



Status of Mental Health, Addictions and Substance Use Health in Ottawa During the COVID-19 Pandemic, Fall of 2021

Results of a population survey November 5 to 18, 2021

Ottawa Public Health

June 16, 2022

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).

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Key Findings

- The current survey findings reflect a point in time in November 2021 when COVID-19 cases were stable, and the province was in a re-opening phase. Results for self-rated mental health and well-being may be sensitive to changes in policies related to COVID-19.
- While overall results show an improvement compared to 2020, some indicators remain worse than pre-pandemic levels.
 - One in four Ottawa residents (26%) rated their mental health and emotional well-being as ‘fair’ or ‘poor’ (vs. 6% in 2015-16 and 9% in 2017-18).
 - Half of Ottawa residents (52%) reported a strong sense of community belonging (vs. 66% in 2015-16 and 67% in 2017-18).
- There continues to be evidence that some groups are more affected, or are faring worse, than other groups within the population. These groups include people with disabilities, people who identify as LGBTQ2S+, people who identify as racialized, younger age groups (under 55 years), people with children (under 17), and people with low income (less than \$60,000).
- One in four Ottawa residents (24%) wanted to talk to someone about their mental health and did not know who to reach out to. This is unchanged from 2020 (25%).
- New questions were added to the current survey to better understand the stigma that exists in the community around mental health and substance use health.
 - Many of the findings were promising. For example, 90% or more of Ottawa residents strongly or somewhat agreed that mental health conditions and substance use health conditions can affect anyone, deserve healthcare, and need the right treatment and support.
 - There were, however, indications that stigma continues to be a barrier for people with mental health conditions, and especially for those with substance use health conditions. For example, less than half of Ottawa residents (46%) agreed they would hire someone with a substance use disorder, and 62% agreed they would feel comfortable working with someone with a substance use disorder.
- In summary, while encouraging to see some improvement in 2021 compared to 2020, pre-pandemic data, feedback from service providers and from community partners and residents suggest that mental health and substance use health challenges persist for many Ottawa residents.

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 enhancing recovery from illness as well as preventing the onset or worsening of mental illness and substance use that has negative consequences for people.

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 re-opening, vaccine passports, 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](#)
2. [Changes in mental health and emotional well-being](#)
3. [Amount of daily life stress](#)
4. [Concerns 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. [Knowing who to reach out to for substance use health support](#)
9. [Stigma](#)

Methodology

- A bilingual (English and French) online random sample survey of 857 Ottawa residents was conducted between November 5 and 18, 2021 by EKOS Research Associates. This representative sample of the Ottawa population includes respondents from three previous surveys ([October 2020](#), [June 2020](#) and [March 2020](#)) who consented to future contact and the remaining sample was recruited at random from EKOS' in-house online panel and random digit dial.
- The sample has a margin of error of +/- 3.35%, 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 November survey was 26% online and 17% by phone. 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-November as restrictions were being lifted and before the Omicron variant became dominant (see Figure 1 for a visual summary of select pandemic milestones and survey data collection periods). Changes in survey responses over time may be influenced by changes in policy and seasonal effects.
- Significance tests were 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. Results are also reported for comparisons with at least a five-percentage point difference between groups and a statistically significant difference before the Bonferroni correction was applied.
- 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 too small, and the coefficient of variation (CV) was high ($CV > 33.3\%$).

Timeline of COVID-19 in Ottawa

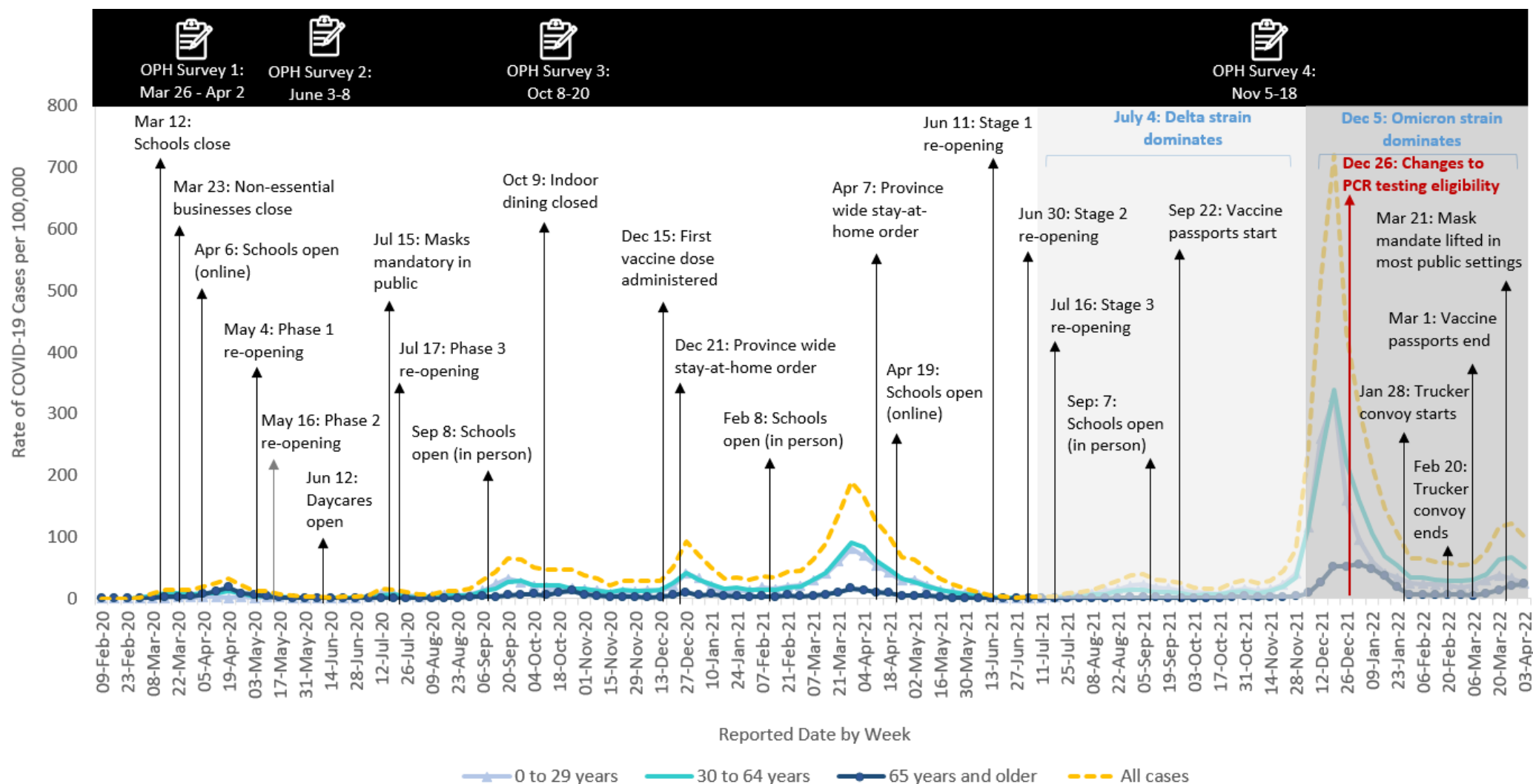
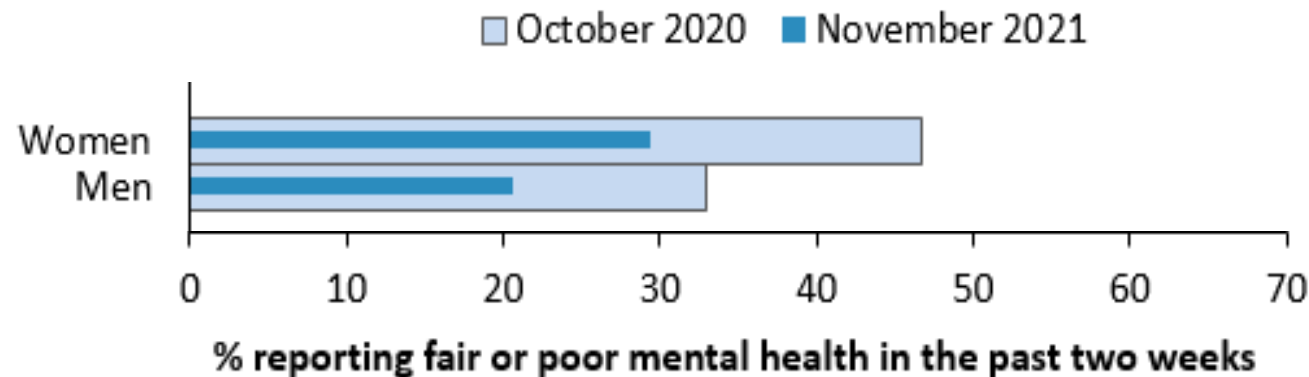


Figure 1. Timeline of the rate of COVID-19 cases among Ottawa residents reported by week and age group (years). The figure includes labels for select pandemic milestones (e.g., school closures, stages of re-opening) which may have had an impact, direct or indirect, on a person's mental health or substance use health. Labels are also provided to denote when previous OPH population surveys were deployed.

Tips for reviewing & interpreting this report

Timepoints and graphs

- The findings in this report show comparisons across several timepoints during the pandemic: 2020 (March, June & October), and 2021 (November). These results were compared to pre-pandemic data from the Canadian Community Health Survey (CCHS) covering 2015/2016 and 2017/2018.
- Not all indicators have data for all these timepoints. Where data are available, they are displayed.
- Most of the visuals in this report show comparisons between two timepoints: October 2020 and November 2021. These are shown as bar graphs. When viewing these bar graphs, note that:
 - The dark blue bar denotes residents who participated in the November 2021 survey.
 - The light blue bar denotes residents who participated in the October 2020 survey.
 - For example: in the following graph, we see respondents 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 2020 (light blue) compared to November 2021 (dark blue). The trend is similar in men (bottom bars), with fewer men responding 'fair' or 'poor' in November 2021 (dark blue) than in October 2020 (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 November 2021 and October 2020 compared to men.



Tips for reviewing & interpreting this report (con't)

Timepoints and graphs (con't)

- Where data are available for more than two timepoints, they are shown in tables or line graphs.
- When viewing line graphs, note that each line represents a specific group of respondents over time.

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 October 2020 or results from a series of indicators that signal change overall, are deemed worthy of continued observation and are highlighted in the report.

Dispersion

- 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 including chronic physical conditions.¹ Residents were asked to rate their overall mental health and emotional well-being over the past 2 weeks. These results were compared to pre-pandemic data from the CCHS.

Overall findings

The percentage of Ottawa residents reporting excellent or very good mental health was significantly higher in November 2021 when compared to October 2020 (43%, up 15 percentage points). Using the same time comparison, the percentage of residents that said their mental health was fair or poor was significantly lower by a similar magnitude (26%, down 14 percentage points) (Figure 2). Compared to results from the CCHS, the percentage of residents reporting fair or poor mental health continued to be higher in November 2021.

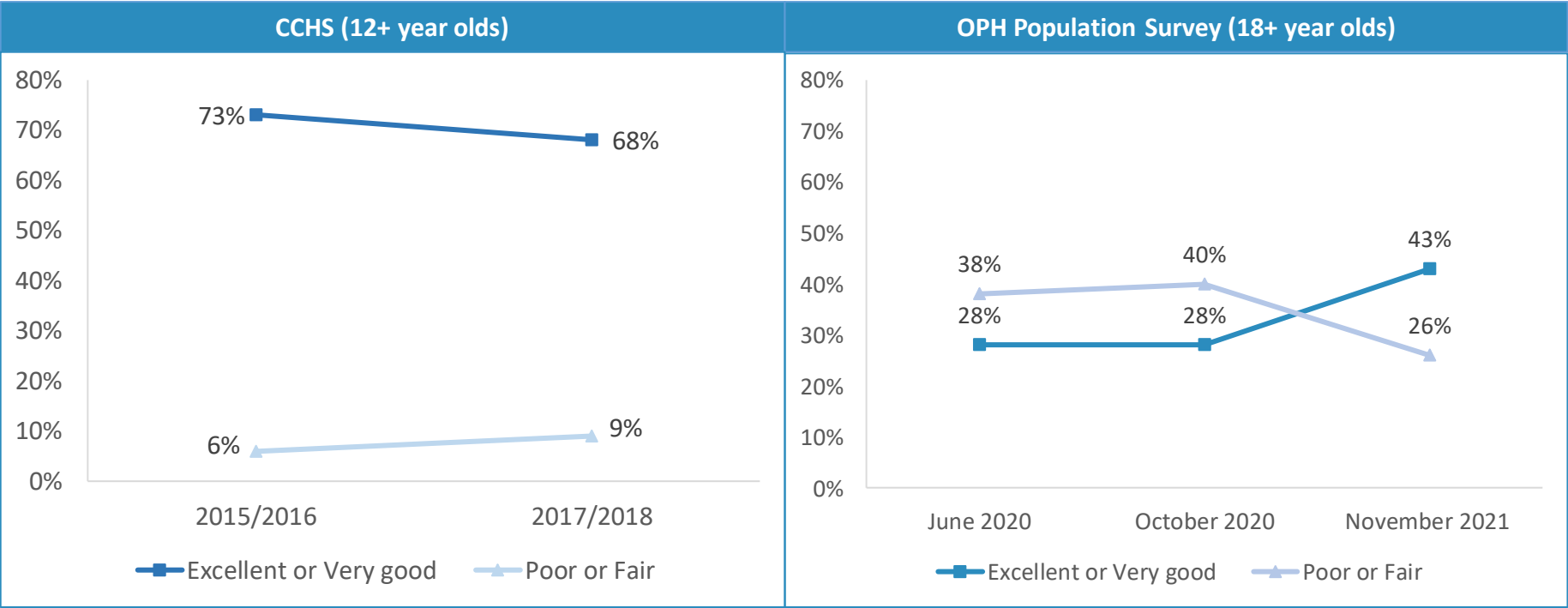


Figure 2. Self-rated mental health and emotional well-being of Ottawa residents over time (CCHS and OPH population survey data)

Mental Health and Emotional Well-being

Sub-populations that reported fair or poor mental health

Impact on sub-populations in November 2021

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:

- People with disabilities (41%) compared to people without disabilities (23%);
- People 18 to 34 years old compared to those 65 years and older (32% vs. 14%*)

The percentage of people identifying as LGBTQ2S+ and reporting fair or poor mental health was notably, though not statistically, higher than people who did not identify as LGBTQ2S+ (42%* vs. 24%).

Impact on sub-populations over time, from October 2020 to November 2021

The percentage of people reporting fair or poor mental health was significantly lower for most sub-populations when comparing results from October 2020 to November 2021. In particular:

- Women (47% vs. 29%) and men (33% vs. 21%)
- People aged 18 to 34 years old (52% vs. 32%) and 35 to 44 years old (48% vs. 31%)
- People with household incomes of \$60,000 to \$99,999 (41% vs. 21%*) and \$100,000 to \$159,999 (44% vs. 24%)
- People who were born in Canada but at least one parent was not (47% vs. 29%) and people who were born in Canada and whose parents were also both born in Canada (40% vs. 26%)
- People who identify as racialized (50%* vs. 23%*) and people who do not (39% vs. 26%)
- People with disabilities (53% vs. 42%) and people without disabilities (37% vs. 23%)
- People with children 12 to 17 years old (38% vs. 20%)

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

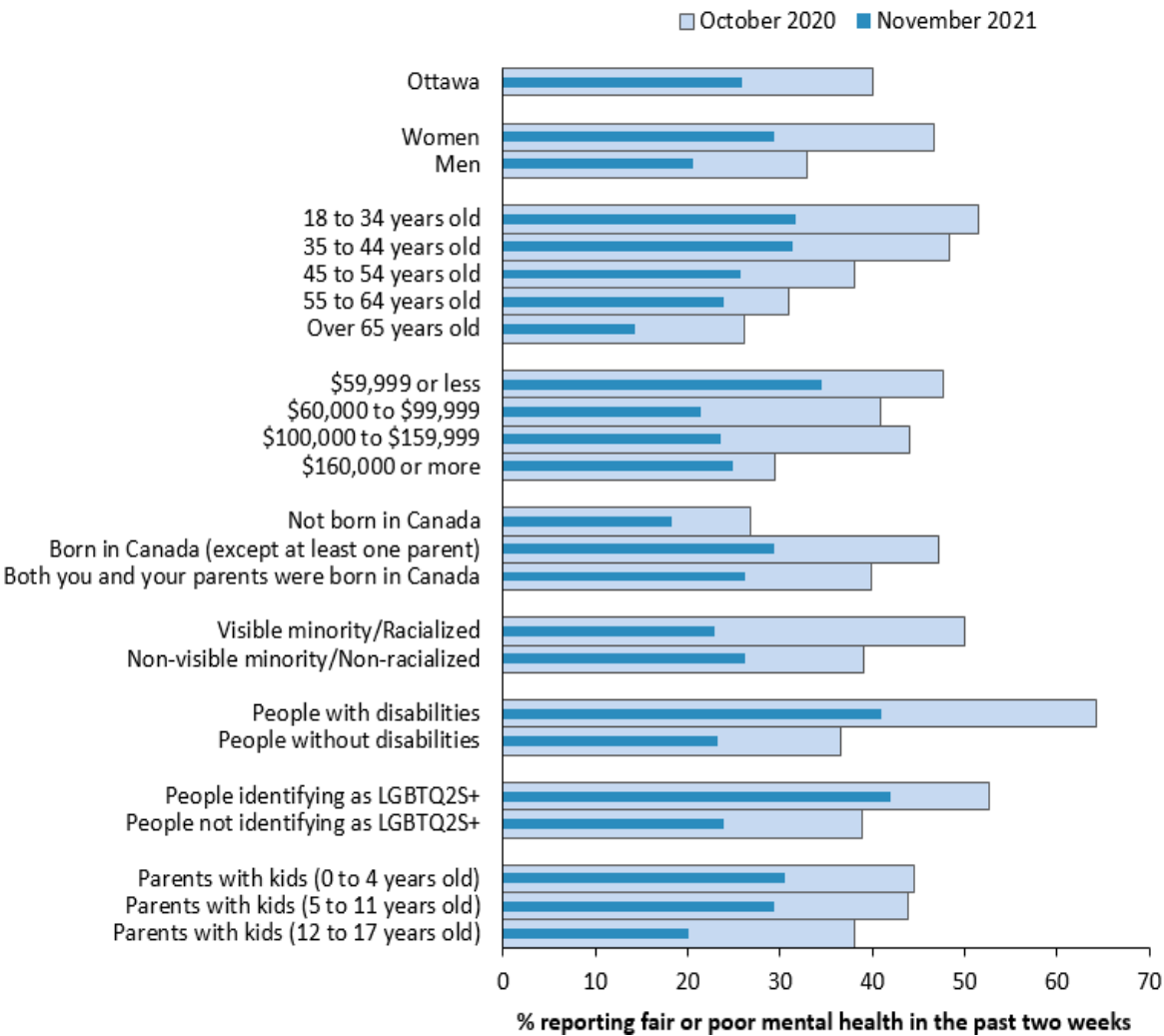


Figure 3. Percentage of Ottawa residents who report fair or poor mental health over the past two weeks, by selected socio-economic factors, October 2020 and November 2021

Mental Health and Emotional Well-being

Selected sub-populations that reported fair or poor mental health over time

Sub-population trends between June 2020 and November 2021

Figure 4 shows selected sub-populations with significant or notable changes in mental health and emotional well-being over time.

Women, people with disabilities, people who identified as racialized, people not born in Canada and people who identified as LGBTQ2S+ had similar trends in the percentage of people reporting fair or poor mental health. Reports of fair or poor mental health were the highest in October 2020 and lower across all sub-populations in November 2021.

People with disabilities and people identifying as LGBTQ2S+ had the highest percentage of fair or poor mental health in November 2021 (42%).

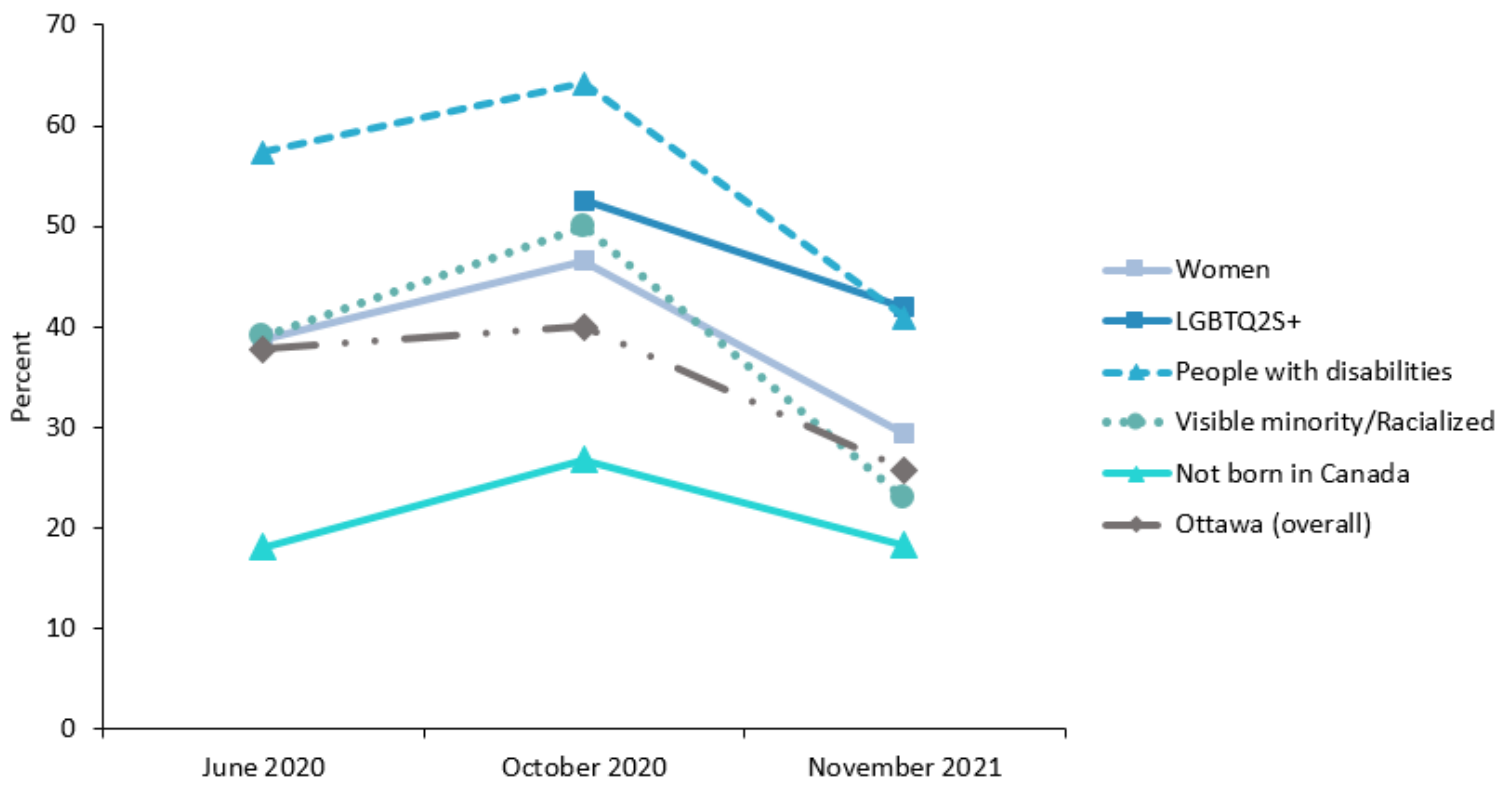


Figure 4. Percentage of Ottawa residents who report fair or poor mental health over the past two weeks, by selected sub-population, June 2020 to November 2021

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.² For this indicator, residents were asked about the amount of stress they experience on most days.

Overall findings

Between June 2020 and November 2021, there was an inverse trend in the percentage of residents that said their days were quite or extremely stressful and not at all or not very stressful. Compared to October 2020, the percentage of people that said their days were quite or extremely stressful was 6 percentage points lower in November 2021 (29% to 23%); and the percentage of people that said their days were not at all or not very stressful was 5 percentage points higher in November 2021 (27% to 32%).

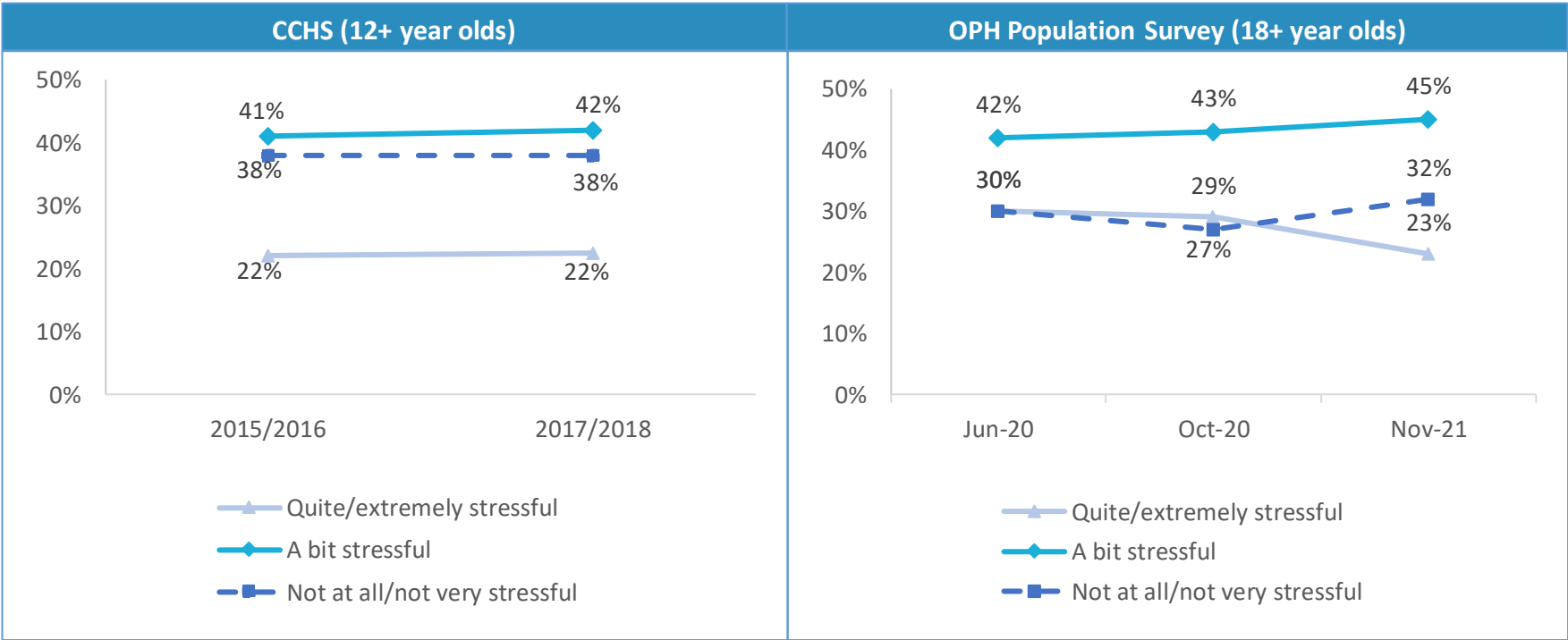


Figure 5. Daily stress levels of Ottawa residents, pre-pandemic (CCHS survey data) and during the pandemic (OPH survey data)

Amount of Daily Life Stress

Sub-populations that reported extreme stress

Impact on sub-populations in November 2021

In November 2021, some sub-populations were significantly more likely to say that most days in the past two weeks were quite or extremely stressful compared to others:

- People 35 to 44 years old (31%) and 45 to 54 years old (31%) compared to people over 65 years old (10%)
- People with children 5 to 11 years old (30%) and 12 to 17 years old (36%) compared to those without children

Impact on sub-populations over time, from October 2020 to November 2021

The percentage of people who identified as visible minority/racialized that said most days in the past two weeks were quite or extremely stressful was significantly lower in November 2021 compared to October 2020 (27%* vs. 53%*, respectively)

There were also a notable, though non-significant, decrease between October 2020 and November 2021 among people aged 18 to 34 years old (37% vs. 20%).

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

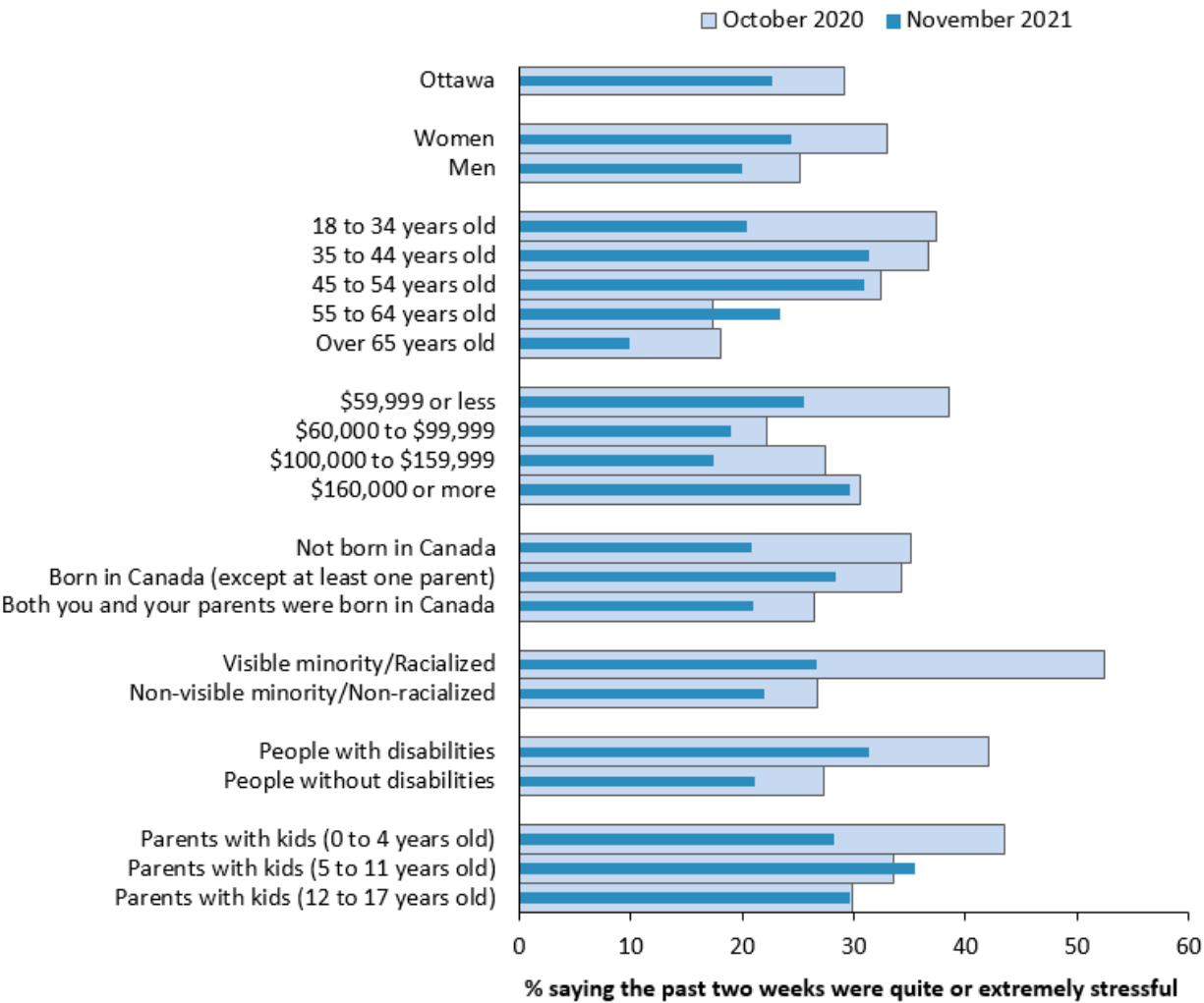


Figure 6. Percentage of Ottawa residents who report most days in the past two weeks were quite or extremely stressful, by selected socio-economic factors, October 2020 and November 2021

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.³ Losing sources of support can amplify these feelings. For this indicator, residents were asked to rate their level of worry with respect to burning out and losing support.

Overall findings

Compared to the start of the pandemic in March 2020, the percentage of people reporting burnout was similar in November 2021 and the percentage worried about loss of support was lower.

When comparing responses between October 2020 and November 2021, there was a significant decrease in the percentage of people worried about burn out (53% vs. 39%) and loss of support (29% vs. 21%).

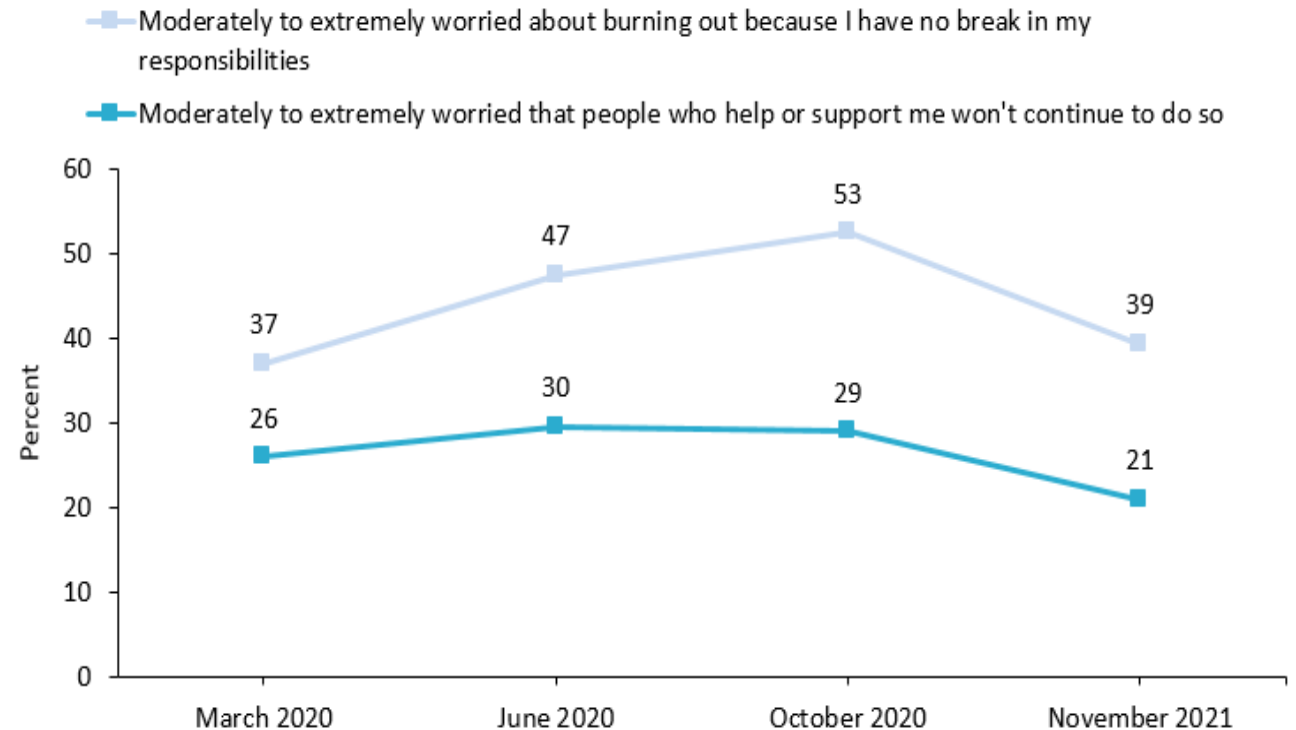


Figure 7. Percentage of Ottawa residents moderately to extremely concerned about burn out and loss of support, between March 2020 and November 2021

Concerns About Burn Out

Sub-populations that reported concern over burn out

Impact on sub-populations in November 2021

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

- People aged 18 to 34 years old (38%), 35- to 44-year-olds (58%), and 45- to 55-year-olds (50%) compared to those over 65 years old (19%)
- People aged 35- to 44-year-olds (58%) and 45- to 55-year-olds (50%) compared to those 55 to 64 years old (32%)
- People who identify as LGBTQ2S+ (61%*) compared to those who do not (37%)
- People with children 0 to 4 years old (56%), 5 to 11 years old (63%) and 12 to 17 years old (32%) compared to those without children (32%)

Impact on sub-populations over time, from October 2020 to November 2021

Compared to October 2020, the percentage of people reporting moderate to extreme worry about burn out was significantly lower for many sub-populations in November 2021. These included: people who identified as racialized (72% vs. 44%), people not born in Canada (61% vs. 40%), people who were born in Canada and whose parents were also born in Canada (50% vs. 37%), people 18 to 34 years old (59% vs. 38%), and men (52% vs. 36%).

Although not statistically significant, some other groups had notably lower results in November 2021 when compared to October 2020. These included: women (53% vs. 42%), people 55 to 64 years old (46% vs. 32%), and parents with children 0 to 4 years old (76% vs. 56%).

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

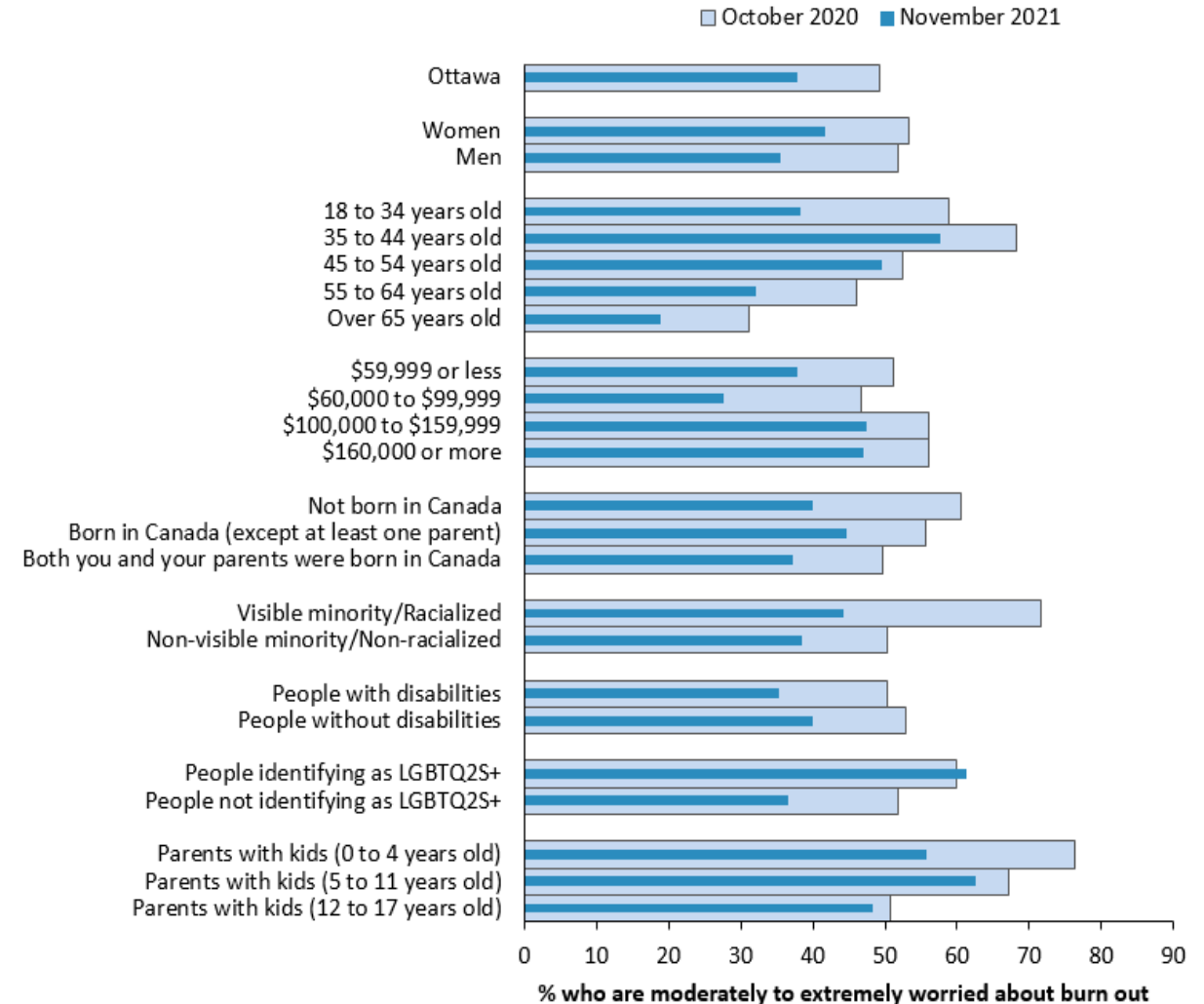


Figure 8. Percentage of Ottawa residents who report concern about burn out, by selected socio-economic factors, October 2020 and November 2021

Concerns About Loss of Support

Sub-populations that reported concern over loss of support

Impact on sub-populations in November 2021

In November 2021, some groups reported concern about losing their sources of support. The percentage of people with household incomes of \$59,999 or less who said they were worried about lost support was significantly higher (37%) than other levels of household income: \$60,000 to \$99,999 (17%), \$100,000 to \$159,999 (16%), and \$160,000 or more (17%).

Although not statistically significant, some groups were notably more concerned about lost support than others:

- People with disabilities (31%*) compared to those without (19%)
- People who identify as visible minority/racialized (32%*) compared to those who do not (19%)

Impact on sub-populations over time, from October 2020 to November 2021

Compared to October 2020, some groups reported significantly lower levels of concern about loss of support in November 2021:

- Men (29% vs. 18%)
- People 45 to 55 years old (34% vs. 20%)
- Parents with kids 12 to 17 years old (34% vs. 17%*)

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

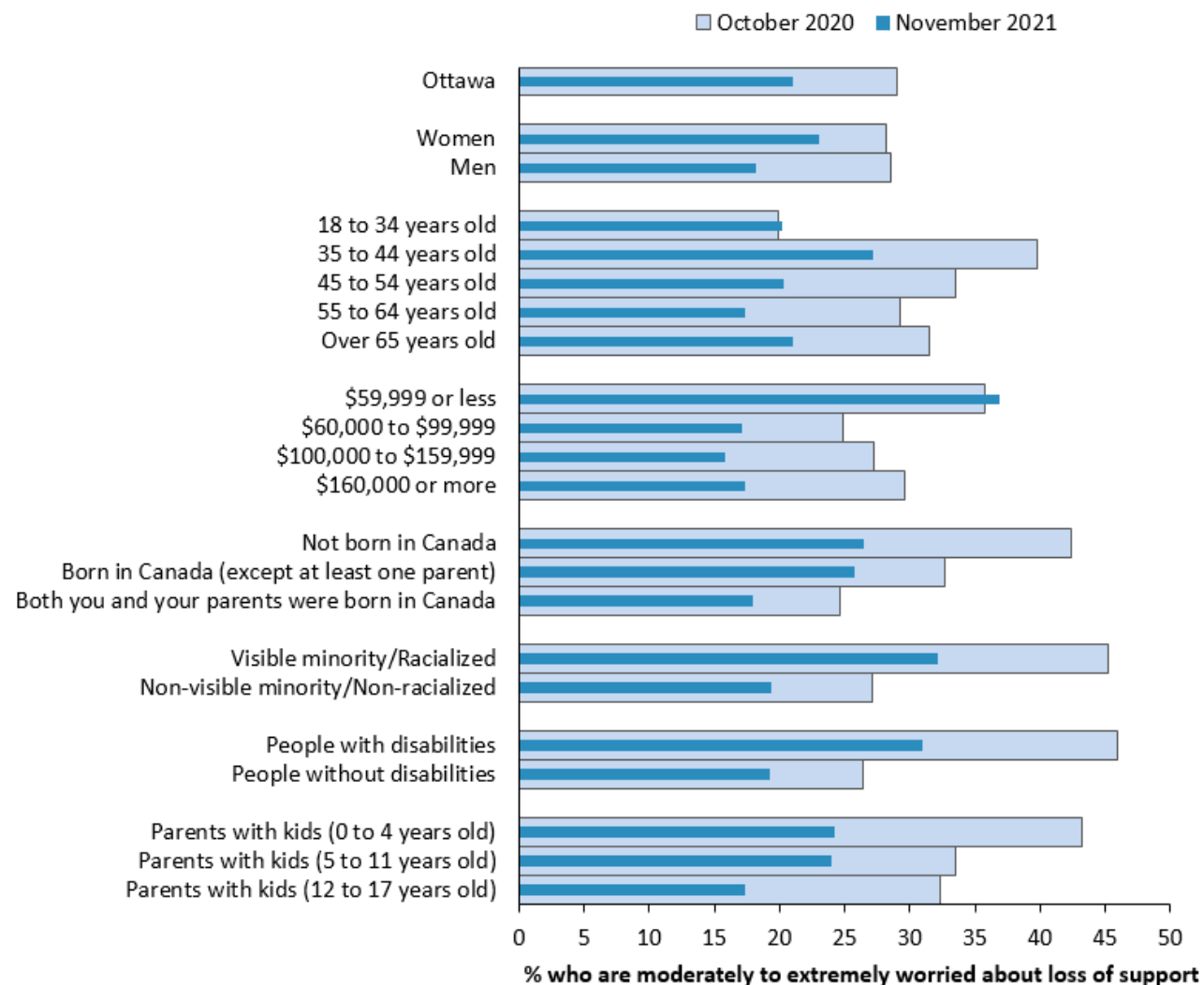


Figure 9. Percentage of Ottawa residents who report concern over loss of support, by selected socio-economic factors, October 2020 and November 2021

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.⁴ For this indicator, residents were asked to describe their overall sense of belonging to their local community.

Overall findings

The percentage of people reporting a strong sense of community belonging has been lower during the COVID-19 pandemic compared to results from the CCHS in 2017/2018 (67%) and 2015/2016 (66%). The percentage of people reporting a strong sense of community in November 2021 (52%) was significantly higher than levels reported in October 2020 (38%) and June 2020 (36%).

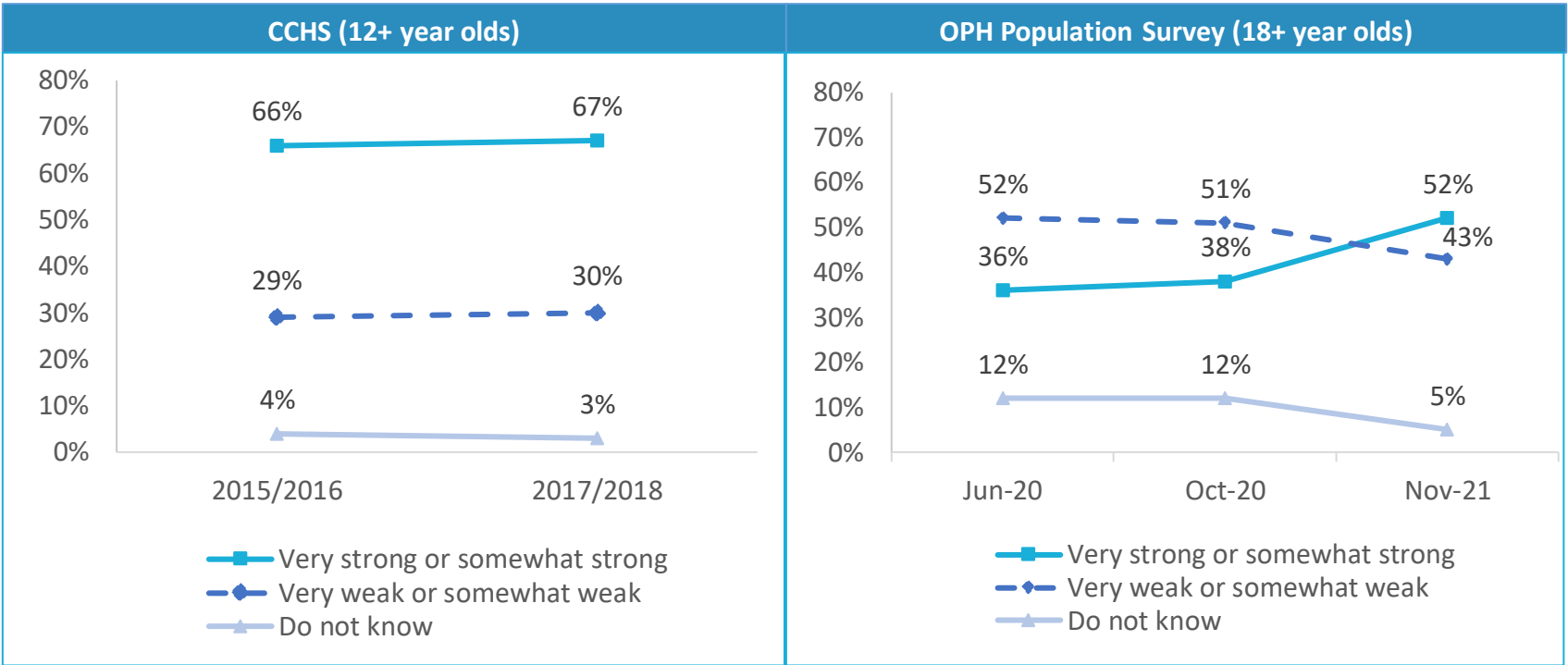


Figure 10. Sense of community belonging among Ottawa residents, pre-pandemic (CCHS survey data) and during the pandemic (OPH survey data)

Sense of Community Belonging

Sub-populations that reported a weak sense of community belonging

Impact on sub-populations in November 2021

The percentage of people reporting a very weak or somewhat weak sense of community belonging was significantly higher among those 18 to 34 years old (51%), 35 to 44 years old (46%), and 45 to 54 years old (46%) when compared to people over 65 years old (28%).

Impact on sub-populations over time, from October 2020 to November 2021

Compared to October 2020, the percentage of people reporting a weak sense of belonging to their local community was significantly lower in November 2021 for some groups:

- Men (56% vs. 42%)
- People over 65 years old (49% vs. 28%)
- People who did not identify as racialized (52% vs. 43%)
- People without disabilities (50% vs. 42%)
- Parents with children 12 to 17 years old (52% vs. 36%)

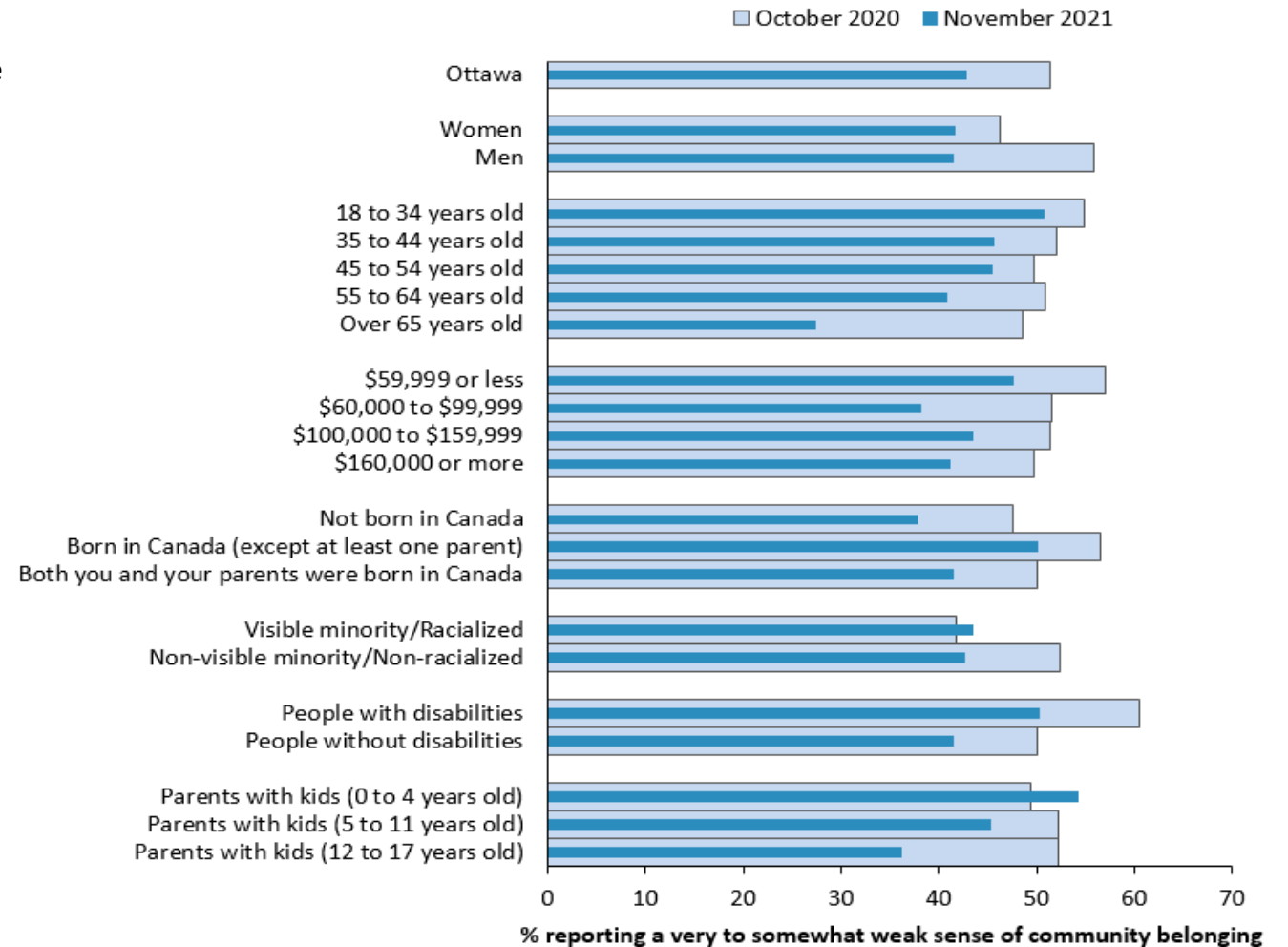


Figure 11. Percentage of Ottawa residents who report a weak sense of community belonging, by selected socio-economic factors, October 2020 and November 2021

Loneliness

About this indicator

Loneliness, a measure of isolation, is a risk factor for poor physical and mental health, mental health conditions and suicide.⁵ For this indicator, residents were asked how lonely they felt over the past two weeks.

Overall findings

In November 2021, nearly half (49%) of respondents said they did not feel lonely at all over the past two weeks. This result was significantly higher than October 2020 when 38% said they did not feel lonely at all. Although not statistically significant, the percentage of people that said they were lonely on several days in the past two weeks was notably lower in November 2021 (13%) compared to October 2020 (21%). In October 2020 and November 2021, there was a similar percentage of people that said they were lonely on more than half the days (5%) and nearly every day (8% to 7%).

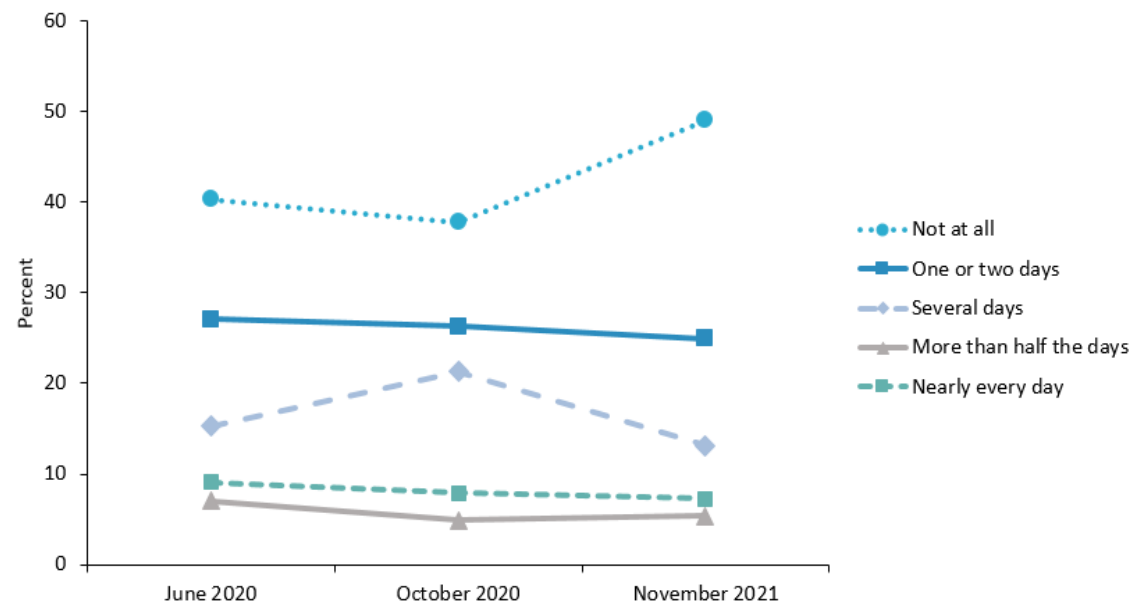


Figure 12. Percentage of residents who felt lonely over the past two weeks, June 2020 to November 2021

Loneliness

Sub-populations that reported loneliness on at least one day in past two weeks

Impact on sub-populations in November 2021

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

- People with household incomes under \$60,000 (64%) compared to those with household incomes between \$100,000 and \$160,000 (42%) and more than \$160,000 (45%)
- People with disabilities (63%) compared to those without disabilities (49%)
- People who identified as LGBTQ2S+ (68%) compared to those who did not (49%)

The percentage of people with children 12 to 17 years old who reported feeling lonely on at least one day in the past two weeks was significantly lower (43%) compared to those without children (54%).

Impact on sub-populations over time, from October 2020 to November 2021

Compared to October 2020, some groups had a significantly lower percentage of people reporting loneliness in November 2021:

- Women (69% vs. 56%)
- People 18 to 34 years old (81% vs. 57%)
- People born in Canada and whose parents were also born in Canada (61% vs. 50%)
- People who did not identify as racialized (61% vs. 50%)
- People with disabilities (80% vs. 63%)
- People who did not identify as LGBTQ2S+ (59% vs. 49%)

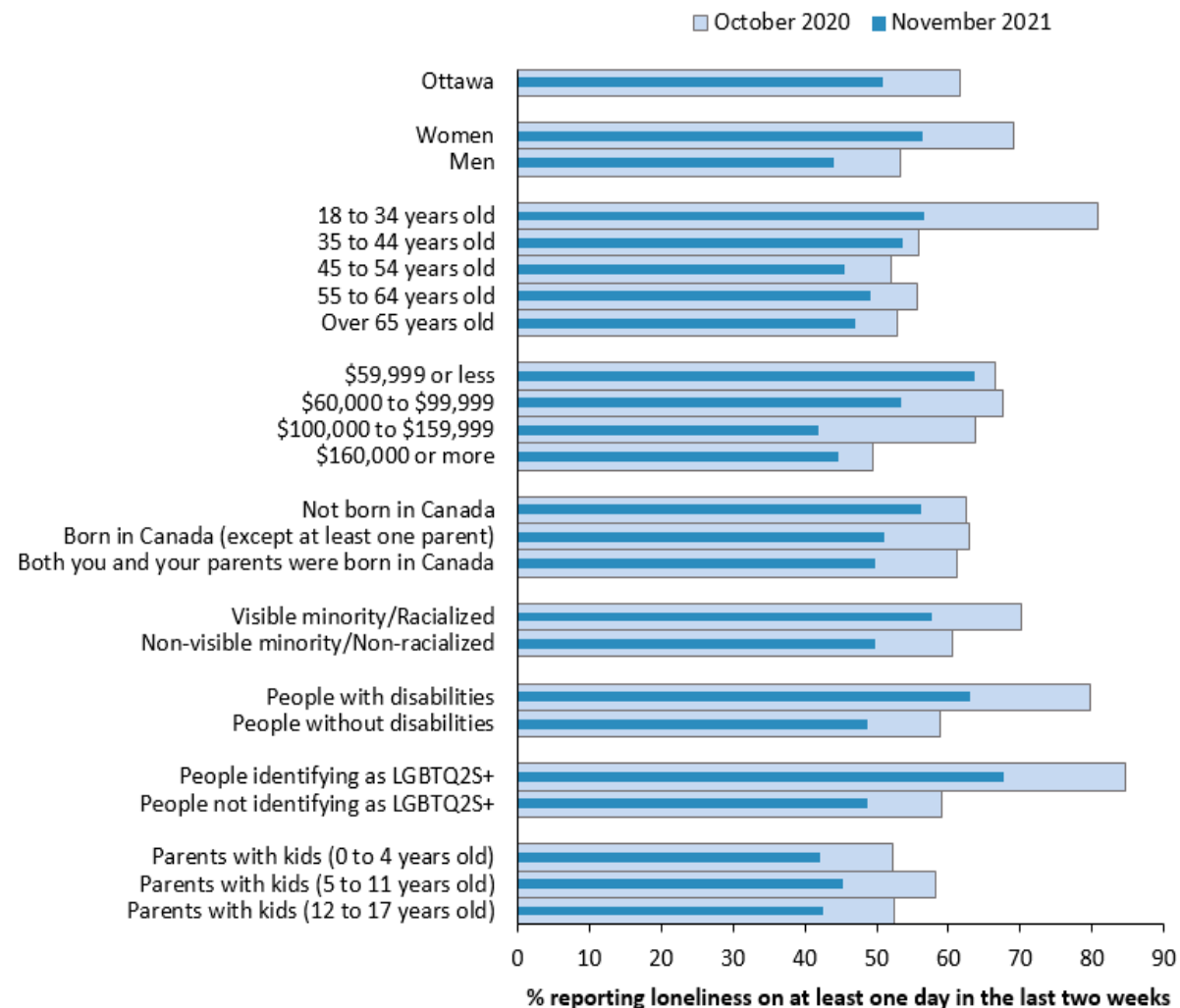


Figure 13. Percentage of Ottawa residents who reported loneliness at least one day in the past two weeks, by selected socio-economic factors, October 2020 and November 2021

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. For this indicator, residents were asked if there was a time in the last two weeks where they wanted mental health support but did not know who to reach out to.

Overall findings

In November 2021, approximately one-quarter (24%) 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 not significantly different from October 2020 (25%).

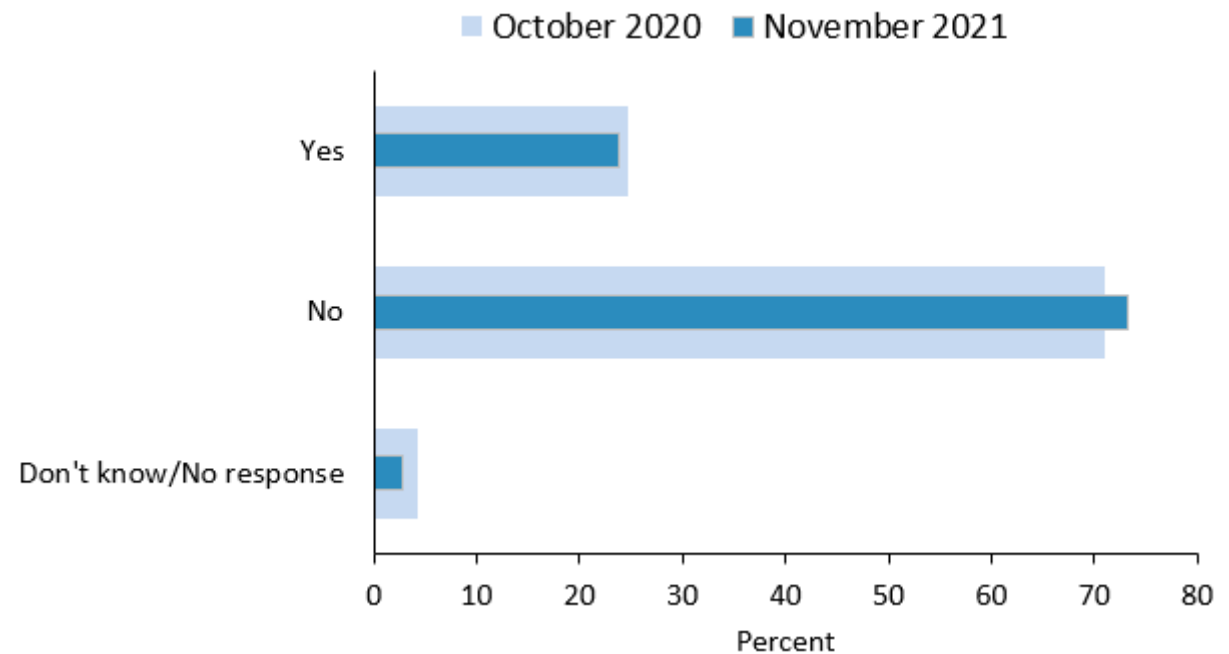


Figure 14. Percentage of Ottawa residents who report wanting mental health support but not knowing who to reach out to, October 2020 and November 2021

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

Sub-populations that reported wanting mental health support

Impact on sub-populations in November 2021

The percentage of people indicating they did not know where to turn to talk about mental health support was higher for some compared to others:

- People aged 18 to 34 years old (30%), 35 to 44 years old (28%), and 55 to 64 years old (29%) compared to people over 65 years old (11%).
- People who identified as LGBTQ2S+ (45%) compared to those that did not (21%).

Impact on sub-populations over time, from October 2020 to November 2021

Between October 2020 and November 2021, there were no significant differences in the percentage of people who wanted to talk to someone about their mental health but did not know where to turn. Notable dispersion in the data for some groups with a smaller number of respondents may account for the non-significant differences.

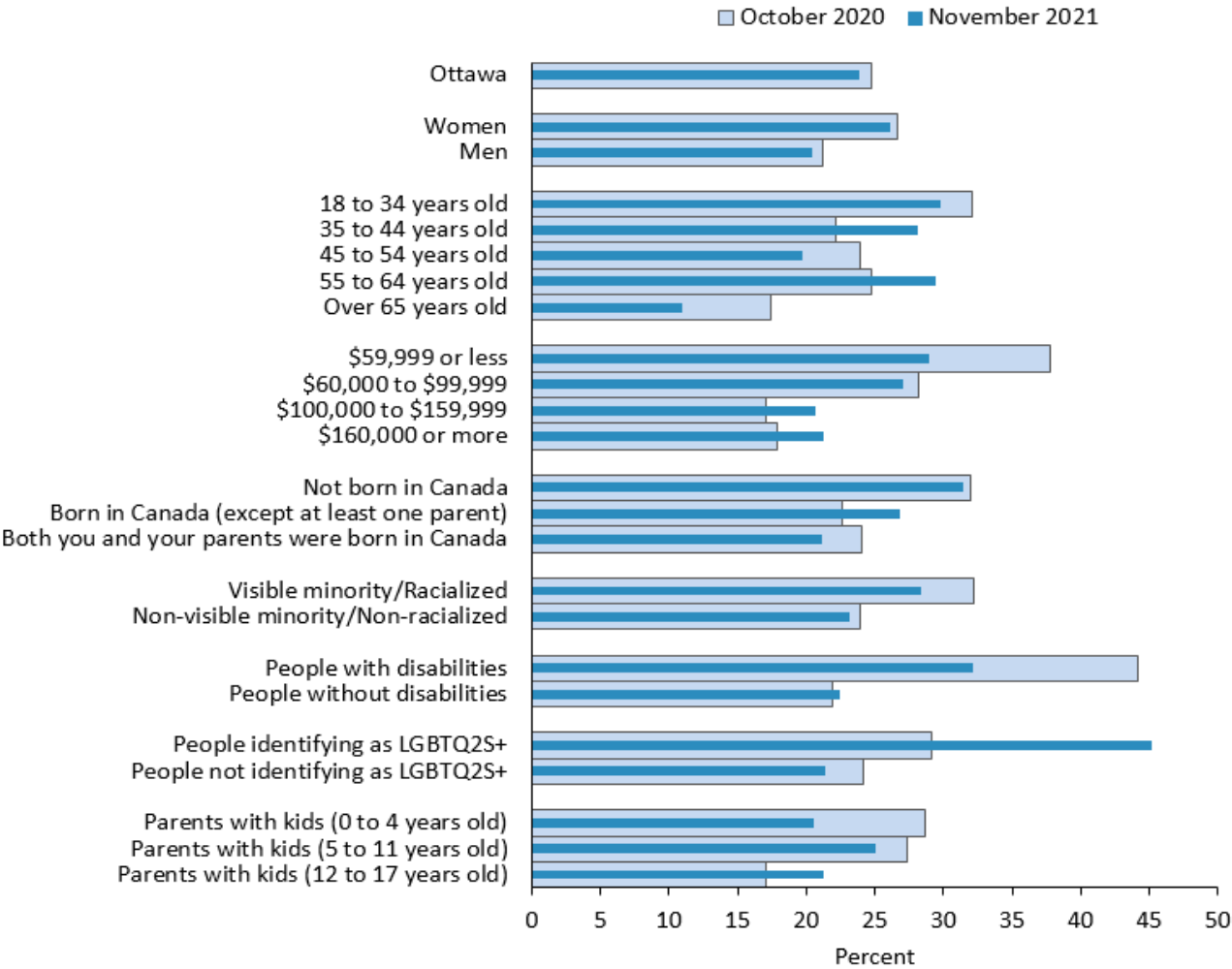


Figure 15. Percentage of Ottawa residents who report wanting mental health support but not knowing who to reach out to, by selected socio-economic factors, October 2020 and November 2021

Want Substance Use Health Support But Did Not Know Who to Reach Out to

About this indicator

In this survey, substance use refers to alcohol, cannabis, tobacco, cigarettes, vapes or e-cigarettes, opioids or other substances. This indicator aims to identify whether gaps in services exist for some populations.

Overall findings

In November 2021, a small proportion (4%) of people indicated that there was a time in the past two weeks when they wanted to talk to someone about their substance use health but did not know where to turn. Approximately one-in-five (21%) of people said they did not use any substances and 74% said they did not want support.

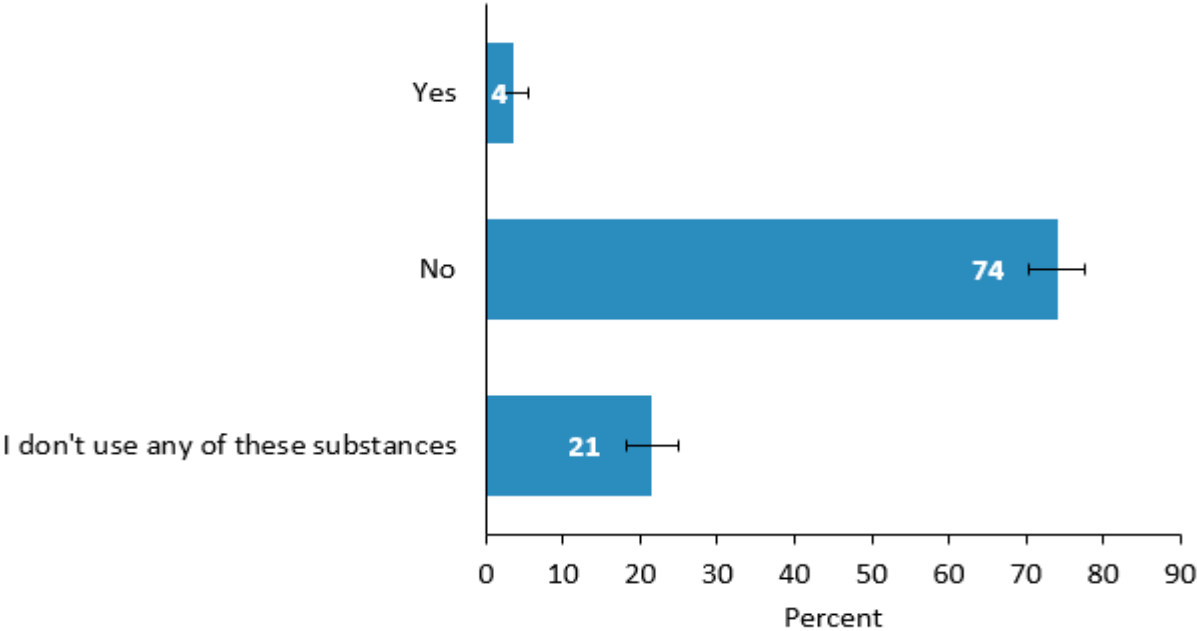


Figure 16. Percentage of Ottawa residents who report wanting substance use health support but not knowing who to reach out to, November 2021

Stigma

About this indicator

Stigma is defined as a negative attitude or behaviour and is seen as one of the main barriers to accessing treatment for mental health and substance use health. This indicator aims to identify agreement (i.e., positive attitude) or disagreement (i.e., negative attitude) to statements with respect to mental health and substance use health.

Overall findings

In November 2021, people’s attitudes were, in general, more positive for mental health conditions compared to substance use health conditions. There were 78% or more of people who responded with a positive attitude towards aspects of mental health conditions, compared to 62% or more of people’s responses towards aspects of substance use health conditions. The highest proportions of negative attitudes were observed for statements related to working with or hiring someone, and the condition being caused by weakness or choice.

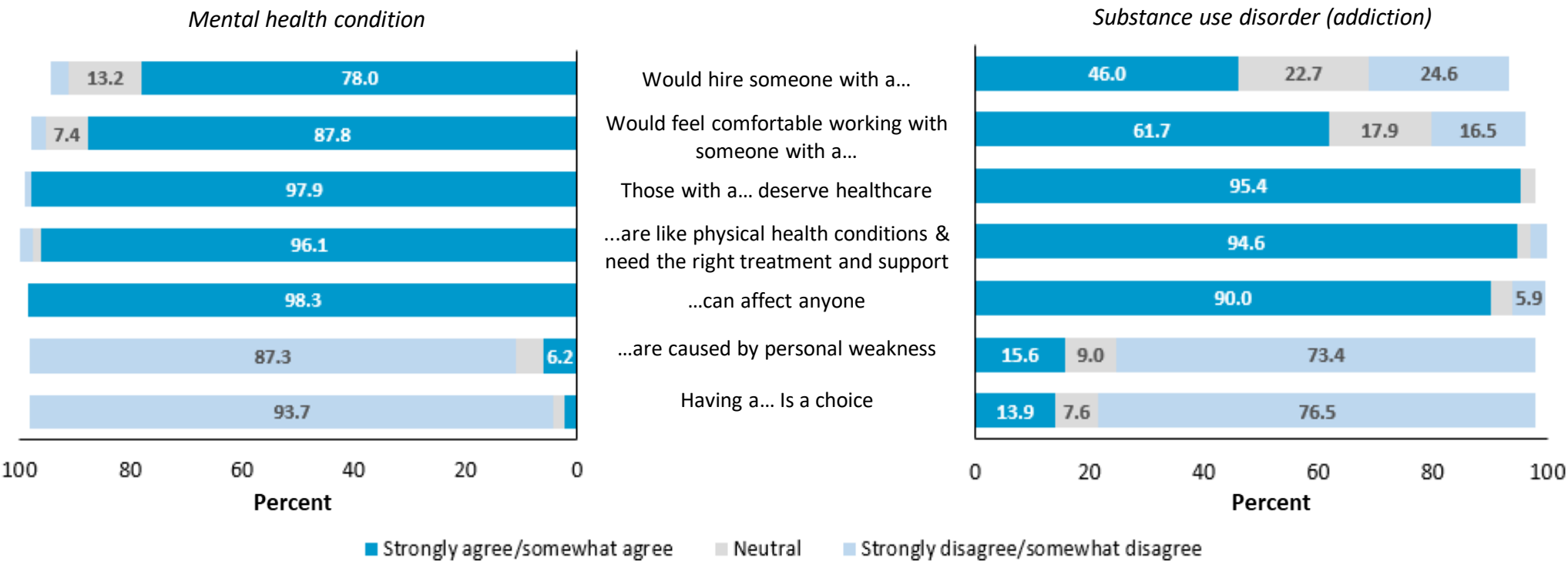


Figure 17. Level of agreement among Ottawa residents for statements about mental health conditions (left) and substance use disorders (right), November 2021

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Data Tables

Figure 2: Mental Health and Emotional Well-being, Past Two Weeks

Over the past two weeks, how would you describe your mental health and emotional well-being?	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Excellent or very good	28.4, 24.5 – 32.7	43.0, 39.0 – 47.1
Good	31.5, 27.3 – 36.1	31.2, 27.5 – 35.2
Fair or poor	40.0, 35.1 – 45.2	25.8, 22.2 – 29.7

*Interpret with caution – high sampling variability

Figure 3: Mental Health and Emotional Well-being (sub-populations), Past Two Weeks

Sub-groups reporting fair or poor mental health	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Ottawa	40.0, 35.1 – 45.2	25.8, 22.2 – 29.7
Women	46.6, 39.2 – 54.2	29.4, 23.9 – 35.5
Men	32.9, 26.7 – 39.8	20.6, 16.2 – 25.8
18 to 34 years old	51.5, 39.2 – 63.5	31.6*, 22.7 – 42.1
35 to 44 years old	48.4, 38.9 – 58.1	31.3, 24.4 – 39.1
45 to 54 years old	38.0, 29.7 – 47.1	25.7, 20.0 – 32.5
55 to 64 years old	31.0*, 22.4 – 41.1	23.8*, 16.7 – 32.7
Over 65 years old	26.1*, 18.1 – 36.1	14.2*, 9.5 – 20.7
<\$59,999 or less	47.7, 36.5 – 59.1	34.5, 25.2 – 45.2
\$60,000 to \$99,999	40.8, 29.7 – 53.0	21.4*, 14.7 – 30.0
\$100,000 to \$159,999	44.0, 34.1 – 54.4	23.5, 17.6 – 30.7
\$160,000 or more	29.5, 21.8 – 38.5	24.9, 18.4 – 32.8
Not born in Canada	26.8*, 16.8 – 39.9	18.3*, 11.3 – 28.2
Born in Canada (at least one parent born outside of Canada)	47.1, 37.1 – 57.4	29.4, 22.2 – 37.9
Both you and your parents born in Canada	39.9, 33.6 – 46.5	26.2, 21.6 – 31.3
Visible minority/racialized	50.0*, 33.3 – 66.7	22.9*, 14.3 – 34.6
Not identifying as a visible minority/ racialized	39.0, 33.9 – 44.4	26.2, 22.4 – 30.4
People with disabilities	64.2, 51.0 – 75.6	40.9, 30.7 – 51.9
People without disabilities	40.9, 30.6 – 52.0	23.2, 19.5 – 27.4
Identify as LGBTQ2S+	52.6*, 31.0 – 73.2	41.9*, 26.7 – 58.9
Not identifying as LGBTQ2S+	38.8, 33.8 – 44.0	23.9, 20.4 – 27.7
Parents with kids (0-4 years)	44.5*, 30.1 – 59.8	30.5*, 20.0 – 43.6
Parents with kids (5-11 years)	43.9, 33.4 – 55.0	29.3, 22.1 – 37.8
Parents with kids (12-18 years)	38.0, 28.1 – 49.1	20.0, 14.7 – 26.7

Figure 4: Selected sub-populations with fair or poor mental health over time

Over the past two weeks, how would you describe your mental health and emotional well-being?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Women	38.8, 31.7 – 46.5	46.6, 39.2 – 54.2	29.4, 23.9 – 35.5
Identify as LGBTQ2S+	N/A	52.6*, 31.0 – 73.2	41.9*, 26.5 – 59.1
People with disabilities	57.4, 44.2 – 69.6	64.2, 51.0 – 75.6	40.9, 30.7 – 52.0
Identify as visible minority/racialized	39.1*, 26.2 – 53.7	50.0*, 33.4 – 66.6	22.9*, 14.3 – 34.7
Not born in Canada	18.1*, 11.2 – 27.9	26.8*, 16.8 – 39.9	18.3*, 11.3 – 28.2
Ottawa (overall)	37.8, 32.9 – 43.0	40.0, 35.1 – 45.2	25.8, 22.2 – 29.7

*Interpret with caution – high sampling variability

Figure 5: Amount of daily life stress over time

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)	November 2021 (%, 95% CI)
Extremely/quite stressful	26.3, 21.9 – 31.2	29.2, 24.8 – 33.9	22.6, 19.4 – 26.3
Somewhat stressful	42.4, 37.5 – 47.6	43.3, 38.4 – 48.2	45.1, 41.0 – 49.3
Not at all/Not very stressful	30.2, 26.0 – 34.9	27.5, 23.5 – 32.0	32.3, 28.6 – 36.1

Figure 6: Changes in amount of daily life stress (sub-populations)

Sub-groups reporting that their days were quite a bit or extremely stressful over the past 2 weeks	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Ottawa	29.2, 24.8 – 33.9	22.6, 19.4 – 26.3
Women	33.0, 26.3 – 40.5	24.4, 19.4 – 30.1
Men	25.1, 19.9 – 31.2	19.9, 15.8 – 24.8
18 to 34 years old	37.4*, 26.4 – 49.8	20.4*, 13.1 – 30.4
35 to 44 years old	36.6, 27.8 – 46.4	31.3, 24.3 – 39.2
45 to 54 years old	32.4, 24.6 – 41.2	30.9, 24.7 – 37.8
55 to 64 years old	17.4*, 10.9 – 26.6	23.4*, 16.5 – 31.9
Over 65 years old	18.0*, 11.5 – 26.9	9.9*, 5.9 – 16.1
<\$59,999 or less	38.5, 27.8 – 50.5	25.5*, 17.5 – 35.7
\$60,000 to \$99,999	22.2*, 14.5 – 32.5	19.0*, 12.7 – 27.6
\$100,000 to \$159,999	27.4*, 19.4 – 37.2	17.4*, 12.5 – 23.6
\$160,000 or more	30.5, 22.6 – 39.7	29.7, 23.0 – 37.4
Not born in Canada	35.1*, 23.3 – 49.0	20.8*, 13.8 – 30.0
Born in Canada (at least one parent born outside of Canada)	34.3, 25.2 – 44.7	28.4, 21.3 – 36.8
Both you and your parents born in Canada	26.5, 21.3 – 32.4	20.9, 16.9 – 25.5
Visible minority or Racialized	52.5*, 35.9 – 68.6	26.7*, 17.3 – 38.8
Not identifying as a visible minority/Not racialized	26.7, 22.4 – 31.4	22.0, 18.6 – 25.9
Has a disability	42.1*, 29.2 – 56.2	31.4*, 22.1 – 42.5
Does not have a disability	27.3, 22.7 – 32.4	21.1, 17.7 – 25.0
Parents with kids (0-4 years)	43.5*, 29.3 – 58.8	28.2*, 17.9 – 41.4
Parents with kids (5-11 years)	33.6, 24.5 – 44.1	35.5, 27.7 – 44.2
Parents with kids (12-17 years)	29.8, 21.8 – 39.2	29.6, 22.9 – 37.4

*Interpret with caution – high sampling variability

Figure 7: Concerns About Burn Out and Loss of Support (March 2020 to November 2021)

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 and that people who help and support you won't continue doing so?	March 2020 (%, 95% CI)	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Moderately to extremely worried about burning out because I have no break in my responsibilities	37.4, 32.3 - 42.9	47.4, 42.2 – 52.7	52.5, 47.4 – 57.6	39.3, 35.2 – 43.5
Moderately to extremely worried that people who help or support me won't continue to do so	25.9, 21.1 - 31.4	29.6, 24.9 – 34.7	29.0, 24.7 – 33.7	21.0, 17.6 – 24.9

*Interpret with caution – high sampling variability

Figure 8: Concerns About Burn Out (Sub-populations)

Subgroups reporting concern about burn out	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Ottawa	52.5, 47.4 – 57.6	39.3, 35.2 – 43.5
Women	53.2, 45.3 – 60.8	41.6, 35.3 – 48.2
Men	51.7, 44.9 – 58.5	35.6, 30.4 – 41.1
18 to 34 years old	58.8, 46.5 – 70.1	38.3, 28.4 – 49.2
35 to 44 years old	68.3, 58.4 – 76.7	57.7, 49.5 – 65.5
45 to 54 years old	52.4, 43.5 – 61.2	49.6, 42.8 – 56.6
55 to 64 years old	46.0, 35.8 – 56.7	32.0, 23.9 – 41.3
Over 65 years old	31.2*, 22.1 – 42.1	18.9*, 13.3 – 26.0
<\$59,999 or less	51.1, 38.8 – 63.3	37.8, 27.4 – 49.5
\$60,000 to \$99,999	46.6, 35.0 – 58.5	27.6*, 19.6 – 37.4
\$100,000 to \$159,999	56.0, 46.0 – 65.6	47.4, 39.7 – 55.3
\$160,000 or more	56.0, 46.5 – 65.0	47.1, 39.5 – 55.0
Not born in Canada	60.5, 47.5 – 72.1	39.9, 29.1 – 51.7
Born in Canada (at least one parent born outside of Canada)	55.7, 45.4 – 65.4	44.7, 36.6 – 53.2
Both you and your parents born in Canada	49.7, 43.1 – 56.4	37.1, 32.0 – 42.5
Visible minority or Racialized	71.7, 55.9 – 83.5	44.3, 32.5 – 56.7
Not identifying as a visible minority/Not racialized	50.3, 45.0 – 55.7	38.5, 34.2 – 43.0
Identify as LGBTQ2S+	60.0*, 37.2 – 79.2	61.2, 43.7 – 76.2
Not identifying as LGBTQ2S+	51.7, 46.5 – 56.8	36.6, 32.6 – 40.7
Has a disability	50.3, 35.5 – 65.1	35.2, 25.7 – 46.2
Does not have a disability	52.8, 47.4 – 58.2	39.9, 35.5 – 44.5
Parents with kids (0-4 years)	76.4, 59.5 – 87.7	55.8, 42.9 – 68.0
Parents with kids (5-11 years)	67.1, 56.6 – 76.2	62.5, 54.3 – 70.0
Parents with kids (12-18 years)	50.7, 40.7 – 60.6	48.3, 40.6 – 56.0

Figure 9: Concerns About Loss of Support (sub-populations)

Sub-populations that report concern of loss of support	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Ottawa	29.0, 24.7 – 33.7	21.0, 17.6 – 24.9
Women	28.2, 22.0 – 35.5	23.0, 17.7 – 29.2
Men	28.5, 22.8 – 34.9	18.2, 14.0 – 23.5
18 to 34 years old	19.9*, 12.6 – 30.0	20.2*, 12.6 – 30.8
35 to 44 years old	39.8, 30.2 – 50.2	27.2, 20.4 – 35.3
45 to 54 years old	33.5, 24.9 – 43.3	20.3, 14.9 – 27.1
55 to 64 years old	29.2*, 20.2 – 40.2	17.3*, 10.8 – 26.5
Over 65 years old	31.5*, 22.4 – 42.2	21.0*, 14.8 – 28.8
<\$59,999 or less	35.8*, 24.9 – 48.5	36.9, 26.8 – 48.3
\$60,000 to \$99,999	24.9*, 16.5 – 35.8	17.1*, 11.2 – 25.3
\$100,000 to \$159,999	27.2, 19.6 – 36.3	15.8*, 10.8 – 22.6
\$160,000 or more	29.6, 21.3 – 39.6	17.4*, 12.1 – 24.5
Not born in Canada	42.4, 30.0 – 55.9	26.5*, 16.2 – 40.1
Born in Canada (at least one parent born outside of Canada)	32.7, 23.8 – 43.0	25.7, 18.7 – 34.3
Both you and your parents born in Canada	24.6, 19.6 – 30.3	17.9, 14.2 – 22.5
Visible minority or Racialized	45.2*, 28.4 – 63.2	32.2*, 21.1 – 45.8
Not identifying as a visible minority/Not racialized	27.1, 22.8 – 31.9	19.4, 15.9 – 23.4
Has a disability	45.9*, 31.7 – 60.7	31.0*, 21.9 – 41.9
Does not have a disability	26.4, 22.0 – 31.3	19.3, 15.7 – 23.5
Parents with kids (0-4 years)	43.2*, 28.7 – 59.0	24.2*, 14.7 – 37.3
Parents with kids (5-11 years)	33.5, 24.2 – 44.4	24.0*, 16.6 – 33.2
Parents with kids (12-18 years)	32.3, 23.4 – 42.6	17.3*, 11.6 – 25.2

*Interpret with caution – high sampling variability

Figure 10: Sense of Community Belonging

Over the past two week, how would you describe you sense of belonging to your local community? Would you say it is...?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Very strong or somewhat strong	36, 31.9 - 41.2	38, 32.5 - 41.9	52, 47.8 - 56.1
Very weak or somewhat weak	52, 46.7 - 56.6	51, 46.5 - 56.3	43, 38.7 - 46.9
Do not know	12, 8.8 - 15.8	12, 8.2 - 15.9	5, 3.8 - 7.3

Figure 11: Sense of Community Belonging (Sub-populations)

Sub-groups reporting weak sense of community belonging	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Ottawa	37.1, 32.5 – 41.9	51.9, 47.8 – 56.1
Women	40.0, 33.1 – 47.3	54.1, 47.8 – 60.3
Men	35.3, 29.4 – 41.7	51.9, 46.2 – 57.5
18 to 34 years old	29.9*, 19.9 – 42.2	46.0, 35.7 – 56.6
35 to 44 years old	41.4, 32.3 – 51.2	50.6, 42.6 – 58.5
45 to 54 years old	43.8, 35.4 – 52.7	49.7, 42.9 – 56.5
55 to 64 years old	32.1, 23.7 – 41.7	52.5, 43.5 – 61.3
Over 65 years old	42.3, 32.9 – 52.2	63.9, 56.1 – 71.0
<\$59,999 or less	32.5*, 22.5 – 44.3	46.5, 36.4 – 56.9
\$60,000 to \$99,999	30.7*, 21.6 – 41.5	54.5, 45.1 – 63.7
\$100,000 to \$159,999	39.6, 30.8 – 49.0	53.0, 45.2 – 60.6
\$160,000 or more	43.8, 35.0 – 53.1	56.5, 48.6 – 64.1
Not born in Canada	42.9, 31.0 – 55.8	57.6, 46.4 – 68.0
Born in Canada (at least one parent born outside of Canada)	33.0, 24.8 – 42.3	45.7, 37.6 – 54.0
Both you and your parents born in Canada	37.7, 31.8 – 43.9	53.2, 47.9 – 58.4
Visible minority or Racialized	32.5*, 19.2 – 49.4	53.2, 40.9 – 65.1
Not identifying as a visible minority/Not racialized	37.6, 32.8 – 42.6	51.8, 47.4 – 56.1
Has a disability	30.5*, 19.9 – 43.8	47.1, 36.4 – 58.1
Does not have a disability	38.0, 33.1 – 43.2	52.8, 48.3 – 57.2
Parents with kids (0-4 years)	45.5*, 31.2 – 60.5	45.7, 33.5 – 58.4
Parents with kids (5-11 years)	38.5, 29.1 – 48.8	51.7, 43.5 – 59.8
Parents with kids (12-18 years)	37.5, 29.0 – 46.8	59.1, 51.4 – 66.3

*Interpret with caution – high sampling variability

Figure 12: Loneliness

Over the past two weeks, on how many days did you feel lonely?	June 2020 (%, 95% CI)	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Not at all	40.3, 35.6 - 45.1	37.8, 33.4 - 42.3	49.0, 44.9 - 53.1
One or two days	27.1, 22.8 - 31.9	26.3, 22.1 - 31.0	24.9, 21.4 - 28.7
Several days	15.3, 12.0 - 19.2	21.3, 16.9 - 26.6	13.1, 10.4 - 16.4
More than half the days	7.0*, 4.2 - 11.3	4.9*, 3.4 - 7.0	5.4*, 3.8 - 7.7
Nearly every day	9.1, 6.6 - 12.5	7.9, 5.8 - 10.6	7.3, 5.4 - 9.8

Figure 13: Loneliness (Sub-populations)

Sub-groups who report feeling lonely on at least one day in the past two weeks	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Overall Ottawa	61.5, 56.9 - 66.0	50.8, 46.7 - 54.9
Women	69.0, 62.6 - 74.8	56.3, 50.1 - 62.3
Men	53.2, 46.5 - 59.8	44.0, 38.4 - 49.7
18 to 34 years old	80.8, 71.3 - 87.6	56.5, 46.0 - 66.5
35 to 44 years old	55.8, 46.0 - 65.2	53.7, 45.7 - 61.6
45 to 54 years old	52.0, 43.2 - 60.6	45.5, 38.7 - 52.4
55 to 64 years old	55.6, 45.5 - 65.2	49.1, 40.3 - 58.1
Over 65 years old	52.9, 43.0 - 62.5	46.9, 39.2 - 54.8
<\$59,999 or less	66.6, 55.8 - 76.0	63.7, 53.7 - 72.8
\$60,000 to \$99,999	67.6, 57.3 - 76.3	53.4, 43.8 - 62.7
\$100,000 to \$159,999	63.7, 54.5 - 72.0	41.8, 34.4 - 49.5
\$160,000 or more	49.5, 40.3 - 58.8	44.6, 36.9 - 52.5
Not born in Canada	62.4, 50.2 - 73.2	56.2, 45.0 - 66.9
Born in Canada (at least one parent born outside of Canada)	62.8, 53.3 - 71.4	51.1, 42.8 - 59.4
Both you and your parents born in Canada	61.1, 55.1 - 66.7	49.7, 44.4 - 55.0
Visible minority or Racialized	70.2, 55.2 - 81.8	57.6, 45.2 - 69.2
Not identifying as a visible minority/Not racialized	60.6, 55.8 - 65.3	49.8, 45.5 - 54.2
Identify as LGBTQ2S+	84.7, 70.0 - 92.9	67.6, 51.3 - 80.6
Not identifying as LGBTQ2S+	59.1, 54.3 - 63.7	48.8, 44.7 - 53.0
Has a disability	79.8, 68.1 - 87.9	63.0, 52.2 - 72.7
Does not have a disability	58.9, 53.8 - 63.7	48.8, 44.3 - 53.2
Parents with kids (0-4 years)	52.2, 37.0 - 67.1	42.0, 30.1 - 55.0
Parents with kids (5-11 years)	58.2, 47.5 - 68.1	45.2, 37.1 - 53.5
Parents with kids (12-17 years)	52.5, 42.7 - 62.2	42.6, 35.1 - 50.5

*Interpret with caution – high sampling variability

Figure 14: Did Not Know Who To Reach Out to for Mental Health Support

Over the past two weeks, has there been a time when you wanted to talk to someone about something on your mind, including your emotional state or mental health, but did not know where to turn?	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Yes	24.7, 20.7 – 29.1	23.9, 20.3 – 27.8
No	71.1, 66.5 – 75.3	73.3, 69.3 – 77.0
Don't know/No response	4.2*, 2.6 – 6.6	2.8*, 1.9 – 4.2

Figure 16: Did Not Know Who To Reach Out to for Substance Use Support

Over the past two weeks, has there been a time when you wanted to talk to someone about your use of substances, including alcohol, cannabis, tobacco, cigarettes, vapes or e-cigarettes, opioids or other substances, but did not know where to turn?	November 2021 (%, 95% CI)
Yes	3.6*, 2.3 – 5.5
No	74.8, 71.1 – 78.2
I don't use any of these substances	21.6, 18.5 – 25.1

*Interpret with caution – high sampling variability

Figure 15: Did Not Know Who to Reach Out to for Mental Health Support (Sub-populations)

Sub-groups who wanted mental health support in the last two weeks but did not know who to reach out to	October 2020 (%, 95% CI)	November 2021 (%, 95% CI)
Overall Ottawa	24.7, 20.7 – 29.1	23.9, 20.3 – 27.8
Women	26.6, 20.6 – 33.6	26.1, 20.7 – 32.5
Men	21.2, 16.3 – 27.0	20.4, 16.0 – 25.7
18 to 34 years old	32.1*, 22.2 – 43.9	29.8*, 20.7 – 40.8
35 to 44 years old	22.1*, 15.3 – 30.8	28.1, 21.5 – 35.9
45 to 54 years old	23.9*, 17.1 – 32.3	19.7, 14.7 – 25.9
55 to 64 years old	24.7*, 16.9 – 34.5	29.4, 21.7 – 38.4
Over 65 years old	17.4*, 11.2 – 26.0	10.9*, 7.1 – 16.4
<\$59,999 or less	37.8, 27.3 – 49.6	28.9*, 19.4 – 40.6
\$60,000 to \$99,999	28.2*, 19.5 – 39.0	27.1, 19.8 – 35.9
\$100,000 to \$159,999	17.0*, 11.6 – 24.2	20.7, 15.3 – 27.3
\$160,000 or more	17.9*, 11.9 – 26.1	21.3*, 15.3 – 28.9
Not born in Canada	32.0*, 21.0 – 45.4	31.4*, 21.3 – 43.7
Born in Canada (at least one parent born outside of Canada)	22.6*, 15.4 – 31.9	26.8, 19.8 – 35.1
Both you and your parents born in Canada	24.1, 19.2 – 29.8	21.2, 16.9 – 26.2
Visible minority or Racialized	32.2*, 18.6 – 49.6	28.4*, 18.3 – 41.2
Not identifying as a visible minority/Not racialized	23.9, 19.8 – 28.5	23.2, 19.5 – 27.4
Identify as LGBTQ2S+	29.1*, 15.6 – 47.7	45.2*, 28.9, 62.7
Not identifying as LGBTQ2S+	24.2, 20.1 – 28.9	21.4, 18.1 – 25.0
Has a disability	44.2*, 30.9 – 58.4	32.2*, 22.9 – 43.2
Does not have a disability	21.9, 17.9 – 26.5	22.4, 18.7 – 26.8
Parents with kids (0-4 years)	28.7*, 16.8 – 44.5	20.5*, 11.8 – 33.4
Parents with kids (5-11 years)	27.3*, 19.1 – 37.5	25.0, 18.4 – 33.0
Parents with kids (12-18 years)	17.0*, 11.0 – 25.3	21.3, 15.5 – 28.5

Figure 17: Level of agreement for statements about mental health and substance use health

Statement	Agree (% , 95% CI)	Neutral (% , 95% CI)	Disagree (% , 95% CI)
Mental Health Conditions			
Mental health conditions can affect anyone	98.3, 96.9 - 99.0	-	-
Mental health conditions are like physical health conditions and need the right support and treatment	96.1, 94.2 - 97.4	1.5*, 0.9 - 2.6	2.3*, 1.3 - 4.1
Mental health conditions are caused by personal weakness	6.2*, 4.4 - 8.6	4.7*, 3.3 - 6.5	87.3, 84.4 - 89.8
People with mental health conditions deserve healthcare	97.9, 96.7 - 98.7	-	1.1*, 0.6 - 2.1
I would feel comfortable working with someone if I knew they had a mental health condition	87.8, 85.3 - 90.0	7.4, 5.7 - 9.6	2.6*, 1.7 - 3.9
I would hire a person if I knew they had a mental health condition	78, 74.7 - 81.0	13.2, 10.8 - 16.1	3.3, 2.3 - 4.7
Having a mental health condition is a choice	2.3, 1.4 - 3.6	2.0, 1.2 - 3.4	93.7, 91.7 - 95.3
Substance Use Disorders			
Addictions (substance use disorder) can affect anyone	90.0, 87.3 - 92.2	3.8*, 2.5 - 5.6	5.9*, 4.2 - 8.3
Addictions (substance use disorder) are like physical health conditions and need the right support and treatment	94.6, 92.5 - 96.1	2.5*, 1.6 - 3.9	2.7*, 1.6 - 4.3
Addictions (substance use disorder) are caused by personal weakness	15.6, 13.0 - 18.7	9.0, 6.8 - 11.6	73.4, 69.7 - 76.8
People with an addiction (substance use disorder) deserve healthcare	95.4, 93.2 - 96.8	2.4*, 1.5 - 3.6	-
I would feel comfortable working with a person who has an addiction (substance use disorder)	61.7, 57.8 - 65.5	17.9, 15.1 - 21.1	16.5, 13.9 - 19.4
I would hire a person if I knew they had an addiction (substance use disorder)	46.0, 41.9 - 50.2	22.7, 19.4 - 26.3	24.6, 21.5 - 28.1
Having an addiction (substance use disorder) is a choice	13.9, 11.4 - 16.7	7.6, 5.8 - 9.8	76.5, 93.1 - 79.6

NOTE: a substance use disorder is a treatable medical condition. The use of the word 'addictions' with 'substance use disorder' in brackets was used intentionally for the purposes of this survey. This was to try to ensure that the answers to these questions would reflect the respondents' actual beliefs and did not come from a lack of understanding of the term 'substance use disorder'.

*Interpret with caution – high sampling variability