



Status of Mental Health in Ottawa During the COVID-19 Pandemic, Fall of 2020

Results of a population survey October 8 to 20, 2020

Ottawa Public Health

January 14, 2021

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 Findings

- Overall, in October 2020, Ottawa residents continued to report worsened mental health and emotional well-being, loneliness, weaker community connectedness and concern for burnout:
 - Two out of five Ottawa residents (40%) rated their mental health and emotional well-being as ‘poor’ or ‘fair’ (vs. 9% in 2017)
 - One-third (31%) of Ottawa residents reported feeling lonely on several days or more in the past two weeks
 - Two out of five Ottawa residents (38%) reported a strong sense of community belonging (vs. 67% in 2017)
 - Half of Ottawa residents (52%) are concerned over burning out compared to 37% in March
- While most of these indicators have remained stable since June, some groups continue to be more affected- or are faring worse than in June, and some appear to be reporting signs of improvement in their mental health.
- Of concern, Ottawa residents that generally fared worse in October or continued to report poorer mental health, stress, loneliness or concern for burnout more than others include: women, younger adults (<45 years), people with a disability, people identifying as racialized or a visible minority, people not born in Canada and people identifying as LGBTQ2S+.
- There appears to a positive effect of school and daycare re-openings on family mental health:
 - Ottawa parents are showing some indication of coping better and expressed some small improvements over concern for their children around missing social interactions and school supports. However, some parents continue to struggle. Generally, these included parents with lower household income and parents with a disability.
 - While a high (61%) proportion of parents with school-aged children are still concerned about their child(ren)’s mental health and emotional well-being, there is indication (not statistically significant) that this improved slightly from June (66%), when schools were closed.
- Other encouraging findings include:
 - One-quarter (25%) of Ottawa residents wanted to talk to someone about their emotional state or mental health but did not know where to turn. While improvements can still be made and it was not significantly different from June (29%), this optimistic shift was seen across most population groups and may be an indication of the work and positive strides made by community partners and providers to increase awareness and access to mental health services.
 - Fewer low-income households reported concern about loss of support in October (28%) compared to June (49%).

Key Measures

Positive mental health promotion across the population is a key part of fostering and maintaining a healthy and resilient community. It is also integral in preventing the onset or worsening of mental illness and problematic substance use and enhancing recovery from illness.

This 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 and re-openings 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.

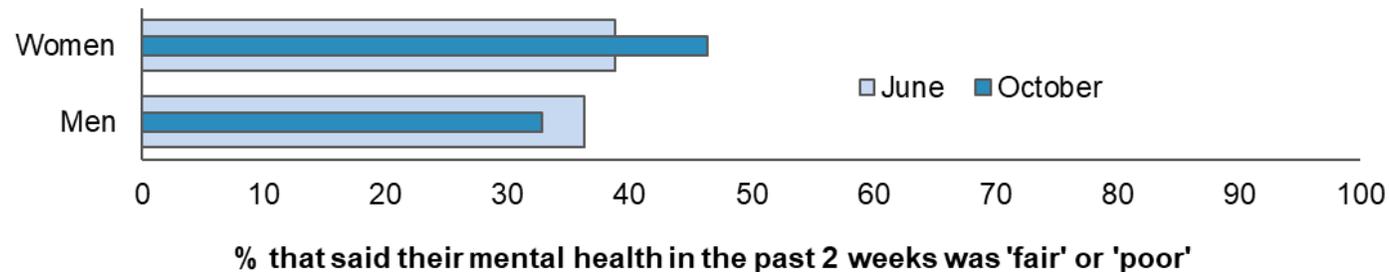
1. [Self-rated mental health and emotional well-being, past 2 weeks](#)
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Methodology and Limitations

- A bilingual (English and French) online random sample survey of 617 Ottawa residents was conducted between October 8 and 20, 2020 by EKOS Research Associates. This representative sample of the Ottawa population includes respondents from two previous surveys ([June 2020](#) and [March 2020](#)) who consented to future contact and the remaining sample was recruited at random from EKOS' in-house online panel.
- The sample has a margin of error of +/- 3.95%, although the error for sub-groups can be much larger for some population groups. 95% confidence intervals for all estimates are provided in the Data Tables section at the end of the report.
- The overall response rate for the October survey was 26%. 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 in early to mid-October at a time when schools in Ontario had been re-opened for about one month but restrictions on certain activities were re-introduced (e.g. closing restaurant dining rooms and gyms). Changes in responses over time may be influenced by changes in policy and seasonal effects.
- Significance testing was conducted using Chi-square testing at a significance level of $p < 0.05$. Multiple comparisons over time or between pairs were performed and adjusted using a Bonferroni correction. Findings that were statistically significant are noted; however, due to a small sample size, comparisons that are not statistically significantly different but collectively indicative and worthy of continued observation are also indicated in this report.
- 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. Estimates for some sub-population groups were suppressed where the sample size of respondents in either the numerator or denominator was very small and the coefficient of variation (CV) was high ($CV > 33.3\%$).

Tips for reviewing & interpreting this report

- The findings presented in this report show comparisons between June 2020 and October 2020.
- When viewing the graphs, note that:
 - The light blue bar denotes residents who participated in the June survey
 - The dark blue bar denotes residents who participated in the October survey
 - **For example:** in the following graph, we see respondents to a specific question who identified as women (top bars) compared to men (bottom bars). When looking at the top bars, it shows us that a higher percentage of women responded 'fair' or 'poor' in October (dark blue) compared to June (light blue). The trend is reversed in men (bottom bars), with fewer men responding 'fair' or 'poor' in October (dark blue) than in June (light blue). This graph also allows us to compare responses between men and women. We see that more women responded 'fair' or 'poor' in both October and June compared to men.



- Non-statistically significant findings:
 - Some of the indicators look as if they have changed over time; however, likely due to small samples, differences or comparisons are not statistically significant. This means the differences may be occurring by chance and should not be relied upon.
 - We have included some findings in this report that are not statistically significant because they are still informative. Results that are non-statistically significant but show more than a 5-percentage point change since June or results from a series of indicators that signal change overall, are deemed worthy of continued observation and are highlighted in the report.
- Dispersion refers to the amount of variability within data sets. A small sample size can result in more dispersion. Where appropriate, the term 'notable dispersion' is used throughout the report to highlight data that should be interpreted with caution.

Mental Health and Emotional Well-being, Past 2 Weeks

About this indicator

Poor self-rated mental health is associated with negative health outcomes and increased use of health services. Residents were asked to rate their overall mental health and emotional well-being over the past 2 weeks (page 6-7); and to compare their mental health across different time points in the pandemic (page 8).

Overall findings

Ottawans continue to report worsened mental health compared to pre-pandemic in 2017. In October, 40% of residents said their mental health was 'Fair' or 'Poor', similar to what was reported in June, whereas 9% of residents reported fair or poor mental health in 2017. Differences in self-rated mental health between June and October 2020 were not statistically significant.

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+)	Ottawa October 2020 (18y+)
Excellent or Very good	68%	28%	28%
Good	20%	34%	31%
Poor or Fair	9%	38%	40%

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

Table 1. Self-rated mental health and emotional well-being of Ottawa residents, Pre-pandemic 2017, June and October 2020

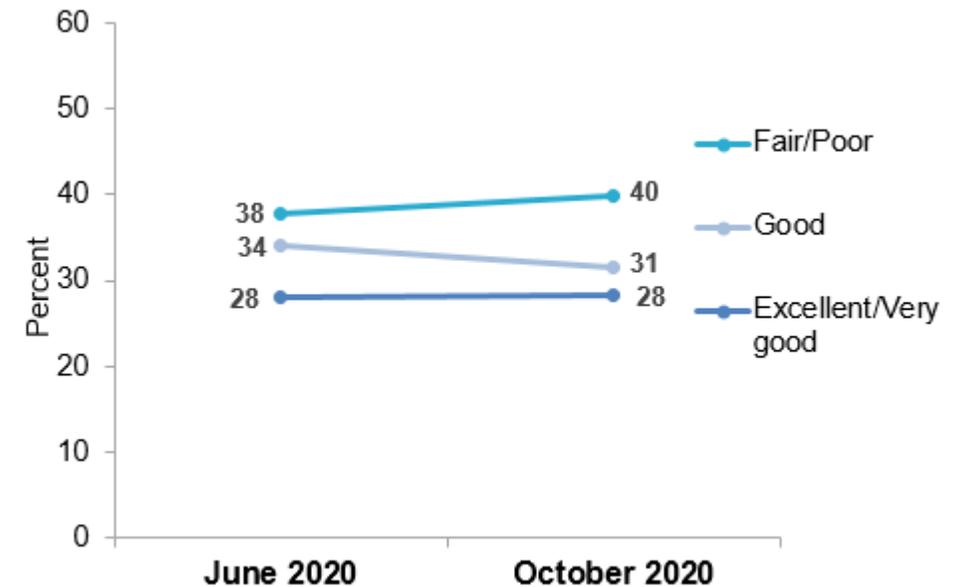


Figure 1. Self-rated mental health and emotional well-being of Ottawa residents, June and October 2020

Mental Health and Emotional Well-being

Sub-populations with fair or poor mental health

Impact on sub-populations in October

Some groups reported worse mental health than others. Groups that were significantly more likely to say their mental health in the past two weeks was 'Fair' or 'Poor' include:

- Women (47%) compared with men (33%);
- People under 45 years old compared to those 45 years and older (51% vs. 29%); and,
- People with disabilities (64%) compared with those without disabilities (36%).

Just over half (52%*) of people identifying as a member of the LGBTQ2S+ community reported 'Poor' or 'Fair' mental health (not statistically different than people not identifying as LGBTQ2S+).

Impact on sub-populations over time, from June to October

None of the sub-populations showed a statistically significant change from June to October. However, of concern, there were some notable non-significant shifts among certain sub-populations:

- Women (June: 39% to October: 46%)
- People aged 45 years and older (26% to 32%)
- People not born in Canada (18% to 27%)* and people born in Canada but with at least one parent born abroad (42% to 47%)
- People identifying as a visible minority or racialized (39% to 50%)*
- People with disabilities (57% to 64%)
- Parents with children aged 12 to 18 years old (46%* to 38%)

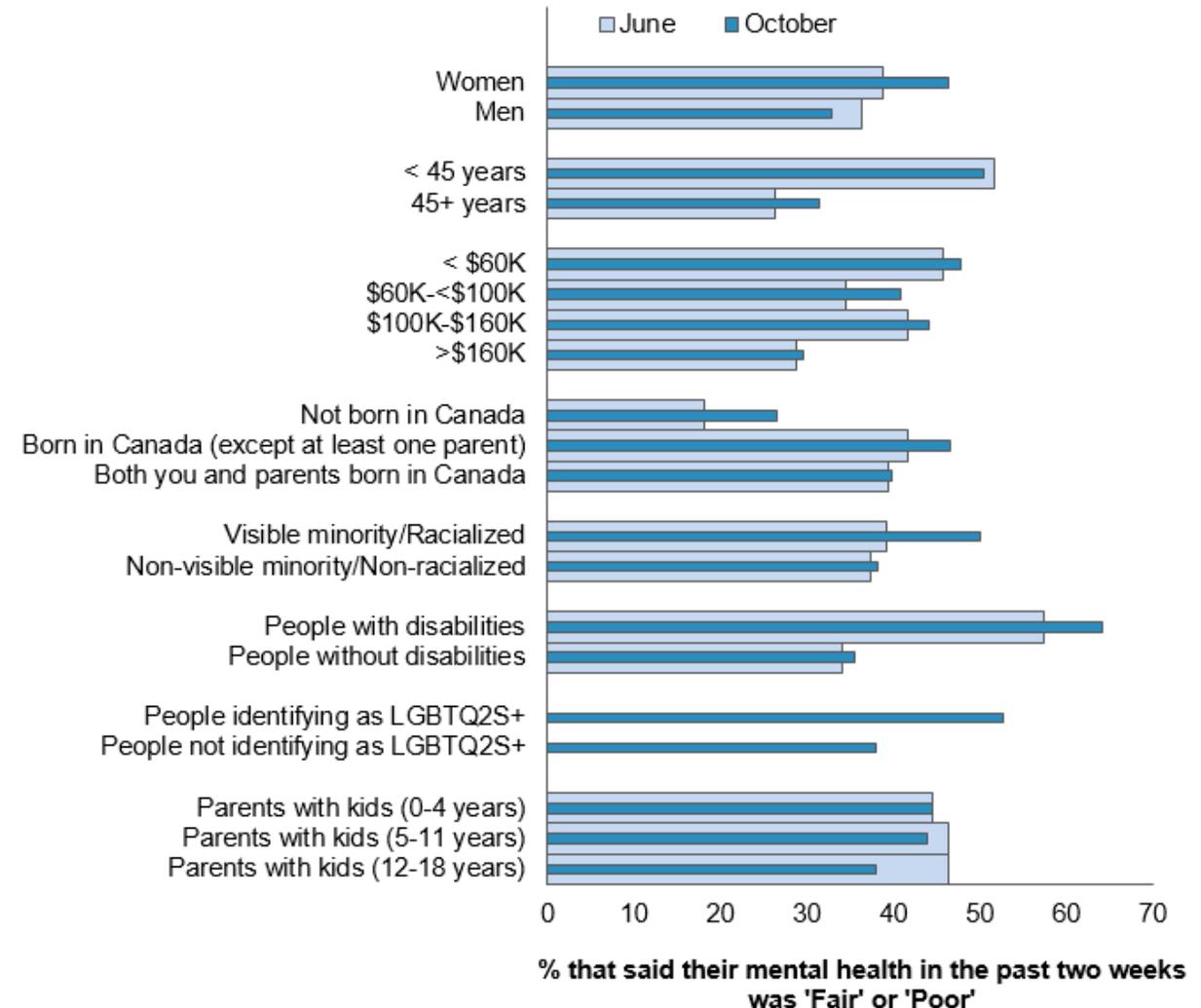


Figure 2. Percentage of Ottawa residents who report fair or poor mental health over the past two weeks, by selected socio-economic factors, June and October 2020

* Given notable dispersion in the data, these analyses must be interpreted with caution.

Changes in Mental Health and Emotional Well-being

About this indicator

Residents were asked to compare their mental health to different time points over the pandemic:

- In June, relative to mid-March; and
- In October, relative to mid-June.

Overall findings

At both time points, two out of five Ottawa residents reported worse mental health compared to months earlier (38% in October vs. June; 42% in June vs. March).

Impact on sub-populations over time, from June to October

Statistically significant shifts were noted in the following:

- Fewer men reported worse mental health in October (vs. June) than did in June (vs. March). The opposite was found among women, with more women reporting worse mental health in October (vs. June) than did in June (vs. March).
- Fewer people with household income <\$60,000 reported worse mental health in October than did in June.
- More people with a disability reported worse mental health in October than did in June.

Notable non-significant shifts include:

- People aged under 45 years and older (51% to 42%)
- Not born in Canada (29% to 38%)*
- Parents with children under 18 years of age

* Given notable dispersion in the data, these analyses must be interpreted with caution.

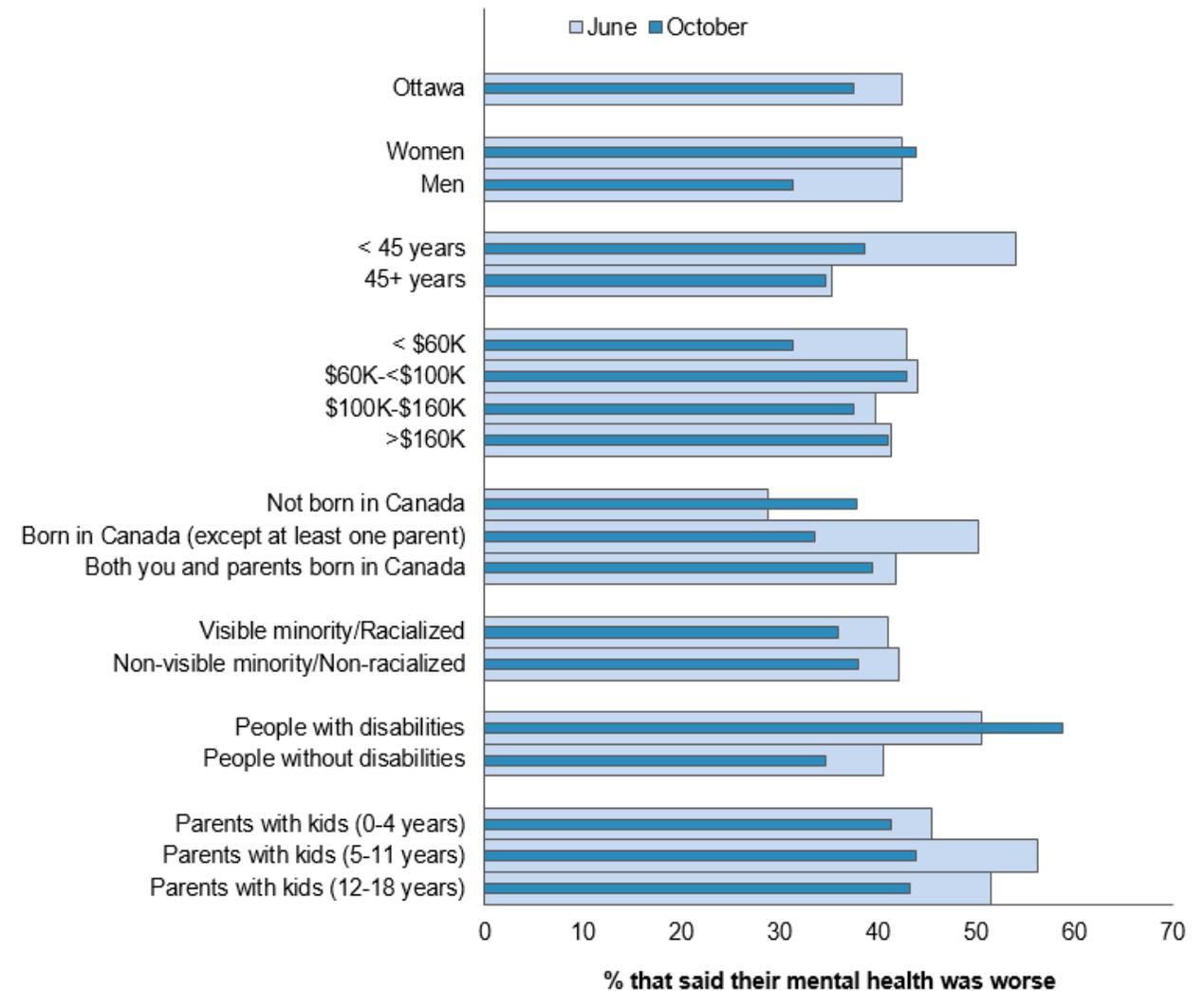


Figure 3. Percentage of Ottawa residents who report worse mental health, by selected socio-economic factors, June and October 2020

Amount of Daily Life Stress

About this indicator

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.

Overall findings

When asked in October 2020, 29% 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. This is consistent with our June finding.

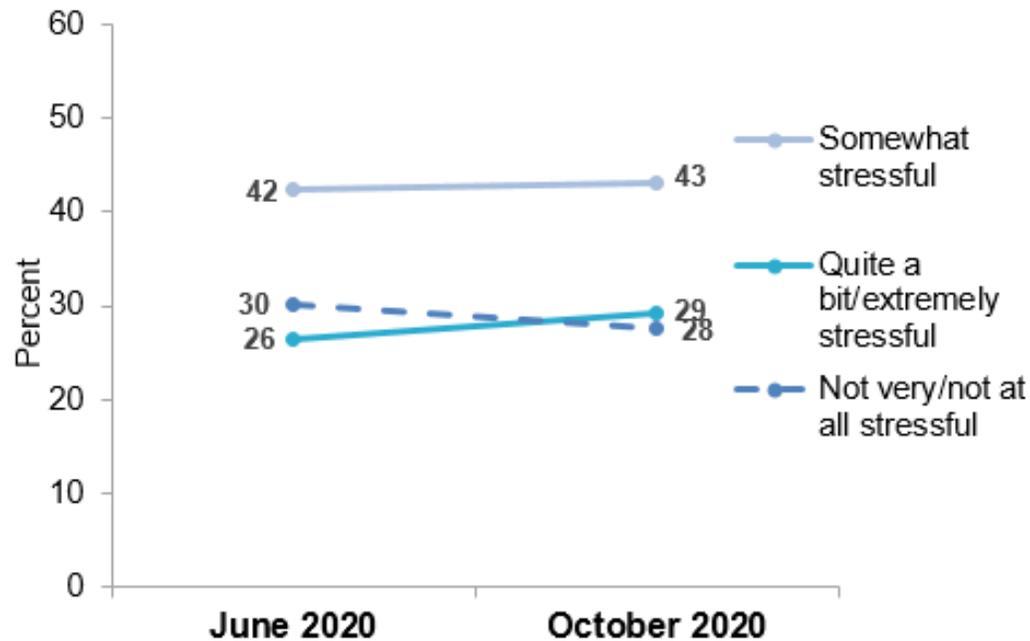


Figure 4. Daily stress levels of Ottawa residents, June and October 2020

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+)	Ottawa October 2020 (18 years +)
Extremely/Quite stressful	25%	30%	29%
Somewhat stressful	43%	42%	43%
Not at all/Not very stressful	32%	30%	27%

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

Table 2. Daily stress levels of Ottawa residents, Pre-pandemic 2017, June and October 2020

Amount of Daily Life Stress

Sub-populations reporting extreme stress

Impact on sub-populations in October

The amount of stress reported by residents was unequally distributed across the population. Groups that were significantly more likely to say that most days in the past two weeks were 'Quite' or 'Extremely' stressful include:

- People under 45 years old (37%) compared to people 45 years and older (23%)
- People identifying as a visible minority/racialized (53%) compared to those who did not identify as a visible minority/racialized (27%).

Impact on sub-populations over time, from June to October

Some groups noted statistically significant increases in stress from June to October:

- People who identified as a visible minority/racialized and said that most days in the last two weeks were 'Quite' or 'Extremely' stressful increased (June: 22%* to October: 53%)
- Not born in Canada (20% to 35%)*

Notable non-significant shifts from June to October include:

- Parents with children 12 to 18 years (22%* to 30%)

* Given notable dispersion in the data, these analyses must be interpreted with caution.

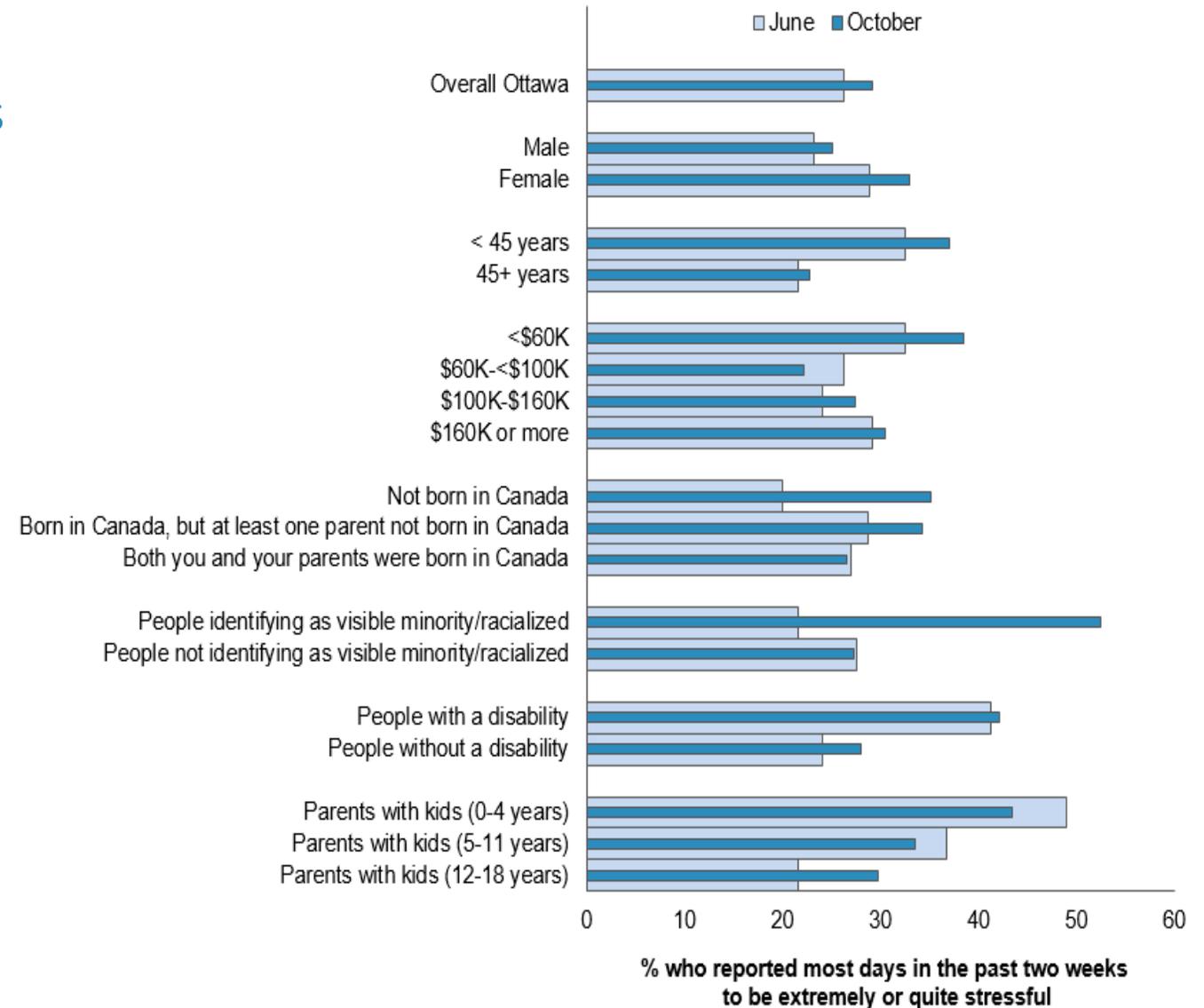


Figure 5. Percentage of Ottawa residents who report most days in the past two weeks were extremely or quite stressful, by selected socio-economic factors, June and October 2020

Concerns About Burn Out and Loss of Support

About this indicator

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

Overall findings

In October:

- Just over half (52%) of Ottawa residents were moderately to extremely worried about burning out because they have no break in their responsibilities; this was higher than March 2020 (37%).
- 29% of Ottawans were worried that the people who help or support them won't continue to do so, similar to what was reported in June 2020.

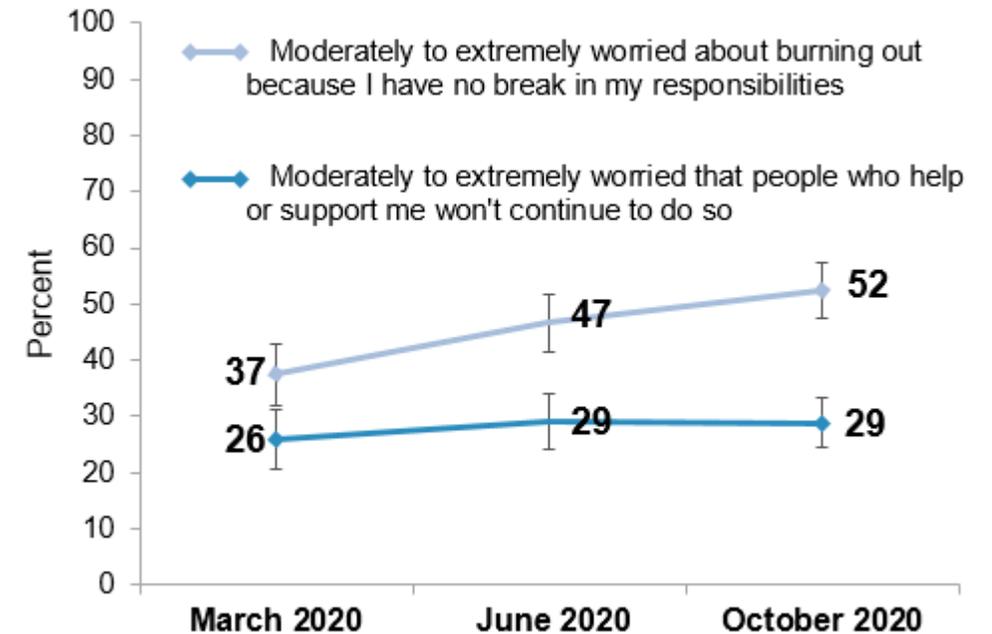


Figure 6. Percentage of Ottawa residents moderately to extremely concerned about burn out and loss of support, March, June and October 2020

Concerns About Burn Out

Sub-populations reporting concern over burn out

Impact on sub-populations in October

Some groups were more likely to report moderate or extreme worry about burn out. These include:

- People identifying as visible minority/racialized (71%) compared to those who do not (46%)
- People under 45 years old (62%) compared to those 45 years and older (39%)

Impact on sub-populations over time, from June to October

Other groups reported notable decreases in concern about burn out, despite not being statistically significant:

- People with disabilities (June: 54% to October: 47%)
- Parents with children under four years old (June: 81% to October: 76%)

However, some groups reported increases despite not being statistically significant:

- People identifying as visible minority/racialized (June: 49% to October: 71%)
- People not born in Canada (June: 42% to October: 58%)
- Parents with children aged 12 to 18 years old (June: 38%* to October: 51%)

* Given notable dispersion in the data, these analyses must be interpreted with caution.

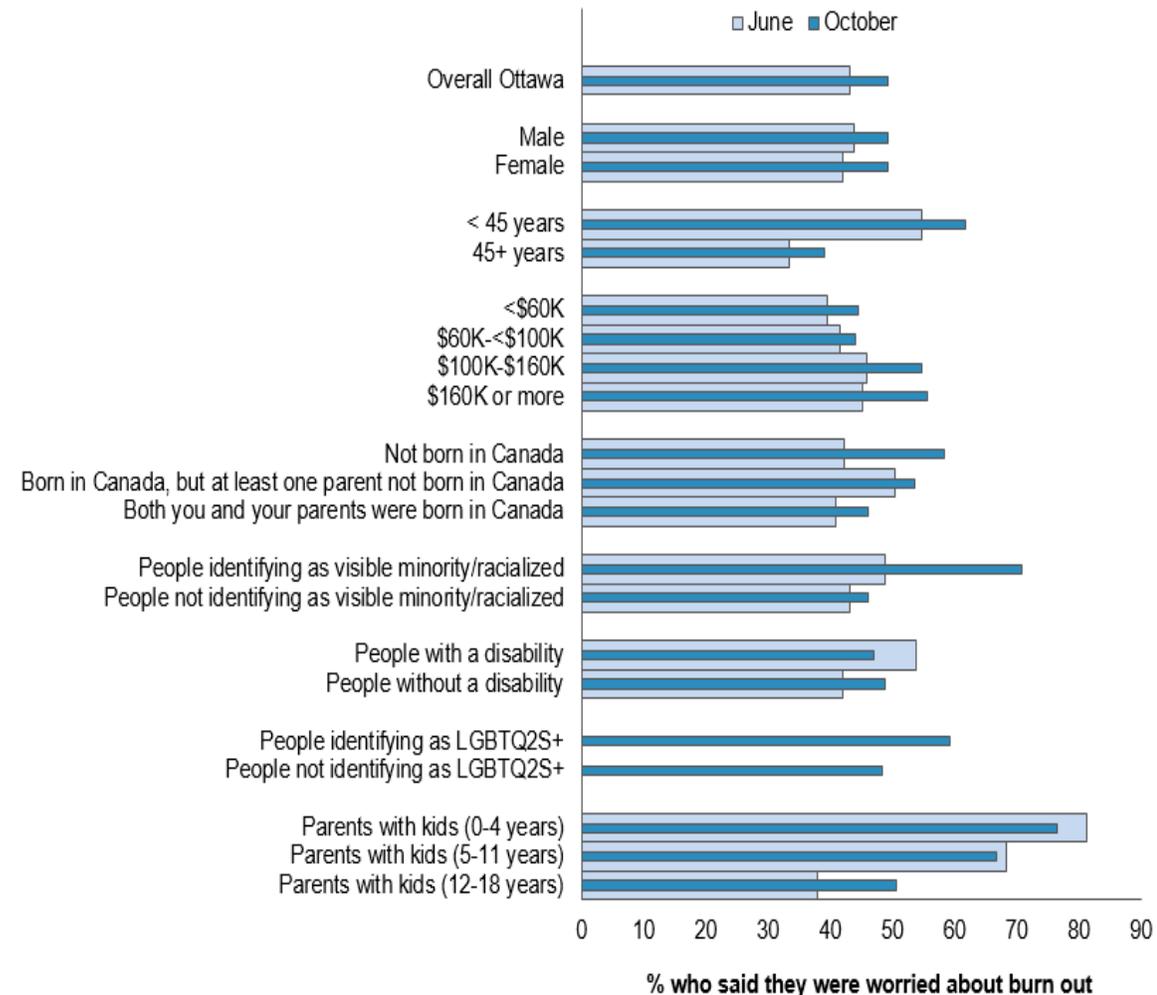


Figure 7. Percentage of Ottawa residents who report concern about burn out, by selected socio-economic factors, June and October 2020

Concerns About Loss of Support

Sub-populations reporting concern over loss of support

Impact on sub-populations in October

A higher percentage of people in some groups reported concern about lost support despite not being statistically significant:

- People who identify as visible minority/racialized (42%) compared to those who do not (23%).*
- People with disabilities (43%) compared to those without disabilities (23%).*

Impact on sub-populations over time, from June to October

In October, the percentage of people from households earning less than \$60,000 who said they were worried about lost support was significantly lower than what was reported in June (28% vs. 49%).*

Other groups reported notable increases in concern about losing support, despite not being statistically significant:

- People not born in Canada (June: 29% to October: 40%)
- People who identified as visible minority/racialized (June: 32% to October: 42%)*
- Parents with children aged 12 to 18 years old (June: 19% to October: 29%)*

* Given notable dispersion in the data, these analyses must be interpreted with caution.

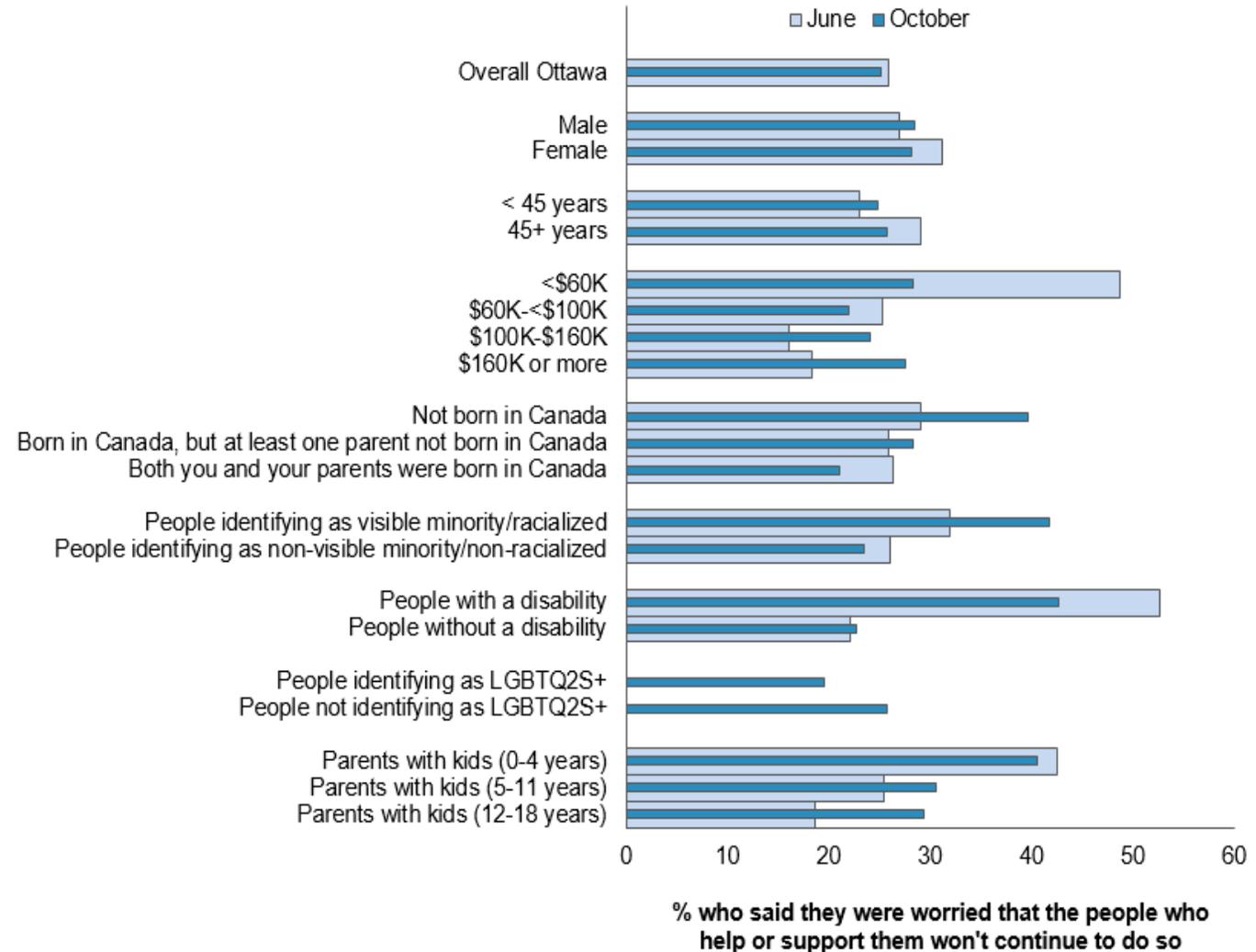


Figure 8. Percentage of Ottawa residents who report concern over loss of support, by selected socio-economic factors, June and October 2020

Sense of Community Belonging

About this indicator

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.

Overall findings

During the COVID-19 pandemic, Ottawans are reporting a weaker sense of community belonging than measured in years previous to the COVID-19 pandemic. In October 2020, **38% of Ottawa residents reported a strong sense of community belonging compared to 67% in 2017**. This was not significantly different from the result in June 2020 (36%).

Impact on sub-populations in October

There were no statistically significant differences among sub-populations in October. Estimates for these sub-populations can be found on page 28.

Impact on sub-populations over time, from June to October

The percentage of people reporting a weak sense of belonging to their local community was relatively stable between June and October with no significant differences across population groups.

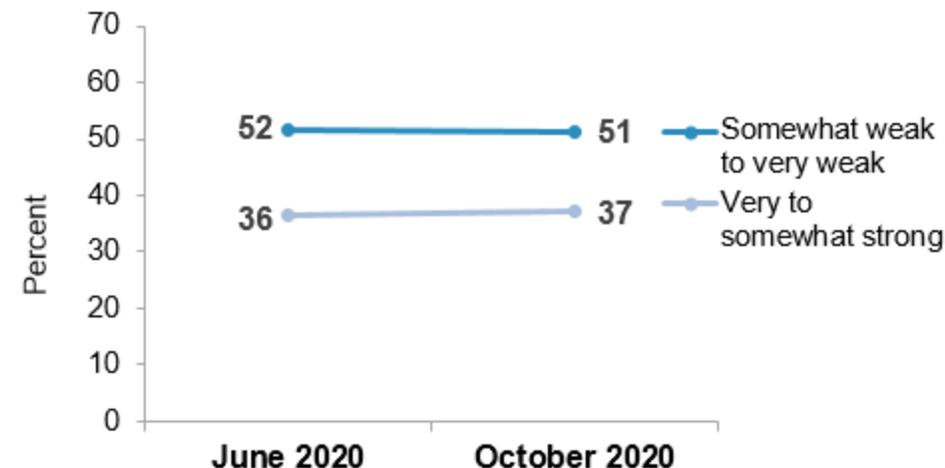


Figure 9. Sense of community belonging of Ottawa residents, June and October 2020

How would you describe your overall sense of belonging to your local community?	Ottawa 2017 (12 years+)*	Ottawa June 2020 (18 years+)	Ottawa October 2020 (18 years+)
Very strong or somewhat strong	67%	36%	38%
Very weak or somewhat weak	30%	52%	51%
Don't know	3%	12%	12%

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

Table 3. Sense of community belonging of Ottawa residents, Pre-pandemic 2017, June and October 2020

Loneliness

About this indicator

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

Overall findings

In October, **60% of Ottawa residents reported some sense of loneliness in the last two weeks** including **8% feeling lonely nearly every day** and **5%* feeling lonely more than half the days**.

Between June and October, there were no significant differences in the number of days people reported feeling lonely.

However, the percentage of people who reported feeling lonely on several days in the past two weeks increased (non-significantly) six percentage points to 21% in October. It is difficult to say whether those people are feeling lonely more or less frequently than in June.

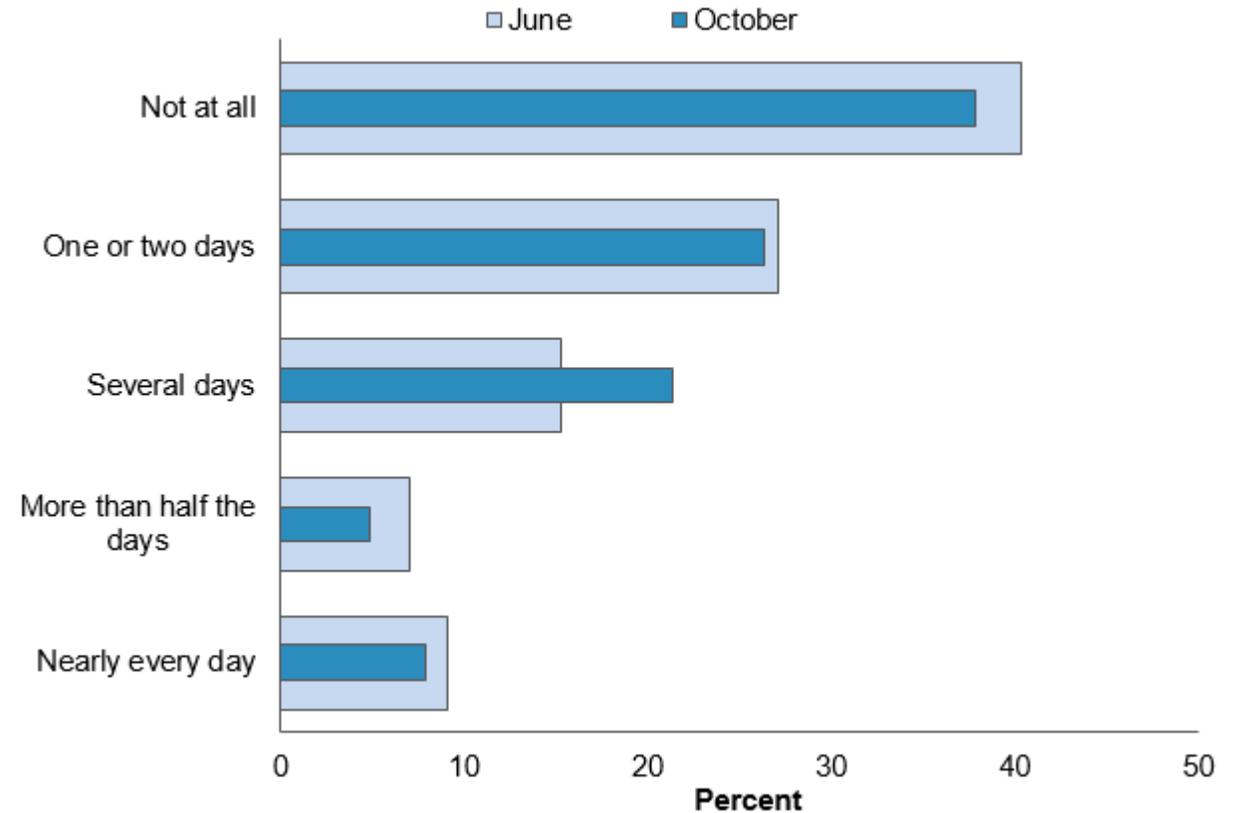


Figure 10. Over the past two weeks, on how many days did you feel lonely? Percentage of Ottawa residents, June and October 2020

* Given notable dispersion in the data, these analyses must be interpreted with caution.

Loneliness

Sub-populations reporting loneliness at least day in past two weeks

Impact on sub-populations in October

Some groups were significantly more likely to report feeling lonely on at least one day in the past two weeks:

- Women compared to men (68% vs. 52%)
- People who identify as LGBTQ2S+ compared to people who did not identify as LGBTQ2S+ (85% vs. 58%)
- People under 45 years old compared to those 45 years and older (70% vs. 53%)
- People with a disability compared to those without a disability (79% vs. 58%)

Impact on sub-populations over time, from June to October

None of the sub-populations showed a statistically significant change from June to October. However, of concern, a notable non-significant shift among the following population:

- Women (June: 60% to October: 68%)
- People identifying as a visible minority or racialized (52% to 67%)
- People not born in Canada (51% to 60%)

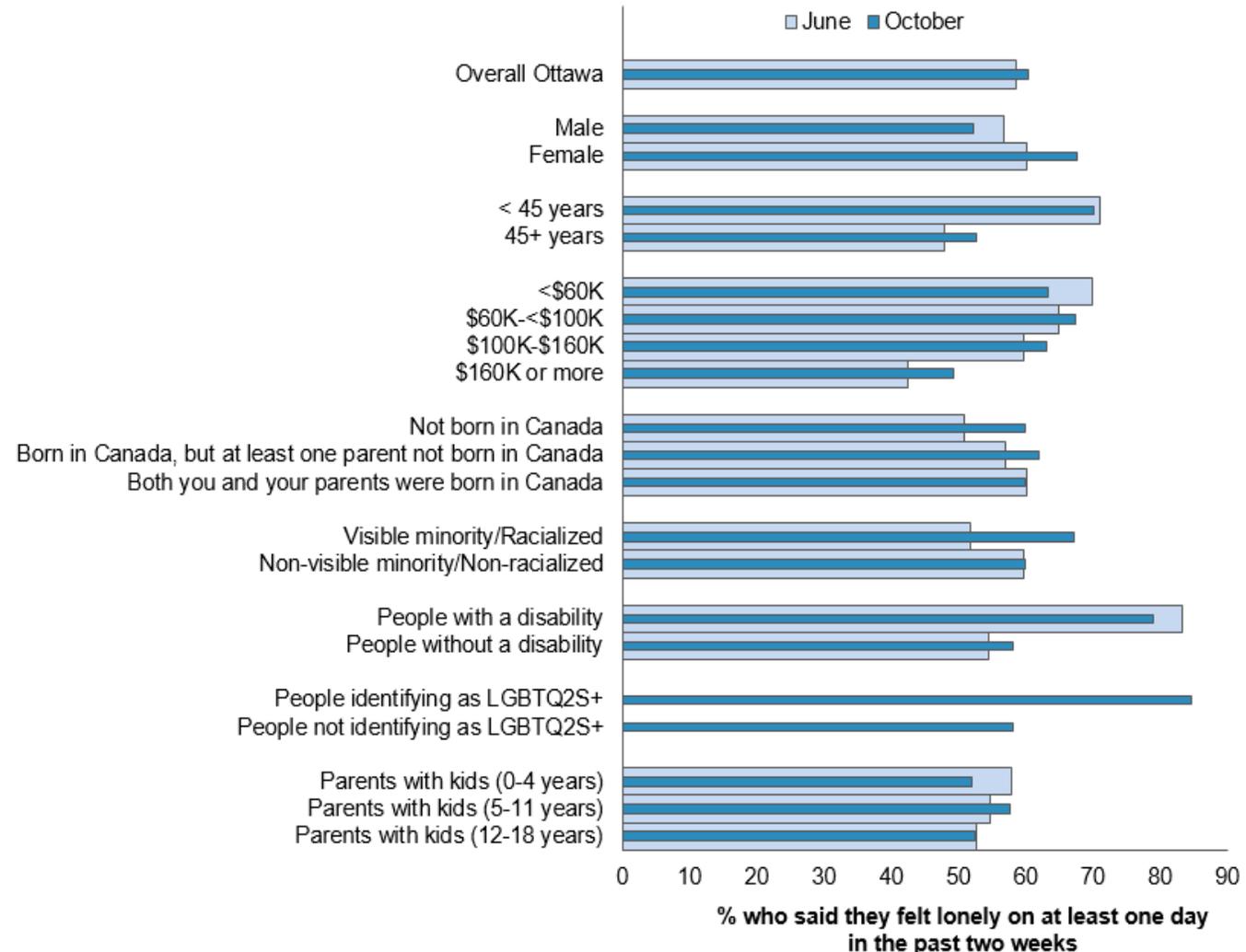


Figure 11. Percentage of Ottawa residents who report loneliness at least one day in the past two weeks, by selected socio-economic factors, June and October 2020

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

About this indicator

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

Overall findings

One-quarter (25%) of Ottawa residents said there was a time in the past two weeks when they wanted to talk to someone about something on their mind, including their emotional or mental health, but did not know where to turn. This was a non-significant decrease from 29% in June.

Impact on sub-populations in October

Some groups were significantly more likely to say they did not know where to turn:

- People with household income less than \$60,000 (38%*) compared to people with household incomes over \$100,000 (17%*).
- People with disabilities (44%) compared to people without disabilities (22%).

Impact on sub-populations over time, from June to October

Across most population groups, there was a decline in the percentage of people who wanted to talk to someone about their mental health in the past two weeks but did not know where to turn. Differences between June and October were not significant.

* Given notable dispersion in the data, these analyses must be interpreted with caution.

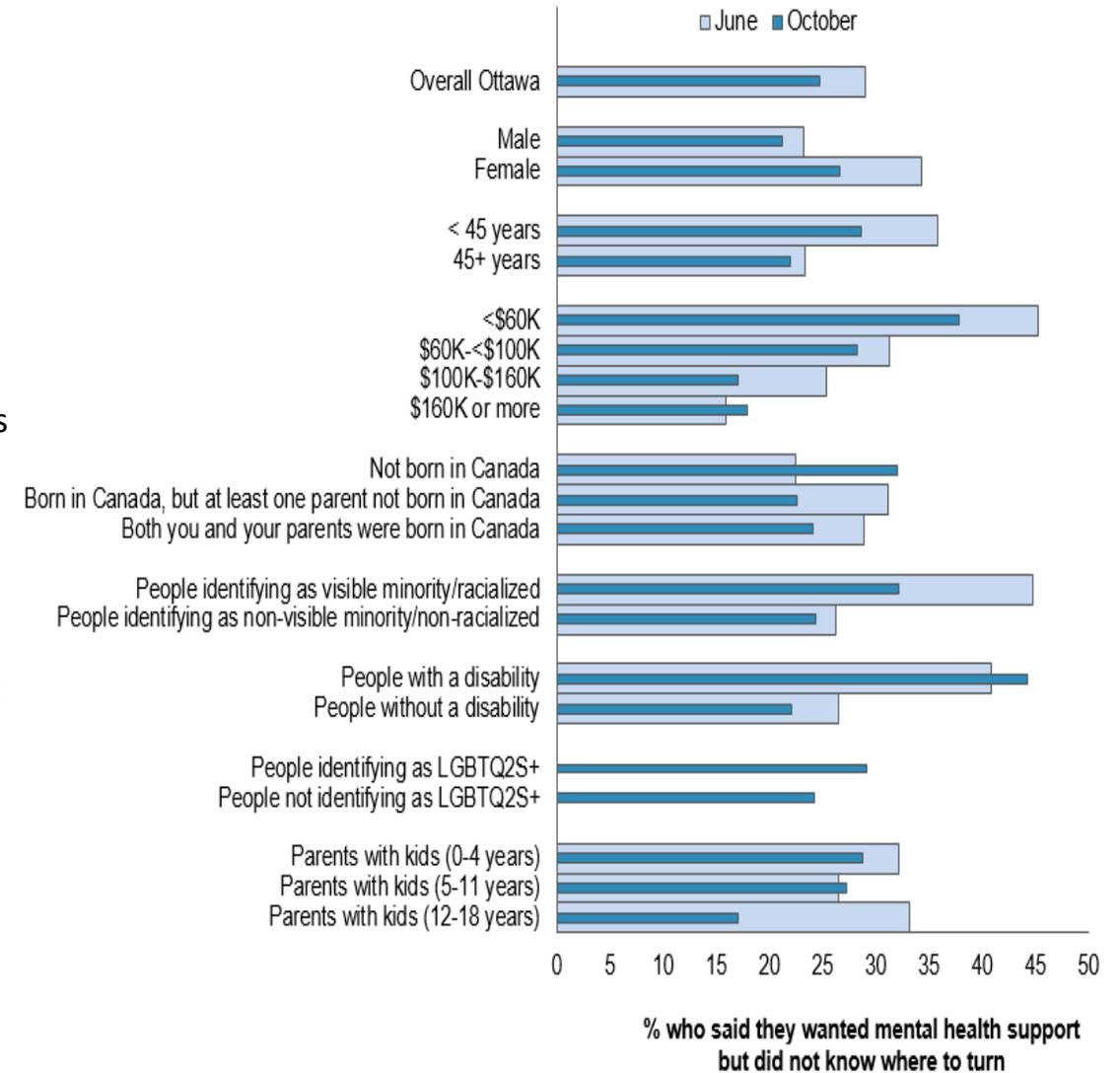


Figure 12. Percentage of Ottawa residents who report wanting mental health support but not knowing who to reach out to, by selected socio-economic factors, June and October 2020

School Re-openings, Parent and Child Mental Health

In August and September 2020, schools in Ottawa were re-opened. Parents of elementary students could choose to enroll their children for in-person or virtual school. Parents of secondary school students could choose to enroll in a mix of in-person and virtual school or virtual-only school.

About these indicators

School and daycare closures carry high social and economic detriments to communities, particularly for vulnerable children and families. In addition to interrupted learning and gaps in childcare, 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.³

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

Overall findings

In October 2020, **42%** of parents in Ottawa with children under 18 years old in their home reported **fair/poor** mental health and emotional well-being. While this was not statistically different than **49%** in June*, it was 7 percentage points lower, which might indicate an improvement in overall parent mental health.

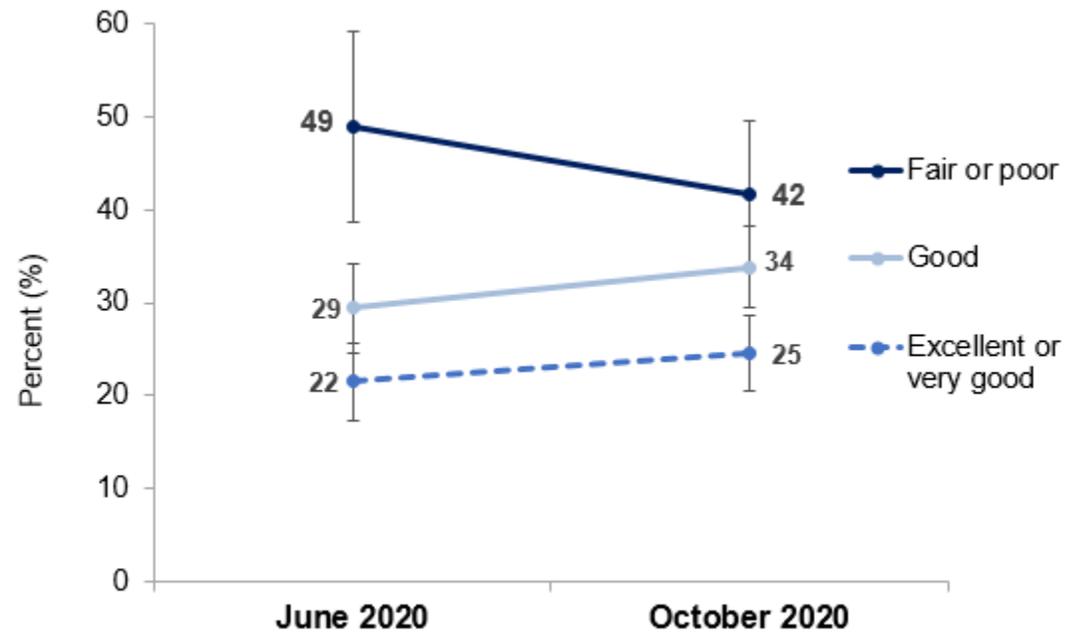


Figure 13. Over the past two weeks, how would you describe your overall mental health and emotional well-being? Ottawa parents of children (under 18 years of age), June and October 2020

* The finding is not statistically significant likely due to a small sample size of parents. However, other improvements in parent and children's mental health indicators have been noted, which may indicate a small improvement in parent mental health.

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

Overall findings

In October, **one in ten (11%)** Ottawa parents 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**. While this is less than half of what parents reported in June 2020 (**23%**), the finding is not statistically significant due to a small sample size of parents. Other improvements in parent and children’s mental health indicators have been noted, which may indicate a small improvement in parent mental health overall.

Among parents who did not think they handled day-to-day demands of raising children very well or well at all, **79% rated their mental health and emotional well-being** in the last two weeks as **fair or poor**.

Impact on sub-populations in October

Some groups were significantly more likely to report lower levels of coping with parenting demands:

- Parents with lower (<\$60K) household income (55%) compared to those with highest (>\$160K) household income (95%)

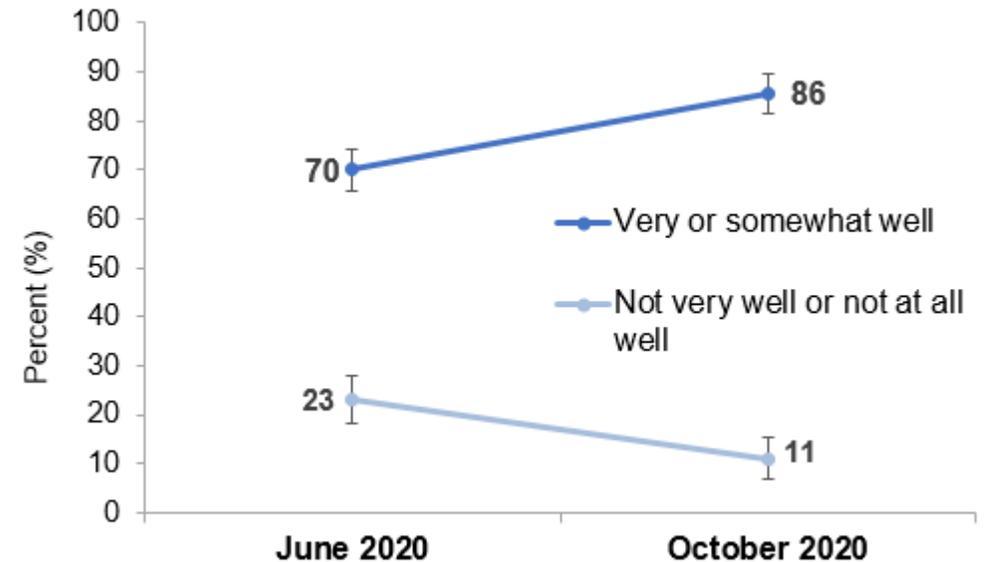


Figure 14. Over the past two weeks, how well do you think you handled the day-to-day demands of raising children during the COVID-19 pandemic? June and October 2020

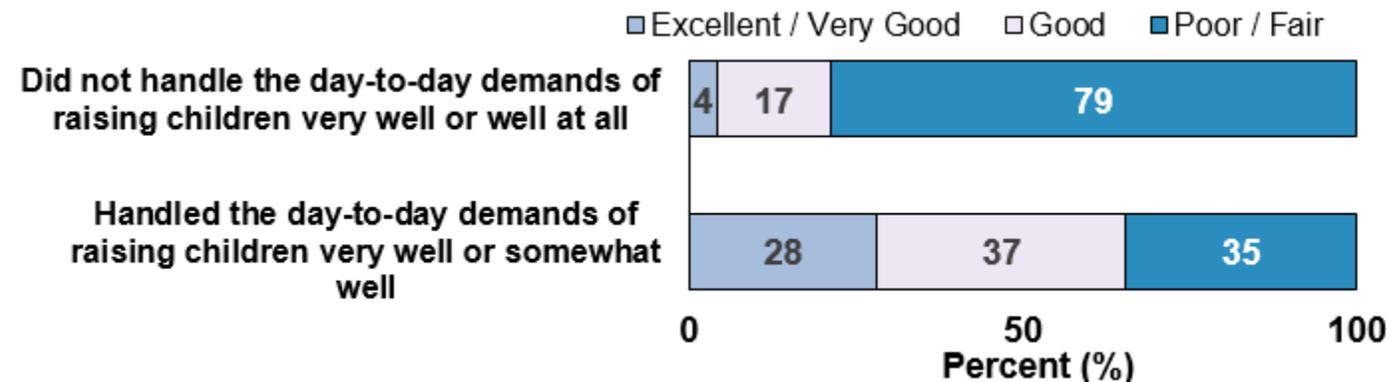


Figure 15. Coping with parenting demands of raising children during the COVID-19 pandemic by self-rated mental health, October 2020

Child Mental Health, Social Connections and School Supports

Overall findings

In October 2020, **61% 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**. While this was not statistically different than what parents reported in June 2020 (**66%**), coupled with improvements in other children’s mental health indicators may indicate a small improvement in child mental health with school re-opening.

With respect to social contact and the school environment:

- Although fewer, still a high proportion (78%) of Ottawa parents were concerned that their child(ren) were missing out on talking, playing, being social or learning with others outside of their home in October compared to June.
- Three out of five (60%) Ottawa parents were concerned that their child(ren) were missing connecting with their school or daycare community.
- Just over half (53%) of 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 June 2020	% Very/Somewhat Concerned October 2020
Missing out on talking, playing, being social or learning with others outside of the home	84%	78%
Missing connecting with their school or daycare community	70%	60%
Missing being supported by their teachers/educators and school/daycare	58%	53%
Continuing to learn	57%	58%
Adjusting to changes in daily routines	48%	46%

Table 4. Parent concerns about child social interactions, support by schools and adjusting to daily routines, June and October 2020

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/
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 – Mental Health and Emotional Well-being

Page 6: Mental Health and Emotional Well-being

Over the past two weeks, how would you describe your mental health and emotional well-being?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Excellent or very good	28.1, 24.0 – 32.1	28.3, 24.2 – 32.4
Good	34.1, 29.3 – 38.9	31.4, 27.0 – 35.8
Fair or poor	37.8, 32.7 – 42.9	39.9, 34.8 – 44.9

*Interpret with caution – high sampling variability

Page 7: Mental Health and Emotional Well-being

Sub-groups reporting fair or poor mental health	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Women	38.8, 31.7 – 46.5	46.4, 39.0 – 54.0
Men	36.3, 29.7 – 43.4	32.8, 26.7 – 39.7
< 45 years old	51.6, 24.9 – 40.6	50.4, 41.8 – 59.0
45+ years old	26.4, 21.6 – 31.9	31.5, 26.5 – 36.9
<\$60K	45.8, 34.5 – 57.6	47.1, 36.1 – 58.4
\$60K - <\$100K	34.4, 25.2 – 45.0	40.8, 29.8 – 53.0
\$100K - <\$160K	41.6, 31.3 – 52.7	44.0, 34.2 – 54.4
\$160K+	28.7, 20.7 – 38.3	29.5, 21.9 – 38.5
Not born in Canada	18.1*, 11.2 – 27.9	26.6*, 16.7 – 39.5
Born in Canada (at least one parent born outside of Canada)	41.7, 31.8 – 52.4	46.6, 36.6 – 56.8
Both you and your parents born in Canada	39.3, 32.9 – 46.1	39.9, 33.6 – 46.5
Visible minority or Racialized	39.1*, 26.3 – 53.6	50.0*, 33.5 – 66.6
Not identifying as a visible minority/Not racialized	37.4, 32.0 – 43.1	38.2, 33.2 – 43.5
Identify as LGBTQ2S+	Not collected	52.6*, 31.3 – 72.9
Not identifying as LGBTQ2S+	Not collected	38.0, 33.1 – 43.1
Has a disability	57.4, 44.3 – 69.5	64.2, 51.1 – 75.5
Does not have a disability	34.1, 28.8 – 39.8	35.6, 30.5 – 41.0
Parents with kids (0-4 years)	44.6*, 29.1 – 61.3	44.5*, 30.3 – 59.7
Parents with kids (5-11 years)	46.4, 32.9 – 60.5	43.9, 33.5 – 55.0
Parents with kids (12-18 years)	46.4*, 31.4 – 62.2	38.0, 28.1 – 49.0

Data Tables – Changes in Mental Health and Emotional Well-being

Page 8: Changes in Mental Health and Emotional Well-being

How would you rate your overall mental health and emotional well-being now compared with mid-March/mid-June	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Better	15.7, 12.3 – 19.0	20.0, 16.2 – 23.8
About the same	41.8, 36.9 – 46.7	42.1, 37.2 – 47.0
Worse	42.3, 37.3 – 47.4	37.5, 32.6 – 42.3

*Interpret with caution – high sampling variability

Page 8: Changes in Mental Health and Emotional Well-being

Sub-groups reporting worse health since mid-March/mid-June	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Women	42.4, 35.2 - 49.9	43.9, 36.7 - 51.4
Men	42.4, 35.7 - 49.4	31.4, 25.6 - 37.8
< 45 years old	51.0, 42.5 - 59.5	41.9, 33.5 - 50.7
45+ years old	35.3, 29.9 - 41.0	34.7, 29.7 - 40.1
<\$60K	43.0, 31.7 - 55.0	31.4, 22.2 - 42.3
\$60K - <\$100K	44.1, 34.3 - 54.3	43.0, 32.0 - 54.8
\$100K - <\$160K	39.7, 29.6 - 50.7	37.6, 28.4 - 47.8
\$160K+	41.3, 32.0 - 51.2	41.0, 32.0 - 50.5
Not born in Canada	28.8, 19.9 - 39.7	37.8, 26.5 - 50.7
Born in Canada (at least one parent born outside of Canada)	50.2, 39.9 - 60.4	33.5, 24.8 - 43.6
Both you and your parents born in Canada	41.8, 35.5 - 48.5	39.5, 33.4 - 45.9
Visible minority or Racialized	41.0*, 28.0 - 55.4	36.0*, 22.1 - 52.8
Not identifying as a visible minority/Not racialized	42.2, 36.8 - 47.8	38.0, 33.1 - 43.2
Identify as LGBTQ2S+	Not collected	38.4*, 20.3 - 60.5
Not identifying as LGBTQ2S+	Not collected	37.6, 32.9 - 42.5
Has a disability	50.0, 37.1 - 63.7	58.8, 44.7 - 71.5
Does not have a disability	40.6, 35.2 - 46.2	34.6, 29.9 - 39.7
Parents with kids (0-4 years)	45.5*, 30.1 - 61.9	41.3*, 27.2 - 57.0
Parents with kids (5-11 years)	56.3, 42.6 - 69.1	43.8, 33.3 - 54.9
Parents with kids (12-18 years)	51.5, 36.6 - 66.2	43.3, 33.3 - 53.9

Data Tables – Amount of Daily Life Stress

Page 9: Amount of Daily Life Stress

Thinking about the amount of stress in your life, would you say that most of your days are?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Extremely/quite stressful	26.3, 21.9 – 31.2	29.1, 24.8 – 33.8
Somewhat stressful	42.4, 37.5 – 47.6	43.2, 38.3 – 48.1
Not at all/not very stressful	30.2, 26.0 – 34.9	27.5, 23.4 – 31.9

*Interpret with caution – high sampling variability

Page 10: Changes in Amount of Daily Life Stress

Sub-groups reporting that their days were quite a bit or extremely stressful over the past 2 weeks	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Women	28.5, 22.1 - 35.9	33.0, 26.3 - 40.5
Men	23.0, 17.5 - 29.7	25.0, 19.8 - 31.0
< 45 years old	32.3, 24.7 - 40.9	37.0, 29.2 - 45.7
45+ years old	21.3, 16.8 - 26.7	22.7, 18.4 - 27.6
<\$60K	31.9*, 21.5 - 44.4	38.5, 27.8 - 50.4
\$60K - <\$100K	26.2*, 17.8 - 36.8	22.2*, 14.5 - 32.5
\$100K - <\$160K	24.0*, 16.0 - 34.4	27.4*, 19.4 - 37.1
\$160K+	28.6, 20.3 - 38.6	30.3, 22.5 - 39.4
Not born in Canada	20.0*, 12.3 - 30.8	35.1*, 23.4 - 49.0
Born in Canada (at least one parent born outside of Canada)	28.4*, 19.8 - 38.9	34.1, 25.1 - 44.5
Both you and your parents born in Canada	26.7, 21.1 - 33.2	26.4, 21.2 - 32.3
Visible minority or Racialized	21.6*, 12.2 - 35.3	52.5, 36.1 - 68.5
Not identifying as a visible minority/Not racialized	27.3, 22.5 - 32.7	27.2, 22.9 - 32.0
Has a disability	41.3*, 28.7 - 55.2	42.1*, 29.3 - 56.0
Does not have a disability	23.8, 19.3 - 29.0	27.9, 23.2 - 33.1
Parents with kids (0-4 years)	49.0*, 33.2 - 65.0	43.5*, 29.4 - 58.7
Parents with kids (5-11 years)	36.2*, 23.5 - 51.1	33.6, 24.6 - 44.0
Parents with kids (12-18 years)	21.5*, 12.7 - 34.0	29.8, 21.9 - 39.2

Data Tables – Concerns About Burn Out

Page 11: Concerns About Burn Out and Loss of Support

Over the past 2 weeks, how worried have you been about the impact of COVID-19 on:	Not at all worried (% , 95% CI)	Worried (% , 95% CI)
Burning out because I have no break in my responsibilities	44.6, 39.8 - 49.5	49.3, 44.3 - 54.2
That people who help or support me won't continue to do so	61.8, 57.1 - 66.3	25.2, 21.5 - 29.4

Page 11: Concerns About Burn Out and Loss of Support (March to October 2020)

	March 2020 (% , 95% CI)	June 2020 (% , 95% CI)	October 2020 (% , 95% CI)
Moderately to extremely worried about burning out because I have no break in my responsibilities	37.4, 32.3 - 42.9	46.6, 41.4 - 51.9	52.4, 47.3 - 57.5
Moderately to extremely worried 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	28.9, 24.6 - 33.6

*Interpret with caution – high sampling variability

Page 12: Concerns About Burn Out

Over the past 2 weeks, how worried have you been about the impact of COVID-19 on burning out because you have no break in responsibilities	June 2020 (% , 95% CI)	October 2020 (% , 95% CI)
Women	43.8, 36.7 - 51.1	49.3, 41.9 - 56.7
Men	41.9, 35.2 - 48.9	49.2, 42.6 - 55.8
< 45 years old	54.8, 46.1 - 63.2	61.8, 53.1 - 69.8
45+ years old	33.3, 28.0 - 39.1	39.0, 33.8 - 44.5
<\$60K	39.4, 28.4 - 51.7	44.5, 33.8 - 55.8
\$60K - <\$100K	41.6, 32.0 - 52.0	44.1, 33.0 - 55.9
\$100K - <\$160K	45.9, 35.7 - 56.4	54.7, 44.8 - 64.3
\$160K+	45.2, 35.6 - 55.2	55.5, 46.1 - 64.5
Not born in Canada	42.2, 31.4 - 53.8	58.4, 45.8 - 70.0
Born in Canada (at least one parent born outside of Canada)	50.3, 40.2 - 60.5	53.5, 43.5 - 63.2
Both you and your parents born in Canada	40.8, 34.5 - 47.3	46.0, 39.7 - 52.4
Visible minority or Racialized	48.8, 35.4 - 62.4	70.8, 55.2 - 82.7
Not identifying as a visible minority/Not racialized	43.1, 37.6 - 48.6	46.1, 41.0 - 51.3
Identify as LGBTQ2S+	Not collected	59.2*, 37.1 - 78.2
Not identifying as LGBTQ2S+	Not collected	48.3, 43.4 - 53.3
Has a disability	53.9, 40.1 - 67.1	46.9, 33.2 - 61.0
Does not have a disability	42.1, 36.7 - 47.7	48.9, 43.6 - 54.2
Parents with kids (0-4 years)	81.3, 66.1 - 90.6	76.4, 59.4 - 87.7
Parents with kids (5-11 years)	68.2, 55.2 - 78.9	66.7, 56.1 - 75.7
Parents with kids (12-18 years)	37.9*, 25.3 - 52.4	50.7, 40.7 - 60.6

Data Tables – Concerns About Loss of Support

Page 13: Concerns About Loss of Support

Over the past 2 weeks, how worried have you been about the impact of COVID-19 on losing support from those that help you	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Women	31.2, 24.5 - 38.8	28.1, 21.9 - 35.3
Men	26.9, 20.7 - 34.2	28.5, 22.8 - 34.9
< 45 years old	23.0*, 16.4 - 31.1	24.9, 18.9 - 32.0
45+ years old	29.1, 23.9 - 34.9	25.7, 21.1 - 30.8
<\$60K	48.7, 36.9 - 60.8	28.3*, 19.7 - 38.9
\$60K - <\$100K	25.3*, 17.6 - 35.1	21.9*, 14.5 - 31.7
\$100K - <\$160K	16.0*, 10.1 - 24.5	24.1*, 17.5 - 32.3
\$160K+	18.4*, 11.6 - 28.0	27.6*, 19.8 - 37.0
Not born in Canada	29.1*, 19.8 - 40.6	39.6*, 27.9 - 52.6
Born in Canada (at least one parent born outside of Canada)	25.9*, 17.6 - 36.3	28.3, 20.7 - 37.5
Both you and your parents born in Canada	26.4, 21.0 - 32.6	21.1, 16.9 - 26.1
Visible minority or Racialized	32.0*, 20.5 - 46.2	41.7*, 26.4 - 58.9
Not identifying as a visible minority/Not racialized	26.0, 21.4 - 31.2	23.4, 19.6 - 27.7
Identify as LGBTQ2S+	Not collected	19.6*, 10.1 - 34.8
Not identifying as LGBTQ2S+	Not collected	25.8, 21.9 - 30.2
Has a disability	52.7, 39.2 - 65.8	42.7*, 29.6 - 56.9
Does not have a disability	22.1, 17.9 - 27.0	22.7, 18.8 - 27.1
Parents with kids (0-4 years)	42.5*, 26.9 - 59.7	40.6*, 26.9 - 56.1
Parents with kids (5-11 years)	25.4*, 14.7 - 40.3	30.5, 22.0 - 40.7
Parents with kids (12-18 years)	18.6*, 10.2 - 31.5	29.3, 21.2 - 38.9

*Interpret with caution – high sampling variability

Data Tables – Sense of Community Belonging

Page 14: Sense of Community Belonging

Over the past two weeks, how would you describe your sense of community belonging?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Very to somewhat strong	36.4, 31.7 – 41.1	37.1, 32.4 – 41.8
Somewhat weak to very weak	25.6, 46.7 – 56.7	51.4, 46.5 – 56.3
Don't know	11.9, 1.8 – 8.4	11.4, 7.7 – 15.3

*Interpret with caution – high sampling variability

Page 14: Sense of Community Belonging

Sub-groups reporting weak sense of community belonging	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Women	52.0, 44.6 - 59.2	46.2, 39.0 - 53.6
Men	51.2, 44.4 - 58.0	55.9, 49.3 - 62.3
< 45 years old	53.7, 45.2 - 62.0	53.8, 45.0 - 62.4
45+ years old	50.0, 44.2 - 55.8	49.6, 44.2 - 55.1
<\$60K	56.6, 45.0 - 67.4	57.0, 45.5 - 67.8
\$60K - <\$100K	55.0, 45.0 - 64.6	51.6, 40.3 - 62.7
\$100K - <\$160K	50.9, 40.4 - 61.4	51.4, 41.6 - 61.2
\$160K+	47.1, 37.5 - 57.0	49.7, 40.5 - 58.9
Not born in Canada	45.0, 34.2 - 56.3	47.6, 35.4 - 60.0
Born in Canada (at least one parent born outside of Canada)	53.4, 43.1 - 63.4	56.7, 46.6 - 66.2
Both you and your parents born in Canada	52.2, 45.7 - 58.6	50.2, 43.8 - 56.5
Visible minority or Racialized	43.1, 30.3 - 56.9	41.8*, 27.0 - 58.3
Not identifying as a visible minority/Not racialized	52.6, 47.1 - 58.1	53.2, 48.0 - 58.3
Identify as LGBTQ2S+	Not collected	65.0, 43.1 - 82.0
Not identifying as LGBTQ2S+	Not collected	50.6, 45.7 - 55.6
Has a disability	59.9, 46.6 - 71.9	60.5, 46.5 - 73.0
Does not have a disability	49.8, 44.3 - 55.4	50.7, 45.5 - 56.0
Parents with kids (0-4 years)	55.6, 39.3 - 70.8	49.5, 34.7 - 64.3
Parents with kids (5-11 years)	55.7, 41.7 - 68.7	52.2, 41.7 - 62.6
Parents with kids (12-18 years)	55.6, 41.0 - 69.2	52.3, 42.5 - 62.0

Data Tables - Loneliness

Page 15: Loneliness

Over the past two weeks, on how many days did you feel lonely?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Not at all	40.3, 35.6 - 45.1	37.8, 33.4 - 42.3
One or two days	27.1, 22.8 - 31.9	26.3, 22.1 - 31.0
Several days	15.3, 12.0 - 19.2	21.3, 16.9 - 26.6
More than half the days	7.0*, 4.2 - 11.3	4.9*, 3.4 - 7.0
Nearly every day	9.1, 6.6 - 12.5	7.9, 5.8 - 10.6

*Interpret with caution – high sampling variability

Page 16: Loneliness

Sub-groups who report feeling lonely on at least one day in the past week	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Overall Ottawa	58.5, 53.6 - 63.2	60.4, 55.7 - 64.9
Women	60.1, 52.9 - 66.9	67.7, 61.0 - 73.7
Men	56.7, 50.0 - 63.2	52.3, 45.7 - 58.8
< 45 years old	71.1, 63.4 - 77.8	70.1, 62.6 - 76.7
45+ years old	48.0, 42.2 - 53.9	52.7, 47.2 - 58.1
<\$60K	70.0, 59.3 - 79.0	63.3, 52.2 - 73.1
\$60K - <\$100K	64.8, 54.9 - 73.5	67.4, 57.2 - 76.1
\$100K - <\$160K	59.6, 49.4 - 69.0	63.2, 54.1 - 71.5
\$160K+	42.5, 33.2 - 52.4	49.3, 40.2 - 58.5
Not born in Canada	50.8, 39.5 - 62.0	60.0, 47.8 - 71.0
Born in Canada (at least one parent born outside of Canada)	57.0, 46.8 - 66.6	62.1, 52.6 - 70.7
Both you and your parents born in Canada	60.2, 53.9 - 66.1	60.0, 54.0 - 65.8
Visible minority or Racialized	51.8, 38.6 - 64.8	67.1, 51.9 - 79.5
Not identifying as a visible minority/Not racialized	59.8, 54.5 - 65.0	60.0, 55.1 - 64.8
Identify as LGBTQ2S+	Not collected	84.7, 70.3 - 92.9
Not identifying as LGBTQ2S+	Not collected	58.1, 53.3 - 62.8
Has a disability	83.2, 73.7 - 89.8	78.9, 67.4 - 87.2
Does not have a disability	54.4, 48.9 - 59.8	58.0, 52.9 - 62.9
Parents with kids (0-4 years)	57.9, 41.9 - 72.4	52.6, 37.9 - 66.9
Parents with kids (5-11 years)	54.8, 41.1 - 67.8	57.6, 47.1 - 67.5
Parents with kids (12-18 years)	52.6, 37.9 - 66.9	52.5, 42.7 - 62.1

Data Tables - Want Mental Health Support But Did Not Know Who to Reach Out to

Page 17: Did Not Know Who to Reach Out to for Mental Health Support

Sub-groups who wanted mental health support in the last two weeks but did not know who to reach out to	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Overall Ottawa	29.0, 24.4 – 34.0	24.7, 20.7 – 29.1
Women	34.3, 27.3 – 42.1	26.6, 20.6 – 33.6
Men	23.2, 17.7 – 29.8	21.2, 16.3 – 27.0
< 45 years old	35.8, 27.7 – 44.8	28.6, 21.6 – 36.7
45+ years old	23.3, 18.7 – 28.7	21.9, 17.6 – 26.8
<\$60K	45.2, 33.9 – 56.9	37.8, 27.2 – 49.6
\$60K - <\$100K	31.3, 22.5 – 41.6	28.2*, 19.5 – 39.0
\$100K - <\$160K	25.3*, 16.2 – 37.2	17.0*, 11.6 – 24.2
\$160K+	15.9*, 10.3 – 23.9	17.9*, 11.9 – 26.1
Not born in Canada	22.5*, 13.9 – 34.4	32.0*, 21.0 – 45.5
Born in Canada (at least one parent born outside of Canada)	31.2*, 22.1 – 42.1	22.6*, 15.4 – 31.9
Both you and your parents born in Canada	28.9, 23.1 – 35.6	24.1, 19.2 – 29.8
Visible minority or Racialized	44.8, 31.5 – 59.0	32.2*, 18.5 – 49.7
Not identifying as a visible minority/Not racialized	26.2, 21.4 – 31.7	24.3, 20.1 – 29.0
Identify as LGBTQ2S+		29.1*, 15.8 – 47.4
Not identifying as LGBTQ2S+		24.2, 20.1 – 28.9
Has a disability	40.8*, 28.1 – 54.8	44.2*, 30.9 – 58.5
Does not have a disability	26.5, 21.6 – 32.1	22.1, 18.0 – 27.0
Parents with kids (0-4 years)	32.2*, 18.1 – 50.6	28.7*, 16.8 – 44.5
Parents with kids (5-11 years)	26.5*, 15.6 – 41.3	27.3*, 19.1 – 37.5
Parents with kids (12-18 years)	33.2*, 18.3 – 52.4	17.0*, 11.0 – 25.3

*Interpret with caution – high sampling variability

Data Tables – Parent and Child Mental Health

Page 19: 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?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Excellent or very good	21.6, 15.5 - 29.2	24.6, 19.0 - 31.3
Good	29.4, 21.7 - 38.4	33.8, 27.4 - 40.8
Fair or poor	49.0, 38.8 - 59.3	41.6, 34.0 - 49.7

Page 20: Parents Coping With Day-to-day Demands of Raising Children

Over the past two weeks, how well do you think you handled the day-to-day demands of raising children during the COVID-19 pandemic?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Very or somewhat well	70.0, 58.1 - 79.8	85.6, 77.1 - 91.2
Not very well or not at all well	23.0*, 15.7 - 32.4	11.1*, 7.1 - 16.9

Page 20: Coping with parenting demands of raising children during the COVID-19 pandemic by self-rated mental health, October 2020

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	4.2, 1.0 - 16.0	28.2, 21.9 - 35.5
Good	17.0*, 7.1 - 35.3	37.3, 30.4 - 44.7
Fair or poor	78.8, 60.1 - 90.2	34.5, 27.3 - 42.5

Page 21: Parent concerns about child mental health and emotional well-being, June and October 2020

Over the past two weeks, has there been a time when you have been concerned for at least one of your child(ren)'s mental health and emotional well-being?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)
Yes	65.5, 56.0 - 73.9	61.0, 53.6 - 67.9

Page 21: Parent concerns about child social interactions, support by schools and adjusting to daily routines, June and October 2020

Over the past two weeks, how concerned have you been about the following for your child?	Very/somewhat concerned June 2020 (%, 95% CI)	Very/somewhat concerned October 2020 (%, 95% CI)
Missing out on talking, playing, being social or learning with others outside of the home	84.2, 71.1 - 92.0	78.0, 71.8 - 83.1
Missing connecting with their school or daycare community	70.4, 58.7 - 80.0	59.9, 52.5 - 66.9
Missing being supported by their teachers/educators and school/daycare	58.2, 47.5 - 68.2	53.4, 45.8 - 60.8
Continuing to learn	56.8, 46.2 - 66.8	57.5, 50.1 - 64.7
Adjusting to changes in daily routines	47.7, 37.8 - 57.9	46.2, 38.5 - 54.0

*Interpret with caution – high sampling variability