Impacts of COVID-19 on Canadians - Mental Health

Crowdsource file
Public Use Microdata File





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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:VERDATELength:10.0Position:6

Question Name:

Concept: Version date of when the file was created

Question Text:

Universe: All respondents

Note:

Source:

 Answer Categories
 Code
 Frequency

 10/06/2020
 45,989

Total 45,989

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:

Answer Categories	Code	Frequency
Excellent	1	4,744
Very good	2	13,768
Good	3	15,454
Fair	4	9,424
Poor	5	2,580
Not stated	9	19
Total		45,989

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:

Answer Categories	Code	Frequency
Much better now	1	895
Somewhat better now	2	3,107
About the same	3	15,623
Somewhat worse now	4	21,771
Much worse now	5	4,559
Not stated	9	34
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	10,816
Several days	2	20,617
More than half the days	3	7,478
Nearly every day	4	6,954
Not stated	9	124
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	19,740
Several days	2	15,953
More than half the days	3	5,631
Nearly every day	4	4,462
Not stated	9	203
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	15,278
Several days	2	18,435
More than half the days	3	6,653
Nearly every day	4	5,415
Not stated	9	208
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	14,067
Several days	2	17,780
More than half the days	3	7,421
Nearly every day	4	6,525
Not stated	9	196
Total		45,989

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	Frequency
Not at all	1	23,708
Several days	2	13,447
More than half the days	3	5,171
Nearly every day	4	3,439
Not stated	9	224
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	11,704
Several days	2	19,220
More than half the days	3	8,336
Nearly every day	4	6,566
Not stated	9	163
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	20,318
Several days	2	15,786
More than half the days	3	5,194
Nearly every day	4	4,528
Not stated	9	163
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all stressful	1	2,024
Not very stressful	2	9,570
A bit stressful	3	19,528
Quite a bit stressful	4	12,362
Extremely stressful	5	2,443
Not stated	9	62
Total		45,989

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:

Answer Categories	Code	Frequency
Daily or more	1	229
4 or 5 times	2	542
1 to 3 times	3	32,614
Never	4	12,540
Not stated	9	64
Total		45,989

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:

Answer Categories	Code	Frequency
Daily or more	1	83
4 or 5 times	2	312
1 to 3 times	3	10,202
Never	4	35,169
Not stated	9	223
Total		45,989

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:

Answer Categories	Code	Frequency
Daily or more	1	155
4 or 5 times	2	657
1 to 3 times	3	17,265

Answer Categories	Code	Frequency
Never	4	27,737
Not stated	9	175
Total		45,989

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:

Answer Categories	<u>Code</u>	Frequency
Not at all	1	8,169
Somewhat	2	26,054
Very	3	7,933
Extremely	4	3,796
Not stated	9	37
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	7,501
Somewhat	2	19,299
Very	3	11,782
Extremely	4	7,107
Not stated	9	300
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	1,573
Somewhat	2	9,781
Very	3	18,404
Extremely	4	16,138
Not stated	9	93
Tota	ıl	45,989

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:

Answer Categories	Code	Frequency
Not at all	1	1,974
Somewhat	2	20,890
Very	3	18,377
Extremely	4	4,706
Not stated	9	42
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	2,855
Somewhat	2	19,497
Very	3	17,403
Extremely	4	6,181
Not stated	9	53
Total		45,989

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? - Overload-

ing the health system

Universe: All respondents

Note:

Source:

Answer Categories	Code	Frequency
Not at all	1	2,230
Somewhat	2	15,782
Very	3	18,084
Extremely	4	9,830
Not stated	9	63
Tota	al	45.989

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 disor-

der

Universe: All respondents

Note:

Answer Categories	Code	Frequency
Not at all	1	12,359
Somewhat	2	20,549
Very	3	8,952
Extremely	4	4,063
Not stated	9	66
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	10,486
Somewhat	2	19,875
Very	3	11,158
Extremely	4	4,380
Not stated	9	90
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	8,989
Somewhat	2	21,642
Very	3	11,535
Extremely	4	3,704
Not stated	9	119
Total		45,989

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:

Answer Categories	Code	Frequency
Not at all	1	10,865
Somewhat	2	19,156
Very	3	11,584
Extremely	4	4,310
Not stated	9	74
Tota	1	45,989

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:

Answer Categories	Code	Frequency
Not at all	1	12,853
Somewhat	2	18,408
Very	3	9,635
Extremely	4	4,987
Not stated	9	106
Total		45,989

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.

Answer Categories	Code	Frequency
Male	1	11,499
Female	2	34,490

Answer Categories Code Frequency

Total 45,989

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:

Answer Categories	Code	Frequency
Poor	0	2,580
Fair	1	9,424
Good	2	15,454
Very good	3	13,768
Excellent	4	4,744
Not stated	9	19
Total		45,989

Variable Name: ANXDVGAD Length: 2.0 Position: 42

Question Name:

Concept: Generalized Anxiety Severity Score

Question Text:

Universe: All respondents

Note: Based on MH_15A, MH_15B, MH_15C, MH_15D, MH_15E, MH_15F, MH_15G, MHT15A,

MHT15B, MHT15C, MHT15D, MHT15E, MHT15F, MHT15G

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.

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

 Answer Categories
 Code
 Frequency

 Score obtained on the anxiety scale (GAD-7)
 00 - 21
 45,366

 Not stated
 99
 623

 Total
 45,989

Variable Name: ANXDVGAC Length: 1.0 Position: 44

Question Name:

Concept: Generalized Anxiety Disorder Cut-point

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). 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.

Source:

Answer Categories	Code	Frequency
Met cut-point	1	13,199
Did not meet cut-point	2	32,167
Not stated	9	623
Total		45,989

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 ob-

tained 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

Answer Categories	<u>Code</u>	Frequency
No symptoms	0	4,271
Minimal symptoms	1	13,194
Mild symptoms	2	14,702
Moderate symptoms	3	7,536
Severe symptoms	4	5,663
Not stated	9	623
Total		45,989

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:

Answer Categories	Code	Frequency
15 to 24 years old	01	2,320
25 to 34 years old	02	9,986
35 to 44 years old	03	12,343
45 to 54 years old	04	8,993
55 to 64 years old	05	7,441
65 years and older	06	4,906
Total		45,989

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	Frequency
Not at all	1	43,795
Somewhat	2	1,518
Very	3	330
Extremely	4	231
Not stated	9	115
Total		45,989

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.

Answer Categories	Code	Frequency
1,500,000 +	01	12,226
500,000 - 1,499,999	02	13,936
100,000 - 499,999	03	9,587
10,000 - 99,999 (any CMACA < 100,000)	04	4,185
Non-CMACA	05	5,449
Missing (unknown if CMACA or not)	09	606
Total		45,989

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	Frequency
Indigenous identity	1	1,390
Non-Indigenous identity	2	44,501
Not stated	9	98
Total		45,989

Variable Name: PIMMST Length: 1.0 Position: 52

Question Name:

Concept: Immigration status

Question Text:

Universe: All respondents

Note: Based on IMMST

Source:

Answer Categories	Code	Frequency
Non-immigrant	1	40,128
Immigrant	2	5,783
Not stated	9	78
Total		45,989

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:

Answer Categories	Code	Frequency
Strongly agree	01	2,215
Agree	02	3,255
Neither agree nor disagree	03	4,391
Disagree	04	8,183
Strongly disagree	05	14,581
Not working at a job or business	06	13,252
Not stated	99	112
Total		45,989

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:

Answer Categories	Code	Frequency
Major impact	1	4,564
Moderate impact	2	6,782
Minor impact	3	9,220
No impact	4	21,557
Too soon to tell	5	3,792
Not stated	9	74
Tota	I	45,989

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)

Answer Categories	Code	Frequency
Newfoundland and Labrador	10	550
Prince Edward Island	11	208
Nova Scotia	12	3,140
New Brunswick	13	962
Quebec	24	5,589
Ontario	35	22,136
Manitoba	46	1,353
Saskatchewan	47	1,168
Alberta	48	3,901
British Columbia	59	6,639
Territories	63	343
Total		45,989

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	<u>Code</u>	Frequency
Rural	1	5,449
Urban	2	39,934
Not stated	9	606
Total		45,989

Variable Name: PVISMIN Length: 1.0 Position: 59

Question Name:

Concept: Visible minority flag

Question Text:

Universe: All respondents

Note: Based on VISMINFL

Answer Categories	Code	Frequency
Visible minority	1	4,252
Not a visible minority	2	41,214
Not stated	9	523
Total		45,989

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	Frequency
15 to 24 years old	01	2,320
25 to 29 years old	02	4,247
30 to 34 years old	03	5,739
35 to 39 years old	04	6,577
40 to 44 years old	05	5,766
45 to 49 years old	06	4,809
50 to 54 years old	07	4,184
55 to 59 years old	08	3,974
60 to 64 years old	09	3,467
65 years and older	10	4,906
Tota		45,989

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

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LM: Labour market impacts			
PLM_30 PLM_40	Scale - I might lose main job or main self-empl income next 4 weeks		
MH: Mental health impacts			
ANXDVGAC ANXDVGAD ANXDVSEV MHDVMHI MH_05 MH_10 MH_15A MH_15B MH_15C MH_15D	Generalized Anxiety Disorder Cut-point17Generalized Anxiety Severity Score16Severity of Generalized Anxiety17Perceived mental health16Perceived mental health5Mental health compared to before physical distancing6Feeling nervous, anxious or on edge - Freq last 2 weeks6Not being able to stop or control worrying - Freq last 2 weeks6Worrying too much about different things - Freq last 2 weeks7Trouble relaxing - Freq last 2 weeks7		

MH_15E MH_15F	Being so restless that it is hard to sit still - Freq last 2 weeks	
MH_15G MH 20	Feeling afraid as if something awful might happen - Freq last 2 weeks	
PG: Sociodemograph		
PVISMIN	Visible minority flag	21

Variable Index

variable	Description	Page
AGEGR 10	Age group in increments of 10	17
ANXDVGAC	Generalized Anxiety Disorder Cut-point	17
ANXDVGAD	Generalized Anxiety Severity Score	
ANXDVSEV	Severity of Generalized Anxiety	17
BH_55A	Concern about impact of COVID-19 - My own health	
BH_55B	Concern about impact of COVID-19 - Member of household's health	11
BH_55C	Concern about impact of COVID-19 - Vulnerable people's health	11
BH_55D	Concern about impact of COVID-19 - Canadian population's health	12
BH_55E	Concern about impact of COVID-19 - World population's health	
BH_55F	Concern about impact of COVID-19 - Overloading the health system	13
BH_55G	Concern about impact of COVID-19 - Civil disorder	13
BH_55H	Concern about impact of COVID-19 - Maintaining social ties	14
BH_55I	Concern about impact of COVID-19 - Able coop/supp during crisis	
BH_55J	Concern about impact of COVID-19 - Able coop/supp after crisis	
BH_55K	Concern about impact of COVID-19 - Family stress from confinem	
BH_60A	Freq in last week - Went shopping at the grocery store or drugstore	
BH_60B	Freq in last week - Used delivery service for groceries or drugstore	
BH_60C	Freq in last week - Used a food delivery service for prepared food	
DEM_10	Gender benchmarked to sex	15
MHDVMHI	Perceived mental health	
MH_05	Perceived mental health	
MH_10	Mental health compared to before physical distancing	
MH_15A	Feeling nervous, anxious or on edge - Freq last 2 weeks	
MH_15B	Not being able to stop or control worrying - Freq last 2 weeks	
MH_15C	Worrying too much about different things - Freq last 2 weeks	7
MH_15D	Trouble relaxing - Freq last 2 weeks	
MH_15E	Being so restless that it is hard to sit still - Freq last 2 weeks	
MH_15F	Becoming easily annoyed or irritable - Freq last 2 weeks	
MH_15G	Feeling afraid as if something awful might happen - Freq last 2 weeks	88
MH_20	Perceived life stress	9
PAGEGR	Age group	
PBH_55L	Concern about impact of COVID-19 - Violence in the home	
PCSIZMIZ	Community Size and Metropolitan Influence Zones	
PIIDFLAG	Indigenous identity flag	
PIMMST	Immigration status	
PLM_30	Scale - I might lose main job or main self-empl income next 4 weeks	
PLM_40	COVID-19 impacts ability meet financial obligations or essential needs	
PPROV	Province of residence	20
PRURURB	Rural/Urban indicator	
PUMFFACT	Factor to benchmark survey to population totals, stand to num particip	
PUMFID	Public use microdata file identifier	
PVISMIN	Visible minority flag	21
VERDATE	Version date of when the file was created	5