

# CANADIAN OPINION ON THE CORONA VIRUS – N° 10: RISING ANXIETY FROM COVID-19 DISPROPORTIONATELY AFFECTS WOMEN

ASSOCIATION FOR CANADIAN STUDIES (ACS)

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# METHODOLOGY

The survey was conducted by Leger in partnership with the Association for Canadian Studies with some 1508 Canadians, 18 years of age or older, were collected via an online panel between March 27 and 29, 2020.

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 1,508 respondents would have a margin of error of  $\pm 2.52\%$ , 19 times out of 20. That 'margin' rises for survey sub groups.

# COVID-19 FUELS HIGHER ANXIETY, SADNESS AND LOSS OF SLEEP AMONGST WOMEN THAN MEN

Since the beginning of the COVID-19 crisis, how often have you felt...			
TOTAL OFTEN	Total	Man	Woman
Anxiety or nervousness	49%	38%	59%
Sadness	44%	35%	52%
Difficulty sleeping	36%	29%	42%

# PERSONS WITH CHILDREN ARE HAVING MORE DIFFICULTY SLEEPING THAN THOSE WITHOUT CHILDREN SINCE COVID-19

...difficulty sleeping – Since the beginning of the COVID-19 crisis, how often have you felt...		
	With Children	Without Children
<b>TOTAL OFTEN</b>	<b>44%</b>	<b>32%</b>
Very often	14%	10%
Often	30%	23%
<b>TOTAL NOT OFTEN</b>	<b>56%</b>	<b>68%</b>
Not very often	31%	32%
Not often at all	25%	35%

# THOSE WITH GREATER ANXIETY SINCE THE OUTBREAK OF COVID-19 ARE MORE LIKELY TO BELIEVE THE WORST IS YET TO COME

	Anxiety or nervousness - Since the beginning of the COVID-19 crisis, how often have you felt...			
	Very often	Often	Not very often	Not often at all
The worst of the crisis is behind us	3.4%	2.4%	3.1%	5.1%
We are in the worst period of the crisis now	19.0%	21.5%	21.5%	26.8%
The worst of the crisis is yet to come	71.5%	69.9%	63.7%	57.0%
I don't know / I prefer not to answer	6.1%	6.2%	11.6%	11.1%
Total	100.0%	100.0%	100.0%	100.0%

# THOSE WHO ARE MOST ANXIOUS SINCE THE OUTBREAK OF COVID 19 ARE MOST LIKELY TO HAVE A HARDER TIME MANAGING LIFE

Do you feel that you personally are managing life better, about the same or worse than you were managing life before the COVID19 pandemic?	Anxiety or nervousness - Since the beginning of the COVID-19 crisis, how often have you felt...			
	Very often	Often	Not very often	Not often at all
Better	4.5%	6.5%	9.6%	6.5%
About the same	30.9%	61.4%	75.4%	84.3%
Worse	61.3%	28.1%	13.0%	6.2%
I don't know / I prefer not to answer	3.3%	4.1%	2.0%	3.0%
Total	100.0%	100.0%	100.0%	100.0%

# THOSE WITH HIGHEST COVID RELATED ANXIETY ARE BY FAR THE MOST FEARFUL OF CONTRACTING THE VIRUS

Are you personally afraid of contracting the COVID-19 (Coronavirus)?	...Anxiety or nervousness - Since the beginning of the COVID-19 crisis, how often have you felt...			
	Very often	Often	Not very often	Not often at all
Very afraid	41.6%	23.3%	12.6%	10.2%
Somewhat afraid	38.8%	53.4%	44.0%	26.3%
Not very afraid	14.8%	19.4%	35.4%	45.7%
Not afraid at all	3.6%	3.3%	6.6%	16.6%
I already have or have been exposed to the virus	0.8%	0.2%		
I don't know / I prefer not to answer	0.3%	0.5%	1.4%	1.2%
Total	100.0%	100.0%	100.0%	100.0%

# THOSE MOST ANXIOUS ABOUT THE COVID-19 CRISIS ARE BY FAR HAVING THE MOST TROUBLE SLEEPING

...Difficulty sleeping – Since the beginning of the COVID-19 crisis, how often have you felt...	...Anxiety or nervousness - Since the beginning of the COVID-19 crisis, how often have you felt...			
	Very often	Often	Not very often	Not often at all
Very often	43.0%	8.4%	2.0%	0.7%
Often	34.9%	43.1%	13.2%	4.2%
Not very often	12.0%	36.3%	54.6%	10.6%
Not often at all	10.1%	12.2%	30.1%	84.5%
Total	100.0%	100.0%	100.0%	100.0%



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***Rising Anxiety from Covid-19 disproportionately affects Women.***

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