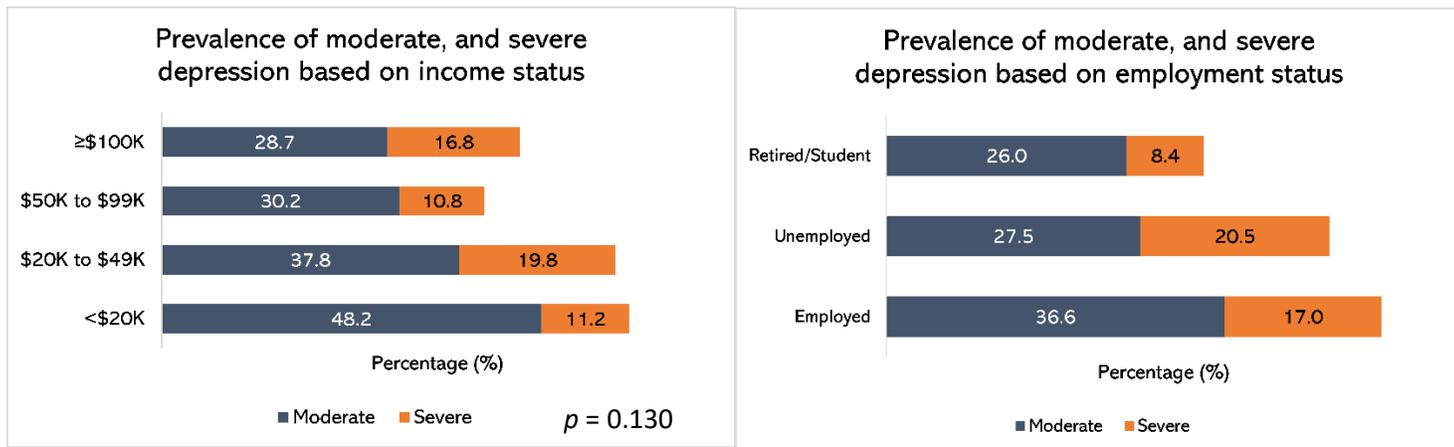
1. High percentage of Saskatchewan adults reported experiencing depression and anxiety since the onset of COVID-19 (March 2020-February 2022).



Among Saskatchewan adults surveyed in February 2022, prevalence of moderate depression was about 33% and severe depression was 15%. Almost 40% of respondents reported moderate anxiety and about one in five reported severe anxiety.

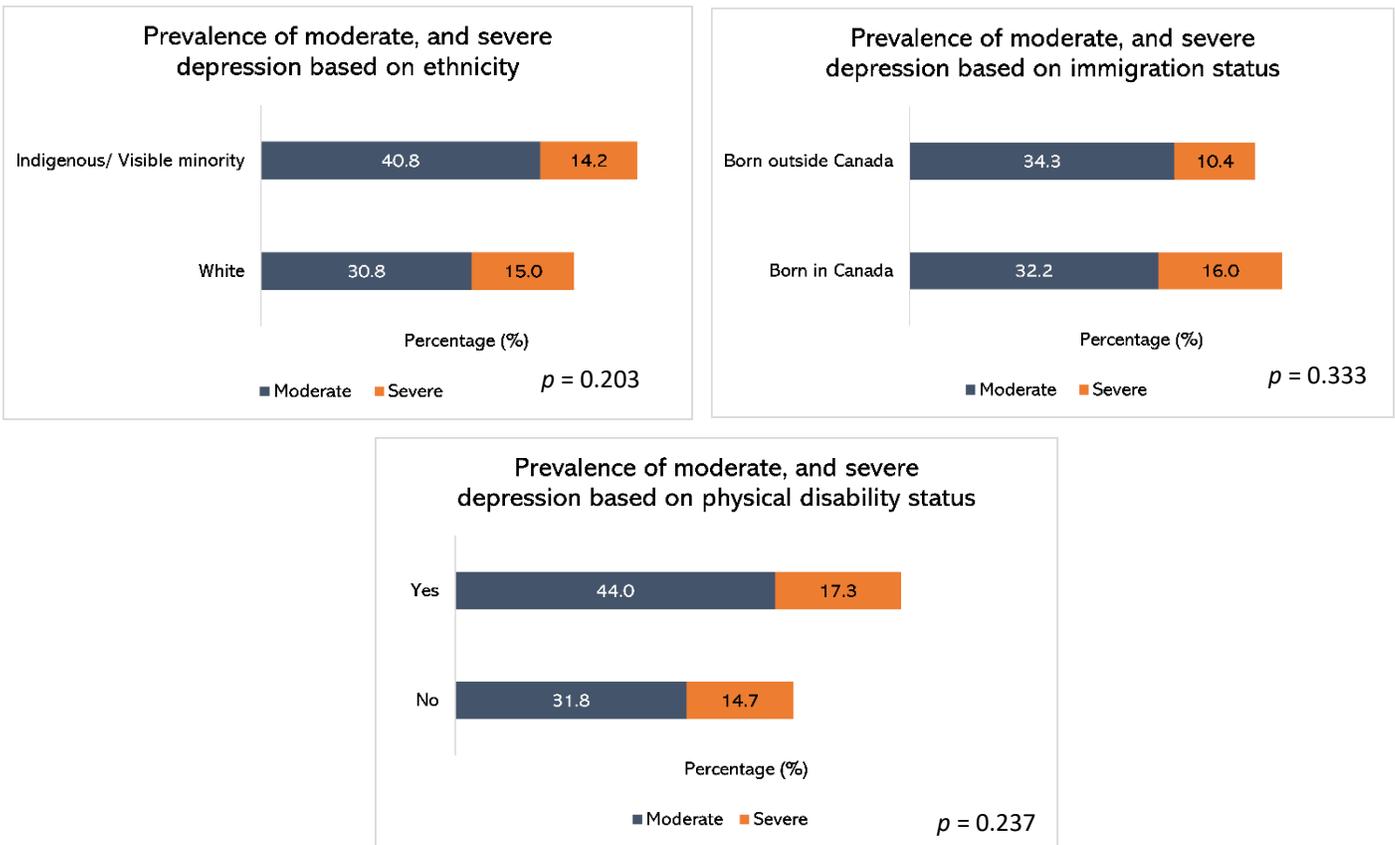
2. Depression

2.1 No significant difference in prevalence of depression among different income groups was observed. However, among those who are unemployed, 1 in 5 reported severe depression compared to less than 1 in 10 among retirees and students.

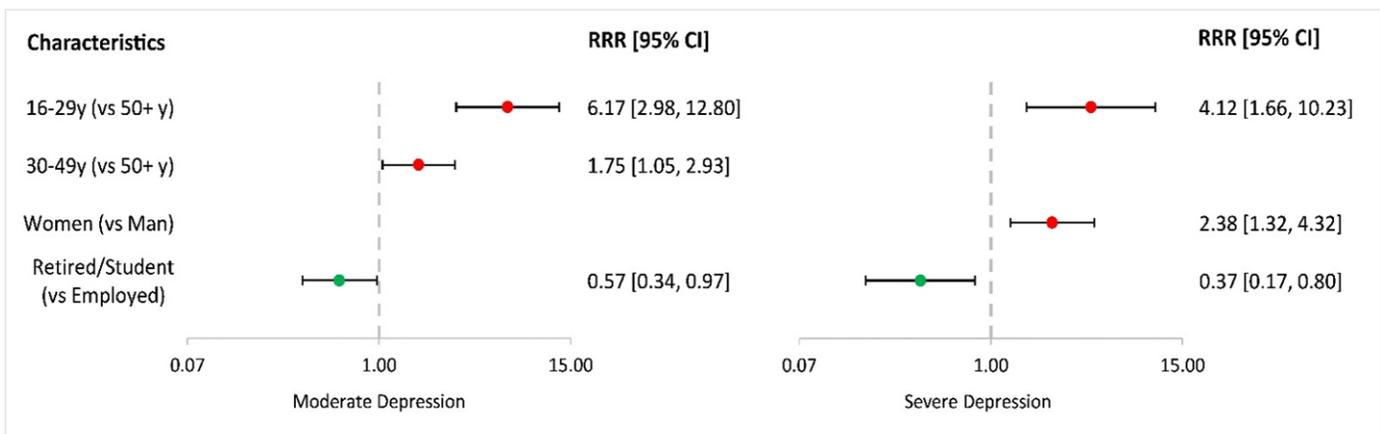


About one in five adults who were unemployed at the time of data collection reported severe depression, compared to one in six among employed adults and only one in 12 among those who are retired or students.

2.2 No significant difference in the prevalence of depression among Saskatchewan respondents of different visible minority groups, immigration status, or physical disabilities.



2.3 Participants aged 16 to 29 years, compared to those 50 years or older, were most likely to experience either moderate or severe depression. Those who were students or retired had a lower likelihood of experiencing moderate or severe depression.

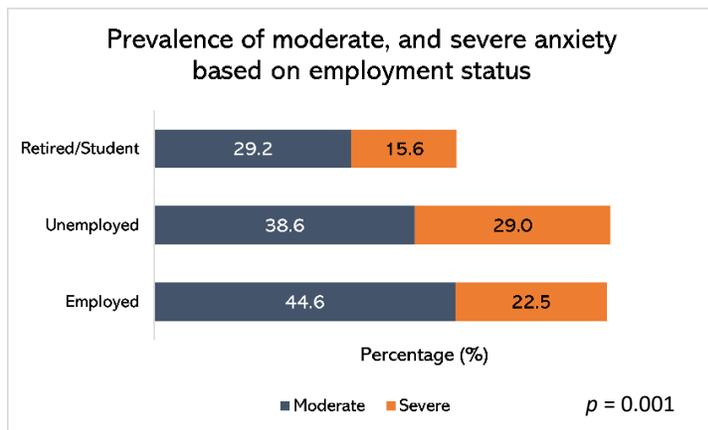
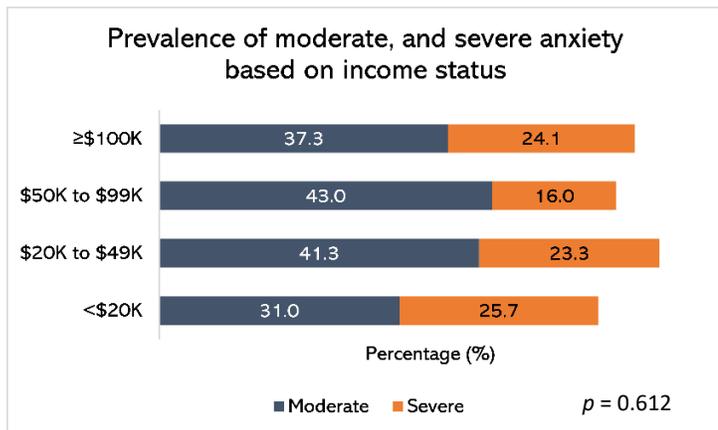


Note: Results were drawn from the multivariable logistic regression analysis after adjusting for respondent’s age, gender, education, employment status, annual household income, immigration status, ethnicity, household composition, and physical disability status. Red dots indicate negative association [risk factor], and green dots indicate positive association [protective factor].

Those aged 16–29 years were 6.17 times more likely to report moderate depression and 4.12 times more likely to report severe depression, as compared to those 50 years and above. Women were 2.38 times more likely to report severe depression, as compared to men. Those who were retired or a student were 43% and 63% less likely, respectively, to report moderate or severe depression, respectively, compared to those who were employed.

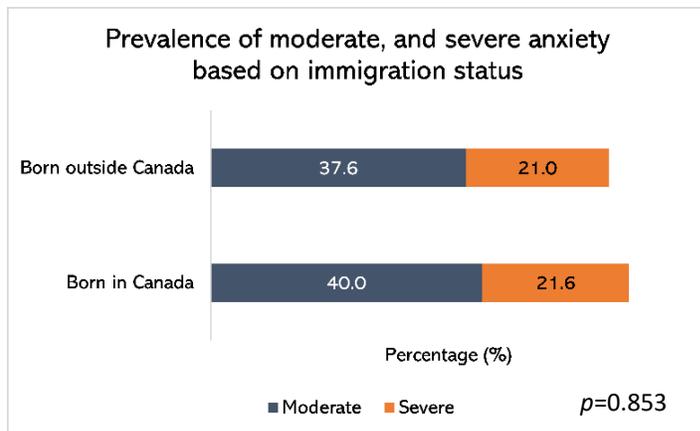
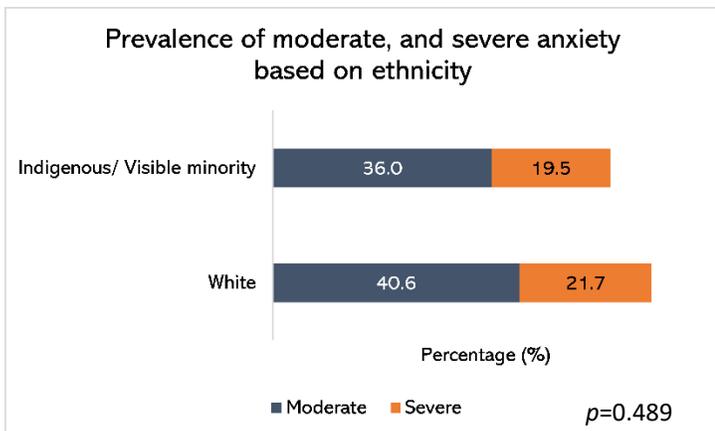
3. Anxiety

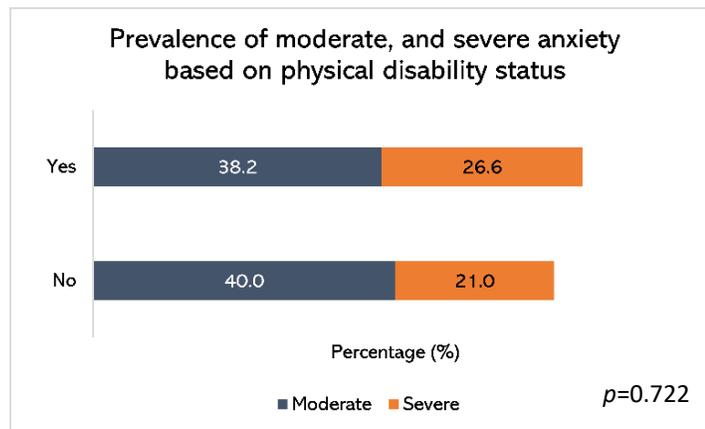
3.1 No significant difference in anxiety was observed among different income groups. However, among those who were unemployed, 1 in 4 reported severe anxiety, compared to 1 in 6 among those who had retired or were a student.



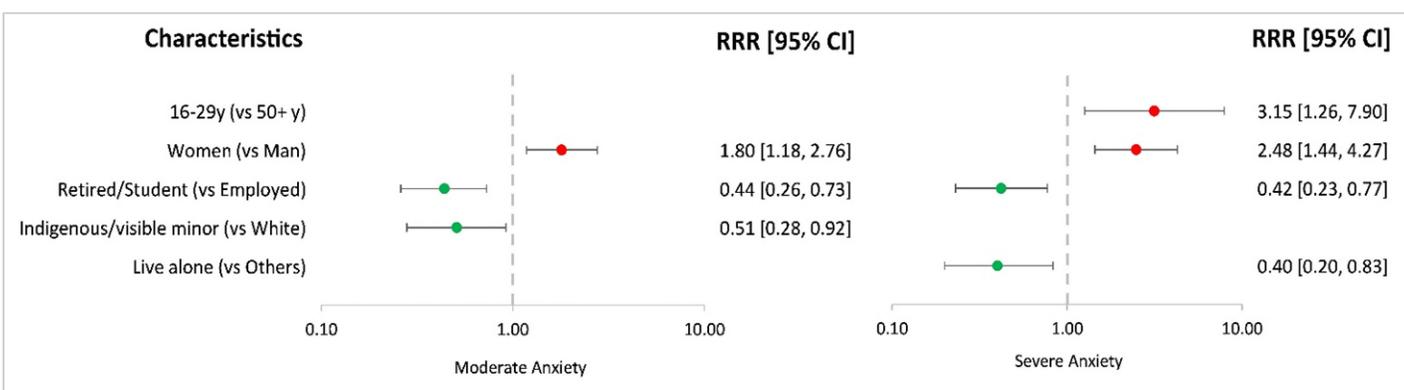
About one in four adults who were unemployed reported severe anxiety compared to one in five among those who were employed and one in six among retirees and students. Moderate anxiety was higher among those who were employed, about 45%, compared with 29% among those unemployed and 16% among retired/students.

3.2 No significant difference in prevalence of anxiety among different visible minority groups, their immigration status, or physical impairment.





3.3 Those who were 16-29 years or self-identified as women were more likely to report severe or moderate anxiety. Those who were retired or were a student were less likely to report anxiety.



Note: Results were drawn from the multivariable logistic regression analysis after adjusting for respondent’s age, gender, education, employment status, annual household income, immigration status, ethnicity, household composition, and physical disability status. Red dots indicate negative association [risk factor], and green dots indicate positive association [protective factor].

Those aged 16–29 years were 3.15 times more likely to report severe anxiety, compared to those 50 years or older. Women were 2.5 and 1.8 times more likely to report severe or moderate anxiety, respectively. Those who were retirees or students were 56% and 58% less likely to report moderate or severe anxiety, respectively, compared to those who were employed. Those who identified as Indigenous or visible minority were 49% less likely to report experiencing moderate anxiety. Interestingly, those who described as living alone, as compared to having ‘other’ living arrangements (i.e., not living alone) were 60% less likely to report experiencing severe anxiety.

These results are part of a series of analysis and reporting on mental health impact of COVID-19 in Saskatchewan conducted by the SPHERU research team. For more on the [Social Contours and COVID-19 and Mental Health Saskatchewan projects](#), email social.contouring@usask.ca or visit <https://spheru.ca/covid-19/mainpage-covid-19.php>.

Social Contours and COVID-19

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