



# Status of Mental Health in Ottawa During the COVID-19 Pandemic

## Results of a population survey June 3 to 8, 2020

Ottawa Public Health

July 2, 2020

If the content of this report impacts you in a negative way, please speak to your health care provider or call the Mental Health Crisis Line at **613-722-6914** (Ottawa) or **1-866-996-0991** (outside Ottawa).

Please use the following citation:

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# Key Messages

- The COVID-19 pandemic is a very stressful event for Ottawa residents and communities in Ottawa.
- Ottawa residents are reporting worsened mental health and emotional well-being, loneliness and weaker community connectedness.
- Three in ten Ottawa residents want to talk to someone about their emotional state or mental health, but do not know who to talk to.
- Some Ottawa residents are affected by poorer mental health, stress and isolation more than others, including: parents of school-aged children, younger adults (<45 years), those self-identifying as a visible minority or with a disability, those with lower household income (<\$60,000), those working with regular public interactions and those not working due to the pandemic.
- Following two and a half months of school and daycare closures, a high proportion (84%) of parents are concerned about their child(ren) missing social interactions and connecting with their school or daycare communities (70%).
- Two thirds of parents with school-aged children at home are concerned about their child(ren)'s mental health and emotional well-being.

# Key Measures

The following report includes the following indicators, selected for their importance in understanding the mental health status of a community during the COVID-19 pandemic, particularly in the context of widespread closures of businesses, schools and institutions, social isolation, uncertainty and anxiety. Where possible, these factors have been examined for sub-populations that may be at greater risk for poor mental health.

1. [Self-rated mental health and emotional well-being](#)
2. [Changes in behaviours since mid-March closures](#)
3. [Amount of daily life stress](#)
4. [Concern over burn out and loss of support](#)
5. [Sense of community belonging](#)
6. [Loneliness](#)
7. [Knowing who to reach out to for mental health support](#)
8. [School closure and child mental health](#)
9. [Parents coping with raising children during COVID-19 pandemic](#)

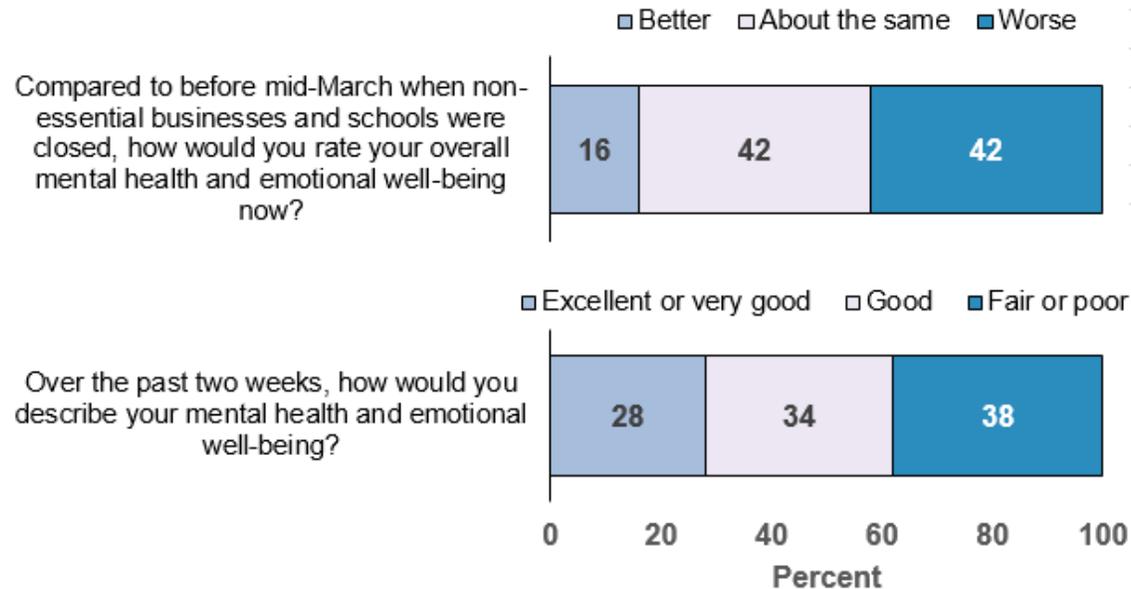
# Methodology and Limitations

- EKOS Research Associates Inc. was commissioned by Ottawa Public Health to conduct a bilingual (English and French) online survey of Ottawa residents regarding the impact of COVID-19 on their mental health, health care utilization and income.
- The first wave of the survey was conducted between March 26, 2020 and April 2, 2020. This survey focused on health behaviours and perceptions of COVID-19. Questions about health behaviours during COVID-19 are now included in a weekly survey conducted by OPH in partnership with EKOS Research Associates Inc.
- A second wave survey was completed by a random sample 566 Ottawa residents between June 3 and June 8, 2020. This sample includes respondents from wave 1 who consented to future contact and the remaining sample was recruited at random from EKOS' in-house online panel to make up a representative sample of the population of Ottawa. The findings presented in this report focus on Ottawa residents' mental health and emotional well-being between June 3 and June 8, 2020.
- The sample has a margin of error of +/- 4.2%, although the error for sub-groups can be much larger (up to 18% for some population groups).
- The questionnaire contained 52 questions, taking an average of 10 minutes to complete.
- The overall response rate for the June survey was 30%. Survey weights have been applied to the population of Ottawa by age, gender, education and region, to be aligned with the distribution of the 2016 Census.
- The COVID-19 situation continues to evolve rapidly in Canada. This survey was administered at the beginning of June, a time when most schools, daycares, non-essential businesses had been closed since mid-March. Changes in responses over time may be influenced by changes in policy and seasonal effects.
- 95% confidence intervals are shown on some of the graphs in this report using error bars. A confidence interval indicates the amount of uncertainty associated with a sample statistic. A 95% confidence interval means that if the population were sampled repeatedly using the same methodology, the true population parameter would be contained within the interval 95% of the time. Wider confidence intervals indicate greater uncertainty.

# Mental Health and Emotional Well-being

Poor self-rated mental health is associated with negative health outcomes and increased use of health service. During the COVID-19 pandemic, Ottawans are reporting worse self-rated mental health compared to the years leading up to the COVID-19 pandemic:

- In June 2020, **42% of Ottawa residents reported that their mental health and emotional well-being was worse** compared to before mid-March.
- When asked about their mental health and emotional well-being in the last two weeks, **38% of Ottawans described their state to be fair or poor compared with 9% of Ottawans who reported fair or poor health in 2017.**



Over past 2 weeks, how would you describe your overall mental health and emotional well-being?	Ottawa 2017 (12 y+)¥	Ottawa June 2020 (18 y+)
Excellent, Very Good or Good	68%	28%
Good	20%	34%
Poor or Fair	9%	38%

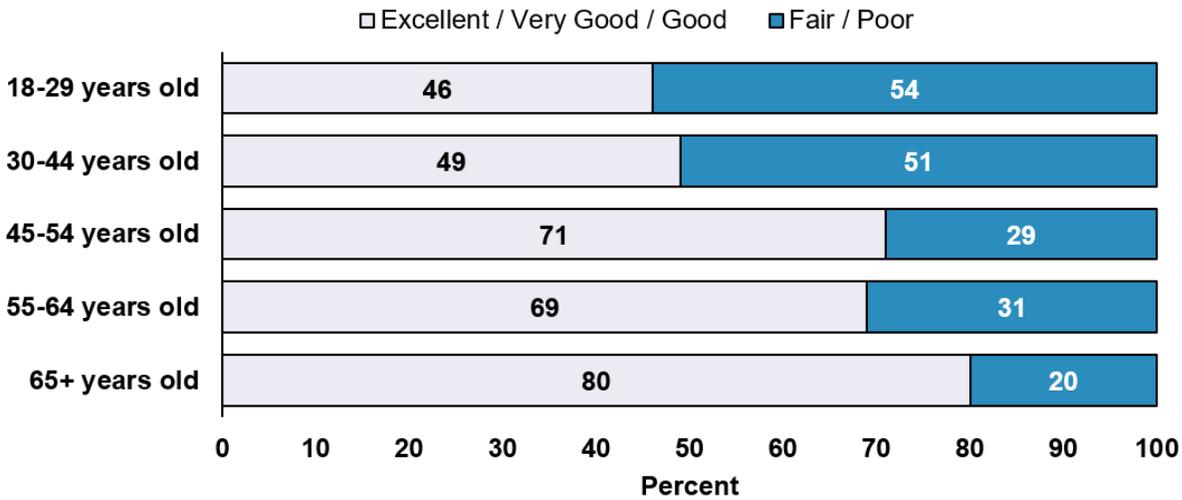
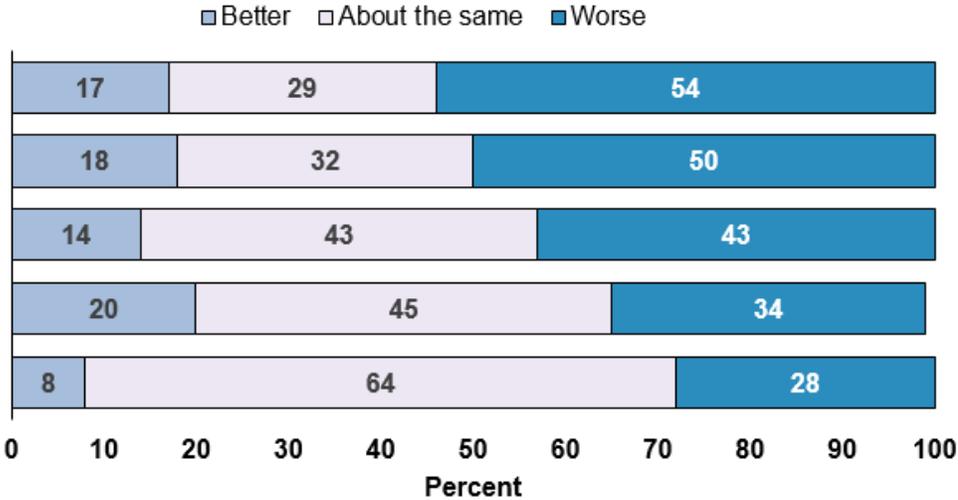
¥ Data are from the 2017 Canadian Community Health Survey (CCHS), Ontario Share File. Statistics Canada. y = years old

# Mental Health and Emotional Well-being by Age

In June 2020, **half or more** of Ottawa residents under 45 years old reported **fair/poor** or **worse** mental health and emotional well-being.

*Compared to before mid-March when non-essential businesses and schools closed, how would you rate your overall mental health and emotional well-being now?*

*Over the past two weeks, how would you describe your overall mental health and emotional well-being?*



# Changes in Behaviours Since Mid-March Closures

Ottawans were asked whether some of their behaviours have changed since before the closure of non-essential businesses and schools in mid-March 2020. The behaviours represent factors that can influence a person and family's mental health.

A decrease in some behaviours, such as physical activity and sleep, is concerning as these are behaviours that promote resilience and coping and can help to reduce stress and anxiety.

Ottawa residents who report worse mental health compared to mid-March reported less physical activity, less sleep, greater consumption of alcohol and prescription drugs, and spending more time on social media, compared to residents reporting better or the same level of mental health.

Note that some of these behaviours will be impacted by other influencers such as seasonal changes.

Compared to before mid-March when non-essential businesses and schools closed, have some of your behaviours changed?	Overall Population	Residents Reporting Better/same Mental Health compared to mid-March	Residents Reporting Worse Mental Health compared to mid-March
Less physical activity	49%	40%	61%*
Less sleep	34%	23%	49%*
Consuming more alcohol	24%	20%	30%*
Consuming more cannabis	9%	8%	9%
Smoking cigarettes, vaping or using e-cigarettes	6%	5%	6%
Taking more prescription drugs	7%	4%	10%*
Taking more non-prescription drugs	4%	3%	6%
More online gambling	2%	1%	3%
Spending more time with household members	58%	56%	63%
More texting and emailing with friends and family who aren't living with you	57%	56%	59%
Spending more time on social media, watching TV or videos	69%	63%	77%*

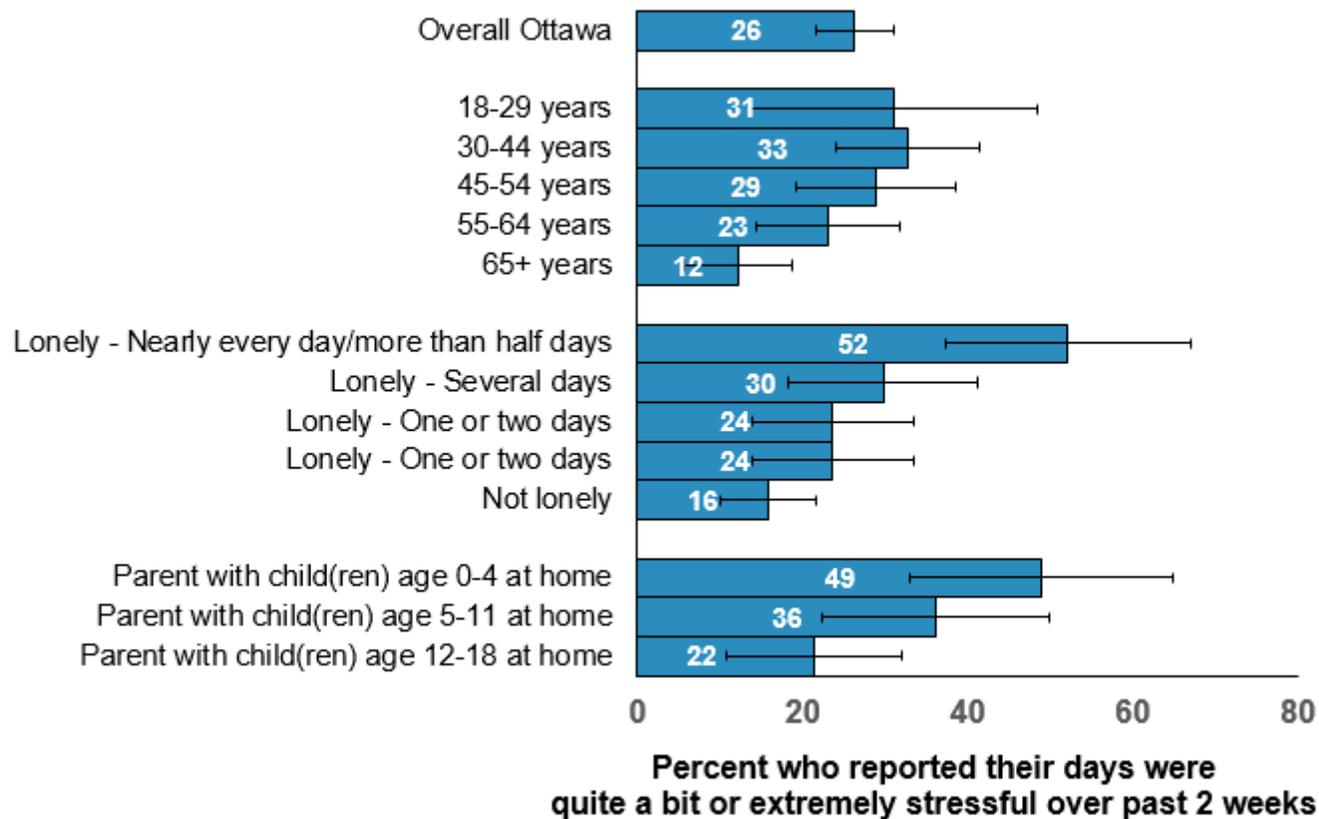
\* Refers to a statistically significant result (p<0.05)

# Amount of Daily Life Stress

Stress can be related to the pressures of school, work, family and other daily responsibilities. Not all stress is bad, but sustained stress for long periods can negatively affect health over time.

When asked in early June 2020, **30% of Ottawans said that their days were quite a bit or extremely stressful** which was similar to levels of daily life stress among Ottawa residents in 2017.

Ottawans identifying as the following were more likely to say that their days were quite a bit or extremely stressful: younger to middle aged adults, parents with young children at home and residents reporting they were lonely nearly every day or more than half the days.



Thinking about the amount of stress in your life, would you say that most of your days are?	Ottawa 2017 (12 years +)¥	Ottawa June 2020 (18 years+)
Quite a bit/extremely stressful	25%	30%
A bit stressful	43%	42%
Not at all/not very stressful	32%	30%

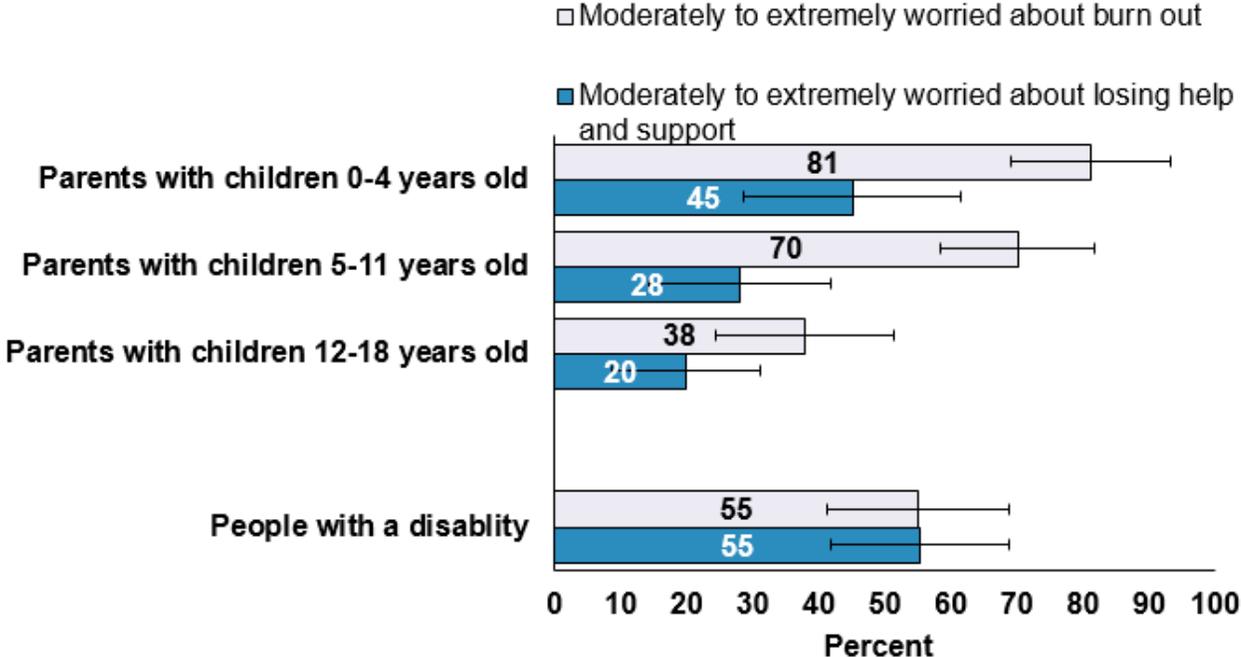
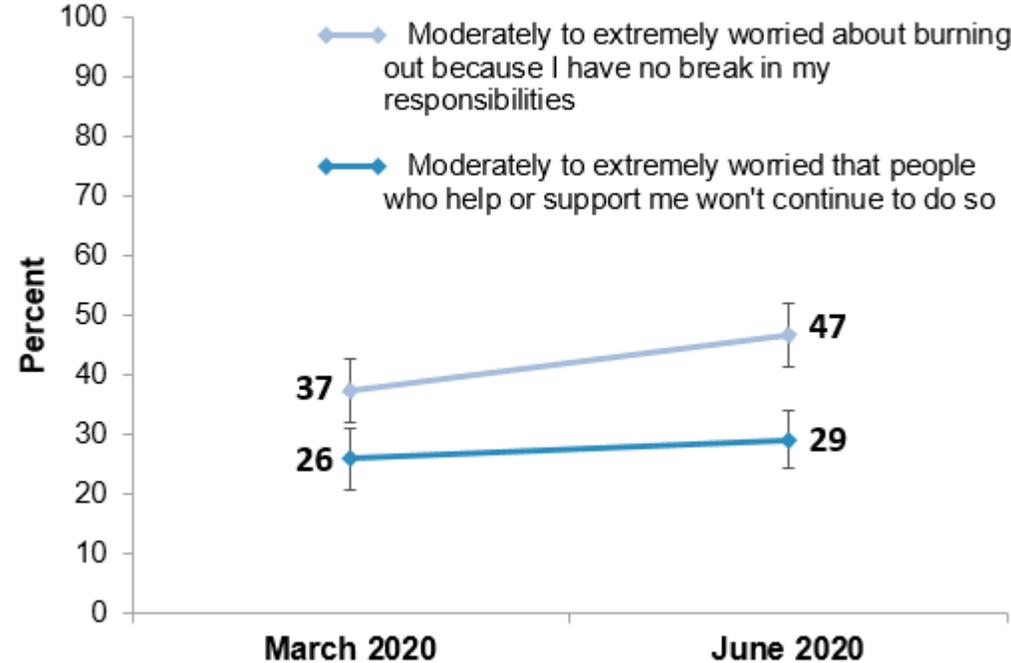
¥ Data are from the 2017 Canadian Community Health Survey (CCHS), Ontario Share File. Statistics Canada.

# Burn Out and Concern Over Loss of Support

Burn out refers to the emotional, physical and/or mental exhaustion after long periods of stress that can be coupled with feelings of helplessness.<sup>1</sup> Losing sources of support can amplify these feelings.

When asked in early June 2020, **47% were moderately to extremely worried about burning out** because they have no break in their responsibilities and **29% were moderately to extremely worried that the people who help or support them won't continue to do so**. Compared with results from March 2020, this increased from 37% and 26%, respectively.

In June 2020, those with children under 11 years old at home and people with a disability were more likely to be moderately to extremely worried about burn out and lost support.

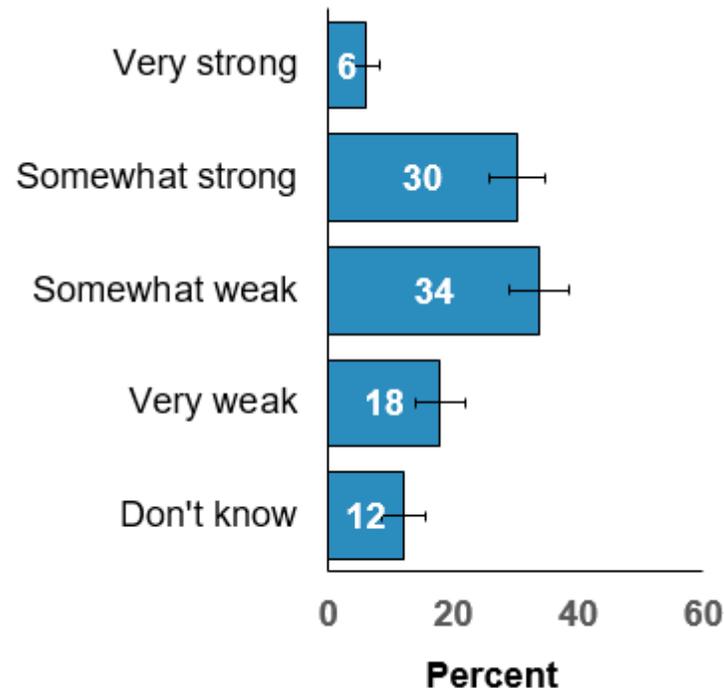


# Sense of Community Belonging

Sense of community belonging is one measure of social well-being, reflecting an individual’s social attachments and their level of social engagement and participation in the community. Positive social relationships, including community belonging, are beneficial for mental health promotion.

During the COVID-19 pandemic, Ottawans are reporting weaker sense of community belonging than measured in years previous to the COVID-19 pandemic. In June 2020, **36% of Ottawa residents reported a strong sense of community belonging compared to 67% in 2017.**

*Over the past two weeks, how would you describe your sense of belonging to your local community?*



How would you describe your overall sense of belonging to your local community?	Ottawa 2017 (12 years+)‡	Ottawa June 2020 (18 years+)
Very strong or somewhat strong	67%	36%
Very weak or somewhat weak	30%	52%
Don't know	3%	12%

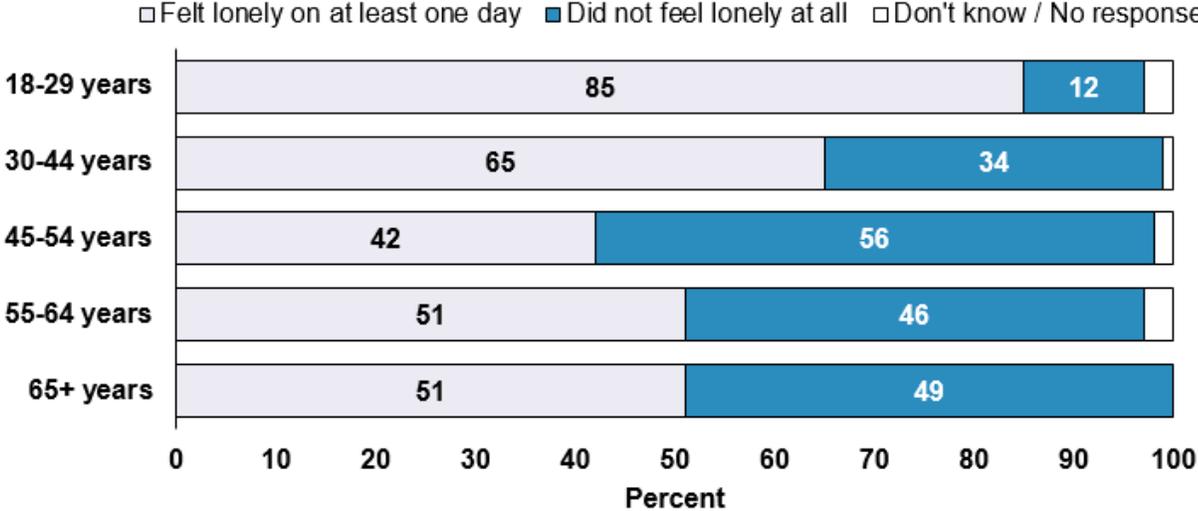
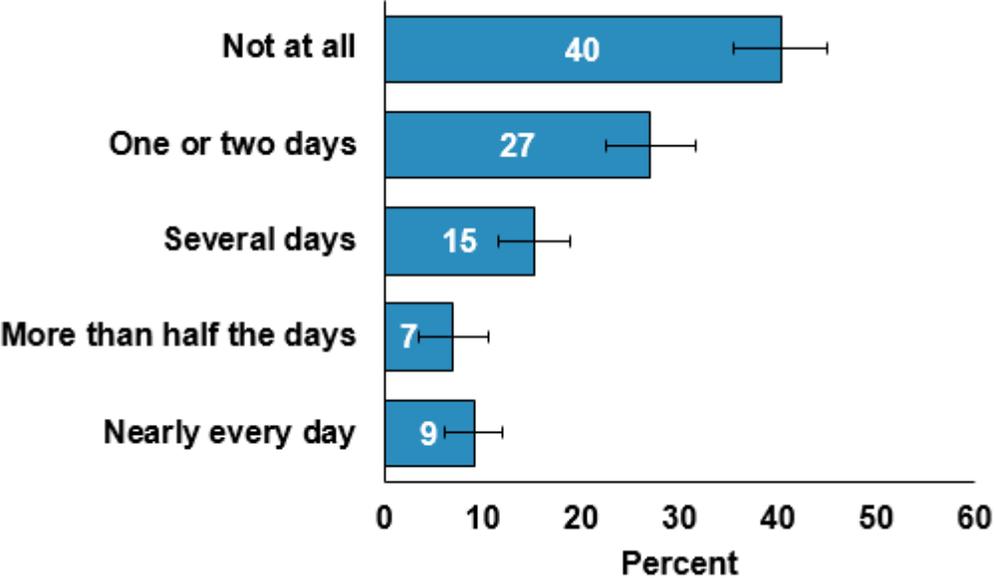
‡ Data are from the 2017 Canadian Community Health Survey (CCHS), Ontario Share File. Statistics Canada.

# Loneliness

Loneliness, a measure of isolation, is a risk factor for poor physical and mental health, mental health conditions and suicide.<sup>2</sup>

In June 2020, **over half (58%) of Ottawans reported feeling some sense of loneliness in the last two weeks**. Young adults (18-29 years old) were more likely to report feeling lonely on one or more days in the last two weeks.

*Over the past two weeks, on how many days did you feel lonely?*



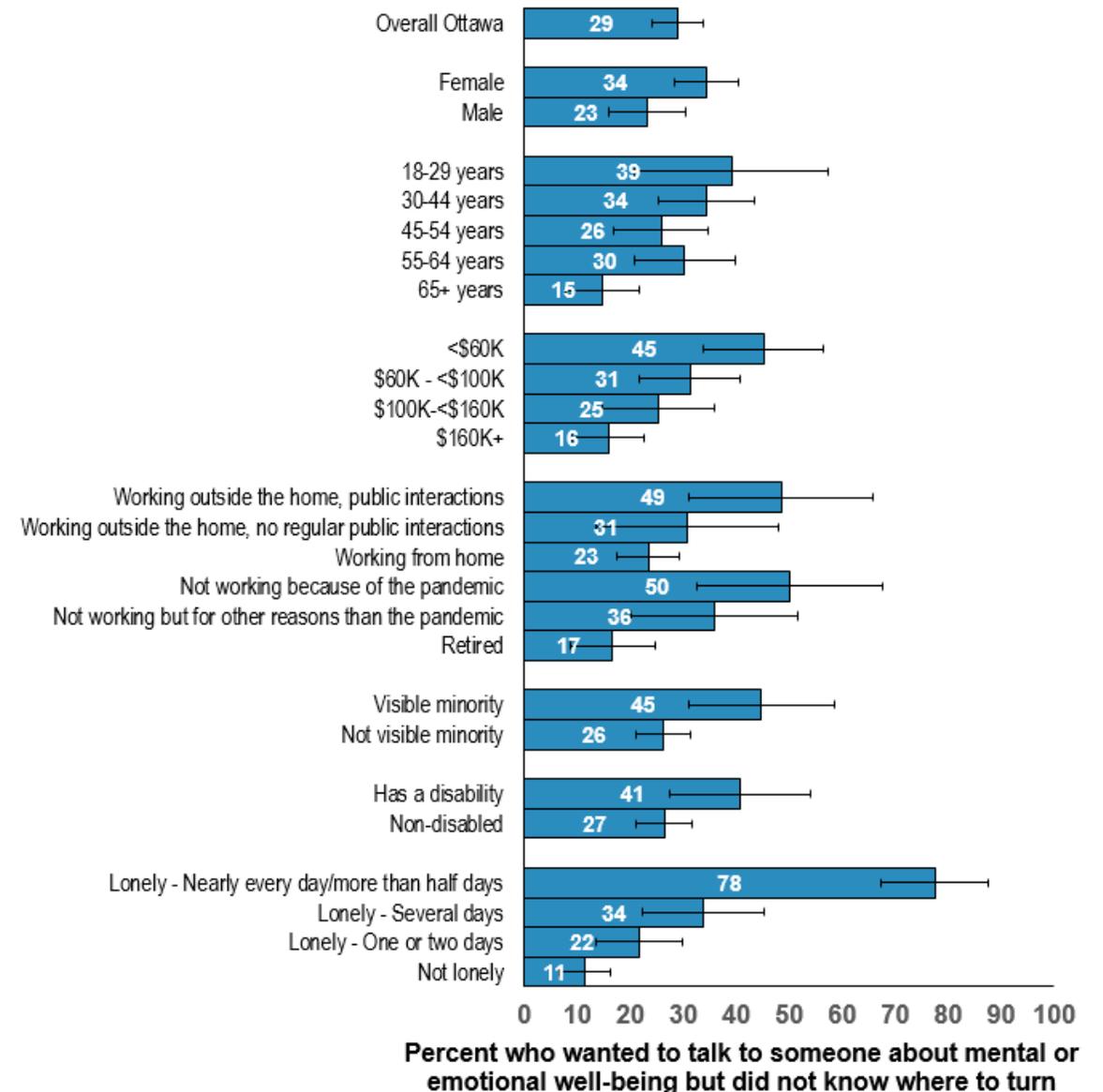
# Want Mental Health Support But Did Not Know Who to Reach Out to

While many community supports and health services exist to support mental health and well-being, there may be gaps in services for particular populations or gaps in awareness of these services.

**One in three** Ottawa residents had at least one time in the past two weeks when they **wanted to talk to someone about something on their mind, including their emotional state or mental health, but did not know where to turn.**

Ottawans identifying as the following were more likely to say that they wanted to talk to someone about their emotional state or mental health, but did not know where to turn:

- Female
- Young adults (18-44 years)
- With lower household income
- Working outside the home with regular public interactions
- Not working because of the pandemic
- Visible minority
- With a disability (e.g. physical, mental, learning, communication, seeing or hearing)
- Felt lonely in the past two weeks nearly every day or more than half the days



# School Closures and Child Mental Health

School and daycare closures carry high social and economic detriments to communities, particularly for vulnerable children and families. Of concern, the closure of schools and daycares result in interrupted learning and educational opportunities, gaps in childcare and decreased access to school nutrition programs. School closures also raise concern for children’s mental health and emotional well-being with disruptions to daily routines, social isolation and risk of poor social and emotional development as a result of missing out on in-person social contacts in the school environment.<sup>3</sup> In response to the COVID-19 pandemic, schools and most daycares in Ottawa closed mid-March 2020 for the remainder of the school year until end of June.

When asked in early June 2020, **two thirds (66%)** of Ottawa parents (households with children aged <18 years) **said there was a time when they were concerned about at least one of their children’s mental health and emotional well-being.**

With respect to social contact and the school environment:

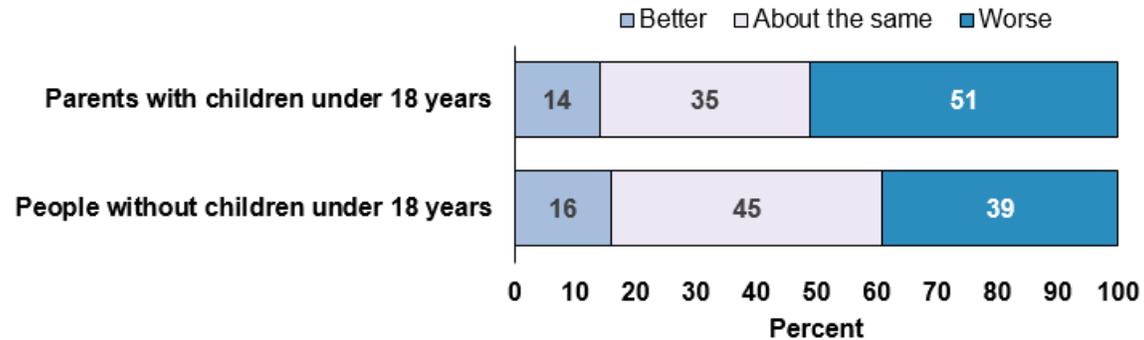
- Most (84%) Ottawa parents were concerned that their child(ren) were missing out on talking, playing, being social or learning with others outside of their home.
- Seven out of ten Ottawa parents were concerned that their child(ren) were missing connecting with their school or daycare community.
- Nearly 3 out of 5 Ottawa parents were concerned that their child(ren) were missing being supported by their teachers/educators and school/daycare.

Over the past 2 weeks, how concerned have you been about the following for your child(ren)	% Very/Somewhat Concerned
Missing out on talking, playing, being social or learning with others outside of the home	84%
Missing connecting with their school or daycare community	70%
Missing being supported by their teachers/educators and school/daycare	58%
Continuing to learn	57%
Adjusting to changes in daily routines	48%
Progressing to the next grade or graduating	31%

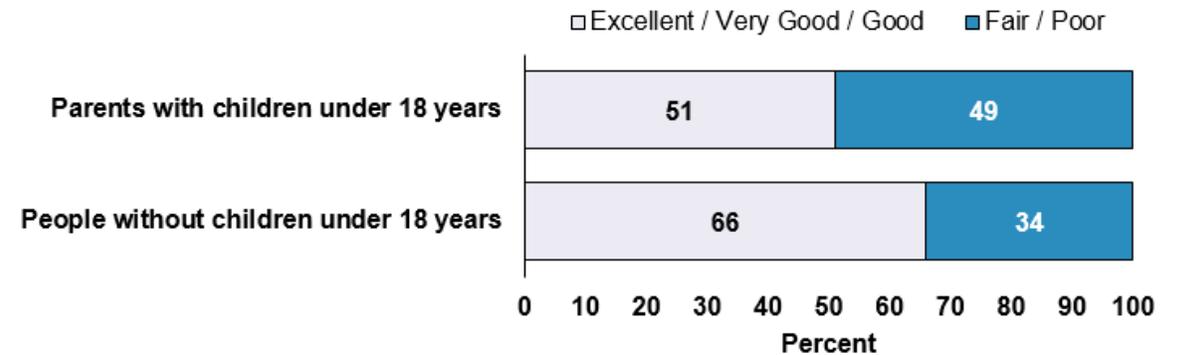
# Parent Self-Reports of Mental Health and Emotional Well-being

In June 2020, approximately **half** of parents in Ottawa with children under 18 years old in their home reported **fair/poor** or **worse** mental health and emotional well-being.

*Compared to before mid-March when non-essential businesses and schools closed, how would you rate your overall mental health and emotional well-being now?*



*Over the past two weeks, how would you describe your overall mental health and emotional well-being?*

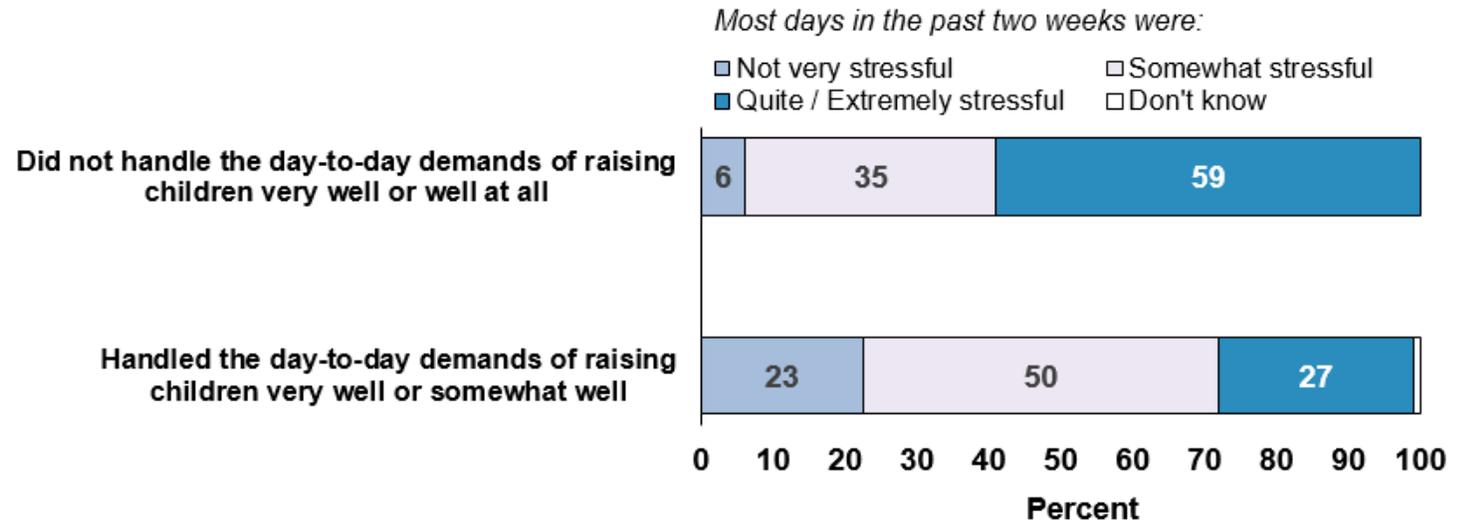
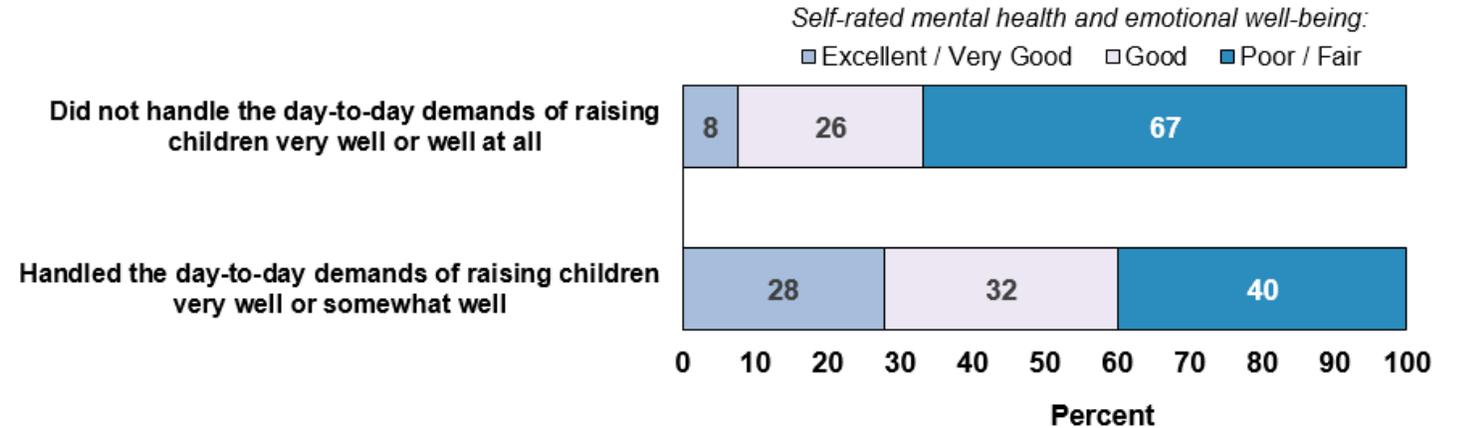


# Parents Coping With Day-to-day Demands of Raising Children

**Nearly one quarter (23%)** of parents in Ottawa with children under 18 years in the home **did not think they handled the day to day demands of raising children very well or well at all.**

Among parents who did not think they handled day-to-day demands of raising children very well or well at all, **67% rated their mental health and emotional well-being** in the last two weeks as **fair or poor.**

**Over half (59%)** also reported that **most days** in the past two weeks were **quite or extremely stressful.**



# Sample Characteristics

	Number	Percent
<b>Gender</b>		
Male	305	53.9%
Female	254	44.9%
Other	3	0.5%
Prefer not to disclose	4	0.7%
<b>Age group</b>		
18 - 29	44	7.8%
30 - 44	150	26.5%
45 - 54	119	21.0%
55 - 64	120	21.2%
65 - 74	91	16.1%
75 - 84	42	7.4%
<b>Region</b>		
Kanata/Stittsville	66	11.6%
Nepean	69	12.2%
West End	57	10.1%
Central	108	19.1%
South	77	13.6%
East	61	10.8%
Orleans	68	12.0%
Rural	60	10.6%

# Sample Characteristics

	Number	Percent
<b>Education</b>		
Grade 8 or less	1	0.2%
Some high school	9	1.6%
High school diploma or equivalent	89	15.7%
Registered apprenticeship or other trades certificate or diploma	17	3.0%
College, CEGEP or other non-university certificate or diploma	119	21.0%
University certificate or diploma below bachelors level	29	5.1%
Bachelor's degree	123	21.7%
Post-graduate degree above bachelor's level	169	29.9%
Prefer not to say	10	1.8%
<b>Annual household income from all sources (before tax)</b>		
Less than \$10,000	5	0.9%
\$10,000 - \$19,999	12	2.1%
\$20,000 - \$29,999	16	2.8%
\$30,000 - \$39,999	18	3.2%
\$40,000 - \$49,999	19	3.4%
\$50,000 - \$59,999	24	4.2%
\$60,000 - \$79,999	75	13.3%
\$80,000 - \$99,999	55	9.7%
\$100,000 - \$119,999	64	11.3%
\$120,000 - \$159,999	87	15.3%
\$160,000 - \$219,999	67	11.8%
\$220,000 or more	51	9.0%
Prefer not to say	73	12.9%

# Sample Characteristics

	Number	Percent
<b><i>Born in Canada</i></b>		
Both you and your parents were born in Canada	338	59.7%
Born in Canada, but at least one of your parents was not born in Canada	130	22.9%
Not born in Canada	93	16.4%
Prefer not to say	5	0.9%
<b><i>Groups</i></b>		
A person with a disability	79	13.9%
A member of a visible minority	83	14.7%
Indigenous	7	1.2%
None of the above	378	66.8%
Don't know / No response	19	3.4%
<b><i>Number of people living in household (including respondent)</i></b>		
1	121	21.7%
2	217	38.9%
3	88	15.8%
4	92	16.5%
5	29	5.2%
6	8	1.4%
7	2	0.4%

# Sample Characteristics

	Number	Percent
<b><i>First language</i></b>		
English	467	82.5%
French	61	10.8%
Other	37	6.5%
Prefer not to say	1	0.2%
<b><i>Job status in the past two weeks</i></b>		
Working outside the home, with regular face-to-face interaction with the public	38	6.7%
Working outside the home, without regular face-to-face interaction with the public	38	6.7%
Working from home	259	45.8%
Not working because of the pandemic	55	9.7%
Not working but for other reasons than the pandemic	49	8.7%
Other	5	0.9%
Retired	117	20.7%
Prefer not to say	5	0.9%

# References

1. World Health Organization. 2019. Burn-out an “occupational phenomenon”: International Classification of Diseases. Accessed June 21, 2020. Available at: [https://www.who.int/mental\\_health/evidence/burn-out/en/](https://www.who.int/mental_health/evidence/burn-out/en/)
2. Banerjee D, Rai M. 2020. Social isolation in Covid-19: The impact of loneliness. *International Journal of Social Psychiatry*. <https://doi.org/10.1177/0020764020922269>
3. UNESCO. Adverse consequences of school closures. Accessed June 20, 2020. Available at: <https://en.unesco.org/covid19/educationresponse/consequences>

# Data Tables

Page 5: Mental Health and Emotional Well-being

Compared to before mid-March when non essential businesses and schools were closed, how would you rate your overall mental health and emotional well-being?	Percent (%)	95% Confidence Intervals (%)
Better	15.7	12.6 - 19.3
About the same	41.8	37.0 - 46.8
Worse	42.3	37.4 – 47.5
Don't know/Not stated	0.1	0 – 1.0

Page 6: Mental Health and Emotional Well-being by Age

Compared to before mid-March when non essential businesses and schools were closed, how would you rate your overall mental health and emotional well-being?	Better (% , 95% CI)	About the same (% , 95% CI)	Worse (% , 95% CI)
18-29 years old	16.9, 8.2 – 31.6	29.1, 15.0 – 48.8	54.0, 35.6 – 71.4
30-44 years old	18.3, 12.6 – 25.8	32.0, 24.1 – 41.2	49.7, 40.7 – 58.8
45-54 years old	14.3, 8.7 – 22.4	42.5, 32.7 – 53.0	43.2, 33.5 – 53.5
55-64 years old	19.9, 12.9 – 29.3	44.9, 35.2 – 55.0	34.4, 25.6 – 44.4
65+ years old	8.3, 4.4 – 15.0	63.8, 53.8 – 72.7	27.9, 19.8 – 37.7

Page 5: Mental Health and Emotional Well-being

Over the past two weeks, how would you describe your mental health and emotional well-being?	Percent (%)	95% Confidence Intervals (%)
Excellent or very good	28.1	24.2 – 32.3
Good	34.1	29.5 – 39.0
Fair or poor	37.8	32.9 – 43.0

Page 6: Mental Health and Emotional Well-being by Age

Over the past two weeks, how would you describe your mental health and emotional well-being?	Excellent or very good (% , 95% CI)	Good (% , 95% CI)	Fair or poor (% , 95% CI)
18-29 years old	11.7, 5.2 – 24.1	34.2, 19.0 – 53.6	54.1, 35.7 - 71.4
30-44 years old	18.1, 12.6 - 25.2	31.4, 23.8 – 40.2	50.5, 41.5 - 59.5
45-54 years old	27.4, 19.8 - 36.5	44.1, 34.1 - 54.7	28.5, 20.2 - 38.5
55-64 years old	37.8, 28.7 - 47.8	30.9, 22.4 - 41.0	31.3, 22.7 - 41.5
65+ years old	48.6, 38.8 - 58.4	31.3, 22.8 - 41.2	20.2, 13.3 – 29.3

# Data Tables

Page 8: Amount of Daily Life Stress

Sub-groups reporting that their days were quite a bit or extremely stressful over the past 2 weeks	Percent (%)	95% Confidence Intervals (%)
Overall Ottawa	26.3	21.9 – 31.2
18-29 years	31.1	16.3 – 51.1
30-44 years	32.7	24.6 – 42.1
45-54 years	28.9	20.2 – 39.5
55-64 years	23.1	15.5 – 33.0
65+ years	12.2	7.1 – 20.1
Lonely – Nearly every day/more than half the days over past two weeks	52.2	37.1 – 66.9
Lonely – Several days over past two weeks	29.8	19.5 – 42.5
Lonely – One or two days over past two weeks	23.6	15.2 – 34.8
Not lonely over past two weeks	15.8	10.8 – 22.4
Parent with child(ren) age 0-4 at home	49.0	33.2 – 65.0
Parent with child(ren) age 5-6 at home	36.2	23.5 – 51.1
Parent with child(ren) age 12-18 at home	21.5	12.7 – 34.0

Page 9: Burn Out and Concern Over Loss of Support

Ottawans who were moderately to extremely worried about:	March 2020 (% 95% CI)	June 2020 (% 95% CI)
Burning out because I have no break in responsibilities	37.4, 32.3 – 42.9	46.6, 41.4 – 51.9
That people who help or support me won't continue to do so	25.9, 21.1 – 31.4	29.1, 24.5 – 34.2

Page 9: Burn Out and Concern Over Loss of Support Among Parents and People with a Disability

Ottawans who were moderately to extremely worried about:	Burning Out (% 95% CI)	Losing Help and Support (% 95% CI)
Parent with child(ren) age 0-4 at home	81.3, 66.3 – 90.5	45.1, 29.1 – 62.2
Parent with child(ren) age 5-11 at home	70.1, 57.1 – 80.5	28.1, 16.4 – 43.8
Parent with child(ren) age 12-18 at home	37.8, 25.2 – 52.2	19.9, 10.9 – 33.6
People with a disability	55.0, 40.9 – 68.4	55.3, 41.4 – 68.4

Page 10: Sense of Community Belonging

Over the past two weeks, how would you describe your sense of belonging to your local community	Percent (%)	95% Confidence Intervals (%)
Very strong	6.3	4.5 – 8.8
Somewhat strong	30.1	25.8 – 34.8
Somewhat weak	33.8	29.1 – 38.8
Very weak	17.9	14.3 – 22.1
Don't know	11.9	8.8 – 15.8

# Data Tables

Page 11: Loneliness

Over the past two weeks, on how many days did you feel lonely?	Percent (%)	95% Confidence Intervals (%)
Not at all	40.3	35.6 – 45.2
One or two days	27.1	22.8 – 31.9
Several days	15.3	12.0 – 19.3
More than half the days	7.0	4.2 – 11.3
Nearly every day	9.1	6.6 – 12.5

Page 11: Loneliness by Age

Over the past two weeks, on how many days did you feel lonely?	Felt lonely on at least one day (% , 95% CI)	Did not feel lonely at all (% , 95% CI)	Don't know/ No response (% , 95% CI)
18-29 years old	85.4, 71.6 - 93.1	12.5, 5.6 - 25.6	2.2, 0.3 – 14.1
30-44 years old	65.0, 55.9 - 73.1	34.5, 26.4 – 43.5	0.6, 0.1 – 4.0
45-54 years old	41.8, 32.1 – 52.3	56.3, 45.8 – 66.2	1.9, 0.3 – 12.3
55-64 years old	51.5, 41.5 – 61.3	46.1, 36.4 – 56.2	2.4, 0.7 – 7.7
65+ years old	51.1, 41.3 – 60.9	48.9, 39.1 – 58.7	0

Page 12: Want Mental Health Support But Did Not Know Who to Reach Out to

Sub-groups reporting that they wanted to talk to someone about something on their mind, including their emotional state or mental health, but did not know where to turn	Percent (%)	95% Confidence Intervals (%)
Overall Ottawa	29.0	24.4 – 34.1
Female	34.3	27.3 – 42.0
Male	23.2	17.7 – 29.8

Page 12: Want Mental Health Support But Did Not Know Who to Reach Out to

Sub-groups reporting that they wanted to talk to someone about something on their mind, including their emotional state or mental health, but did not know where to turn	Percent (%)	95% Confidence Intervals (%)
18-29 years old	39.2	22.4 – 59.0
30-44 years old	34.4	25.9 – 43.9
45-54 years old	25.8	17.8 – 35.8
55-64 years old	30.3	21.7 – 40.7
65+ years old	14.7	9.1 – 23.0
<\$60K	45.2	34.0 – 56.8
\$60K - <\$100K	31.3	22.5 – 41.6
\$100K - <\$160K	25.3	16.2 – 37.2
\$160K+	15.9	10.3 – 23.9
Working outside the home, with regular public interactions	48.5	31.3 – 66.1
Working outside the home, with no regular public interactions	30.8	16.2 – 50.7
Working from home	23.4	18.0 – 30.0
Not working because of the pandemic	50.1	32.5 – 67.8
Not working but for other reasons than the pandemic	36.0	21.8 – 53.2
Retired	16.7	10.2 – 26.3
Visible minority	44.8	31.6 – 58.9
Not identifying as a visible minority	26.2	21.4 – 31.7
Has a disability	40.8	28.2 – 54.7
Non-disabled	26.5	21.6 – 32.1
Lonely – Nearly every day/more than half days	77.5	66.0 – 86.0
Lonely – Several days	33.8	23.2 – 46.3
Lonely – One or two days	21.7	14.7 – 30.8
Not lonely	11.4	7.4 – 17.3

# Data Tables

Page 14: Parent Self-Reports of Mental Health and Emotional Well-being

Compared to before mid-March when non essential businesses and schools were closed, how would you rate your overall mental health and emotional well-being?	Better (%, 95% CI)	About the same (%, 95% CI)	Worse (%, 95% CI)
Parent with child(ren) under 18 years at home	14.1, 9.3 – 20.9	35.0, 26.3 – 44.8	50.9, 40.7 – 60.9
People without children under 18 years at home	16.3, 12.6 – 20.8	44.6, 38.9 – 50.4	38.9, 33.4 – 44.7

Page 14: Parent Self-Reports of Mental Health and Emotional Well-being

Over the past two weeks, how would you describe your mental health and emotional well-being?	Excellent / Very Good / Good (%, 95% CI)	Fair / Poor (%, 95% CI)
Parent with child(ren) under 18 years at home	51.0, 40.7 – 61.2	49.0, 38.8 – 59.3
People without children under 18 years at home	66.4, 60.7 – 71.7	33.6, 28.3 – 39.3

Page 15: Parents Coping With Day-to-day Demands of Raising Children and Self-Rated Mental Health and Emotional Well-being

Over the past two weeks, how would you describe your mental health and emotional well-being?	Did not think they handled the day-to-day demands of raising children during the pandemic very well or well at all (%, 95% CI)	Think they handled the day-to-day demands of raising children during the pandemic very well or somewhat well (%, 95% CI)
Excellent or very good	7.7, 2.3 – 22.9	27.8, 20.0 – 37.2
Good	25.6, 12.7 – 44.8	32.4, 23.5 – 42.7
Fair or poor	66.7, 47.2 – 81.8	39.8, 29.5 – 51.1

Page 15: Parents Coping With Day-to-day Demands of Raising Children and Daily Life Stress

Over the past two weeks, how would you describe your mental health and emotional well-being?	Did not think they handled the day-to-day demands of raising children during the pandemic very well or well at all (%, 95% CI)	Think they handled the day-to-day demands of raising children during the pandemic very well or somewhat well (%, 95% CI)
Not very stressful	6.2, 1.5 – 22.6	22.5, 15.3 – 31.8
Somewhat stressful	34.9, 18.9 – 55.3	49.5, 39.0 – 60.1
Quite a bit or extremely stressful	58.9, 38.8 – 76.4	27.0, 18.2 – 38.0
Don't know	0	1.0, 0.1 – 6.7