

Impacts of COVID-19 on Canadians - Mental Health

Crowdsource file

Public Use Microdata File



Statistics
Canada

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Canada

Canada

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Variable Name: PUMFID **Length:** 5.0 **Position:** 1
Question Name:
Concept: Public use microdata file identifier
Question Text:
Universe: All respondents
Note:
Source:

Variable Name: VERDATE **Length:** 10.0 **Position:** 6
Question Name:
Concept: Version date of when the file was created
Question Text:
Universe: All respondents
Note:
Source:

Answer Categories **Code**
10/06/2020

Variable Name: MH_05 **Length:** 1.0 **Position:** 16
Question Name: MH_Q05
Concept: Perceived mental health
Question Text: In general, how would you describe your mental health?
Universe: All respondents
Note:
Source:

Answer Categories **Code**
Excellent 1
Very good 2
Good 3
Fair 4
Poor 5
Not stated 9

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Variable Name: MH_10 **Length:** 1.0 **Position:** 17

Question Name: MH_Q10

Concept: Mental health compared to before physical distancing

Question Text: Compared to before physical distancing began, how would you say your mental health is now?

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Much better now	1
Somewhat better now	2
About the same	3
Somewhat worse now	4
Much worse now	5
Not stated	9

Variable Name: MH_15A **Length:** 1.0 **Position:** 18

Question Name: MH_Q15A

Concept: Feeling nervous, anxious or on edge - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? - Feeling nervous, anxious or on edge

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Several days	2
More than half the days	3
Nearly every day	4
Not stated	9

Variable Name: MH_15B **Length:** 1.0 **Position:** 19

Question Name: MH_Q15B

Concept: Not being able to stop or control worrying - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? - Not being able to stop or control worrying

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Several days	2
More than half the days	3
Nearly every day	4
Not stated	9

Variable Name: MH_15C **Length:** 1.0 **Position:** 20

Question Name: MH_Q15C

Concept: Worrying too much about different things - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? -
Worrying too much about different things

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Several days	2
More than half the days	3
Nearly every day	4
Not stated	9

Variable Name: MH_15D **Length:** 1.0 **Position:** 21

Question Name: MH_Q15D

Concept: Trouble relaxing - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? -
Trouble relaxing

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Several days	2
More than half the days	3
Nearly every day	4
Not stated	9

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Variable Name: MH_15E **Length:** 1.0 **Position:** 22

Question Name: MH_Q15E

Concept: Being so restless that it is hard to sit still - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? -
Being so restless that it is hard to sit still

Universe: All respondents

Note:

Source:

Answer Categories

Code

Not at all
Several days
More than half the days
Nearly every day
Not stated

1
2
3
4
9

Variable Name: MH_15F **Length:** 1.0 **Position:** 23

Question Name: MH_Q15F

Concept: Becoming easily annoyed or irritable - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? -
Becoming easily annoyed or irritable

Universe: All respondents

Note:

Source:

Answer Categories

Code

Not at all
Several days
More than half the days
Nearly every day
Not stated

1
2
3
4
9

Variable Name: MH_15G **Length:** 1.0 **Position:** 24

Question Name: MH_Q15G

Concept: Feeling afraid as if something awful might happen - Freq last 2 weeks

Question Text: Over the last 2 weeks, how often have you been bothered by the following problems? -
Feeling afraid as if something awful might happen

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Several days	2
More than half the days	3
Nearly every day	4
Not stated	9

<u>Code</u>
1
2
3
4
9

Variable Name: MH_20 **Length:** 1.0 **Position:** 25

Question Name: MH_Q20

Concept: Perceived life stress

Question Text: Thinking about the amount of stress in your life, how would you describe most of your days?

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all stressful	1
Not very stressful	2
A bit stressful	3
Quite a bit stressful	4
Extremely stressful	5
Not stated	9

<u>Code</u>
1
2
3
4
5
9

Variable Name: BH_60A **Length:** 1.0 **Position:** 26

Question Name: BH_Q60A

Concept: Freq in last week - Went shopping at the grocery store or drugstore

Question Text: In the last week, how often did you do each of the following activities? - Went shopping at the grocery store or drugstore

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Daily or more	1
4 or 5 times	2
1 to 3 times	3
Never	4
Not stated	9

<u>Code</u>
1
2
3
4
9

Variable Name: BH_60B **Length:** 1.0 **Position:** 27

Question Name: BH_Q60B

Concept: Freq in last week - Used delivery service for groceries or drugstore

Question Text: In the last week, how often did you do each of the following activities? - Used a delivery service for groceries or for a drugstore

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Daily or more	1
4 or 5 times	2
1 to 3 times	3
Never	4
Not stated	9

Variable Name: BH_60C **Length:** 1.0 **Position:** 28

Question Name: BH_Q60C

Concept: Freq in last week - Used a food delivery service for prepared food

Question Text: In the last week, how often did you do each of the following activities? - Used a food delivery service for prepared food

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Daily or more	1
4 or 5 times	2
1 to 3 times	3
Never	4
Not stated	9

Variable Name: BH_55A **Length:** 1.0 **Position:** 29

Question Name: BH_Q55A

Concept: Concern about impact of COVID-19 - My own health

Question Text: How concerned are you about each of the following impacts of COVID-19? - My own health

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55B **Length:** 1.0 **Position:** 30

Question Name: BH_Q55B

Concept: Concern about impact of COVID-19 - Member of household's health

Question Text: How concerned are you about each of the following impacts of COVID-19? - Member of the household's health

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55C **Length:** 1.0 **Position:** 31

Question Name: BH_Q55C

Concept: Concern about impact of COVID-19 - Vulnerable people's health

Question Text: How concerned are you about each of the following impacts of COVID-19? - Vulnerable people's health

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55D **Length:** 1.0 **Position:** 32

Question Name: BH_Q55D

Concept: Concern about impact of COVID-19 - Canadian population's health

Question Text: How concerned are you about each of the following impacts of COVID-19? - Canadian population's health

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55E **Length:** 1.0 **Position:** 33

Question Name: BH_Q55E

Concept: Concern about impact of COVID-19 - World population's health

Question Text: How concerned are you about each of the following impacts of COVID-19? - World population's health

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55F **Length:** 1.0 **Position:** 34

Question Name: BH_Q55F

Concept: Concern about impact of COVID-19 - Overloading the health system

Question Text: How concerned are you about each of the following impacts of COVID-19? - Overloading the health system

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55G **Length:** 1.0 **Position:** 35

Question Name: BH_Q55G

Concept: Concern about impact of COVID-19 - Civil disorder

Question Text: How concerned are you about each of the following impacts of COVID-19? - Civil disorder

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55H **Length:** 1.0 **Position:** 36

Question Name: BH_Q55H

Concept: Concern about impact of COVID-19 - Maintaining social ties

Question Text: How concerned are you about each of the following impacts of COVID-19? - Maintaining social ties

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55I **Length:** 1.0 **Position:** 37

Question Name: BH_Q55I

Concept: Concern about impact of COVID-19 - Able coop/supp during crisis

Question Text: How concerned are you about each of the following impacts of COVID-19? - Ability to cooperate and support one another during the crisis

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55J **Length:** 1.0 **Position:** 38

Question Name: BH_Q55J

Concept: Concern about impact of COVID-19 - Able coop/supp after crisis

Question Text: How concerned are you about each of the following impacts of COVID-19? - Ability to cooperate and support one another after the crisis

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: BH_55K **Length:** 1.0 **Position:** 39

Question Name: BH_Q55K

Concept: Concern about impact of COVID-19 - Family stress from confinem

Question Text: How concerned are you about each of the following impacts of COVID-19? - Family stress from confinement

Universe: All respondents

Note:

Source:

<u>Answer Categories</u>	<u>Code</u>
Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: DEM_10 **Length:** 1.0 **Position:** 40

Question Name: DEM_Q10

Concept: Gender benchmarked to sex

Question Text: What is your gender?

Universe: All respondents

Note: Imputed for benchmarking based on SEX. Participants with a gender of "Other" after this step were randomly assigned a sex of either "Male" or "Female" for benchmarking purposes.

Source:

<u>Answer Categories</u>	<u>Code</u>
Male	1
Female	2

Variable Name: MHDVMHI **Length:** 1.0 **Position:** 41

Question Name:

Concept: Perceived mental health

Question Text:

Universe: All respondents

Note: Based on MH_05

This variable indicates the respondent's mental health status based on his/her own judgement. Higher scores indicate positive perceived mental health status.

Source:

<u>Answer Categories</u>	<u>Code</u>
Poor	0
Fair	1
Good	2
Very good	3
Excellent	4
Not stated	9

Variable Name:	ANXDVGAD	Length:	2.0	Position:	42
Question Name:					
Concept:	Generalized Anxiety Severity Score				
Question Text:					
Universe:	All respondents				
Note:	<p>Based on MH_15A, MH_15B, MH_15C, MH_15D, MH_15E, MH_15F, MH_15G, MHT15A, MHT15B, MHT15C, MHT15D, MHT15E, MHT15F, MHT15G</p> <p>This variable indicates the severity of a respondent's anxiety, using a 7 item scale. This scale corresponds to the Generalized Anxiety Disorder (GAD-7) scale. A higher score indicates more severe anxiety.</p>				
Source:	For more information on scoring the Generalized Anxiety Disorder Scale (GAD-7), refer to: < https://www.phqscreeners.com/images/sites/g/files/g10016261/f/201412/instructions.pdf >				
<u>Answer Categories</u>		<u>Code</u>			
Score obtained on the anxiety scale (GAD-7)		00 - 21			
Not stated		99			

Variable Name:	ANXDVGAC	Length:	1.0	Position:	44
Question Name:					
Concept:	Generalized Anxiety Disorder Cut-point				
Question Text:					
Universe:	All respondents				
Note:	<p>Based on ANXDVGAD</p> <p>This variable classifies the respondent's degree of anxiety based on their score obtained on the Generalized Anxiety Disorder scale (GAD-7). Respondents with a score of 10 or higher were considered to have moderate to severe symptoms of generalized anxiety disorder in the two weeks prior to completing the survey.</p>				
Source:					
<u>Answer Categories</u>		<u>Code</u>			
Met cut-point		1			
Did not meet cut-point		2			
Not stated		9			

Variable Name:	ANXDVSEV	Length:	1.0	Position:	45
Question Name:					
Concept:	Severity of Generalized Anxiety				

Question Text:

Universe: All respondents

Note: Based on ANXDVGAD

This variable classifies the respondent's degree of anxiety based on their score obtained on the Generalized Anxiety Disorder scale (GAD-7).

Source: For more information on scoring the Generalized Anxiety Disorder Scale (GAD-7), refer to: <<https://www.phqscreeners.com/images/sites/g/files/g10016261/f/201412/instructions.pdf>>

<u>Answer Categories</u>	<u>Code</u>
No symptoms	0
Minimal symptoms	1
Mild symptoms	2
Moderate symptoms	3
Severe symptoms	4
Not stated	9

Variable Name: AGEGR_10 **Length:** 2.0 **Position:** 46

Question Name:

Concept: Age group in increments of 10

Question Text:

Universe: All respondents

Note: Based on DEM_Q05

Source:

<u>Answer Categories</u>	<u>Code</u>
15 to 24 years old	01
25 to 34 years old	02
35 to 44 years old	03
45 to 54 years old	04
55 to 64 years old	05
65 years and older	06

Variable Name: PBH_55L **Length:** 1.0 **Position:** 48

Question Name:

Concept: Concern about impact of COVID-19 - Violence in the home

Question Text:

Universe: All respondents

Note: Based on BH_Q55L

Source:

Answer Categories

Code

Not at all	1
Somewhat	2
Very	3
Extremely	4
Not stated	9

Variable Name: PCSIZMIZ **Length:** 2.0 **Position:** 49

Question Name:

Concept: Community Size and Metropolitan Influence Zones

Question Text:

Universe: All respondents

Note: This variable is a combination of the CSize variable for urban areas, and of the SACType variable for rural areas. See the definitions of each for more information.

Source:

Answer Categories

Code

1,500,000 +	01
500,000 - 1,499,999	02
100,000 - 499,999	03
10,000 - 99,999 (any CMACA < 100,000)	04
Non-CMACA	05
Missing (unknown if CMACA or not)	09

Variable Name: PIIDFLAG **Length:** 1.0 **Position:** 51

Question Name:

Concept: Indigenous identity flag

Question Text:

Universe: All respondents

Note: Based on IIDFLAG

Source:

Answer Categories

Code

Indigenous identity	1
Non-Indigenous identity	2
Not stated	9

Variable Name: PIMMST **Length:** 1.0 **Position:** 52

Question Name:

Concept: Immigration status

Question Text:

Universe: All respondents

Note: Based on IMMST

Source:

<u>Answer Categories</u>	<u>Code</u>
Non-immigrant	1
Immigrant	2
Not stated	9

Variable Name: PLM_30 **Length:** 2.0 **Position:** 53

Question Name:

Concept: Scale - I might lose main job or main self-empl income next 4 weeks

Question Text:

Universe: All respondents

Note: Based on LM_Q30

Source:

<u>Answer Categories</u>	<u>Code</u>
Strongly agree	01
Agree	02
Neither agree nor disagree	03
Disagree	04
Strongly disagree	05
Not working at a job or business	06
Not stated	99

Variable Name: PLM_40 **Length:** 1.0 **Position:** 55

Question Name:

Concept: COVID-19 impacts ability meet financial obligations or essential needs

Question Text:

Universe: All respondents

Note: Based on LM_Q40

Source:

<u>Answer Categories</u>	<u>Code</u>
Major impact	1
Moderate impact	2
Minor impact	3

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Answer Categories

Code

No impact	4
Too soon to tell	5
Not stated	9

Variable Name: PPROV **Length:** 2.0 **Position:** 56

Question Name:

Concept: Province of residence

Question Text:

Universe: All respondents

Note: Based on DEM_Q15 and the Postal Code Conversion File (PCCF)

Source:

Answer Categories

Code

Newfoundland and Labrador	10
Prince Edward Island	11
Nova Scotia	12
New Brunswick	13
Quebec	24
Ontario	35
Manitoba	46
Saskatchewan	47
Alberta	48
British Columbia	59
Territories	63

Variable Name: PRURURB **Length:** 1.0 **Position:** 58

Question Name:

Concept: Rural/Urban indicator

Question Text:

Universe: All respondents

Note:
-If participant is not in a CMA/CA (CMA=000) then RURURB=1 for rural
-If participant is in a CMA/CA then RURURB=2 for urban
-If CMA/CA status could not be identified (CMA=999) then RURUB=9 for missing.

Source:

Answer Categories

Code

Rural	1
Urban	2
Not stated	9

Variable Name: PVISMIN **Length:** 1.0 **Position:** 59

Question Name:

Concept: Visible minority flag

Question Text:

Universe: All respondents

Note: Based on VISMINFL

Source:

Answer Categories

Code

Visible minority
Not a visible minority
Not stated

1
2
9

Variable Name: PAGEGR **Length:** 2.0 **Position:** 60

Question Name:

Concept: Age group

Question Text:

Universe: All respondents

Note: Based on AGEGROUP

Source:

Answer Categories

Code

15 to 24 years old
25 to 29 years old
30 to 34 years old
35 to 39 years old
40 to 44 years old
45 to 49 years old
50 to 54 years old
55 to 59 years old
60 to 64 years old
65 years and older

01
02
03
04
05
06
07
08
09
10

Variable Name: PUMFFACT **Length:** 12.4 **Position:** 62

Question Name:

Concept: Factor to benchmark survey to population totals, stand to num particip

Question Text:

Universe:

Note: Factor to benchmark survey to population totals, standardized to number of participants

Source:

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LM: Labour market impacts		
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