**Mental Health Analysis of Canadians (2021–2023)**

*To analyze trends in perceived mental health across socio-demographic groups in Canada, identify vulnerable populations, and provide actionable recommendations for targeted interventions to improve mental health outcomes.*

**Prepared By**

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**Introduction**

This project analyzes data on the perceived mental health of Canadians, sourced from the Quality of Life Hub, to assess trends and disparities among socio-demographic groups from 2021 to 2023. By examining the percentage of people reporting Excellent or Very Good mental health, the project aims to **diagnose performance over time, identify problematic and sensitive groups**, and **prioritize groups** requiring targeted mental health interventions.

**Executive Summary**

This analysis highlights trends and disparities in perceived mental health among socio-demographic groups in Canada, focusing on identifying vulnerable populations and guiding policy priorities.

1. **Mental Health Performance by Year**:
   * **2022** had the highest mean value and growth rate, reflecting improved mental health performance.
   * **2023** showed significant declines, with the lowest mean value and negative growth across most groups.
2. **Group Performance Analysis (2023)**:
   * **Vulnerable Groups**: LGBTQ2+ people and Persons with disabilities consistently report the lowest mean values due to systemic barriers such as stigma and accessibility challenges.
   * **Stable Groups**: Groups like those working at paid jobs show moderate performance with low sensitivity to external changes.
   * **Resilient Groups**: Retirees aged 65+ maintain high mental health performance despite slight declines.
3. **Priority for Intervention**:
   * **Top Priority Groups**: LGBTQ2+ people, Persons with disabilities, and Indigenous populations due to low mean values and steep declines.
   * **Moderate Priority Groups**: Working populations and urban residents, which represent large segments requiring stabilization.
   * **Resilient Groups**: Retirees aged 65+ can serve as mentors for vulnerable groups.
4. **Key Recommendations**:
   * Tailor support programs for top-priority groups to address systemic challenges.
   * Strengthen resources for moderate groups to prevent further decline.
   * Leverage resilient groups to provide mentorship and peer support.

**Analysis**

**I. Overview by Years**

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**Key Insight:**

* Mean Value slightly fluctuates by years (**±3%**).
* From the **baseline year (2021)**:
  + **2022** performs the best with the **highest mean value** and **growth rate**.
  + **2023** performs the worst with the **lowest mean value** and a **negative growth rate**.
    - 1. **Examine 2023:**

1. **Performance of Groups**
2. **In 2023**

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**Group Segmentation Highlights:**

* **Low Mean, Low Variance (Vulnerable Groups)**:
  + **LGBTQ2+ people** and **Persons with a disability** report consistently poor mental performance.
  + Likely due to systemic barriers such as **stigma** and **accessibility issues**.
* **Moderate Mean, Low Variance (Stable Groups)**:
  + Groups like **Working at a paid job or business** show stability but middling performance.
  + This segment is the **largest** with potential for improvement.
* **High Mean, Low Variance (Well-Performing Groups)**:
  + **65 years old retired** consistently report high mental performance, possibly due to **reduced stress** and **stable conditions**.

1. **Change of groups in 2023 from 2022**

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**Observations:**

* **Stable Groups**:
  + Groups like those **working at a paid job** saw **moderate negative changes** due to stability, making them less affected but not immune to challenges.
* **Well-Performing Groups**:
  + Groups like **retirees** had **slight negative changes**, thanks to supportive conditions and low stress, but still experienced some impact.
* **Vulnerable Groups**:
  + Groups like **LGBTQ2+ people** and **Persons with a disability** faced **steep declines** due to their disadvantaged position and high sensitivity to external pressures.

**Key Insight:**

**Stable groups** are less sensitive to change, while **vulnerable groups** feel the biggest impact.

**2. Impact on the Decline from 2022 to 2023**

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**Key Observations:**

* **Overall Decline**:
  + Most groups had a **negative growth rate** from 2022 to 2023, reflecting widespread challenges.
* **High-Impact Groups**:
  + Groups like **Non-permanent residents** and **Visible minority population** contributed the most to the overall decline due to large negative changes.
* **Vulnerable Groups**:
  + **LGBTQ2+ people** and **Secondary school graduates** had **low mean values** and steep declines, making them the most at risk.
* **Moderate Groups**:
  + Groups like **55 to 64 years** experienced **moderate declines** but remained relatively stable.
* **Resilient Groups**:
  + Groups like **65 years old retired** performed well with only slight declines.

**3. Priority to Take Action**

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**Key Insights:**

* **Top Priority Groups**:
  + **LGBTQ2+ people** and **Persons with a disability**: Lowest mean values (**25.05**, **32.88**) and significant declines (**-2.66**, **-0.025**) make them most vulnerable.
  + **Indigenous identity**: Low mean value (**38.0**) and moderate decline (**-0.525**) also require attention.
* **Moderate Priority Groups**:
  + **Working at a paid job**, **Non-immigrants**, and **Urban areas**: Moderate mean values with steady declines. These represent the **largest segment** and need stabilization.
* **Resilient Groups**:
  + **Retired** and **65 years and over**: High mean values and small declines make them resilient but able to **mentor struggling groups**.

**Recommendations**

1. **Immediate Action**:
   * Prioritize **LGBTQ2+ people** and **Persons with a disability** with **tailored support programs**.
2. **Stabilize Moderate Groups**:
   * Strengthen support for **Working at a paid job** and **Urban areas** to prevent further declines.
3. **Leverage Resilient Groups**:
   * Engage resilient groups like **retirees** to **mentor** and **support vulnerable populations**.

**Conclusion**

The findings highlight critical disparities in perceived mental health among Canadians, with a sharp decline observed in 2023. By focusing on vulnerable populations and leveraging resilient groups, this analysis provides a roadmap for targeted interventions to improve mental health outcomes and promote equity across socio-demographic groups.