

# ONTARIO COVID-19 CHILD, YOUTH AND ADULT MENTAL HEALTH AND ADDICTION SURVEY

May 2020

© 2020 Ipsos. All rights reserved. Contains Ipsos' Confidential and Proprietary information and may not be disclosed or reproduced without the prior written consent of Ipsos.



# INTRODUCTION

# SURVEY METHODOLOGY



- These are the findings of an Ipsos poll conducted on behalf of Children's Mental Health Ontario, and Addictions and Mental Health Ontario.
- For the poll a sample of 1,002 residents of Ontario was surveyed online via the Ipsos I-Say panel from April 28th to 30th 2020.
- Quotas and weighting were employed to ensure that the sample's composition reflects that of the Ontario population according to census information.
- The precision of online polls is measured using a credibility interval. In this case the results are considered accurate to within +/- 3.5 percentage points, 19 times out of 20, of what the results would have been had all Ontario adults been surveyed. The credibility interval will be wider for subsets of the population.
- Where applicable, arrows are used throughout the report to indicate significant differences vs previous data. ▲▼

# DETAILED FINDINGS

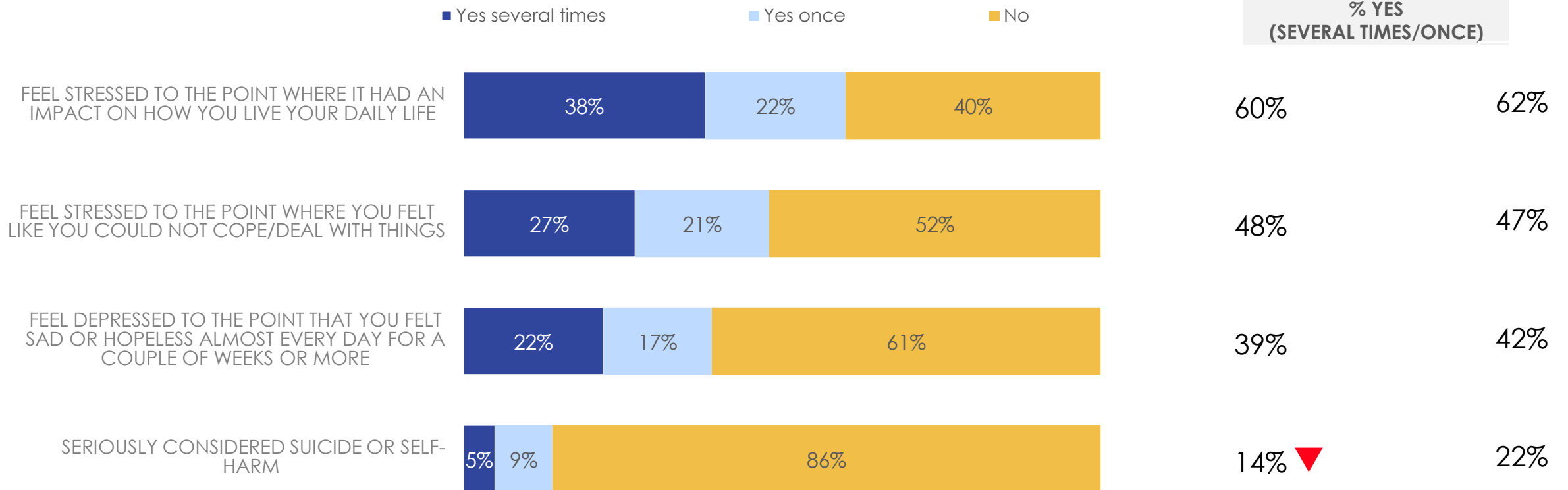


# ADULTS/ YOUNG ADULTS



# IPSOS MENTAL HEALTH RISK INDEX

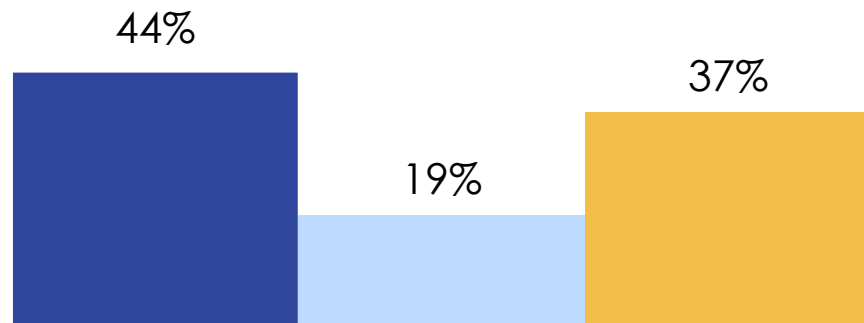
## THINKING OF THE YEAR 2019, DID YOU EVER...?



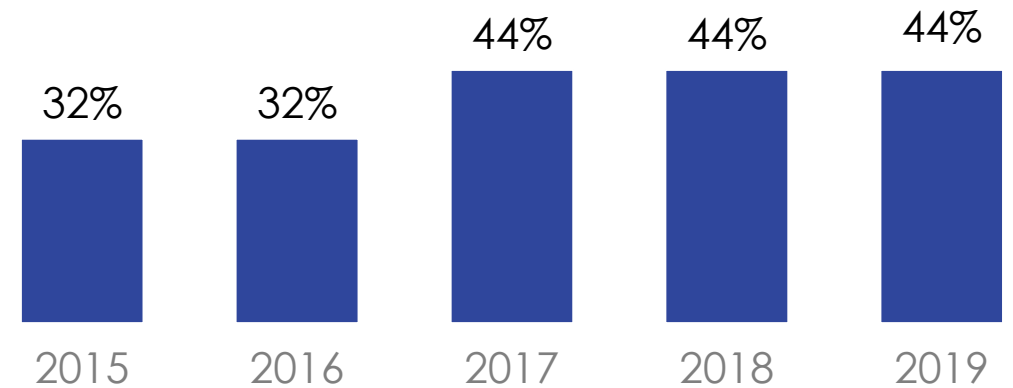
# IPSOS MENTAL HEALTH RISK INDEX

## 2019 MENTAL HEALTH RISK INDEX

■ High Risk   ■ Moderate Risk   ■ Low Risk

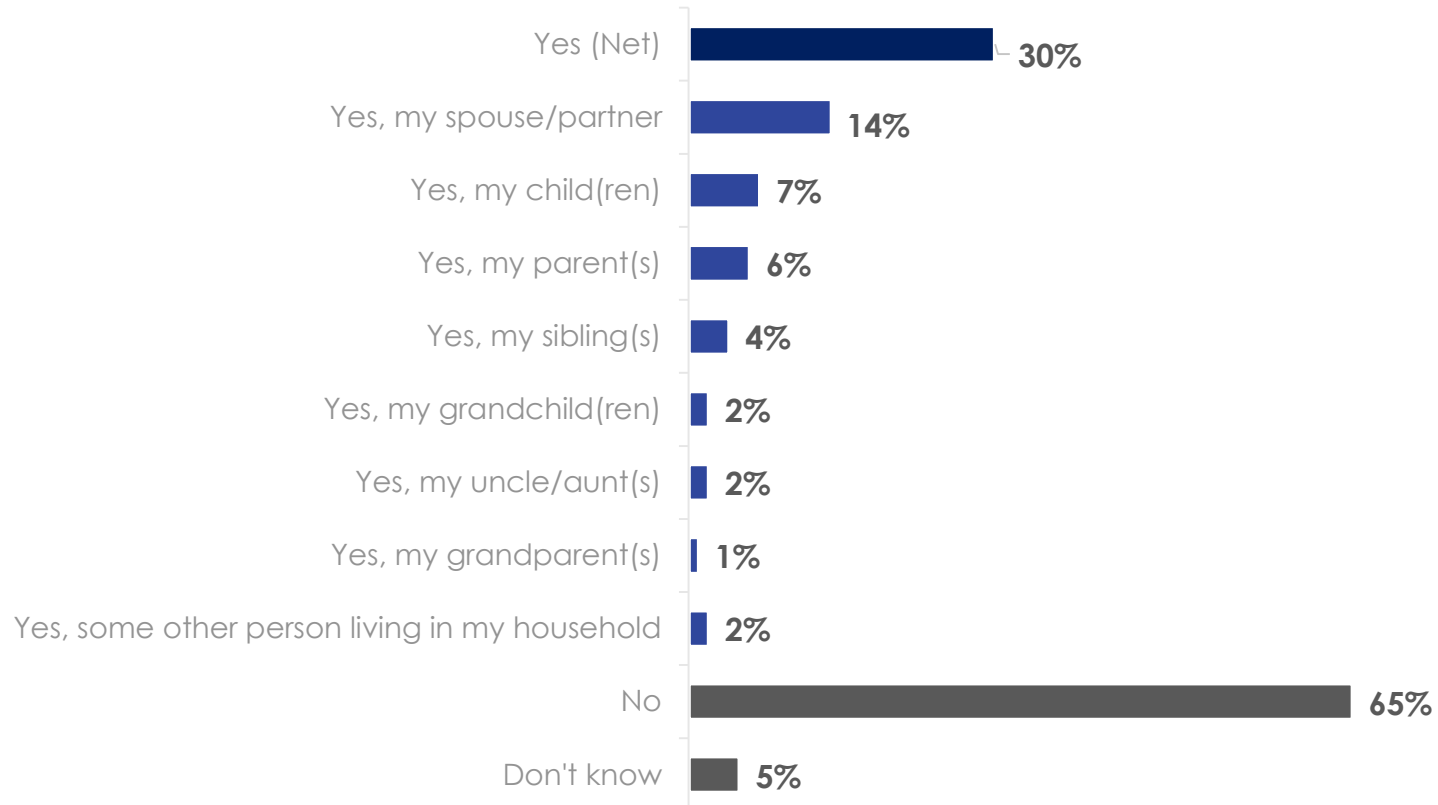


## % HIGH RISK MENTAL HEALTH BY YEAR



# OTHER LIVE-IN RELATIVES DIAGNOSED WITH MENTAL HEALTH CONDITION/MENTAL ILLNESS

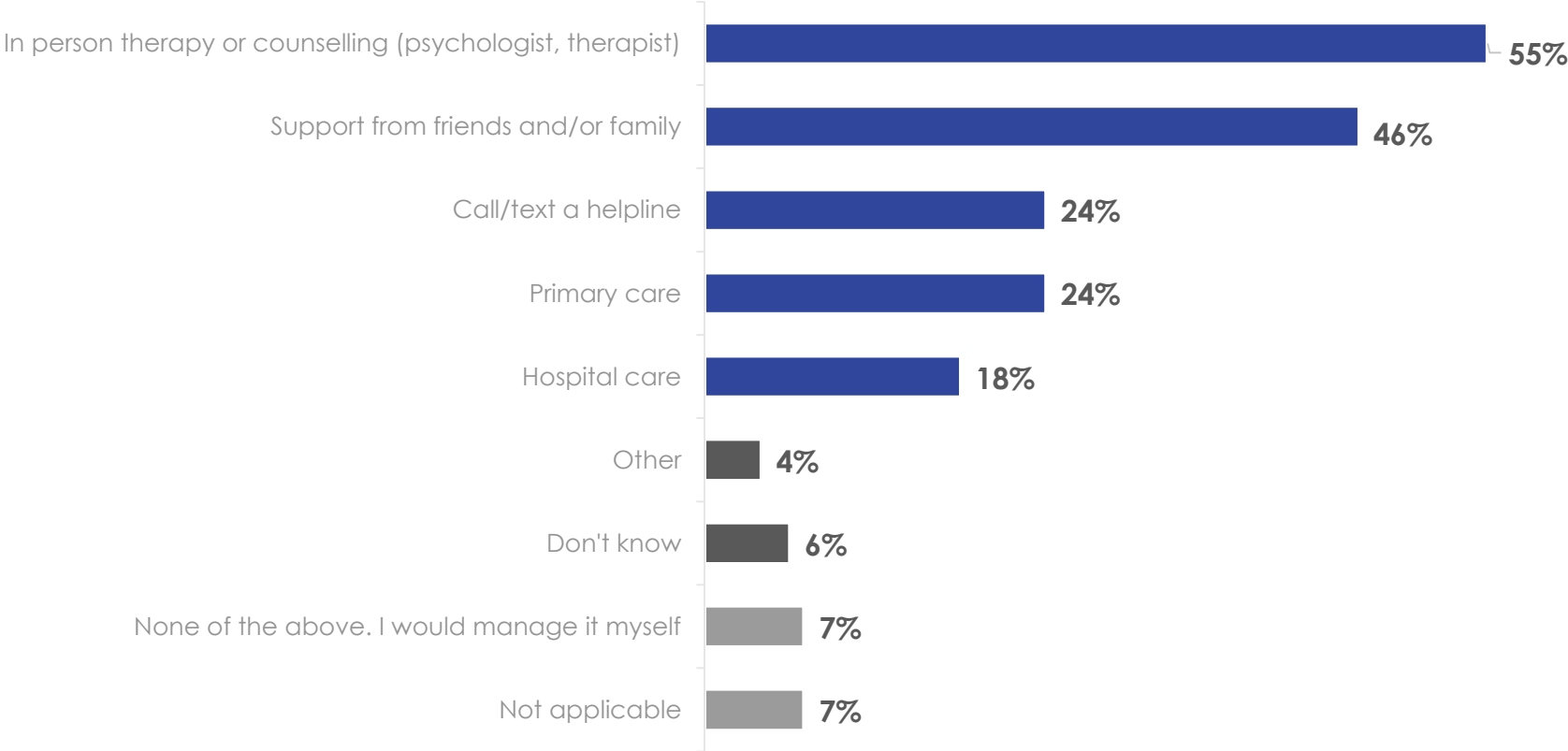
ARE THERE OTHER PEOPLE IN YOUR HH DIAGNOSED WITH A MENTAL HEALTH CONDITION/MENTAL ILLNESS...?





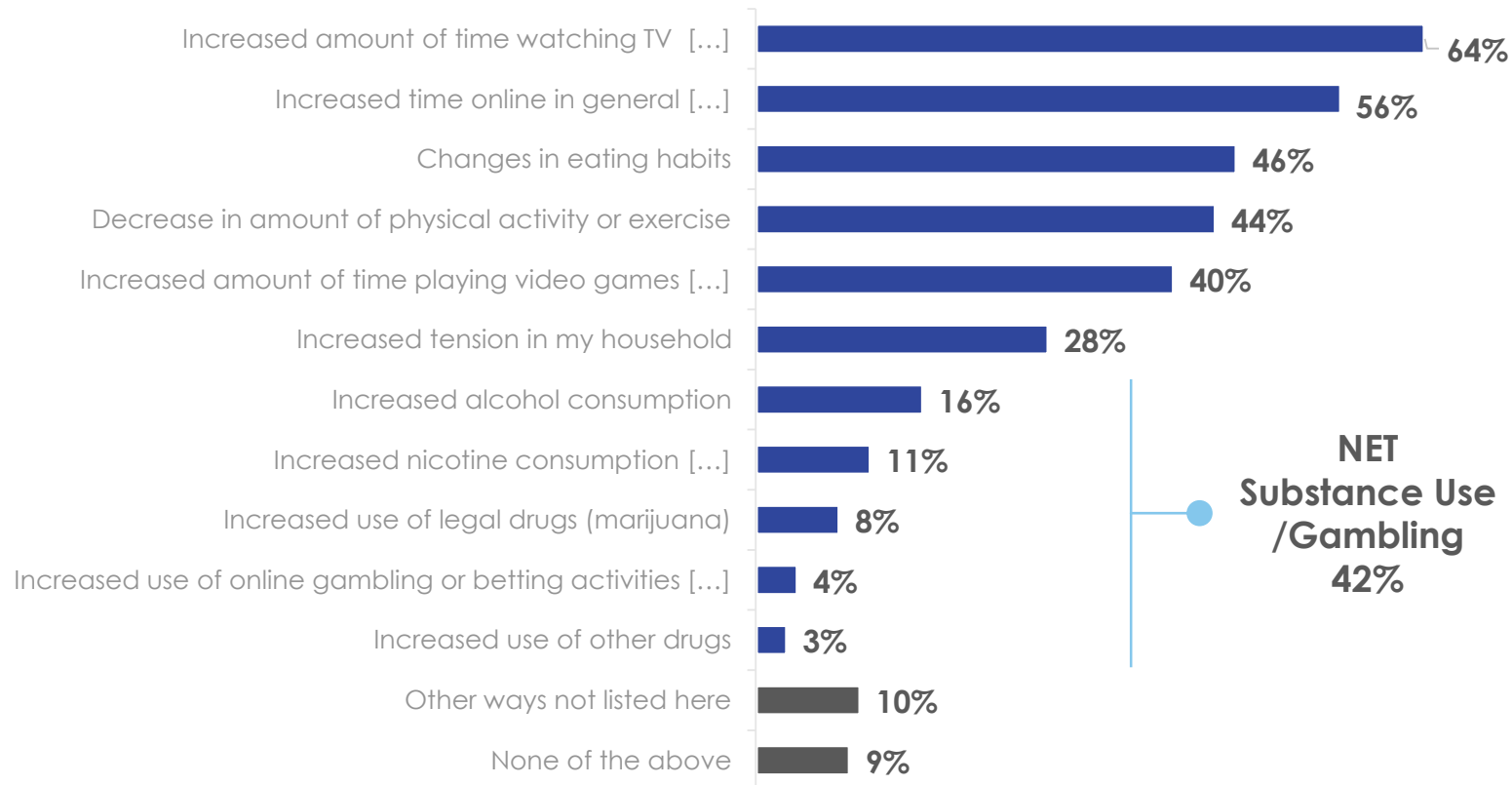
# TYPES OF SERVICES FOR SERIOUS MENTAL HEALTH ISSUE

## WHAT TYPES OF SERVICES WOULD YOU SEEK FOR HELP?



# IMPACTS OF CORONAVIRUS (COVID-19) PANDEMIC

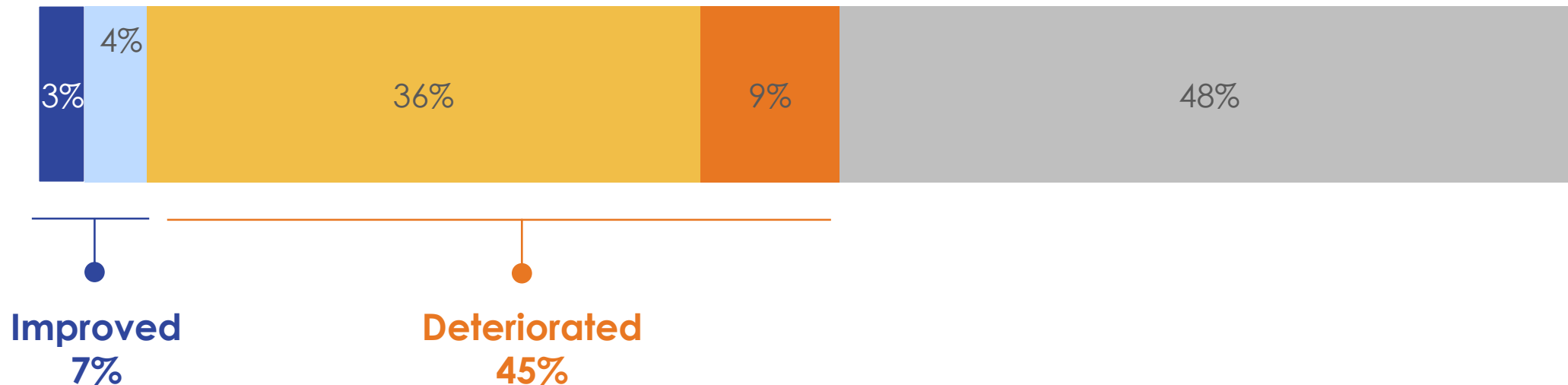
WOULD YOU SAY COVID-19 HAS IMPACTED YOU IN ANY OF THE FOLLOWING WAYS...?



# CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

OVERALL, WOULD YOU SAY IT HAS...?

■ Improved my mental health a lot ■ Improved my mental health a little ■ Deteriorated my mental health a little ■ Deteriorated my mental health a lot ■ No impact

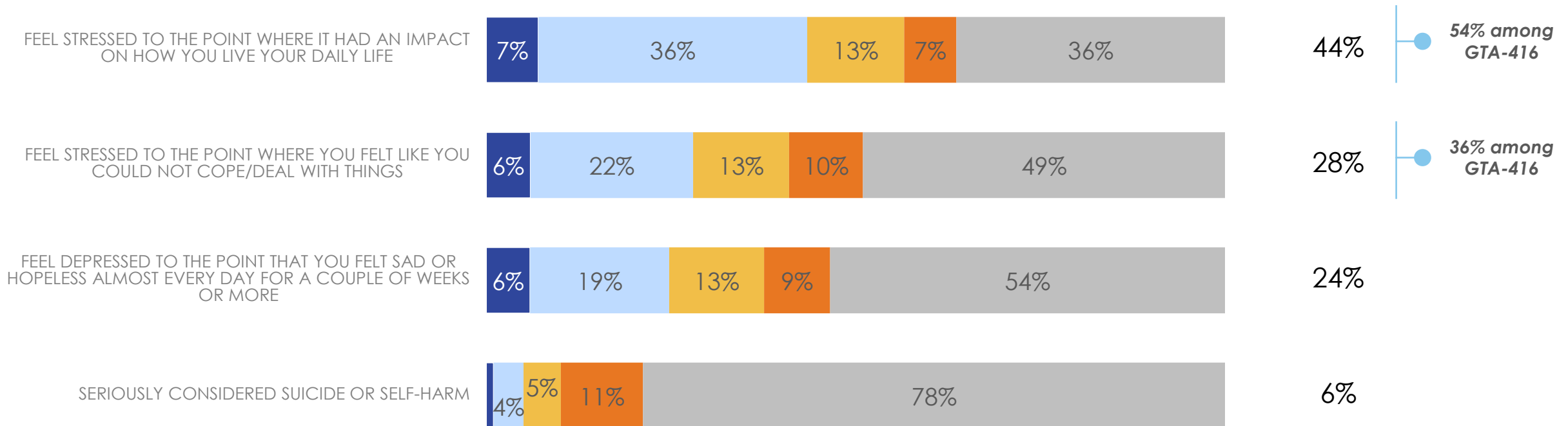


# CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

## HAVE YOUR EXPERIENCES WITH ANY OF THE FOLLOWING CHANGED...?

% MORE OFTEN  
(MUCH/SOMEWHAT)

■ Much more often ■ Somewhat more often ■ Somewhat less often ■ Much less often ■ No difference



<4% not labelled

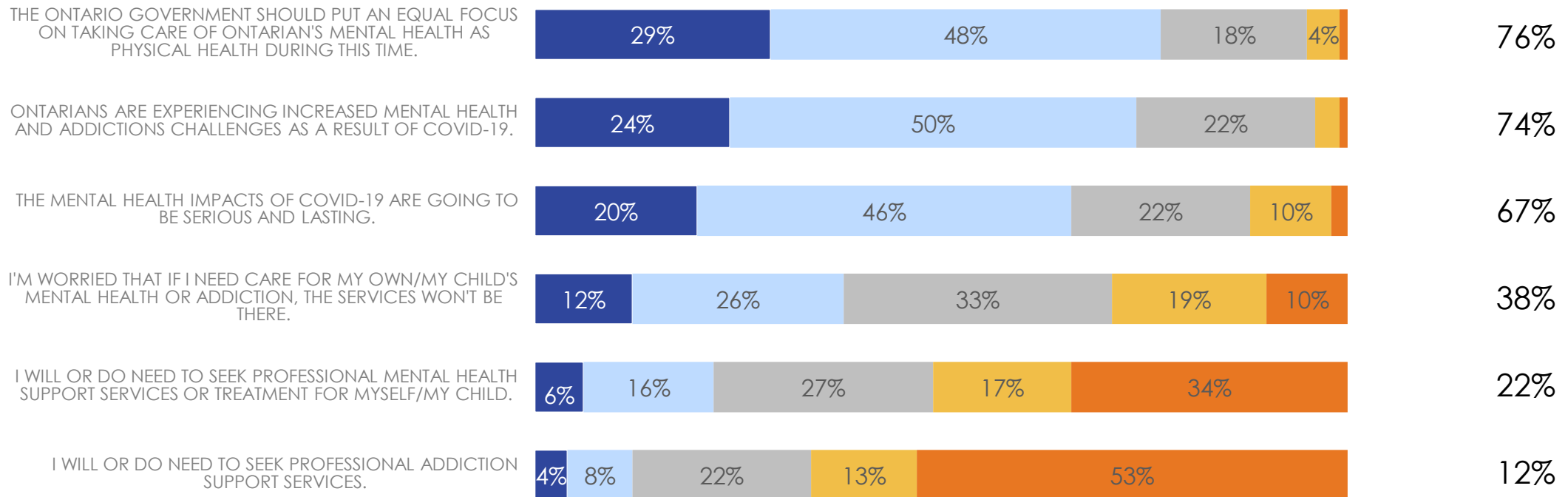


# ATTITUDES TOWARDS COVID-19 AND MENTAL HEALTH

## DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS:

**% AGREE  
(STRONGLY/SOMEWHAT)**

■ Strongly agree ■ Somewhat agree ■ Neither agree nor disagree ■ Somewhat disagree ■ Strongly disagree



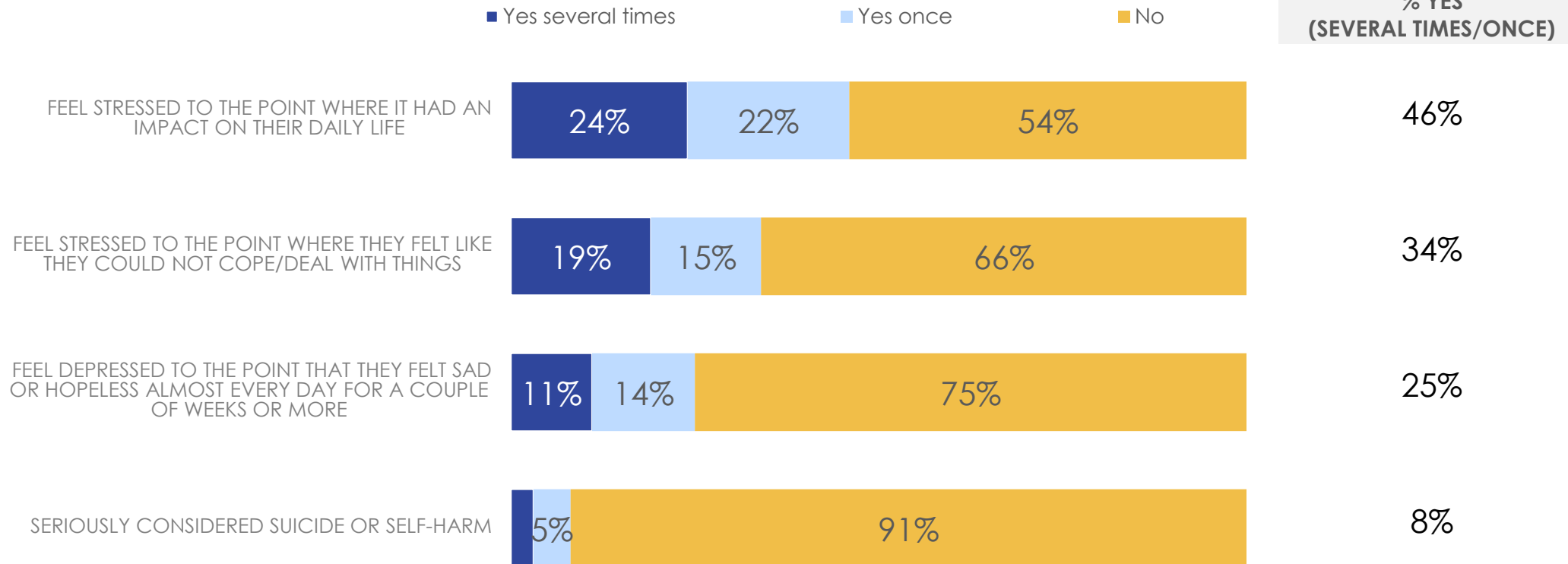
<4% not labelled

# CHILDREN



# IPSOS MENTAL HEALTH RISK INDEX

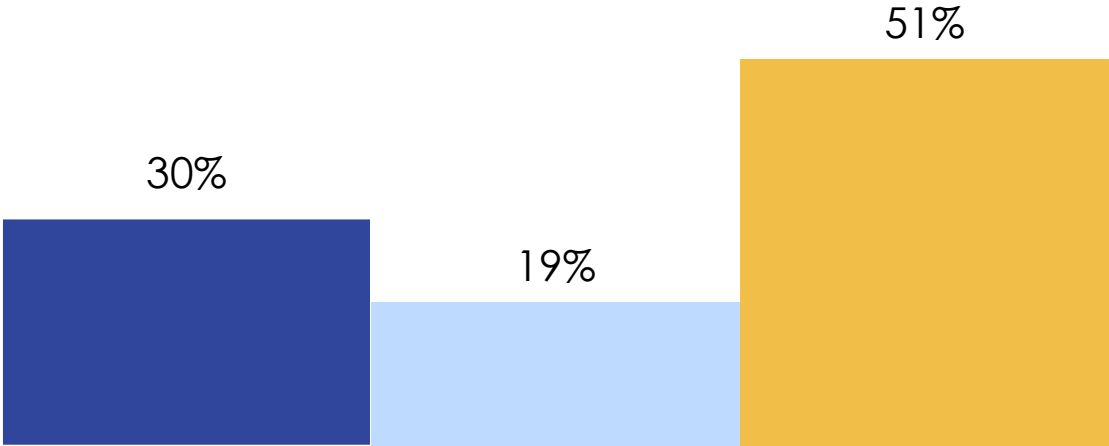
## THINKING OF THE YEAR 2019, DID YOUR CHILD EVER...?



# IPSOS MENTAL HEALTH RISK INDEX

## 2019 MENTAL HEALTH RISK INDEX

■ High Risk    ■ Moderate Risk    ■ Low Risk

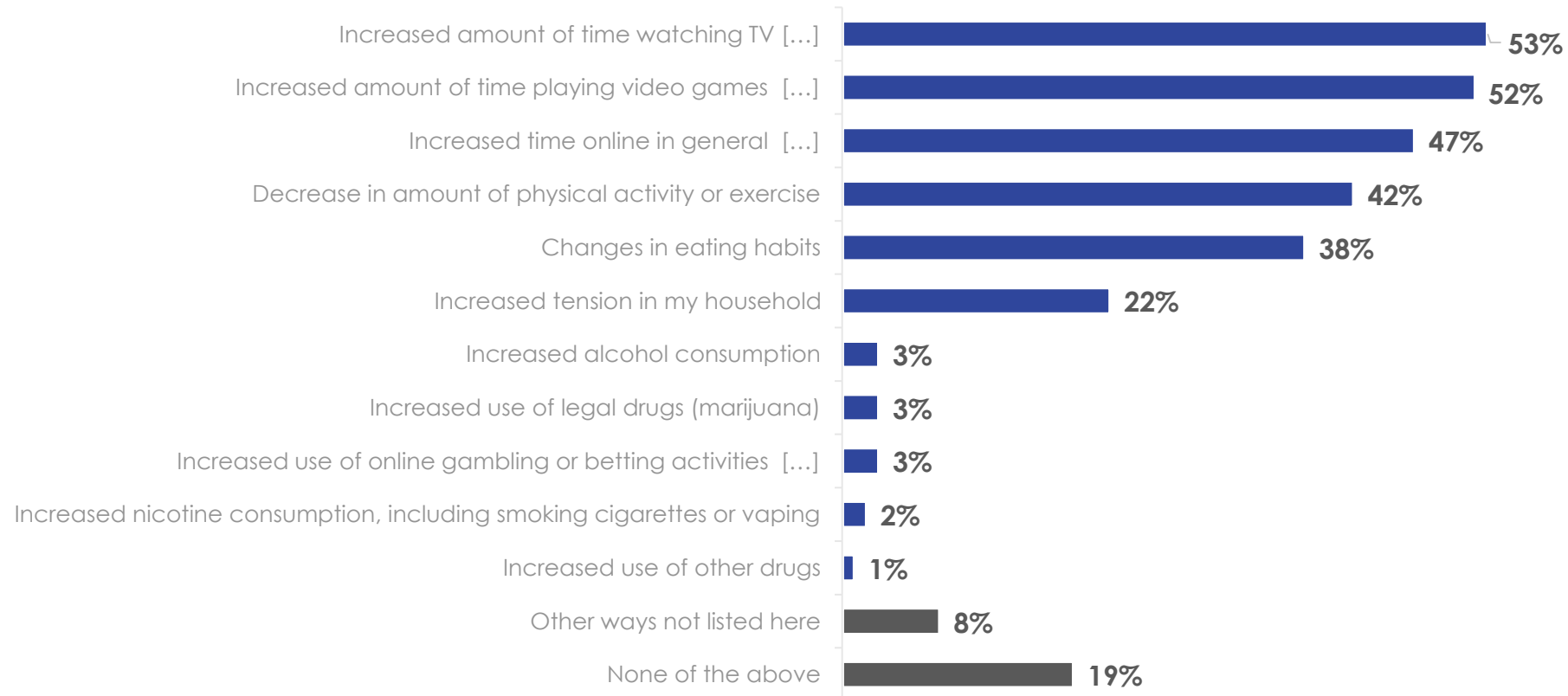


Q3. Thinking of the year 2019, did your child ever...? Base: Parents (n=425)  
"High risk" = experienced at least 3 of the 4 items at least once in the past year, or experienced at least 1 of the items several times and 1 other at least once.



# IMPACTS OF CORONAVIRUS (COVID-19) PANDEMIC

WOULD YOU SAY COVID-19 HAS IMPACTED YOUR CHILD IN ANY OF THE FOLLOWING WAYS...?

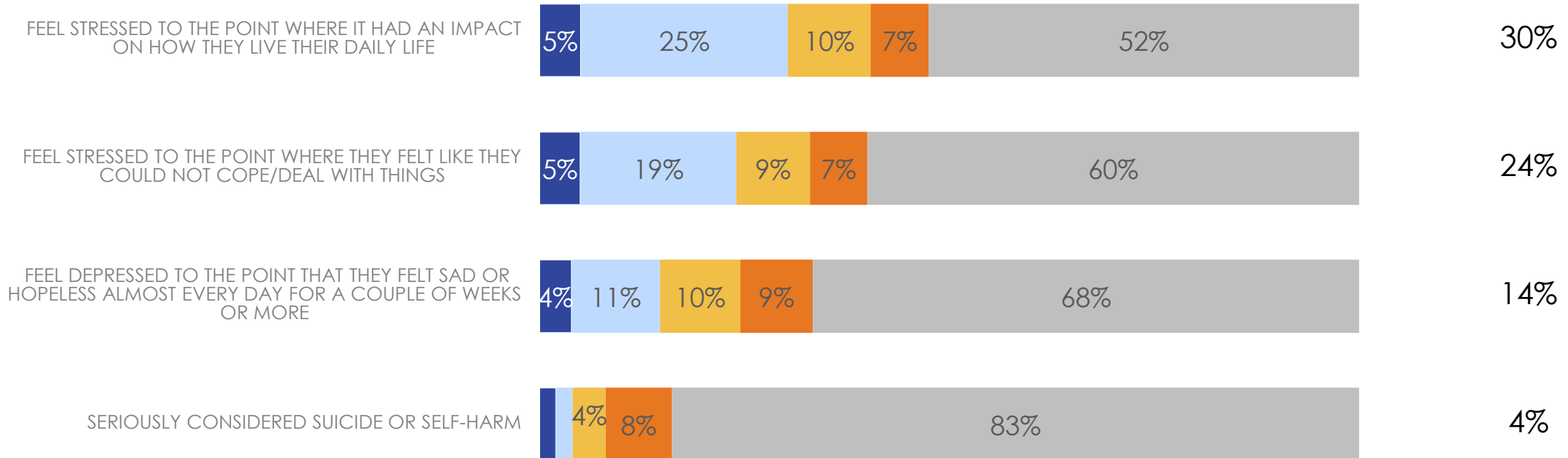


# CORONAVIRUS (COVID-19) PANDEMIC AND MENTAL HEALTH

## HAVE YOUR CHILD'S EXPERIENCES WITH ANY OF THE FOLLOWING CHANGED..?

% MORE OFTEN  
(MUCH/SOMEWHAT)

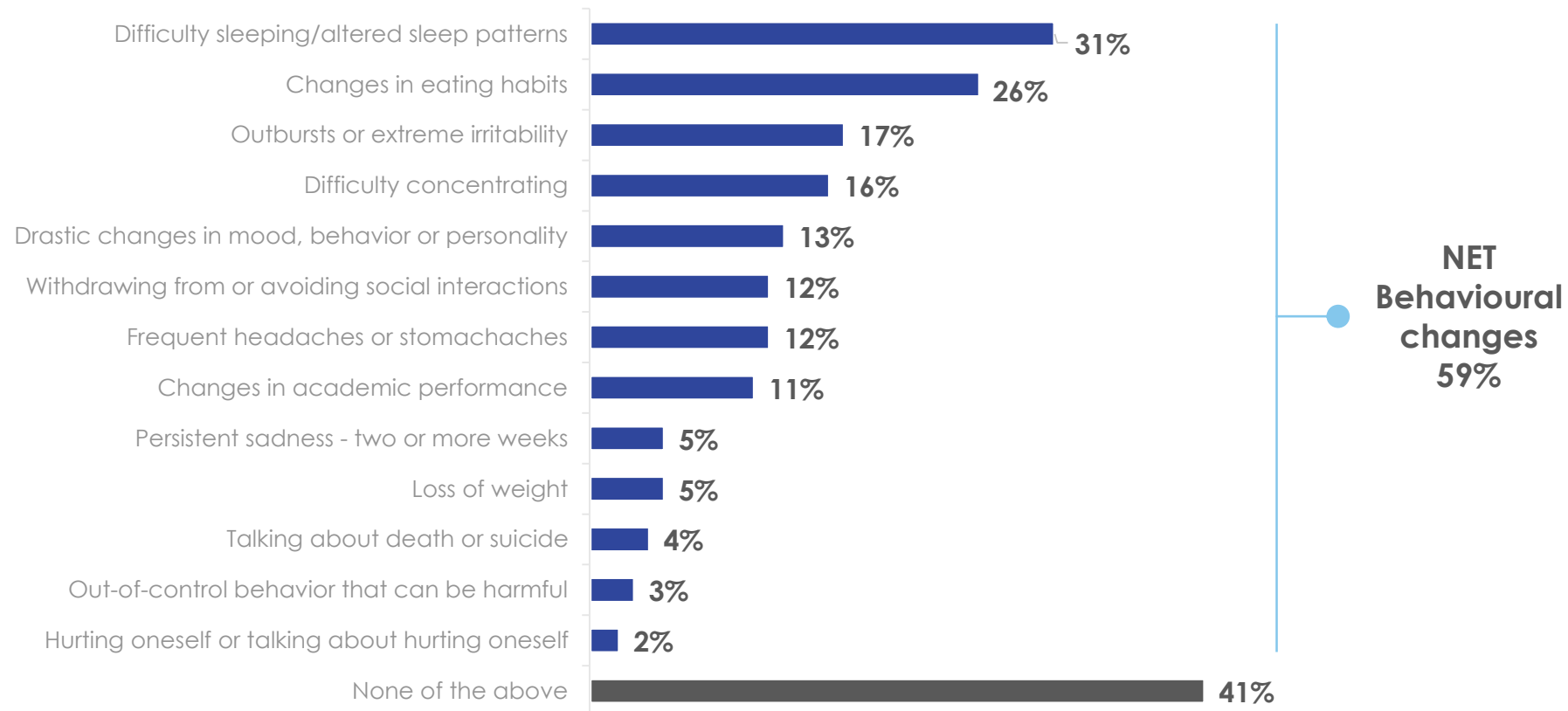
■ Much more often ■ Somewhat more often ■ Somewhat less often ■ Much less often ■ No difference



<4% not labelled

# BEHAVIOR CHANGES IN YOUR CHILD SINCE START CORONAVIRUS (COVID-19) PANDEMIC

HAVE YOU NOTICED ANY OF THE FOLLOWING CHANGES IN YOUR CHILD...?



# About Ipsos

---

Ipsos is the third largest market research company in the world, present in 90 markets and employing more than 18,000 people.

Our research professionals, analysts and scientists have built unique multi-specialist capabilities that provide powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. Our 75 business solutions are based on primary data coming from our surveys, social media monitoring, and qualitative or observational techniques.

"Game Changers" – our tagline – summarises our ambition to help our 5,000 clients to navigate more easily our deeply changing world.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

ISIN code FR0000073298, Reuters ISOS.PA, Bloomberg IPS:FP  
[www.ipsos.com](http://www.ipsos.com)

# Game Changers

---

In our world of rapid change, the need for reliable information to make confident decisions has never been greater.

At Ipsos we believe our clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth.

This is why our passionately curious experts not only provide the most precise measurement, but shape it to provide True Understanding of Society, Markets and People.

To do this we use the best of science, technology and know-how and apply the principles of security, simplicity, speed and substance to everything we do.

So that our clients can act faster, smarter and bolder. Ultimately, success comes down to a simple truth:  
**You act better when you are sure.**



**BE  
SURE.  
GO  
FURTHER.**

