Perceived Mental Health in Canada (2021-2023): A Data Analysis Using Google Sheets

Dessailly Kikuku

Glocal Foundation of Canada - October 2025

Abstract

This research project examined mental health in Canada between the years of 2021 and 2023 using Statistics Canada data. The analysis compares provinces, gender differences, and national trends over time. Using Google Sheets for cleaning and visualization, the project identifies consistent regional disparities and a

slight decline in perceived mental health from 2021 to 2023. Men consistently reported a higher well-being than women, while Quebec and Newfoundland maintained above-average ratings. The findings suggest gradual stabilization in mental health following the COVID-19 pandemic, with gender and region inequalities remaining significant.

Introduction

Mental health is a key indicator of overall well-being, especially during and after the COVID-19 pandemic. In Canada, measuring self-perceived mental health helps policymakers and organizations understand how communities are coping and recovering.

This report analyzes data from Statistics Canada's "Perceived Mental Health, by Gender and Province" dataset, focusing on quarterly results from 2021 to 2023. The objective of this analysis is to identify trends over time, regional differences, and gender disparities in perceptions of mental health. The project aligns with GLOCAL Foundation of Canada's mission to use civic data for social insight and community impact.

Methods

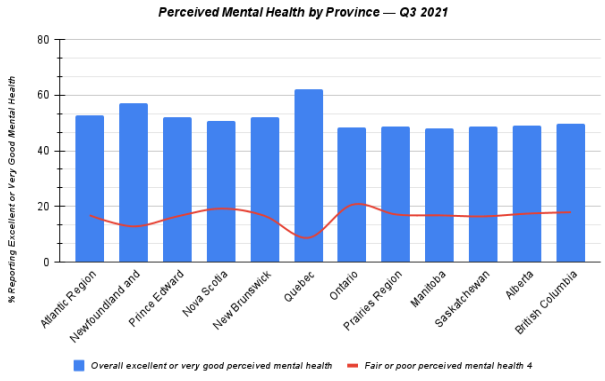
The dataset was obtained from Statistics Canada (Table 45-10-0079-01: Perceived mental health, by gender and province). Data for Q3 2021, Q3 2022, and Q3 2023 were used for consistency.

Analysis was conducted using Google Sheets, including:

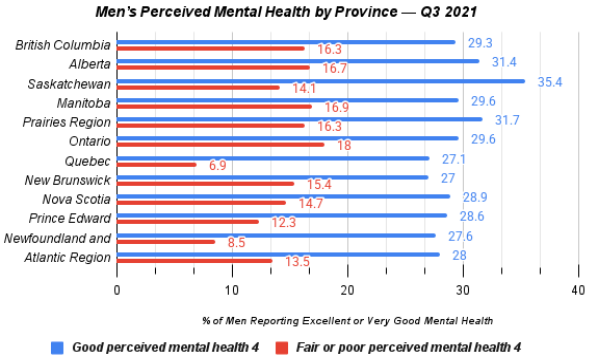
- importing CSV data directly from Statistics Canada
- Cleaning the dataset(removing extra rows, aligning provinces, formatting the percent column).
- Creating charts for visualization:
- Provincial comparison(bar chart)
- Gender difference(grouped bar chart)
- Trends over time (line chart for 2023)

Separate visuals were made for overall ratings, men, and women. Data labels were added for clarity, and consistent color-coding was used to show "Excellent/very good," "good," and "Fair/poor" mental health categories.

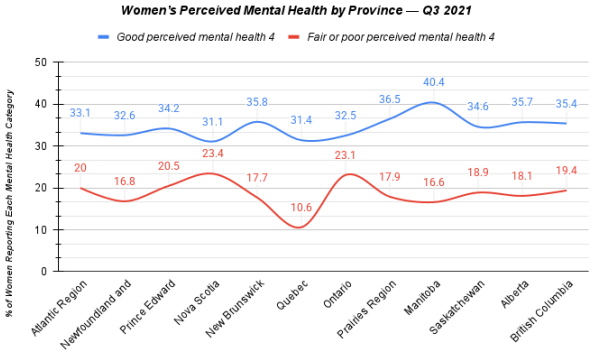
Results and Findings



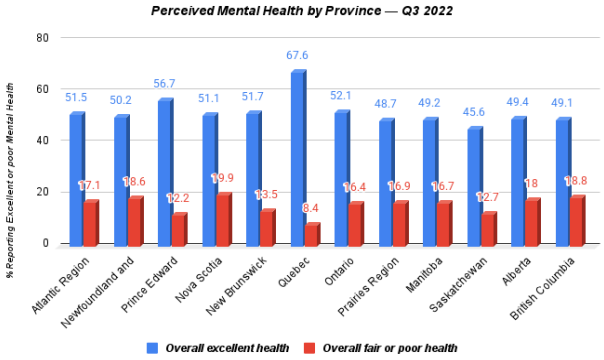
Quebec and Newfoundland reported the highest positive mental health rates in 2021, while Nova Scotia and Ontario were below average.



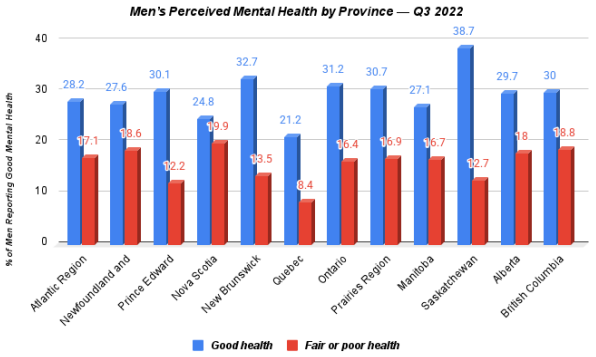
Men consistently reported higher rates of excellent or perfect mental health across all provinces, especially in Quebec.



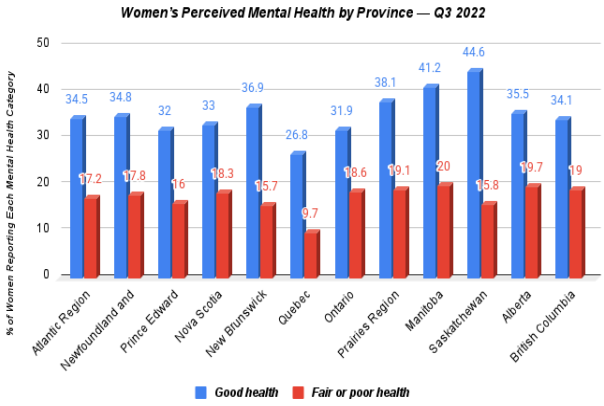
Women's rates were lower across provinces, with the widest gap in Quebec and Ontario.



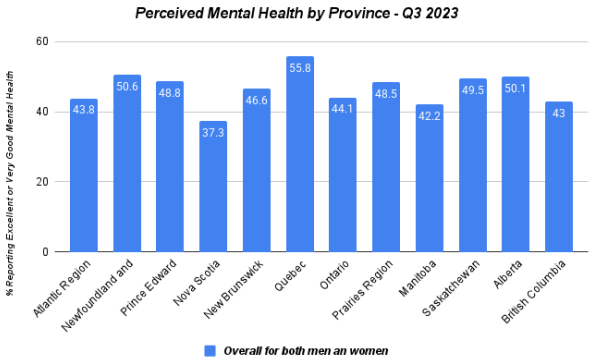
National well-being declined slightly compared to 2021, with most provinces reporting ratings 2–4% lower.



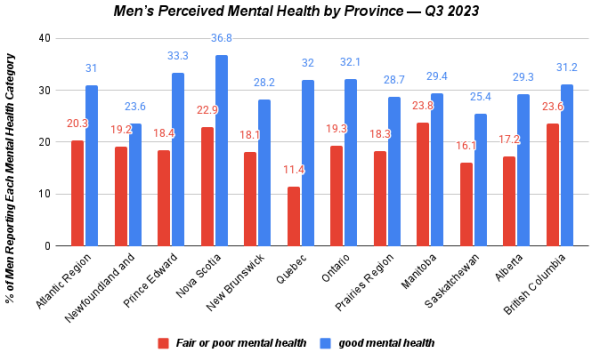
Men maintained similar patterns, with top results again in Newfoundland and Quebec.



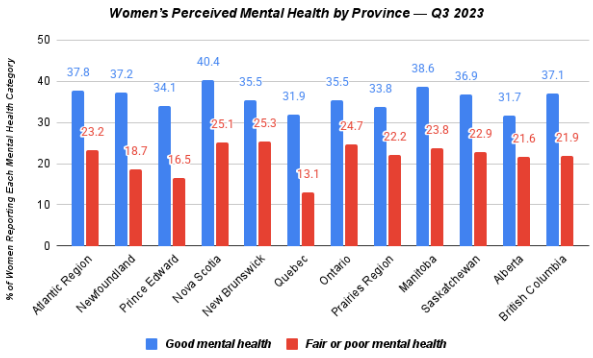
Women's reported well-being continued to lag behind men..



"National average stabilized at around 47%, showing early signs of recovery".



Men's rates remained stable overall, with small improvements in the Prairie and Atlantic regions.



Women's outcomes slightly improved in some provinces, but the gender gap persisted.

Discussion

The data show that Canadians' self-perceived mental health improved slightly between 2022 and 2023, following a significant decline in 2021-2022.

Persistent gender disparities suggest that women may have experienced longer-lasting social and emotional effects of the pandemic. Regional differences indicate that community factors, access to health care, and local support networks strongly influence well-being.

While the overall trend suggests national recovery, the slower progress in certain provinces highlights the need for more targeted mental health initiatives at the local level.

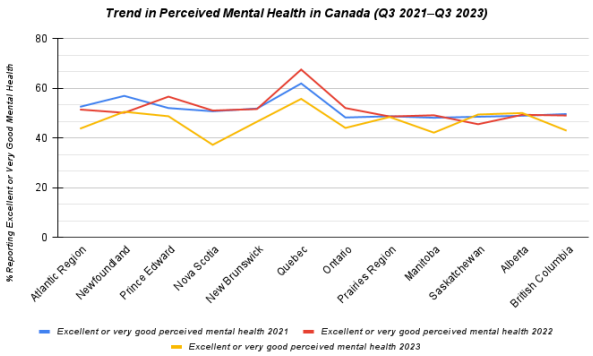
Reflection

This project helped me apply data analysis skills in a real-world social context. I learned to organise, clean, and visualize complex datasets using Google Sheets and interpret results critically.

Beyond technical skills, I gained a deeper understanding of how data reflects human experiences—showing not just numbers, but stories of resilience, inequality, and recovery.

Working on this project strengthened my ability to communicate findings visually and analytically.

Conclusion



From 2021 to 2023, Canada's perceived mental health gradually stabilized after an initial decline.

"Despite progress, regional and gender disparities remained key challenges".

The analysis demonstrates that mental health recovery is multifaceted—tied to economic, cultural, and gender-based dynamics. Continued monitoring and community-based support programs are essential to promoting the equitable mental well-being of Canada.

References

Statistics Canada. Table 45-10-0079-01. *Perceived mental health, by gender and province (Quarterly)*. https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4510007901

GLOCAL Foundation of Canada (2025). *Data for Good Volunteer Guide.*