

Social Isolation and Loneliness in Canada Redux

Introduction

Today's survey touches on various aspects of life today. We are trying to better understand people's different life experiences. As always, there are no right or wrong answers – we just want your honest perspective.

QA1.

Base=All

[single choice grid]

How concerned are you about each of the following...?

[rows]

- [T] You personally becoming sick from this coronavirus
- [T] Friends or family becoming sick
- [T] People in your community becoming sick
- [T March 5] Coronavirus hurting your personal financial situation

[columns]

- Very concerned
- Moderately concerned
- Not that concerned
- Not at all concerned

[T] QA2.

Base=All

[Multi-choice]

Has the coronavirus outbreak affected you personally in any way? Please select all that apply:

[randomize]

- [T] Taken a financial loss on your investments
- [T] Laid off/lost hours at work
- None of these [Fixed, Exclusive]

Household Demos

Let's begin with a few questions about you.

Q1.

Base=All

[Single-choice]

How many people currently live in your household -- including yourself?

- You live alone
- Two/One other person
- Three people
- Four people
- Five or more people in household

Q2.

Base=All

[Single-choice]

What is your current marital status? Are you:

- Single/Never married
- Married
- Common-law/Living as married
- Separated/Divorced
- Widowed

Q3.

Base=All

[Multi-choice]

Do you have children?

- No, no children [EXCLUSIVE]
- Yes, have a child/children under 18
- Yes, have a child/children over 18

Q4.

Base=All

[Single-choice]

Are you currently working or studying as a student at a post-secondary institution?

- Working/studying full-time
- Working/studying part-time
- Not working/studying
- Retired

COMMUNITY SECTION

Q5.

Base=All

[Single choice grid]

There are a number of ways that Canadians participate in their communities – we understand that you may not be able to do many of these activities because of restrictions in recent months, but we still want to understand people have been doing.

This summer, which of the following activities did you participate in:

[ROWS - RANDOMIZE]

Participate in neighbourhood or community projects (such as neighbourhood clean-up or community gardening or youth programs etc.)

Use the local community centre or library

Volunteer for a community group or cause

Go out to events like live music or theatre

Socialize with your neighbours (beyond a quick "hello")

[COLUMNS]

Did this a few times

Did this once or twice

Did not do this at all

Q6.

Base=All

[Single choice grid]

How would you describe each of the following aspects of your life these days?

[ROWS - RANDOMIZE]

Your current financial situation

Your own physical health (how often you are sick, whether you have medical conditions etc.)

Your own mental health (things like depression or anxiety or moods etc.)

Your social life (time spent with friends)

[COLUMNS]

Very good

Good

Only fair

Poor

Very poor

Q7.

Base=All except first two rows

[Single choice grid]

Thinking now about the relationships in your life today, how would you describe:

[ROWS - RANDOMIZE]

[IF WORKING/STUDYING IN Q4:]

Your relationships with co-workers/other students

[IF MARRIED/COMMON LAW IN Q2]

Your relationship with your spouse/partner

Your relationship with other members of your immediate family

Your relationship with your closest friends

[COLUMNS]

Very good

Good

Only fair

Poor

Very poor

[text]

Our next questions are about social contacts, which can be very different from person to person. Please respond based on your *current situation* (realizing it may have been different in the past or could change in the future).

Q8.

Base=All

[Single Choice]

These days, how much time are you physically alone, with no one else with you?

No time alone these days

Rarely

Sometimes

Often

Always alone these days

Q9.

Base=All

[Single Choice]

And, as far as you're concerned, is the amount of time you spend alone about right, or would you change it?

[HIDE FOR THOSE WHO SAY "NO TIME ALONE"] Rather have less time alone than now

[HIDE FOR THOSE WHO SAY "ALWAYS ALONE"] Rather have more time alone

Current is about right

Q10.

Base=All

[Single Choice]

Have you ever spent a special occasion (like Thanksgiving or your birthday) alone when you would have rather been with other people? (Not counting having to miss solely due to health or travel problems.)

- Yes, often alone on special occasions
- Sometimes/It has happened
- No, always with others for special events

Q11.

Base= All except first two rows

[Single choice grid]

We're also interested in your time with other people during this pandemic. Specifically, let's focus only on face-to-face visiting and interacting. Thinking of this past month, how often have you been socially interacting with:

[ROWS – THIS ORDER]

[IGNORE IF LIVING ALONE IN Q1]

Other members of your household

[ONLY SHOW IF WORKING/STUDYING IN Q4]

Co-workers/Other students (in a social sense, not just work/school)

[ALL]

- Family members not living with you
- Friends
- Your neighbours (beyond a quick hello)
- Other acquaintances

[COLUMNS]

- Not at all this month
- Once or twice
- A few times/weekly
- Many times
- All the time/Daily or more

Q12a.

Base=All

[Numeric]

How many people in your life today do you consider to be "good friends"?

#: _____

Q12b.

Base=All

[Single choice]

Is that enough or do you wish you had more good friends?

Enough good friends

Wish I had more

Q13a.

Base=All

[Single choice grid]

We've been talking about in-person face-to-face contact. Now we'd also like to know how often, if at all, you do each of the following for social reasons and staying in touch throughout the past few months:

[ROWS]

Talk on the phone with family or friends

Use video calling like Zoom, Skype, Apple Facetime etc.

Interact with family or friends via social media apps, text or email

[COLUMNS]

All the time – regular part of your life

Often

Sometimes

Only rarely

Never

Q13b.

Base="SOMETIMES" OR "OFTEN" OR "ALL THE TIME" FOR "VIDEO CALLING" in Q13a

[Single choice]

And what are your overall feelings about keeping in touch using these video calling applications? Would you say:

I appreciate it, it makes me feel more connected

It's better than nothing

I dislike it because there's less real face-to-face contact now

[text]

We want to get a better understanding of people's personal life experiences – some of the different circumstances and feelings people may have in their life. These are personal in nature – as always, there are no right or wrong answers.

Q14.

Base=All

[Single choice grid]

How often do you yourself experience the following?

[ROWS – RANDOMIZE]

Wish you had someone you could talk to, but don't
Feel alone when you're with other people
Feel too busy to spend quality time with family and friends
Feel lonely and wish you had more friendly human contact
Wish you had someone to go out places with

[COLUMNS]

Often feel this way
Sometimes
Rarely
Never feel this way

Q15a.

Base=All

[Single choice]

Are there people in your social circle – family, friends, other people you know – who you would say are lonely and need more companionship in their lives?

Yes, for sure
Maybe
No, don't think so

[IF YES OR MAYBE]

Q15b.

Base=Exclude No in Q15a

[Single choice]

Do you currently make a point of spending time visiting someone you feel may be lonely and in need of companionship?

Yes, regularly
From time-to-time
No, don't make a point

Q15c.

Base=All

[Single choice]

Do you wish your own family and friends would spend more time socializing with you, even if this is socially distanced or through technology?

Yes, lots more

Some more time would be nice
No, current time is about right