

Now we have a few questions about you. Please remember that – as always – your responses are anonymous and only looked at in aggregate with others. Please answer as honestly as possible.

Q1. [T]

Base = all

[single choice]

Now thinking about how you feel personally when it comes to your mental health in dealing with the COVID-19 pandemic. Would you say you are feeling over the past few weeks...?

Great – not really bothered at all

Good – some difficulty but nothing major

Not good – having a pretty tough time with things

Terrible – barely getting by at this point

Q2. [T COVID, April 2020]

Base=All

Multi-choice, max 3

Thinking about the last couple of weeks of your own life, which of the following words best describe what you have been feeling the most? Please pick up to three.

[randomize]

Optimistic

Happy

Grateful

Untroubled

Fatigued

Normal

Bored

Anxious

Depressed

Frustrated

Pessimistic

Other: (specify)

Q3.

How often do you discuss your mental health with...

Your friends

Your family

Your coworkers

Your boss

All the time

Often

Rarely

Never

Q4.

[Adapted, pharmacare 2020]

Realizing this question may be perceived as personal, please consider it but do not feel pressured to respond if you are uncomfortable. Note – all responses are anonymous, and data is only looked at in total – not with any of your information attached.

Approximately how many times in the last 12 months have you or anyone in your household:

[Randomize Rows:]

Called a mental health hotline

Had an appointment with a therapist/psychologist/psychiatrist

Received a prescription to treat a mental health issue

Visited an emergency department or urgent care centre because of a mental health issue

Talked to a friend, loved one, or trusted person in your life about your mental health

[Responses:]

Zero, no one in household in past year

Once

Two times

Three to five times

Six to ten times

Ten or more times

Q5. [Adapted from Pew]

Thinking about people you know. How much, if at all, do you think each of the following is a problem among people in your social circle?

Anxiety and Depression

Drug addiction

Alcohol abuse

Major problem

Minor problem

Not a problem

Q6.

[Exclude if selected all not a problem previous question]

Thinking now of the time since the beginning of the COVID-19 pandemic, have these problems become better or worse?

[Same options as previous, exclude any selected as not a problem]

Better
Worse