
CURFEW CHALLENGES: PRELIMINARY RESULTS IN QUEBEC POINT TO POTENTIALLY IMPORTANT MENTAL HEALTH IMPACTS OF EXTENDED CONFINEMENT

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INTRODUCTION AND METHODOLOGY

On January 9th, Quebec becomes the first province in Canada to introduce a curfew to help curb the spread of COVID-19. Scheduled to last until Feb. 8, the curfew requires that, with some exceptions, Quebecers must stay inside their homes from 8pm to 5am. Failure to do so results in a fine of between \$1,000 and \$6,000. Several European countries have adopted similar measures with varying shutdown times. While the jury remains out over the effectiveness of these measures, in Quebec thus far there has been an important drop in hospitalizations and the case numbers and more importantly the positivity rate have also declined. There is every reason to believe that the curfew will be extended by the Quebec government after February 8th.

While it is difficult to measure the various impacts of the curfew, a survey of Quebecers conducted by Leger for the Association for Canadian Studies taken one week after the measures went into effect had some one in four Quebecers saying they have been significantly or somewhat affected. Young people and those with lower incomes were most likely to report being affected. Also those Quebecers that say are affected are much more likely to report bad personal mental health assessments.

These findings arise from a survey conducted via web panel by Leger in partnership with the Association for Canadian Studies between January 15 and January 17, 2021 with 1516 Canadians (354 respondents in Quebec) and while no margin of error can be associated with a non-probability sample, for comparative purposes the national sample would have a margin of error of $\pm 2.5\%$, 19 times out of 20

ONE IN FOUR QUEBECERS SAY THEY ARE EFFECTED BY THE CURFEW COMPARED AND THERE IS A WIDE GAP IN REPORTED EFFECTS BETWEEN THOSE UNDER 35 AND THOSE OVER 35

	Thinking about the night-time curfew what impact, if any, has it had on your daily life. Has it changed your life...?						
January 15-17, 2021	Quebec	18-24	25-34	35-44	45-54	55-64	65 +
TOTAL YES	26%	46%	45%	28%	32%	12%	9%
Significantly	7%	17%	15%	7%	7%	0%	2%
Somewhat	19%	29%	29%	21%	26%	12%	7%
TOTAL NO	74%	54%	55%	72%	68%	88%	91%
Not much	29%	25%	20%	30%	28%	46%	23%
Not at all	45%	29%	36%	42%	39%	42%	69%

ONE IN THREE QUEBECERS EARNING UNDER 40K SAY THEY ARE AFFECTED BY THE CURFEW COMPARED WITH SOME ONE IN FIVE EARNING OVER 80K

Among the following categories, which one best reflects the total INCOME, before taxes, of all the members of your household in 2020?	Thinking about the night-time curfew what impact, if any, has it had on your daily life. Has it changed your life...?		Total
	Significantly and Somewhat	Not Much and Not Much at all	
\$19,999 or less	33.3%	66.7	100.0%
Between \$20,000 and \$39,999	32.0%	68.0	100.0%
Between \$40,000 and \$59,999	27.1%	72.9%	100.0%
Between \$60,000 and \$79,999	25.5%	74.5%	100.0%
Between \$80,000 and \$99,999	23.3%	76.7%	100.0%
\$100,000 or more	18.0%	82%	100.0%
Total	25%	75%	100.0%

THOSE QUEBECERS THAT REPORT BEING MOST AFFECTED BY THE CURFEW ARE TWICE AS LIKELY TO SAY THEIR MENTAL HEALTH IS BAD

Since the beginning of the COVID-19 crisis, how would you rate your mental health? Quebec	Thinking about the night-time curfew what impact, if any, has it had on your daily life. Has it changed your life...?	
	Significantly and Somewhat (91) %	Not much and Not at all (263) %
Excellent	3.3	15.5
Very good	15.3	27.5
Good	49.4	42
Bad	19.7	12.5
Very bad	9.9	2.5
I don't know / I prefer not to answer	2.4	
Total Bad and Very Bad	29.6%	15.1%

QUEBEC NON-FRANCOPHONES REPORT BEING SOMEWHAT MORE LIKELY TO BE AFFECTED BY THE CURFEW THAN ARE FRANCOPHONES

Thinking about the night-time curfew what impact, if any, has it had on your daily life. Has it changed your life...? Quebec	Francophone	Non-Francophone
TOTAL YES	25%	30%
Significantly	7%	6%
Somewhat	18%	24%
TOTAL NO	75%	70%
Not much	28%	30%
Not at all	47%	40%

THE MORE THEY FEEL THAT YOU FEEL YOU'VE BEEN AFFECTED BY THE CURFEW, THE MORE THAT YOU SAY THAT YOU'RE BORED AND SICK OF BEING AT HOME

Bored and sick of being in my home - Since the beginning of the COVID-19 crisis have you felt more often, about the same or less often...	Thinking about the night-time curfew what impact, if any, has it had on your daily life. Has it changed your life...?			
	Significantly	Somewhat	Not much	Not at all
More often	80.0%	62.7%	52.9%	50.3%
About the same	16.0%	29.9%	37.3%	39.1%
Less often	4.0%	7.5%	9.8%	10.6%
Total	100.0%	100.0%	100.0%	100.0%

YOUNG QUEBECERS THAT REPORT BEING BORED AND SICK OF BEING AT HOME ARE THE MOST LIKELY TO REPORT BAD MENTAL HEALTH

January 15-17, 2021	Since the beginning of the COVID-19 crisis have you felt bored and sick of being in my home			
Quebec	18-34		35 and over	
Since the beginning of the COVID-19 crisis, how would you rate your mental health?	More often	About the same and less often	More often	About the same and less often
Excellent	2%	25%	5%	21%
Very good	8%	13%	22%	35%
Good	51%	46%	48%	34%
Bad	22%	11%	22%	3%
Very bad	15%	5%	2%	7%
I don't know / I prefer not to answer	2%	-	1%	0%
Total	100	100	100	100
Total Bad and Very Bad	37%	16%	24%	10%

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