
A MUCH NEEDED INJECTION OF OPTIMISM: VACCINES, MENTAL HEALTH AND THE OUTLOOK FOR THE NEXT YEAR IN CANADA AND THE UNITED STATES QUEBECERS MOST OPTIMISTIC ABOUT THE NEXT YEAR

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INTRODUCTION: OPTIMISM, VACCINATION AND MENTAL HEALTH

- Canadians more optimistic than Americans but Quebecers top all regions North and South
- Amongst those who have received a vaccine optimism about the next year is 16 points higher than it is for those who have not been vaccinated; the difference in optimism between vaccinated and non-vaccinated Quebecers is 26 points; Nearly six in ten Americans that have been vaccinated are optimistic about their country compared with just over three in ten who are not vaccinated
- Unsurprisingly the 'Optimists' amongst us are far less likely to report bad mental health
- Mental health assessments: women, youth and non-Quebecers show larger gaps in reporting bad mental health
- Those Vaccinated Quebecers and other Canadians report better mental health assessments than do non-vaccinated
- Anxiety/Stress is most often cited by those saying their mental health is bad; women are far more likely than men to cite anxiety/stress while men more likely than women to cite loss of control

Results for the period May 21 to May 23, 2021: Leger in partnership with the Association for Canadian Studies (see methodology on the last page)

CANADIANS MORE OPTIMISTIC THAN AMERICANS BUT QUEBECERS TOP ALL REGIONS NORTH AND SOUTH

	I feel optimistic about the next year in Canada/United States ?
Canada	59.4%
British Columbia	58.2%
Alberta	48.4%
Prairies	52.3%
Ontario	56.3%
Quebec	72.2%
Maritimes	59.6%
United States	48.2%
North	49.2%
Midwest	46.5%
South	43.3%
West	57.7%

AMONGST THOSE WHO HAVE RECEIVED A VACCINE OPTIMISM ABOUT THE NEXT YEAR IS 16 POINTS HIGHER THAN IT IS FOR THOSE WHO HAVE NOT BEEN VACCINATED; THE DIFFERENCE IN OPTIMISM BETWEEN VACCINATED AND NON-VACCINATED QUEBECERS IS 26 POINTS; NEARLY SIX IN TEN AMERICANS THAT HAVE BEEN VACCINATED ARE OPTIMISTIC ABOUT THEIR COUNTRY COMPARED WITH JUST OVER THREE IN TEN WHO ARE NOT VACCINATED

	I feel optimistic about the next year in...?	
	I have received a COVID-19 vaccine shot	I have not received a vaccine shot
Canada	63.8%	47.8%
British Columbia	62.8%	44.6%
Alberta	50.4%	42.2%
Prairies	60.0%	34.4%
Ontario	59.5%	49.8%
Quebec	77.6%	51.3%
Maritimes	63.0%	52.8%
United States	58.9%	31.7%

UNSURPRISINGLY THE 'OPTIMISTS' AMONGST US ARE FAR LESS LIKELY TO REPORT BAD MENTAL HEALTH

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	Do you feel optimistic about the next year in Canada?	
	Yes	No
Excellent	13.3%	8.8%
Very positive	20.2%	11.4%
Positive	44.9%	35.4%
Total Bad	20%	41.6%
Bad	18.3%	30.0%
Very bad	1.7%	11.6%
I don't know / I prefer not to answer	1.7%	2.8%
Total	100.0%	100.0%

MENTAL HEALTH ASSESSMENTS: WOMEN, YOUTH AND NON-QUEBECERS SHOW LARGER GAPS IN REPORTING BAD MENTAL HEALTH

Mental Health	Bad	
	May 21-23, 2021	May 7-9, 2021
Total	25	22
Men	21	18
Women	29	27
18-34	39	37
35-54	29	25
55 plus	14	11
Quebec	15	15
Rest of Canada	29	25

THOSE VACCINATED QUEBECERS AND OTHER CANADIANS REPORT BETTER MENTAL HEALTH ASSESSMENTS THAN DO NON-VACCINATED

Canada Since the beginning of the COVID-19 crisis, how would you rate your mental health?	I have received a COVID-19 vaccine shot	I have not received a vaccine shot
Excellent	10.9%	11.3%
Very positive	16.8%	16.6%
Positive	46.5%	34.1%
Bad	18.7%	28.6%
Very bad	4.1%	5.3%
I don't know / I prefer not to answer	3.0%	4.0%
Total	100.0%	100.0%

Quebec Since the beginning of the COVID-19 crisis, how would you rate your mental health?	I have received a COVID-19 vaccine shot	I have not received a COVID-19 vaccine shot
Excellent	13.6%	12.7%
Very positive	26.2%	26.6%
Positive	46.7%	39.2%
Bad	10.9%	17.7%
Very bad	2.6%	2.5%
I don't know / I prefer not to answer		1.3%
Total	100.0%	100.0%

ANXIETY/STRESS IS MOST OFTEN CITED BY THOSE SAYING THEIR MENTAL HEALTH IS BAD; WOMEN ARE FAR MORE LIKELY THAN MEN TO CITE ANXIETY/STRESS WHILE MEN MORE LIKELY THAN WOMEN TO CITE LOSS OF CONTROL

If you said Bad Mental Health, please tell us in one sentence how specifically your mental health has been affected?	Total	Man	Woman
Anxiety / stress	28%	19%	35%
Depression	20%	18%	21%
Isolation / loneliness	16%	14%	17%
Social isolation / not being able to see family/friends	15%	12%	17%
Fear / fear of contracting the virus	11%	6%	15%
Felling of being trapped / having to stay indoors	9%	9%	9%
Bad/it got worse/up and down	9%	7%	10%
Unsettled / loss of control / confusion / helpless	7%	11%	5%
Uncertainty / less confident in life	5%	5%	5%
Frustrated / irritable	5%	6%	4%

METHODOLOGY

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

From to May 21 to May 23, 2021 some 1624 Canadians and 1002 Americans were surveyed via web 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 1624 respondents would have a margin of error of $\pm 2.52\%$, 19 times out of 20.

The research results presented here are in full compliance with the CRIC Public Opinion Research Standards and Disclosure Requirements.

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