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# MENTAL HEALTH, PHYSICAL HEALTH AND LONG COVID

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# MENTAL HEALTH AWARENESS WEEK

Every year since 1951, the Canadian Mental Health Association (CMHA) has hosted Mental Health Week in the first full week in May, making 2022 the 71st year. To mark the week the Association for Canadian is releasing an analysis that examines the intersection between mental and physical health and looks specifically at certain Long Covid symptoms have a negative collateral affect on those persons reporting bad mental health and recurring depression.

The findings arise from a survey conducted via web panel by Leger for the Association for Canadian Studies and the University of Manitoba during the middle of March 2022 with 2939 Canadians and 3734 Americans 18 years of age or older. A margin of error cannot be assigned because internet-based polls are not considered random.



# THERE IS STRONG INTERSECTION BETWEEN PHYSICAL AND MENTAL HEALTH

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	PHYS: Since the beginning of the COVID-19 crisis, how would you rate your physical health?				
	Excellent	Very Good	Good	Bad	Very Bad
Excellent	76.7%	19.0%	5.1%	1.5%	3.2%
Very Good	15.7%	59.0%	16.9%	6.1%	6.5%
Good	5.4%	18.0%	63.5%	35.1%	18.1%
Bad	1.8%	3.0%	10.4%	43.6%	20.6%
Very Bad	0.2%	0.4%	2.0%	11.1%	48.0%
I don't know	0.2%	0.5%	1.6%	2.2%	2.8%
I prefer not to answer		0.2%	0.5%	0.3%	0.8%
	100.0%	100.0%	100.0%	100.0%	100.0%

**BUT EXCELLENT PHYSICAL HEALTH SUPPORTS STRONG MENTAL HEALTH  
SOMEWHAT MORE THAN EXCELLENT MENTAL HEALTH SUPPORTS  
STRONG PHYSICAL HEALTH**

Since the beginning of the COVID-19 crisis, how would you rate your physical health?	Since the beginning of the COVID-19 crisis, how would you rate your mental health?				
	Excellent	Very Good	Good	Bad	Very Bad
Excellent	55.1%	7.3%	1.6%	1.8%	0.6%
Very Good	28.5%	57.1%	11.0%	6.2%	2.2%
Good	14.6%	31.3%	74.5%	41.2%	23.5%
Bad	1.1%	2.8%	10.3%	43.1%	33.2%
Very Bad	0.6%	0.8%	1.4%	5.3%	37.3%
I don't know	0.1%	0.3%	1.0%	2.1%	2.8%
I prefer not to answer	0.1%	0.4%	0.2%	0.3%	0.3%
	100.0%	100.0%	100.0%	100.0%	100.0%

# THOSE SUFFERING FATIGUE AS A LONG TERM COVID SYMPTOM REPORT HIGHER RATES OF NEGATIVE MENTAL HEALTH

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	Fatigue - Did you suffer or have you been suffering from Long COVID (long-term effects of COVID-19), such as the following symptoms?	
	Yes	No
Excellent	17.9%	16.4%
Very Good	24.2%	28.2%
Good	37.5%	40.4%
<b>Bad</b>	<b>14.1%</b>	<b>10.0%</b>
<b>Very Bad</b>	<b>4.1%</b>	<b>2.5%</b>
I don't know	1.6%	1.6%
I prefer not to answer	0.5%	0.9%
	100.0%	100.0%

# THOSE SUFFERING FROM LONG COVID FEEL SOME COLLATERAL EFFECT ON MENTAL HEALTH AS INDICATED IN SELF ASSESSMENT

Since the beginning of the COVID-19 crisis, how would you rate your mental health?	Not being able to think straight or focus ('brain fog') - Did you suffer or have you been suffering from Long COVID (long-term effects of COVID-19), such as the following symptoms?	
	Yes	No
Excellent	17.5%	17.1%
Very Good	22.5%	27.6%
Good	35.9%	40.1%
Bad	18.0%	9.6%
Very Bad	4.5%	2.8%
I don't know	1.3%	1.8%
I prefer not to answer	0.3%	0.9%
	100.0%	100.0%

# NEARLY HALF OF CANADIANS REPORTING VERY BAD MENTAL HEALTH REPORT FEELING DEPRESSED, DOWN OR HOPELESS ALMOST EVERY DAY

Feeling down depressed or hopeless - Over the last two weeks, how often have you been bothered by any of the following problems?	Since the beginning of the COVID-19 crisis, how would you rate your physical health?				
	Excellent	Very Good	Good	Bad	Very Bad
Not at all	67.2%	69.4%	53.4%	23.9%	11.3%
Several days	11.2%	18.4%	28.5%	33.4%	24.3%
More than half the days	9.3%	7.1%	10.1%	20.2%	13.0%
Nearly every day	9.4%	3.9%	6.7%	20.9%	48.6%
I prefer not to answer	2.9%	1.3%	1.3%	1.6%	2.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%

# LONG COVID 'FATIGUE' SYMPTOM HAS COLLATERAL EFFECT ON THOSE SUFFERING FROM DEPRESSION

Feeling down depressed or hopeless - Over the last two weeks, how often have you been bothered by any of the following problems?	Fatigue - Did you suffer or have you been suffering from Long COVID (long-term effects of COVID-19), such as the following symptoms?	
	Yes	No
Not at all	32.8%	57.6%
Several days	31.2%	24.1%
More than half the days	18.6%	7.9%
Nearly every day	14.2%	7.7%
I prefer not to answer	3.2%	2.8%
	100.0%	100.0%



# SIMILARLY LONG COVID SYMPTOM AFFECTING FOCUS HAS MARKED COLLATERAL AFFECT ON MENTAL HEALTH

Feeling down depressed or hopeless - Over the last two weeks, how often have you been bothered by any of the	Not being able to think straight or focus ('brain fog') - Did you suffer or have you been suffering from Long COVID (long-term effects of COVID-19), such as the following symptoms?	
	Yes	No
Not at all	28.2%	51.1%
Several days	32.4%	26.0%
More than half the days	20.0%	11.0%
Nearly every day	15.5%	9.3%
I prefer not to answer	3.9%	2.5%
<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>