

DIAGNOSED WITH DEPRESSION AND COVID-19

JACK JEDWAB, PRESIDENT AND CEO
ASSOCIATION FOR CANADIAN STUDIES (ACS)
CHAIR, COVID-19 SOCIAL IMPACTS NETWORK
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INTRODUCTION

- Have you been diagnosed with Depression?
- NB: the sample asks whether respondents in Canada and the USA have been diagnosed with depression, and not whether they currently are diagnosed with depression.
- Next slides: demographics of those diagnosed with depression

METHODOLOGY

Web survey using computer-assisted Web interviewing (CAWI) technology.

- From May 15th to May 17th, 2020
- 1512 Canadians and 1,005 Americans, 18 years of age or older, randomly recruited from LEO's online panel.
- Using data from the 2016 Census, results were weighted according to gender, age, mother tongue, region, education level and presence of children in the household in order to ensure a representative sample of the population.
- No margin of error can be associated with a non-probability sample (Web panel in this case). However for comparative purposes, a probability sample of... respondents would have a margin of error of $\pm 2.52\%$, 19 times out of 20, while a probability sample of 1,012 would have a margin of error of $\pm 3.08\%$, 19 times out of 20.
- The research results presented here are in full compliance with the CRIC Public Opinion Research Standards and Disclosure Requirements.

IN BOTH CANADA AND THE USA, WOMEN AND YOUTH ARE MORE LIKELY TO REPORT BEING DIAGNOSED WITH DEPRESSION

| Canada May 15-17, 2020 | Total | Male | Female | 18-24 | 25-34 | 35-44 | 45-54 | 55-64 | 65 + |
|---------------------------|-------|------|--------|-------|-------|-------|-------|-------|------|
| Diagnosed with Depression | 14% | 13% | 16% | 19% | 19% | 17% | 16% | 11% | 9% |

| USA May 15-17, 2020 | Total | Male | Female | 18-29 | 30-39 | 40-49 | 50-64 | 65+ |
|---------------------------|-------|------|--------|-------|-------|-------|-------|-----|
| Diagnosed with Depression | 20% | 16% | 24% | 23% | 23% | 28% | 18% | 9% |

QUEBECERS AND ALBERTANS IN NORTH AMERICA REPORT LOWER RATES OF PERSONS DIAGNOSED WITH DEPRESSION AMONGST THE SURVEY POPULATION

| Canada May 15-17, 2020 | Atl. | QC | ON | MB/SK | AB | BC |
|---------------------------|------|----|-----|-------|-----|-----|
| Diagnosed with Depression | 17% | 8% | 16% | 22% | 13% | 16% |

| USA May 15-17, 2020 | NE | MW | South | West |
|---------------------------|-----|-----|-------|------|
| Diagnosed with Depression | 22% | 21% | 20% | 19% |

IN BOTH CANADA AND THE USA, PERSONS WITH LOWER INCOME REPORT HIGHER RATES OF DIAGNOSED WITH DEPRESSION

| Canada May 15-17, 2020 | Below \$40,000 | \$40,000-\$60,000 | \$60,000-\$100,000 | Over \$100,000 |
|---------------------------|----------------|-------------------|--------------------|----------------|
| Diagnosed with Depression | 21% | 15% | 14% | 12% |

| USA May 15-17, 2020 | Below \$35,000 | \$35,000-\$50,000 | \$50,000-\$100,000 | Over \$100,000 |
|---------------------------|----------------|-------------------|--------------------|----------------|
| Diagnosed with Depression | 27% | 25% | 18% | 12% |



POSSIBLE EFFECTS OF BEING DIAGNOSED WITH DEPRESSION

IN CANADA AND THE USA, PEOPLE THAT REPORTED BEING DIAGNOSED WITH DEPRESSION WERE SOMEWHAT MORE LIKELY TO REPORT BEING 'VERY AFRAID' OF CONTRACTING COVID-19 (ANXIETY ABOUT GETTING COVID-19 IS HIGHER IN THE USA THAN IN CANADA THOUGH QUEBEC FRANCOPHONES MAKE THE CANADIAN AVERAGE LOWER)

| Are you personally afraid of contracting the COVID-19 (Coronavirus)? | USA - Have you been diagnosed with Depression? | | Total |
|--|--|--------|--------|
| | No | Yes | |
| Very afraid | 24.8% | 35.5% | 27.0% |
| Somewhat afraid | 36.0% | 27.6% | 34.3% |
| Not very afraid | 20.8% | 18.2% | 20.3% |
| Not afraid at all | 15.2% | 16.3% | 15.4% |
| I already have or have been exposed to the virus | 1.1% | 1.0% | 1.1% |
| I don't know / I prefer not to answer | 2.1% | 1.5% | 2.0% |
| Total | 100.0% | 100.0% | 100.0% |

| Are you personally afraid of contracting the COVID-19 (Coronavirus)? | Canada - Have you been diagnosed with Depression? | | Total |
|--|---|--------|--------|
| | No | Yes | |
| Very afraid | 14.9% | 23.3% | 16.1% |
| Somewhat afraid | 37.8% | 30.6% | 36.8% |
| Not very afraid | 33.1% | 29.2% | 32.5% |
| Not afraid at all | 12.9% | 15.5% | 13.3% |
| I already have or have been exposed to the virus | 0.6% | 0.5% | 0.6% |
| I don't know / I prefer not to answer | 0.6% | 0.9% | 0.7% |
| Total | 100.0% | 100.0% | 100.0% |

IN CANADA AND THE USA, PEOPLE THAT REPORTED BEING DIAGNOSED WITH DEPRESSION WERE FAR MORE LIKELY TO REPORT 'BAD' MENTAL HEALTH SINCE THE BEGINNING OF THE CRISIS

| Since the beginning of the COVID-19 crisis, how would you rate your mental health? | Canada - Have you been diagnosed with Depression? | | Total |
|--|---|--------|--------|
| | NO | YES | |
| Excellent | 16.2% | 5.0% | 14.6% |
| Very good | 27.2% | 16.0% | 25.6% |
| Good | 43.5% | 39.7% | 42.9% |
| Bad | 10.2% | 31.1% | 13.2% |
| Very bad | .8% | 6.4% | 1.6% |
| I don't know / I prefer not to answer | 2.2% | 1.8% | 2.1% |
| Total | 100.0% | 100.0% | 100.0% |

| Since the beginning of the COVID-19 crisis, how would you rate your mental health? | USA - Have you been diagnosed with Depression? | | Total |
|--|--|--------|--------|
| | NO | YES | |
| Excellent | 21.4% | 6.4% | 18.4% |
| Very good | 29.7% | 14.2% | 26.5% |
| Good | 37.6% | 44.1% | 38.9% |
| Bad | 6.9% | 24.0% | 10.4% |
| Very bad | .8% | 5.4% | 1.7% |
| I don't know / I prefer not to answer | 3.6% | 5.9% | 4.1% |
| Total | 100.0% | 100.0% | 100.0% |



AMERICANS MORE STRESSED WHEN LEAVING HOME AND BEING OUT IN PUBLIC

STRESS: LEAVING THE HOUSE / BEING IN PUBLIC (CANADA VS UNITED STATES)

CTC72. When you have to leave your house and be out in public, to what extent do you find that stressful?

Base: All respondents



| |  TOTAL CANADA |  TOTAL USA | Gap |
|----------------------------|--|---|-----------|
| Weighted n = | 1,510 | 1,005 | |
| Unweighted n = | 1,510 | 1,005 | |
| Total Stressful | 51% | 64% | 13 |
| Very stressful | 9% | 22% | 13 |
| Somewhat stressful | 42% | 42% | - |
| Total Not Stressful | 48% | 35% | 13 |
| Not very stressful | 34% | 21% | 13 |
| Not stressful at all | 14% | 14% | - |
| Don't know/Refuse | 1% | 1% | - |

IN CANADA AND THE USA, ACROSS THE AGE SPECTRUM, RESPONDENTS THAT REPORTED BEING DIAGNOSED WITH DEPRESSION WERE MORE LIKELY TO REPORT FINDING IT STRESSFUL WHEN THEY LEFT THEIR HOUSE TO BE OUT IN PUBLIC

| When you have to leave your house and be out in public, to what extent do you find it very stressful? Canada | Have you been diagnosed with Depression | |
|---|---|--------------|
| | NO | YES |
| Total Canada | 11.4% | 21.0% |
| 18-24 | 12.0% | 22.6% |
| 25-34 | 8.5% | 14.9% |
| 35-44 | 12.2% | 17.5% |
| 45-54 | 18.1% | 25.0% |
| 55-64 | 7.1% | 20.7% |
| 65+ | 10.4% | 35.0% |

| When you have to leave your house and be out in public, to what extent do you find it very stressful? United States | Have you been diagnosed with Depression | |
|--|---|--------------|
| | NO | YES |
| Total USA | 18.8% | 28.2% |
| 18-29 | 21.1% | 16.0% |
| 30-39 | 23.5% | 27.5% |
| 40-49 | 24.4% | 44.2% |
| 50-64 | 14.2% | 25.0% |
| 65+ | 13.5% | 25.0% |

WHERE DO WE GO FROM HERE?

Research questions: requesting your input

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