

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
Sample size	2550	490	2060	129	114	157	120

Regional sample sizes are unweighted. All other 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.*

QM1. How would you say you’ve been feeling over the past few weeks…?

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
Great – not really bothered at all	16%	18%	16%	14%	19%	15%	25%
Good – some difficulty but nothing major	51%	48%	51%	43%	46%	58%	42%
Not good – having a pretty tough time with things	28%	30%	28%	36%	31%	24%	30%
Terrible – barely getting by at this point	5%	4%	6%	7%	4%	2%	2%
Top2box	67%	66%	67%	57%	65%	74%	67%
Bottom2box	33%	34%	33%	43%	35%	26%	33%

QO1. [Top2box] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
Relationships with your spouse/partner	21%	27%	19%	23%	32%	27%	28%
Relationships with friends and family	14%	19%	13%	15%	17%	17%	29%
Your mental health	12%	17%	11%	14%	17%	15%	26%
Your overall physical health/well being	17%	25%	16%	25%	27%	25%	23%
Feeling supported/cared for	14%	20%	12%	17%	22%	17%	23%
Your sense of optimism	16%	21%	15%	14%	28%	18%	28%
Your life overall	23%	31%	21%	23%	35%	33%	36%

QO1. [Bottom2box] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
Relationships with your spouse/partner	19%	17%	19%	24%	21%	12%	9%
Relationships with friends and family	39%	33%	40%	44%	32%	31%	26%
Your mental health	54%	50%	55%	60%	53%	47%	37%
Your overall physical health/well being	53%	48%	54%	55%	49%	43%	47%
Feeling supported/cared for	36%	39%	35%	46%	43%	34%	34%
Your sense of optimism	56%	44%	59%	60%	40%	42%	35%
Your life overall	41%	37%	42%	48%	41%	31%	28%

QO1. [Relationships with your spouse/partner] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	8%	11%	7%	10%	12%	8%	16%
A little better	13%	15%	12%	13%	20%	18%	12%
The same – no change	37%	29%	40%	27%	24%	34%	32%
A little worse	13%	10%	14%	13%	12%	5%	8%
A lot worse than two years ago	6%	8%	5%	11%	9%	7%	2%
Not applicable	23%	27%	22%	26%	22%	27%	31%
Top2box	21%	27%	19%	23%	32%	27%	28%
Bottom2box	19%	17%	19%	24%	21%	12%	9%

QO1. [Relationships with friends and family] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	3%	7%	3%	5%	4%	6%	12%
A little better	11%	12%	10%	9%	12%	11%	17%
The same – no change	46%	46%	46%	41%	49%	50%	46%
A little worse	29%	25%	31%	29%	24%	29%	18%
A lot worse than two years ago	9%	8%	10%	15%	8%	3%	8%
Not applicable	1%	1%	1%	1%	2%	2%	
Top2box	14%	19%	13%	15%	17%	17%	29%
Bottom2box	39%	33%	40%	44%	32%	31%	26%

QO1. [Your mental health] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	4%	7%	4%	6%	7%	4%	14%
A little better	8%	10%	7%	8%	10%	11%	12%
The same – no change	33%	31%	33%	25%	28%	36%	37%
A little worse	36%	30%	38%	33%	29%	33%	21%
A lot worse than two years ago	18%	20%	18%	27%	24%	14%	16%
Not applicable	1%	1%	1%	1%	2%	2%	
Top2box	12%	17%	11%	14%	17%	15%	26%
Bottom2box	54%	50%	55%	60%	53%	47%	37%

QO1. [Your overall physical health/well being] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	5%	6%	5%	8%	4%	4%	11%
A little better	12%	18%	11%	17%	23%	21%	11%
The same – no change	29%	26%	30%	20%	23%	31%	29%
A little worse	36%	32%	36%	35%	26%	30%	37%
A lot worse than two years ago	17%	16%	17%	20%	23%	13%	10%
Not applicable	1%	1%	1%		2%	1%	1%
Top2box	17%	25%	16%	25%	27%	25%	23%
Bottom2box	53%	48%	54%	55%	49%	43%	47%

QO1. [Feeling supported/cared for] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	3%	6%	2%	5%	9%	2%	10%
A little better	11%	14%	10%	12%	14%	15%	12%
The same – no change	47%	39%	49%	34%	31%	48%	42%
A little worse	23%	25%	23%	23%	26%	28%	21%
A lot worse than two years ago	12%	14%	12%	23%	17%	6%	12%
Not applicable	3%	3%	3%	3%	3%	1%	2%
Top2box	14%	20%	12%	17%	22%	17%	23%
Bottom2box	36%	39%	35%	46%	43%	34%	34%

Q01. [Your sense of optimism] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	3%	5%	3%	3%	6%	4%	8%
A little better	13%	17%	12%	11%	22%	15%	20%
The same – no change	27%	33%	26%	25%	30%	39%	37%
A little worse	35%	26%	37%	28%	26%	29%	22%
A lot worse than two years ago	21%	18%	22%	32%	14%	13%	13%
Not applicable	1%	1%	1%	1%	2%	1%	1%
Top2box	16%	21%	15%	14%	28%	18%	28%
Bottom2box	56%	44%	59%	60%	40%	42%	35%

Q01. [Your life overall] overall, when it comes to the following aspects of your life, you would say things are better, worse or unchanged since March 2020:

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
A lot better than two years ago	5%	7%	5%	6%	5%	5%	14%
A little better	18%	24%	16%	17%	30%	28%	23%
The same – no change	35%	32%	36%	29%	24%	36%	36%
A little worse	31%	25%	32%	31%	32%	23%	17%
A lot worse than two years ago	10%	11%	9%	17%	9%	7%	10%
Not applicable	1%	0%	1%		1%	1%	
Top2box	23%	31%	21%	23%	35%	33%	36%
Bottom2box	41%	37%	42%	48%	41%	31%	28%

Q04. Agreement - It's made me reflect on what is really important

	Total	Visible Minority		Ethnicity			
		Yes	No	Indigenous	South Asian	Asian	Black
Strongly agree	25%	27%	24%	28%	31%	20%	32%
Agree	56%	55%	56%	50%	55%	63%	48%
Disagree	10%	9%	11%	10%	5%	10%	12%
Strongly disagree	2%	2%	2%	2%	2%		2%
Not sure/Can't say	7%	7%	7%	10%	6%	7%	5%
Top2box	81%	82%	80%	77%	86%	83%	81%
Bottom2box	12%	11%	13%	12%	7%	10%	14%