

Mental Health and Substance Use During COVID-19

Summary Report 4: Spotlight On Youth, Older Adults & Stigma

Conducted by Leger for the
Canadian Centre on Substance Use and Addiction
and the Mental Health Commission of Canada



October 13 – November 2, 2020 (Time 1)
November 19 – December 11, 2020 (Time 2)
January 15 – January 25, 2021 (Time 3)
March 1 – March 14, 2021 (Time 4)
May 17 – May 28, 2021 (Time 5)
July 5 – July 18, 2021 (Time 6)

KEY FINDINGS

- Significant mental health and substance use concerns continued into early summer 2021 with little change since October 2020.
- Youth (aged 16 to 24 years) were most likely to report mental health and substance use concerns and less ability to handle pandemic stress.
 - Almost 45% of youth reported moderate to severe anxiety symptoms.
 - About 40% of youth who use alcohol, cannabis or both reported increased use in the past month.
- Older adults (aged 65 years and older), by comparison, showed signs of better mental health, less problematic substance use and stronger coping skills
 - 9% of older adults reported moderate to severe anxiety symptoms.
 - About 20% of older adults who use alcohol, cannabis or both reported increased use.
- Perceived stigma toward depression was still common, although shifting among youth, and perceived stigma toward alcohol use disorder was even more prevalent.
 - More than half of respondents (53%) said they believe stigma toward people with depression is still present.
 - Two thirds of respondents (68%) said they believe stigma toward people with an alcohol use disorder is still present.
- People with past and current substance use concerns show signs of worsening mental health.
 - In July 2021, 22% of people with a history of substance use disorder reported seriously contemplating suicide in the past month. In November 2020, it was 13%.
- Together, these findings highlight the importance of continued investment in youth mental health and substance use supports, fostering the resilience of older adults and further stigma reduction efforts across the population.

CONTEXT AND OBJECTIVES

Context

It has been more than one year since the COVID-19 pandemic began. During the past year, concerns about catching the virus, feelings of isolation and hopelessness, financial concerns, job insecurity, the trauma of losing a loved one or a combination of these and other stressors have affected us all. However, not everyone has been impacted equally.

Since October 2020, the Mental Health Commission of Canada (MHCC) and the Canadian Centre on Substance Use and Addiction (CCSA) have been tracking the relationship between mental health and substance use over time and across several priority populations (see slides 5 and 19). This document includes cross-sectional findings collected over six time periods between **October 2020 and July 2021**.

Objectives

The objectives of this spotlight report are to:

- Document and compare mental health and substance use impacts on **youth and older adults**
- Assess the prevalence of mental health and substance use **stigma**
- Highlight the **intersection** between mental health and substance use during the COVID-19 pandemic
- Inform **policy** and the development of mental health and substance use resources

METHODS

Study Population

- People living in Canada, aged 16 years and older, who signed up to complete an online survey via Leger's online panel (LEO) (see final slides for sample details).

Data Collection

- Survey data was collected six times between:
 - T1: Oct. 13 and Nov. 2, 2020 ($n = 2,502$)
 - T2: Nov. 19 and Dec. 11, 2020 ($n = 1,507$)
 - T3: Jan. 15 and Jan. 25, 2021 ($n = 1,502$)
 - T4: March 1 and March 14, 2021 ($n = 1,524$)
 - T5: May 17 and May 28, 2021 ($n = 1,519$)
 - T6: July 5 and July 18, 2021 ($n = 1,543$)

Statistical Analysis

- As a nonrandom online survey, a margin of error is technically not reported.
- If the data were collected through a random sample, the margin of error for T1 would be Canada ($n = 2,502$) $\pm 2.0\%$ 19 times out of 20, and for T2, T3, T4, T5 and T6 would be Canada ($n \sim 1,500$) $\pm 2.5\%$ 19 times out of 20.
- While the sample has been weighted according to age, gender and region using data from the 2016 census, it is not fully representative of the Canadian population. Caution should be used when comparing results with other surveys.
- The numbers presented have been rounded to the nearest whole number. However, raw values were used to calculate the sums presented and therefore may not correspond to the manual addition of these numbers.

Priority Population Profile – Part I

	Pooled T5–T6 (May–July 2021)		
	Youth (aged 16–24 years)	Older adults* (aged 65 years and older)	General population
Weighted <i>n</i>	411	628	3,062
Lifetime mental health diagnosis (Lifetime MHD) <i>Has a medical or psychological professional ever diagnosed you with a mental health disorder (e.g., depression, anxiety, PTSD, etc.)? YES</i>	31% (<i>n</i> = 126)	21% (<i>n</i> = 131)	30% (<i>n</i> = 917)
Current mental health symptoms (MH Symptoms) <i>Respondents reporting mild to severe symptoms of depression (PHQ-9 score 5+), anxiety (GAD-7 score 5+), contemplating suicide or any combination since March 2020.</i>	78% (<i>n</i> = 320)	24% (<i>n</i> = 215)	58% (<i>n</i> = 1,765)
Lifetime substance use diagnosis (Lifetime SUD) <i>Has a medical or psychological professional ever diagnosed you with a substance use disorder (e.g., alcohol use disorder, cannabis use disorder, etc.)? YES</i>	5% (<i>n</i> = 19)	3% (<i>n</i> = 18)	5% (<i>n</i> = 148)
Problematic use of alcohol, cannabis or both (Problematic SU) <i>Respondents who scored 8+ on the AUDIT, CUDIT-R or both.</i>	22% (<i>n</i> = 89)	8% (<i>n</i> = 50)	17% (<i>n</i> = 528)

*Similar to older adults in the [Canadian population](#), older adults in this survey are far more likely to live in the community rather than in collective dwellings, such as long-term care, which were particularly impacted by the COVID-19 pandemic.



Detailed Results

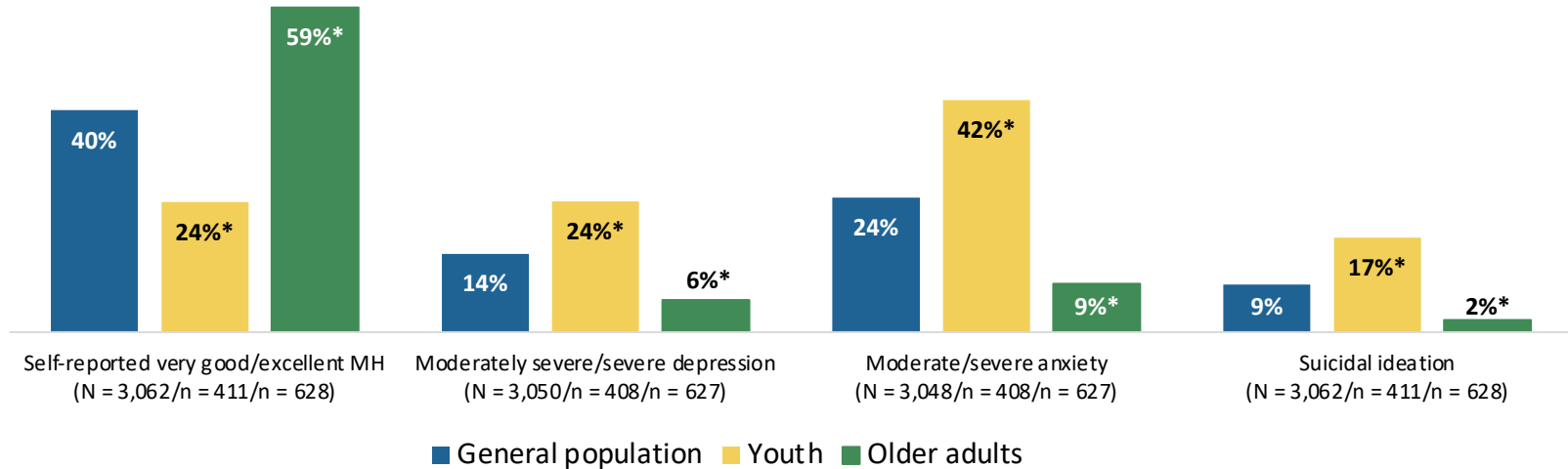
Spotlight: Youth and Older Adults

Youth report much higher rates of mental health concerns across the board

Older adults report much lower rates than youth and the general population

Mental Health Indicators

Mental Health Indicators
(Pooled May to July 2021)



According to [Statistics Canada](#), about 70% of older adults reported very good or excellent mental health in 2019 and sustained this through to July 2020. By comparison, 60% of youth reported very good or excellent mental health in 2019, which declined to 40% in July 2020.

PHQ9 scale, GAD7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began?

*Statistically significant difference than rest of the sample at 95% confidence interval

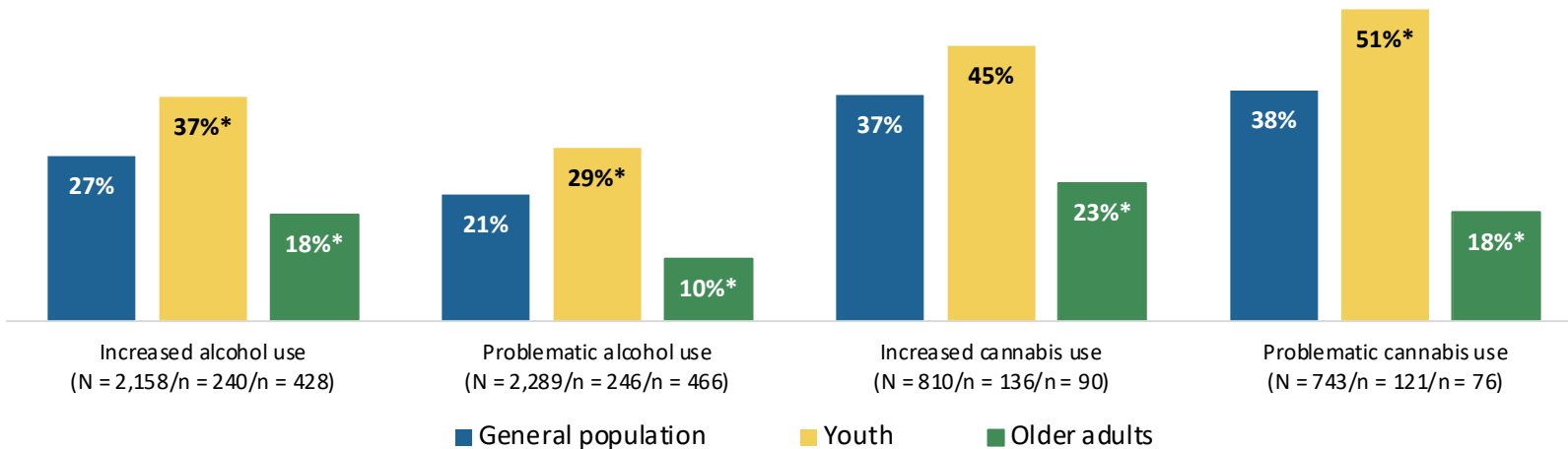
Youth are more likely to report increased use or problematic use of alcohol, cannabis or both

Older adults report much lower rates than youth and the general population

Substance Use Indicators

Substance use indicators

(Pooled May to July 2021)



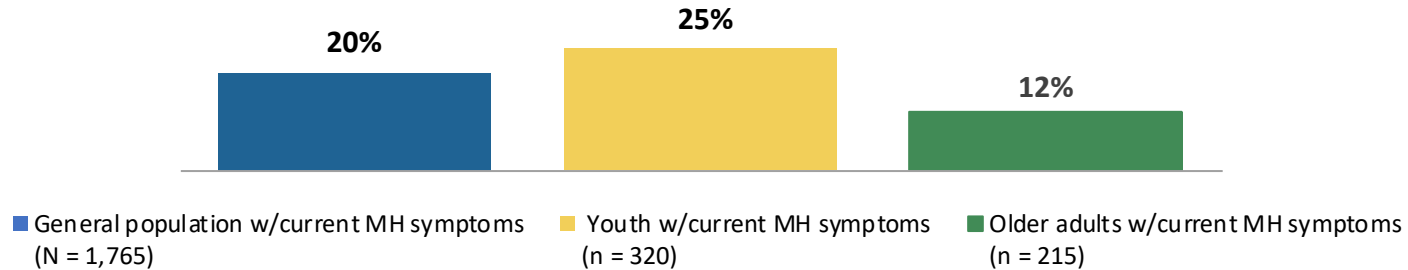
Problematic, or risky, alcohol and cannabis use has generally been more common among young adults before the pandemic (e.g., [Leos-Toro et al., 2017](#); [Statistics Canada, 2018](#); [CTADS, 2017](#)).

AUDIT scale, CUDIT-R scale, Q22r14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis - During the past month, have you engaged in more or less of the following activities? *Statistically significant difference than rest of the sample at 95% confidence interval

Only 1 in 4 youth with current mental health symptoms were accessing services

Rates of access were even lower in the general population and for older adults

% Accessing Mental Health Services
(past month; among those reporting **current MH symptoms**)



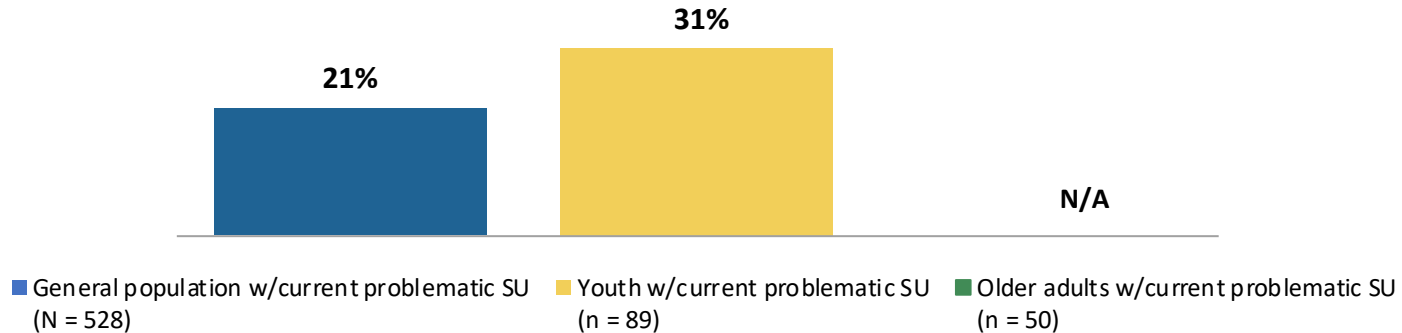
Q44: During the past month, have you accessed formal treatment services (e.g., a medical doctor, psychologist, social worker, counsellor, support groups, peer counsellor) to help manage your emotions or mental health? (on the internet, via phone or in person)

Fewer than 1 in 3 youth with current problematic use of alcohol, cannabis or both are accessing treatment

Rates of access to substance use treatment are too low to report in older adults

Substance Use –
Access to Treatment

% Accessing Substance Use Treatment Services
(past month; among those reporting **current problematic SU**)



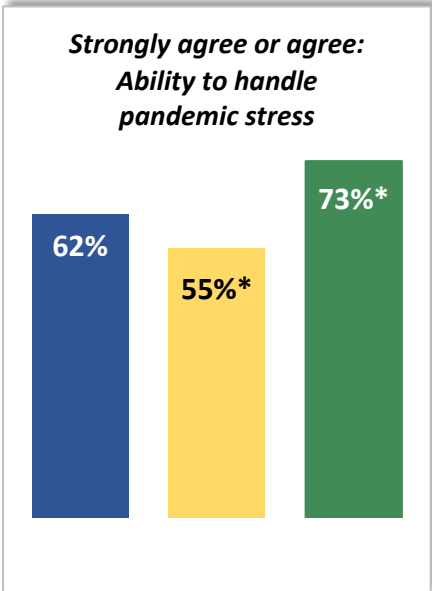
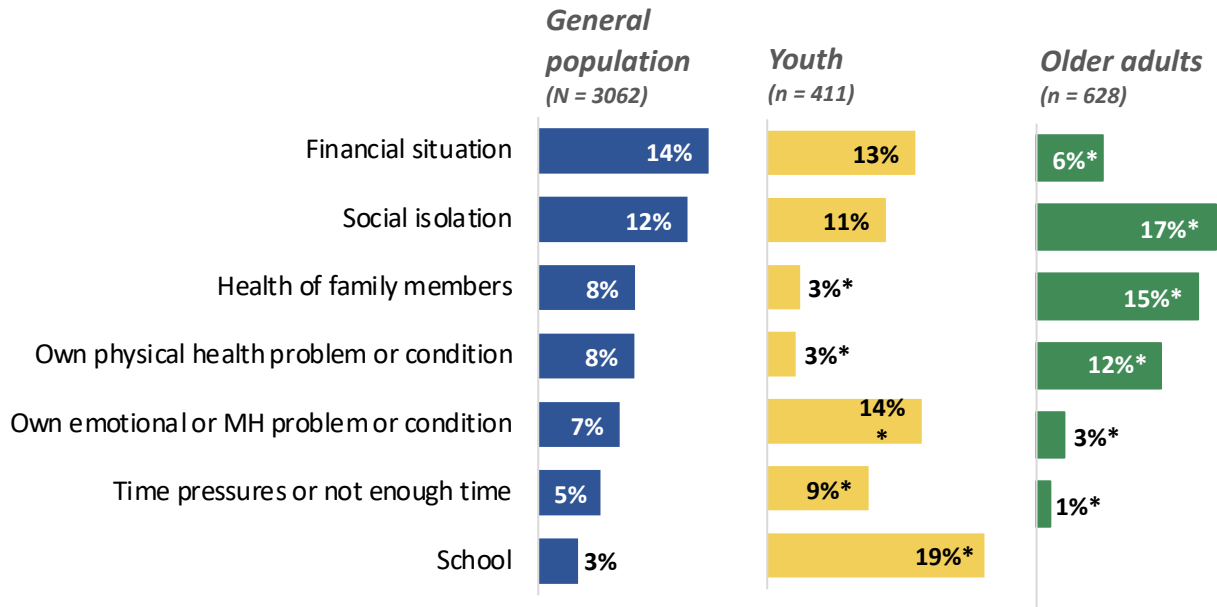
Q42: During the past month, have you accessed formal treatment services (e.g., a medical doctor, psychologist, social worker, counsellor, support groups, peer counsellor) to help manage your use of any of the following substances? (on the internet, via phone or in person)

Youth report school and their mental health as their top stressors during the pandemic

For older adults, it's social isolation and the health of family members

Major Stressors

Top Pandemic Stressors
(Pooled May to July 2021)



Q18: Thinking about your day-to-day life during the pandemic, what would you say is your biggest source of COVID-19 related stress right now (Top 6 Stressors)? (T5,6)

*Statistically significant difference than the rest of the sample at 95% confidence interval



Detailed Results

Spotlight Continued: Perceived Stigma

METHODS: PERCEIVED STIGMA

Discrimination and Devaluation Scale

Perceived stigma toward [depression](#) and [alcohol use disorder](#) were measured using the discrimination and devaluation scale (DDS). The DDS asks respondents to indicate whether they think most people would devalue (think less of) or discriminate against someone who had been treated for depression (slide 15) or alcohol use disorder (slide 16). In other words, the DDS measures perceptions about stigma among “most people you know” rather than directly asking respondents about their own beliefs.

Tips for Interpreting the Next Four Slides

- [Slides 14 and 15](#) show the percentage of youth, older adults and the general population that strongly disagree or disagree with each stigmatizing belief about depression and alcohol use disorder. ***Disagreeing*** with a stigmatizing belief means ***less perceived stigma***.
- [Slides 16 and 17](#) show the percentage of youth, older adults and other populations that strongly agree or agree with
 - none of the stigmatizing beliefs about depression and alcohol use disorder,
 - at least one of the stigmatizing beliefs, or
 - all six beliefs.

The greater the number of stigmatizing beliefs ***agreed*** with, the ***greater the perceived stigma***.

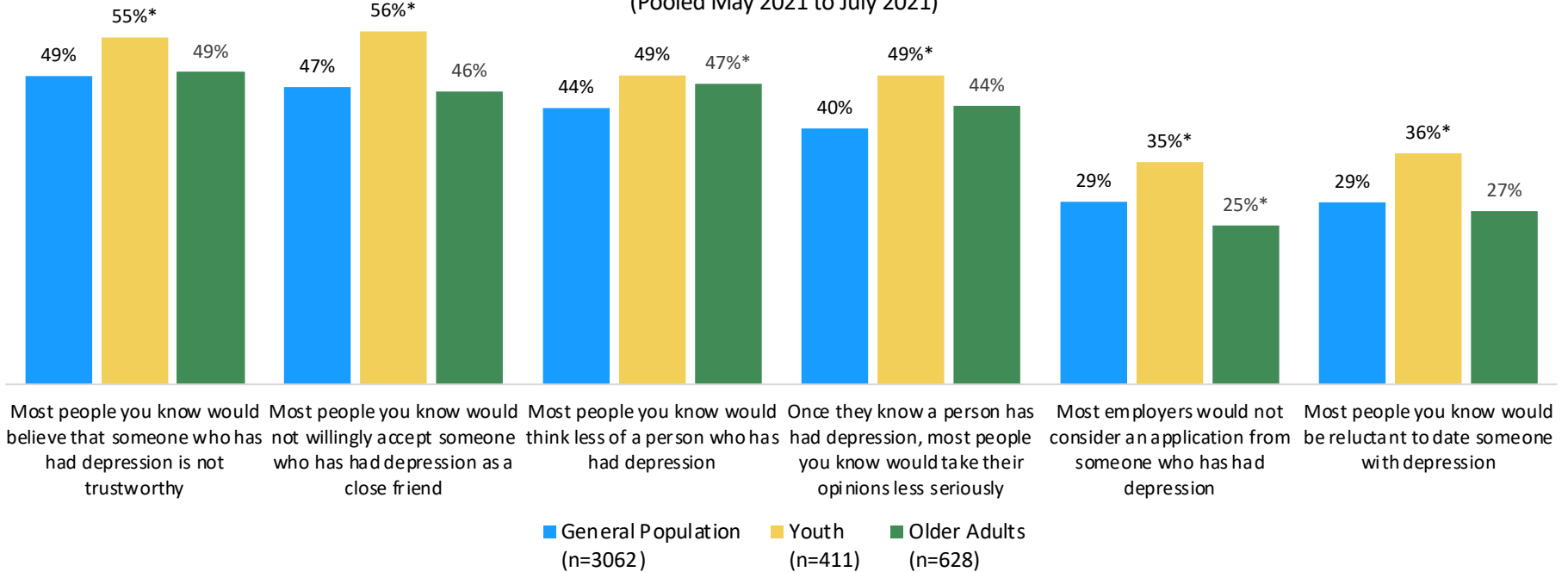
For more information about the DDS, see [here](#).

Youth are less likely to perceive stigma toward someone with depression

Older adults and the general population share similar perceptions of stigma

Depression - Stigma

% Disagreeing (Disagree or Strongly Disagree) with Perceived Stigma about Depression
(Pooled May 2021 to July 2021)



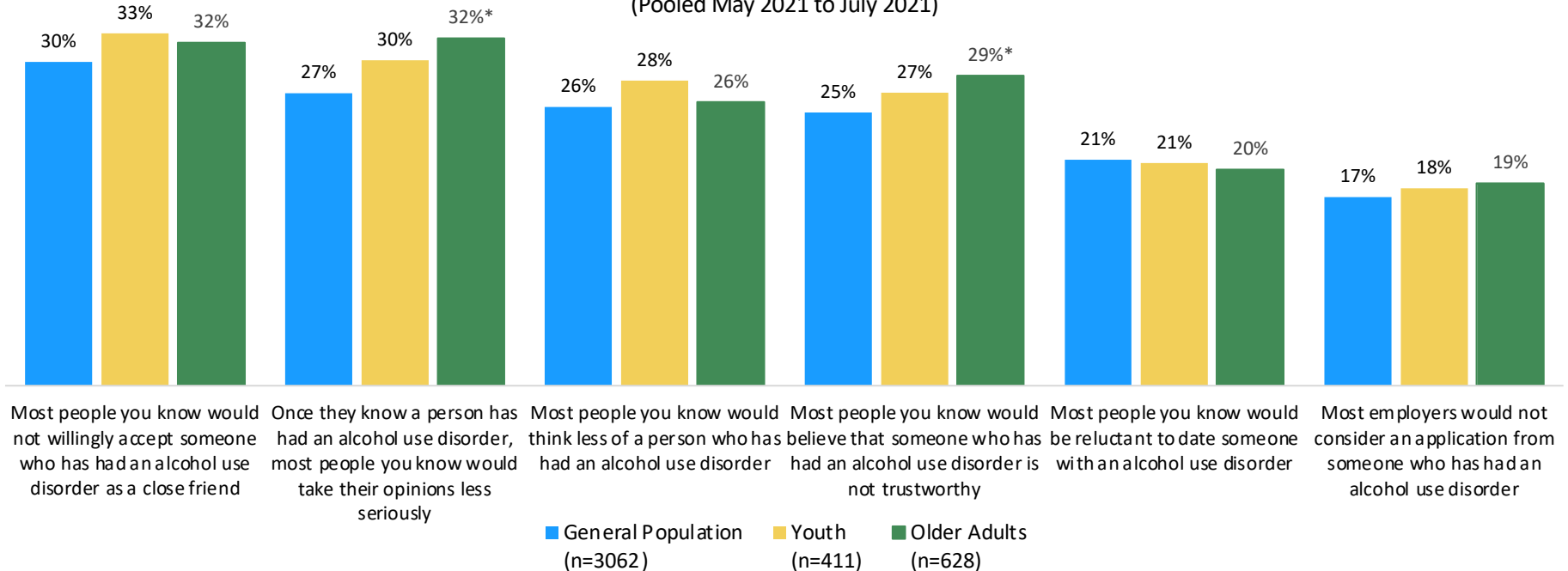
Stigma1: Please rate the statements below on the following scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree).

*Statistically significant difference than rest of sample at 95% confidence interval.

Perceived stigma toward someone with alcohol use disorder is even more common among respondents of all ages

Alcohol Use Disorder - Stigma

% Disagreeing (Disagree or Strongly Disagree) with Perceived Stigma about Alcohol Use Disorder
(Pooled May 2021 to July 2021)



Stigma1: Please rate the statements below on the following scale (strongly disagree, disagree, neither agree nor disagree, agree or strongly agree).

*Statistically significant difference than rest of sample at 95% confidence interval.

More than half of respondents (53%) believe stigma toward people with depression is still present

People with a history of mental health diagnosis are more likely to perceive stigma

Depression -
Stigma

How many statements perceiving stigma about depression do you agree or strongly agree with?	Pooled May 2021 to July 2021			
	General population	Youth	Older adults	General population with lifetime MHD
<i>n</i>	3,062	411	628	917
None of the statements	46%	51%	48%	39%
One or more statements	53%	49%	52%	61%
All six statements	7%	7%	4%	8%



According to [Statistics Canada](#), 58% of Canadians aged 12 years and older surveyed in 2012 did not agree with any perceived stigma statements about depression.

Stigma1: Please rate the statements below on the following scale [Strongly Agree + Agree].

E.g., Most people you know would believe that someone who has had depression is not trustworthy (see all statements on slide 14)

More than two thirds (68%) of respondents believe stigma toward someone with an alcohol use disorder is still present

One in five (21%) people with a history of substance use disorder agree with all six statements

Alcohol Use Disorder -
Stigma

How many statements perceiving stigma about alcohol use disorder do you agree or strongly agree with?	Pooled May to July 2021			
	General population	Youth	Older adults	General population with lifetime SUD
<i>n</i>	3062	411	628	148
None of the statements	32%	28%	31%	25%
At least one statement	68%	72%	69%	75%
All six statements	15%	16%	10%	21%

Stigma 1: Please rate the statements below on the following scale (strongly agree or agree)

E.g., Most people you know would believe that someone who has had alcohol use disorder is not trustworthy (see all statements on slide 15)



PART II

Tracking Survey Indicators Over Time: Trends

Priority Population Profile – Part II

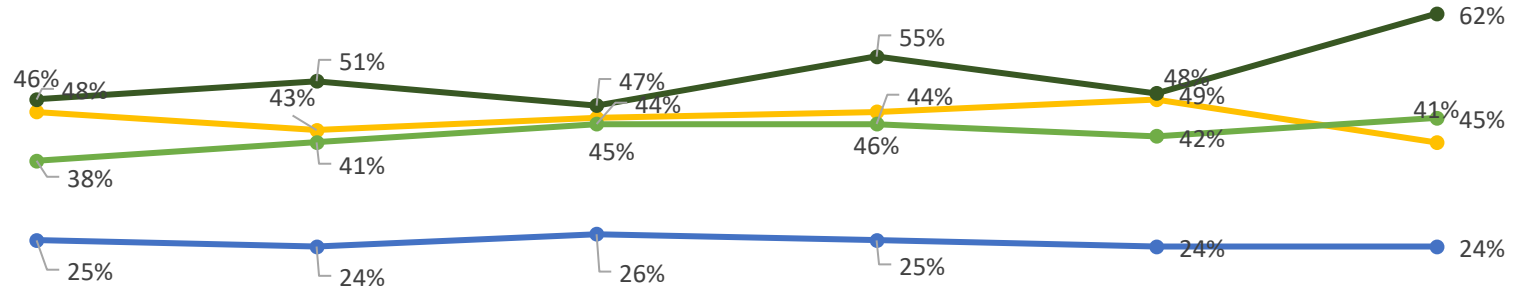
	T1 (Oct./Nov. 2020)	T2 (Nov./Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)
Weighted N	2,502	1,507	1,502	1,524	1,519	1,543
Lifetime mental health diagnosis (Lifetime MHD) <i>Has a medical or psychological professional ever diagnosed you with a mental health disorder (e.g., depression, anxiety, PTSD, etc.)? YES</i>	30% (n = 747)	28% (n = 428)	30% (n = 445)	28% (n = 430)	29% (n = 444)	31% (n = 473)
Current mental health symptoms (MH Symptoms) <i>Respondents reporting mild to severe symptoms of depression (PHQ-9 score 5 or more), anxiety (GAD-7 score 5 or more), contemplating suicide or any combination of these since March 2020.</i>	59% (n = 1,482)	59% (n = 883)	60% (n = 898)	59% (n = 900)	58% (n = 874)	58% (n = 891)
Lifetime substance use diagnosis (Lifetime SUD) <i>Has a medical or psychological professional ever diagnosed you with substance use disorder (e.g., alcohol use disorder, cannabis use disorder, etc.)? YES</i>	6% (n = 138)	5% (n = 77)	4% (n = 65)	4% (n = 67)	4% (n = 67)	5% (n = 81)
Problematic use of alcohol, cannabis or both (Problematic SU) <i>Respondents who scored 8 or more on the AUDIT, the CUDIT-R or both.</i>	19% (n = 465)	18% (n = 265)	18% (n = 264)	16% (n = 248)	17% (n = 264)	17% (n = 264)

1 in 4 respondents continue to report moderate to severe anxiety symptoms

Anxiety increased in July among individuals with a history of substance use disorder

Anxiety (GAD7) - Trends

Moderate or Severe Anxiety



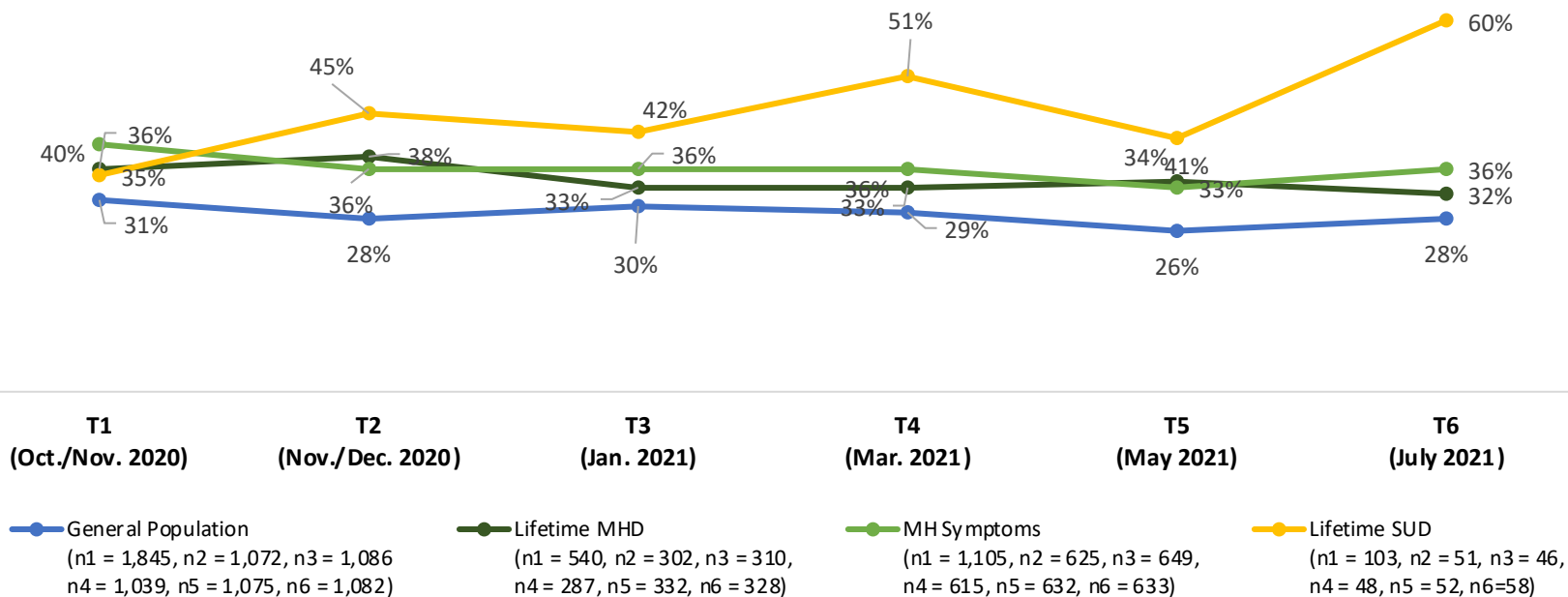
T1 (Oct./Nov. 2020)	T2 (Nov./Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)
General Population (n1 = 2,490, n2 = 1,501, n3 = 1,490, n4 = 1,512, n5 = 1,510, n6 = 1,538)					
	Lifetime MH (n1 = 745, n2 = 428, n3 = 442, n4 = 426, n5 = 441, n6 = 471)				
		Lifetime SUD (n1 = 137, n2 = 77, n3 = 65, n4 = 67, n5 = 67, n6 = 81)			
			Problematic SU (n1 = 463, n2 = 265, n3 = 264, n4 = 247, n5 = 264, n6 = 263)		

Q8: Anxiety scores (GAD-7 scale) (same for T1, T2, T3, T4, T5 and T6)

Nearly 1 in 3 respondents who use alcohol continue to report increased use

Alcohol use increased in July among individuals with a history of substance use disorder

Among People Who Use Alcohol, % Reporting Slightly or Far More Alcohol Use



Q22r15: Drinking alcohol (beverages or drinks): Have you engaged in the following activities more or less since the onset of the COVID-19 pandemic (since March 2020, T1) or during the past month (T2–T6)?

Mental health symptoms continue to be higher among individuals with a history of mental health disorders

Mental health indicators	General population						Lifetime MHD						MH symptoms					
	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6
<i>n</i>	2,502	1,507	1,502	1,524	1,519	1,543	747	428	445	430	444	473	1,482	883	898	900	874	891
Strong mental health	44%	40%	40%	40%	40%	40%	<u>18%</u>	<u>18%</u>	<u>18%</u>	<u>15%</u>	<u>17%</u>	<u>17%</u>	<u>24%</u>	<u>20%</u>	<u>20%</u>	<u>17%</u>	<u>18%</u>	<u>19%</u>
Moderately severe or severe depression	14%	14%	16%	15%	14%	14%	<u>29%</u>	<u>31%</u>	<u>34%</u>	<u>32%</u>	<u>33%</u>	<u>29%</u>	—	—	—	—	—	—
Moderate or severe anxiety	25%	24%	26%	25%	24%	24%	<u>46%</u>	<u>43%</u>	<u>45%</u>	<u>46%</u>	<u>48%</u>	<u>41%</u>	—	—	—	—	—	—
Suicide ideation (since March 2020)	6%	5%	7%	7%	8%	9%	<u>13%</u>	<u>13%</u>	<u>15%</u>	<u>16%</u>	<u>18%</u>	<u>21%</u>	—	—	—	—	—	—
Suicide ideation (past month)	—	3%	4%	3%	4%	5%	—	7%	9%	8%	11%	12%	—	5%	7%	5%	8%	8%
Access to services (past month)	15%	11%	12%	12%	13%	14%	<u>34%</u>	<u>30%</u>	<u>28%</u>	<u>30%</u>	<u>31%</u>	<u>31%</u>	<u>22%</u>	<u>17%</u>	<u>19%</u>	<u>18%</u>	<u>19%</u>	<u>22%</u>

PHQ9 scale, GAD7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? (same for T1, T2-T6) Q44: Since March 2020 (T1) or over the past month (T2-T6), have you accessed formal treatment services to help manage your emotions or mental health? Underlined proportions indicate statistically significant difference than rest of sample within time interval at 95% confidence interval. Sample T1: ~2,500; T2-T6: ~1,500.

Mental health symptoms are increasingly high among individuals with past or current substance use concerns

1 in 5 respondents with a history of substance use disorders report past month suicidal ideation

Mental Health-Trends

Mental Health Indicators	General population						Lifetime SUD						Problematic SU					
	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6
<i>n</i>	2502	1507	1502	1524	1519	1543	138	77	65	67	67	81	465	265	264	248	264	264
Strong mental health	44%	40%	40%	40%	40%	40%	<u>27%</u>	<u>25%</u>	27%	24%	26%	<u>23%</u>	<u>34%</u>	<u>30%</u>	<u>31%</u>	<u>26%</u>	<u>26%</u>	<u>27%</u>
Moderately severe or severe depression	14%	14%	16%	15%	14%	14%	<u>48%</u>	<u>39%</u>	40%	42%	45%	<u>39%</u>	<u>24%</u>	<u>29%</u>	<u>35%</u>	<u>34%</u>	<u>29%</u>	<u>31%</u>
Moderate or severe anxiety	25%	24%	26%	25%	24%	24%	<u>48%</u>	<u>51%</u>	47%	55%	49%	<u>62%</u>	<u>38%</u>	41%	<u>44%</u>	<u>44%</u>	<u>42%</u>	<u>45%</u>
Suicide ideation (since March 2020)	6%	5%	7%	7%	8%	9%	<u>19%</u>	<u>30%</u>	26%	25%	40%	<u>40%</u>	<u>13%</u>	<u>15%</u>	<u>15%</u>	<u>12%</u>	<u>18%</u>	<u>23%</u>
Suicide ideation (past month)	—	3%	4%	3%	4%	5%	—	13%	17%	11%	26%	22%	—	10%	9%	6%	10%	11%
Access to services (past month)	15%	11%	12%	12%	13%	14%	<u>39%</u>	<u>39%</u>	29%	39%	39%	<u>36%</u>	<u>27%</u>	<u>24%</u>	<u>22%</u>	<u>22%</u>	<u>23%</u>	<u>25%</u>

PHQ9 scale, GAD7 scale, Q7: In general, how would you describe your mental health? Q11: Have you seriously contemplated suicide since the COVID-19 pandemic began? (same for T1, T2-T6) Q44: Since March 2020 (T1) or over the past month (T2-T6), have you accessed formal treatment services to help manage your emotions or mental health? Underlined proportions indicate statistically significant difference than rest of sample within time interval at 95% confidence interval. Sample T1: ~2,500; T2–T6: ~1,500

Similarly, problematic alcohol and cannabis use continues to be more common among individuals with past or current mental health concerns

1 in 3 respondents with current mental health symptoms who use alcohol report problematic use

Substance use indicators	General population						Lifetime MHD						MH symptoms					
	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6
<i>n</i>	2,502	1,507	1,502	1,524	1,519	1,543	747	428	445	430	444	473	1,482	883	898	900	874	891
Slightly or far more alcohol use	31%	28%	30%	29%	26%	28%	<u>36%</u>	<u>38%</u>	33%	33%	<u>34%</u>	32%	<u>40%</u>	<u>36%</u>	<u>36%</u>	<u>36%</u>	<u>33%</u>	<u>36%</u>
AUDIT 8 or more (problematic alcohol use)	23%	22%	22%	21%	20%	22%	<u>31%</u>	<u>33%</u>	<u>32%</u>	<u>29%</u>	<u>28%</u>	<u>28%</u>	<u>32%</u>	<u>31%</u>	<u>30%</u>	<u>29%</u>	<u>28%</u>	<u>31%</u>
Slightly or far more cannabis use	35%	41%	35%	31%	43%	32%	<u>42%</u>	<u>50%</u>	34%	31%	<u>54%</u>	<u>40%</u>	<u>41%</u>	<u>48%</u>	<u>38%</u>	<u>37%</u>	<u>50%</u>	<u>39%</u>
CUDIT 8 or more (problematic cannabis use)	40%	37%	38%	36%	39%	37%	<u>46%</u>	<u>45%</u>	44%	39%	<u>49%</u>	<u>44%</u>	<u>48%</u>	<u>44%</u>	<u>44%</u>	<u>40%</u>	<u>46%</u>	<u>43%</u>
Access to services (past month)	8%	7%	7%	6%	5%	6%	<u>15%</u>	<u>17%</u>	<u>11%</u>	<u>11%</u>	<u>10%</u>	<u>9%</u>	<u>13%</u>	<u>11%</u>	<u>11%</u>	<u>10%</u>	<u>8%</u>	<u>9%</u>

AUDIT scale, CUDIT-R scale, Q22r14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: Have you engaged in the following activities more or less since the onset of the COVID-19 pandemic (since March 2020 for T1 or during the past month for T2–T6)? Q42r1,2,3,4: Since March 2020 (T1) or over the past month (T2–T6), have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs or other illegal psychoactive drugs?

Underlined proportions indicate statistically significant difference than rest of sample within time interval at 95% confidence interval. Sample T1: ~2,500; T2–T6: ~1,500.

Substance use concerns also continue to be more common among respondents with a history of substance use disorders

Substance Use Indicators	General Population						Lifetime SUD						Problematic SU					
	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6	T1	T2	T3	T4	T5	T6
<i>n</i>	2,502	1,507	1,502	1,524	1,519	1,543	138	77	65	67	67	81	465	265	264	248	264	264
Slightly or far more alcohol use	31%	28%	30%	29%	26%	28%	35%	45%	42%	51%	41%	<u>60%</u>	<u>48%</u>	<u>43%</u>	<u>48%</u>	<u>48%</u>	<u>47%</u>	<u>46%</u>
AUDIT 8 or more (problematic alcohol use)	23%	22%	22%	21%	20%	22%	<u>75%</u>	83%	76%	73%	69%	<u>72%</u>	-	-	-	-	-	-
Slightly or far more cannabis use	35%	41%	35%	31%	43%	32%	42%	54%	46%	38%	51%	<u>59%</u>	<u>52%</u>	<u>53%</u>	<u>46%</u>	<u>45%</u>	<u>60%</u>	<u>50%</u>
CUDIT 8 or more (problematic cannabis use)	40%	37%	38%	36%	39%	37%	<u>61%</u>	<u>76%</u>	53%	<u>60%</u>	<u>75%</u>	<u>83%</u>	-	-	-	-	-	-
Access to services (past month)	8%	7%	7%	6%	5%	6%	<u>37%</u>	<u>46%</u>	29%	21%	37%	<u>38%</u>	<u>26%</u>	<u>25%</u>	<u>25%</u>	<u>20%</u>	<u>18%</u>	<u>24%</u>

AUDIT scale, CUDIT-R scale, Q22r14, 15: Drinking alcohol (beverages or drinks) or consuming cannabis: Have you engaged in the following activities more or less since the onset of the COVID-19 pandemic (since March 2020 for T1 or during the past month for T2–T6)? Q42r1,2,3,4: Since March 2020 (T1) or over the past month (T2–T6), have you accessed formal treatment services to help manage your use of alcohol, cannabis, prescription psychoactive drugs or other illegal psychoactive drugs? Underlined proportions indicate statistically significant difference than rest of sample within time interval at 95% confidence interval. Sample T1: ~2,500; T2–T6: ~1,500.



Respondent Profile

Respondent Profile (1 of 2)

	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)
<i>n</i>	2,502	1,507	1,502	1,524	1,519	1,543
Gender	%	%	%	%	%	%
Female	51	51	51	51	51	51
Male	48	47	48	48	47	47
Other	—	1	1	1	2	2
Age, years						
16 to 24	13	13	13	13	13	13
25 to 39	25	24	24	24	25	23
40 to 64	42	42	42	42	41	43
65 and older	21	21	21	21	21	21
2SLGBTQ+						
Yes	11	10	11	11	11	13
No	88	89	88	88	88	86

	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (March 2021)	T5 (May 21)	T6 (July 21)
<i>n</i>	2,502	1,507	1,502	1,524	1,519	1,543
Region	%	%	%	%	%	%
British Columbia	13	13	13	13	13	13
Alberta	12	12	12	12	12	12
Saskatchewan	3	3	3	3	3	3
Manitoba	4	4	4	4	4	4
Ontario	39	39	39	39	39	39
Quebec	23	23	23	23	23	23
Atlantic	7	7	7	7	7	7
Canadian Status						
Canadian citizen by birth or non-immigrant	79	79	77	79	80	80
Canadian by naturalization	13	13	15	12	12	12
Permanent resident	6	6	6	8	6	6
No status	1	1	1	1	1	1

Respondent Profile (2 of 2)

	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)
n	2,502	1,507	1,502	1,524	1,519	1,543
Ethnicity	%	%	%	%	%	%
White	77	76	78	77	77	77
East or Southeast Asian	8	8	7	8	10	9
Indigenous Peoples (First Nation, Inuk, Métis)	5	5	5	5	5	5
South Asian	5	5	4	5	4	4
Black	2	4	2	2	2	2
Middle Eastern	2	2	2	2	2	2
Latino	1	2	2	1	2	2
Canadian or French Canadian (Non-specified)	1	<1	<1	1	<1	<1

	T1 (Oct./ Nov. 2020)	T2 (Nov./ Dec. 2020)	T3 (Jan. 2021)	T4 (Mar. 2021)	T5 (May 2021)	T6 (July 2021)
n	2,502	1,507	1,502	1,524	1,519	1,543
Education	%	%	%	%	%	%
Less than a high school diploma	3	3	3	5	3	3
High school diploma or equivalent	18	21	19	21	19	17
Some college, no degree	31	29	30	28	27	29
Bachelor's degree	31	31	32	30	32	31
Master's degree	8	7	8	9	10	10
Professional degree	6	6	7	6	6	6
Doctorate	1	2	1	1	2	2
Employment						
Employed	46	45	46	45	48	49
Unemployed before COVID	5	4	4	5	3	4
Unemployed since COVID	5	5	6	5	5	4
Student	10	10	9	9	8	8
Retired	24	26	25	24	24	24
Self-employed	5	6	6	6	6	5
Unable to work	4	4	4	4	4	5