

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

All sample sizes, including column totals, are weighted to census data. Cells containing “*” are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.

SQ1. [Very satisfied/ satisfied] Please indicate your own personal level of satisfaction with each of the following:

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Your own personal happiness and contentment with your life	81%	77%	83%	81%	84%
The overall quality of life in the community where you live	87%	85%	89%	86%	87%
The way things are going in Canada today	50%	50%	49%	50%	48%

SQ1. [Dissatisfied/ very dissatisfied] Please indicate your own personal level of satisfaction with each of the following:

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Your own personal happiness and contentment with your life	19%	23%	17%	19%	16%
The overall quality of life in the community where you live	13%	15%	11%	14%	13%
The way things are going in Canada today	50%	50%	51%	50%	52%

SQ1. Satisfaction- Your own personal happiness and contentment with your life

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Very satisfied	20%	21%	17%	22%	23%
Satisfied	61%	56%	65%	59%	61%
Dissatisfied	16%	21%	15%	17%	11%
Very dissatisfied	3%	3%	2%	2%	5%
Net: Satisfied	81%	77%	83%	81%	84%
Net: Dissatisfied	19%	23%	17%	19%	16%

SQ1. Satisfaction- The overall quality of life in the community where you live

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Very satisfied	24%	24%	23%	20%	29%
Satisfied	64%	61%	66%	66%	58%
Dissatisfied	12%	14%	10%	13%	11%
Very dissatisfied	1%	1%	*0%	2%	2%
Net: Satisfied	87%	85%	89%	86%	87%
Net: Dissatisfied	13%	15%	11%	14%	13%

SQ1. Satisfaction- The way things are going in Canada today

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Very satisfied	6%	7%	5%	4%	8%
Satisfied	44%	43%	45%	46%	40%
Dissatisfied	38%	38%	39%	37%	35%
Very dissatisfied	13%	12%	12%	13%	17%
Net: Satisfied	50%	50%	49%	50%	48%
Net: Dissatisfied	50%	50%	51%	50%	52%

SQ2. Do you believe that God or higher power exists?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Yes, I definitely do believe	29%		3%	59%	99%
Yes, I think so	26%		44%	40%	1%
No, I don't think so	25%	33%	41%	1%	
No, I definitely do not believe	21%	67%	12%		
Net: Yes	54%		46%	99%	100%
Net: No	46%	100%	54%	1%	

SQ3. Do you believe in life after death?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Yes, I definitely do believe	24%	1%	8%	38%	82%
Yes, I think so	28%	10%	35%	45%	13%
No, I don't think so	31%	39%	45%	17%	4%
No, I definitely do not believe	17%	50%	12%	1%	1%
Net: Yes	51%	11%	43%	82%	95%
Net: No	49%	89%	57%	18%	5%

SQ4. How often, if at all, do you: Pray to God or some higher power?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Everyday	15%	*0%	1%	23%	65%
A few times a week	7%		*0%	17%	23%
Once a week or so	5%		*0%	17%	8%
Once or twice a month	5%	*0%	2%	16%	3%
A few times a year	8%	*0%	13%	15%	
Only rarely	19%	6%	40%	7%	*0%
Never	41%	93%	44%	4%	*0%

SQ4. How often, if at all, do you: Attend religious services (other than weddings or funerals) ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Everyday	*%				3%
A few times a week	2%				16%
Once a week or so	8%		*%	5%	43%
Once or twice a month	3%		*%	4%	11%
A few times a year	10%	2%	7%	19%	20%
Only rarely	26%	11%	35%	41%	5%
Never	51%	87%	57%	31%	3%

SQ4. How often, if at all, do you: Feel you experience God's presence?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Everyday	15%		*%	26%	61%
A few times a week	4%		*%	7%	17%
Once a week or so	3%			7%	9%
Once or twice a month	3%		1%	10%	6%
A few times a year	7%		5%	19%	5%
Only rarely	19%	2%	33%	24%	2%
Never	49%	98%	61%	7%	

SQ4. How often, if at all, do you: Read the Bible, Quran, or other sacred text?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Everyday	4%			1%	26%
A few times a week	4%		*%	*%	23%
Once a week or so	2%	*%	*%	2%	11%
Once or twice a month	2%		1%	2%	10%
A few times a year	5%	1%	3%	10%	12%
Only rarely	20%	8%	19%	40%	14%
Never	63%	91%	77%	46%	4%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Do not believe in God or higher power)	697	373	320	4	-

SQ5. How would you describe yourself when it comes to the whole area of personal faith or spirituality?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
You do not have any feelings of faith or spirituality	54%	100%			
Have some/at some times	35%		74%	100%	
You do have feelings of faith or spirituality in your life	12%		26%		

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ5. Rebase to All respondents- How would you describe yourself when it comes to the whole area of personal faith or spirituality?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
You do not have any feelings of faith or spirituality	24%	100%			
Have some/at some times	16%		40%	1%	
You do have feelings of faith or spirituality in your life	5%		14%		
Believe in God	54%		46%	99%	100%

SQ6. Do you ever think of yourself as part of a religious tradition?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Christian	55%	20%	55%	73%	89%
Jewish	1%	1%	1%	*%	
Muslim	1%	*%	1%	1%	5%
Other non-Christian	5%	3%	5%	7%	3%
No, none of these	38%	76%	38%	19%	3%
Net: Christian/Jewish/Muslim	57%	21%	57%	74%	94%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (No, none of these in SQ6)	578	284	226	60	7

SQ7. Would you say you are:

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Agnostic	20%	16%	29%	8%	
Atheist	34%	52%	22%	2%	
Nothing in particular	32%	28%	36%	37%	
Something else	14%	5%	13%	53%	100%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ6/SQ7. Do you ever think of yourself as part of a religious tradition?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Christian	55%	20%	55%	73%	89%
Jewish	1%	1%	1%	*%	
Muslim	1%	*%	1%	1%	5%
Other non-Christian	5%	3%	5%	7%	3%
Agnostic	8%	12%	11%	2%	
Atheist	13%	39%	8%	*%	
Nothing in particular	12%	21%	14%	7%	
Something else	5%	4%	5%	10%	3%
Net: Christian/Jewish/Muslim	57%	21%	57%	74%	94%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Exclude never pray)	902	25	337	302	238

SQ8. The coronavirus outbreak in Canada and around the world has caused people to react in different ways. Would you say you are personally: Praying ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Doing this more than usual	22%	5%	9%	25%	37%
Doing this about the same amount as usual	71%	86%	76%	71%	62%
Doing this less than usual	7%	9%	15%	5%	1%

SQ8. The coronavirus outbreak in Canada and around the world has caused people to react in different ways. would you say you are personally: Reading a sacred text ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Doing this more than usual	8%		2%	6%	18%
Doing this about the same amount as usual	72%	74%	68%	74%	75%
Doing this less than usual	20%	26%	30%	20%	7%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ8. [All Respondents] The coronavirus outbreak in Canada and around the world has caused people to react in different ways. Would you say you are personally: Praying ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Doing this more than usual	13%	*%	5%	24%	37%
Doing this about the same amount as usual	42%	6%	43%	68%	62%
Doing this less than usual	4%	1%	8%	5%	1%
Never pray	41%	93%	44%	4%	*%

SQ8. [All respondents] The coronavirus outbreak in Canada and around the world has caused people to react in different ways. would you say you are personally: Reading a sacred text ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Doing this more than usual	5%		1%	5%	18%
Doing this about the same amount as usual	43%	5%	38%	71%	75%
Doing this less than usual	12%	2%	17%	19%	7%
Never pray	41%	93%	44%	4%	*%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Exclude never pray)	902	25	337	302	238

SQ9. And regardless of how much you've been praying, to what extent have your prayers helped you deal with Loneliness/Isolation?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	23%		2%	23%	57%
Helped a little	40%	14%	31%	55%	39%
Haven't helped at all	36%	86%	67%	22%	5%
Net: Helped a lot/ helped a little	64%	14%	33%	78%	95%

SQ9. And regardless of how much you've been praying, to what extent have your prayers helped you deal with Fear/Anxiety ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	27%		3%	26%	67%
Helped a little	40%	12%	35%	56%	30%
Haven't helped at all	33%	88%	63%	19%	3%
Net: Helped a lot/ helped a little	67%	12%	37%	81%	97%

SQ9. And regardless of how much you've been praying, to what extent have your prayers helped you deal with Grief/Anger?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	24%		2%	23%	59%
Helped a little	41%	12%	32%	55%	37%
Haven't helped at all	36%	88%	66%	22%	4%
Net: Helped a lot/ helped a little	64%	12%	34%	78%	96%

SQ9. And regardless of how much you've been praying, to what extent have your prayers helped you deal with Depression/Hopelessness?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	25%		2%	24%	63%
Helped a little	38%	12%	31%	54%	33%
Haven't helped at all	36%	88%	68%	22%	5%
Net: Helped a lot/ helped a little	64%	12%	32%	78%	95%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ9. [All Respondents] And regardless of how much you've been praying, to what extent have your prayers helped you deal with Loneliness/Isolation?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	14%		1%	22%	57%
Helped a little	24%	1%	17%	52%	38%
Haven't helped at all	21%	6%	38%	21%	5%
Net: Helped a lot/ helped a little	38%	1%	18%	74%	95%
Never prayed	41%	93%	44%	4%	*0%

SQ9. [All Respondents] And regardless of how much you've been praying, to what extent have your prayers helped you deal with Fear/Anxiety ?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	16%		2%	25%	67%
Helped a little	24%	1%	19%	53%	30%
Haven't helped at all	19%	6%	35%	18%	3%
Net: Helped a lot/ helped a little	40%	1%	21%	78%	97%
Never prayed	41%	93%	44%	4%	*0%

SQ9. [All Respondents] And regardless of how much you've been praying, to what extent have your prayers helped you deal with Grief/Anger?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	14%		1%	22%	58%
Helped a little	24%	1%	18%	53%	37%
Haven't helped at all	21%	6%	37%	21%	4%
Net: Helped a lot/ helped a little	38%	1%	19%	75%	96%
Never prayed	41%	93%	44%	4%	*0%

SQ9. [All Respondents] And regardless of how much you've been praying, to what extent have your prayers helped you deal with Depression/Hopelessness?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Helped a lot	15%		1%	23%	62%
Helped a little	23%	1%	17%	51%	33%
Haven't helped at all	21%	6%	38%	21%	5%
Net: Helped a lot/ helped a little	38%	1%	18%	75%	95%
Never prayed	41%	93%	44%	4%	*0%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Exclude No religion and Never Pray)	742	13	249	248	232

SQ10. In the last month or so, please indicate if you have done any of the actions below instead of attending a house of worship:

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Prayed at home on your own, just relying on scripture or holy texts	33%		5%	27%	71%
Followed a religious service online	26%		5%	12%	63%
Used an app for prayer, religious guidance or meditation	10%		3%	5%	25%
Prayed with family/other members of your faith using video chat (Skype, Zoom, etc.)	8%		1%	4%	21%
Spoken to a priest, cleric or other religious leader over the phone	7%			4%	17%
Other (Specify):	5%		1%	6%	8%
None of the above	50%	100%	86%	54%	3%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ10. [All Respondents] In the last month or so, please indicate if you have done any of the actions below instead of attending a house of worship:

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Prayed at home on your own, just relying on scripture or holy texts	16%		2%	21%	69%
Followed a religious service online	12%		2%	10%	61%
Used an app for prayer, religious guidance or meditation	5%		1%	4%	24%
Prayed with family/other members of your faith using video chat (Skype, Zoom, etc.)	4%		*%	3%	21%
Spoken to a priest, cleric or other religious leader over the phone	3%			3%	16%
Other (Specify):	2%		1%	5%	8%
None of the above	24%	3%	36%	43%	3%
No religion/ Never pray	51%	97%	58%	21%	3%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Identify as Christian, Jewish, or Muslim)	875	78	338	234	224

SQ11. To what extent will this upcoming holy period be more or less meaningful for you, given that your house of worship is closed?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
More meaningful	13%		4%	9%	35%
The same as always	74%	81%	77%	82%	57%
Less meaningful	13%	19%	19%	9%	8%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ11.[All Respondents] To what extent will this upcoming holy period be more or less meaningful for you, given that your house of worship is closed?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
More meaningful	7%		2%	7%	33%
The same as always	42%	17%	44%	61%	53%
Less meaningful	8%	4%	11%	6%	8%
Not Christian/Jewish/Muslim	43%	79%	43%	26%	6%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample (Identify as Christian, Jewish, or Muslim)	875	78	338	234	224

SQ12. How are you planning to mark or celebrate your upcoming holy period?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Pray at home on your own, just relying on scripture or holy texts	27%		5%	28%	67%
Follow a religious service online	25%	1%	5%	20%	68%
Pray with family/other members of your faith using video chat (Skype, Zoom, etc.)	9%	1%	4%	7%	22%
Use an app for prayer, religious guidance or meditation	7%		1%	6%	21%
Speak to a priest, cleric or other religious leader over the phone	2%			2%	5%
Other (Specify):	7%	7%	7%	5%	8%
None of the above	52%	91%	81%	45%	4%

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Sample	1525	373	597	316	239

SQ12. [all Respondents] How are you planning to mark or celebrate your upcoming holy period?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
Pray at home on your own, just relying on scripture or holy texts	15%		3%	21%	63%
Follow a religious service online	14%	*%	3%	15%	64%
Pray with family/other members of your faith using video chat (Skype, Zoom, etc.)	5%	*%	2%	5%	21%
Use an app for prayer, religious guidance or meditation	4%		*%	4%	20%
Speak to a priest, cleric or other religious leader over the phone	1%			1%	4%
Other (Specify):	4%	2%	4%	3%	7%
None of the above	30%	19%	46%	33%	4%
Not Christian/Jewish/Muslim	43%	79%	43%	26%	6%

SQ13. What best describes your own experience in the last month or so?

	Total	Spectrum			
		Non-religious	Spiritually Uncertain	Privately Faithful	Religiously Committed
I or someone in my household has been helped by a faith institution	5%	2%	2%	5%	19%
A family member or friend outside my household has been helped	14%	8%	13%	16%	24%
Neither I nor any friends or family outside my household have had this kind of help	81%	90%	86%	79%	57%
Net: Yes	19%	10%	14%	21%	43%