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
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]