



## Impacts of COVID-19 on Yukon Residents: Mental Health and Perceptions of Safety May 2020

### Highlights:

- Based on Statistics Canada's crowdsourced data, just over half of Yukon participants (52.4%) felt their mental health was either 'somewhat worse or much worse now', since physical distancing began in response to the COVID-19 pandemic.
- The highest proportions of participants reporting on selected anxiety problems that bothered them for at least some days were: 'becoming easily annoyed or irritable' (69.6%); 'feeling nervous, anxious or on edge' (67.6%); 'worrying too much about different things' (59.1%); and 'trouble relaxing' (58.3%).

Statistics Canada continues to monitor the impacts of the COVID-19 pandemic on Canadians, drawing on existing data and continuing to collect timely and relevant information from Canadians, through crowdsourcing initiatives and representative web panel surveys.

Data in this publication are from Statistics Canada's crowdsourcing: *Impacts of COVID-19 on Canadians, covering: Your Mental Health* (conducted April 24 to May 11, 2020); and *Perceptions About Safety* (conducted May 12 to May 25, 2020).

#### Notes:

- The crowdsourcing process invited Canadians aged 15 years and older to participate in data collection on a voluntary basis.

- Data were collected using crowdsourcing and were not collected under a sample design using a probability-based sample.

- Results are subject to potential bias as responses from participants may not represent non-participants. Caution should be exercised when interpreting the results and no inference to the Yukon population as a whole should be made, nor should they be compared to previous editions.

- Results in this publication reflect only the responses provided to the questions by Yukon participants and exclude non-responses.

## YOUR MENTAL HEALTH

### Change in self-perceived mental health since the onset of physical distancing, by age group and gender, Yukon residents, April to May, 2020

Change in self-perceived mental health since the onset of physical distancing	Total	aged	aged	aged	Male	Female
		15 to 34 yrs	35 to 54 yrs	55 and older		
% of responding participants						
Much better now, somewhat better now or about the same	47.6	37.0	45.0	60.1	45.5	49.7
Somewhat worse or much worse now	52.4	63.0	55.0	39.9	54.5	50.3

Participants to Statistics Canada's crowdsourcing were asked how their mental health has changed since physical distancing began in response to COVID-19. Just over half of Yukon respondents (52.4%) in the Mental Health module indicated that their mental health was either 'somewhat worse or much worse now'. The other 47.6% said that their mental health was 'much better now, somewhat better now, or about the same'.

Respondents in the 15 to 34 years age group (63.0%) were more likely to perceive worsening of their mental health, while respondents in the 55 years and older age group (39.9%) were less likely to do so.

## MENTAL HEALTH, cont'd

### Frequency of having been bothered with the following problems, by age group and gender, Yukon residents, April to May, 2020

Frequency of having been bothered with the following problems		Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
Feeling nervous, anxious or on edge	Not at all	32.4	23.4	31.1	42.1	35.0	29.7
	Several days	44.3	43.8	42.9	46.3	46.7	41.8
	More than half the days/ Nearly every day	23.3	32.8	26.1	11.6	18.3	28.5
Not being able to stop or control worrying	Not at all	56.6	43.9	57.9	67.0	61.7	51.3
	Several days	33.4	39.8	32.1	x	x	35.2
	More than half the days/ Nearly every day	10.0	16.4	10.0	x	x	13.4
Worrying too much about different things	Not at all	40.8	33.4	34.4	54.4	45.4	36.0
	Several days	43.1	38.8	49.2	x	x	46.8
	More than half the days/ Nearly every day	16.0	27.8	16.4	x	x	17.2
Trouble relaxing	Not at all	41.7	39.8	31.3	54.6	47.2	36.1
	Several days	33.3	20.4	44.1	33.6	27.8	38.9
	More than half the days/ Nearly every day	25.0	39.8	24.6	11.8	25.0	25.1
Being so restless that it is hard to sit still	Not at all	54.0	35.5	56.8	68.1	53.3	54.7
	Several days	28.3	35.7	27.7	22.0	28.6	28.0
	More than half the days/ Nearly every day	17.8	28.8	15.5	10.0	18.2	17.3
Becoming easily annoyed or irritable	Not at all	30.4	23.3	19.6	48.5	32.5	28.2
	Several days	42.8	42.4	49.0	36.5	44.1	41.4
	More than half the days/ Nearly every day	26.8	34.3	31.4	15.0	23.4	30.4
Feeling afraid as if something awful might happen	Not at all	58.8	46.6	53.9	75.2	65.3	52.1
	Several days	29.2	31.5	33.7	x	x	33.9
	More than half the days/ Nearly every day	12.0	21.9	12.3	x	x	14.0

x = suppressed.

Crowdsourcing participants were asked about the frequency of having been bothered by selected types of anxiety-related problems. The highest proportions of Yukon participants reporting problems that bothered them for at least some days during survey period were: 'becoming easily annoyed or irritable' (69.6%); 'feeling nervous, anxious or on edge' (67.6%); 'worrying too much about different things' (59.1%); and 'trouble relaxing' (58.3%).

The largest gap between *not bothered at all* and *being bothered for more than half the days or nearly every day*, was reported for the problem 'feeling afraid as if something awful might happen' (58.8% - *not at all*; 12.0% - *more than half the days or nearly every day*). The second-largest gap was for 'not being able to stop or control worrying' (56.6% - *not at all*; 10.0% - *more than half the days or nearly every day*).

Among all categories for which data are available, males were less likely to be bothered with anxiety-related problems than females (with the exception of 'being so restless that it is hard to sit still').

For those aged 55 years and older, participants were much more likely to report *not feeling anxiety at all* across all selected problems compared to those aged 15 to 34 years old. Gaps between the two age groups ranged from a low of 14.8 percentage points ('trouble relaxing') to a high of 32.6 percentage points ('being so restless that it is hard to sit still').

## MENTAL HEALTH, cont'd

### Self-perceived life stress, by age group and gender, Yukon residents, April to May, 2020

Self-perceived life stress: how participant described the amount of stress on most days	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
Not at all or not very stressful	31.8	27.3	16.9	51.7	30.6	33.0
A bit stressful	40.0	42.4	47.7	29.7	41.1	39.0
Quite a bit or extremely stressful	28.2	30.3	35.4	18.5	28.3	28.0

Overall, about one in three Yukon participants (31.8%) reported 'no stress at all or not very stressed' on most days. Four in ten participants (40.0%) reported self-perceived life stress as 'a bit stressful', while 28.2% reported high stress ('quite a bit or extremely stressful').

## PERCEPTIONS OF SAFETY

### Perception of change in neighbourhood crime, by age group and gender, Yukon residents, May, 2020

Perception of change in neighbourhood crime	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
Increased	5.0	x	x	x	x	5.3
Decreased	15.7	x	15.5	12.0	x	16.8
About the same	59.9	67.1	56.0	59.2	56.7	63.3
Don't know	19.4	x	x	x	24.0	14.6

x = suppressed.

Since the start of the COVID-19 pandemic, the proportion of Yukon's participants who perceived an increase in neighbourhood crime was only 5.0%, while 15.7% perceived a decrease. The proportion who perceived neighbourhood crime remained 'about the same' was 59.9% of responding participants.

Male participants' perception of neighbourhood crime remaining 'about the same' was 56.7%, compared to females' perception (63.3%). However, more male respondents (24.0%) provided a 'don't know' response to this question.

### Frequency of people in neighbourhood being harassed or attacked because of their race, ethnicity, or skin colour, by age group and gender, Yukon residents, May, 2020

Frequency of people in neighbourhood being harassed or attacked because of their race, ethnicity, or skin colour	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
Often or sometimes	14.7	x	19.7	12.3	x	18.0
Rarely	57.3	60.0	58.2	54.1	63.6	50.9
Don't know	28.0	x	22.0	33.5	x	31.1

x = suppressed.

Neighbourhood discriminatory harassment or attacks were perceived to occur 'rarely' by 57.3% of responding participants from Yukon. Respondents in the age group 15 to 34 years were more likely to perceive neighbourhood discriminatory harassment or attack to occur 'rarely' (60.0%) compared to the 55 years and older age group (54.1%).

Over one in seven responding participants (14.7%) reported a frequency of 'often or sometimes' when asked about the perception of people in their neighbourhood being harassed or attacked because of their race, ethnicity, or skin colour.

## PERCEPTIONS OF SAFETY, cont'd

Since the start of COVID-19, change in frequency of people in neighbourhood being harassed or attacked because of their race, ethnicity, or skin colour, by age group and gender, Yukon residents, May, 2020

Since the start of COVID-19, change in frequency of people in neighbourhood being harassed or attacked because of their race, ethnicity, or skin colour	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
Increased	x	x	x	x	x	x
Decreased	7.9	x	x	x	x	x
About the same	42.2	40.4	34.9	52.7	38.9	45.6
Don't know	x	40.8	57.5	41.4	49.2	46.5

x = suppressed.

Due to suppression, the proportion of Yukon participants who perceived an 'increase' in the frequency of harassment or attacks based on race, ethnicity or skin colour since the start of COVID-19, is unknown. However, over half of the respondents (50.1%) reported that the frequency 'decreased' or 'stayed about the same'.

Since the start of COVID-19, how safe from crime participant feels when walking alone in their neighbourhood after dark, by age group and gender, Yukon residents, May, 2020

Since the start of COVID-19, how safe from crime participant feels when walking alone in their neighbourhood after dark	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
Very or reasonably safe	86.0	90.2	83.9	85.5	x	71.6
Somewhat or very unsafe	3.9	x	4.9	x	x	7.9
Do not walk alone after dark	10.1	x	11.2	x	x	20.4

x = suppressed.

Almost seven in eight Yukon participants (86.0%) reported feeling 'very or reasonably safe' from crime when walking alone in their neighbourhood after dark. This compares to those who reported 'somewhat or very unsafe', or 'did not walk alone after dark', at 3.9% and 10.1%, respectively.

While 90.2% of participants in the 15 to 34 year old age group felt 'very or reasonably safe' when walking alone after dark, 83.9% of those aged 35 to 54 years of age, and 85.5% of those aged 55 years and older felt the same.

## PERCEPTIONS OF SAFETY, cont'd

### Resources contacted or used since the start of the COVID-19 pandemic, because of crime in participant's area, by age group and gender, Yukon residents, May 2020

Resources contacted or used since the start of the COVID-19 pandemic, because of crime in participant's area	Total		aged 15 to 34 yrs		aged 35 to 54 yrs		aged 55 and older		Male		Female	
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
	% of responding participants											
Policing service	5.4	94.6	x	x	x	x	x	x	x	x	4.8	95.2
Crisis centres or crisis lines	x	x	x	x	x	x	x	x	x	x	x	x
Victim services or witness assistance programs	x	x	x	x	x	x	x	x	x	x	x	x
Victim support groups or centres	x	x	x	x	x	x	x	x	x	x	x	x
Counsellors, psychologists, or social workers	5.2	94.8	x	x	7.8	92.2	x	x	x	x	8.4	91.6
Community, family, ethnic, or cultural centres	x	x	x	x	x	x	x	x	x	x	x	x
Shelters or transition homes	x	x	x	x	x	x	x	x	x	x	x	x
Sexual assault centres	x	x	x	x	x	x	x	x	x	x	x	x
Other support groups	3.6	96.4	x	x	x	x	x	x	x	x	7.4	92.6

x = suppressed.

Limited survey data, due to suppressions, was available regarding resources contacted or used because of crime in the participant's area in Yukon. Respondents indicated very little contact with or use of 'policing services' (5.4%), or 'counsellors, psychologists, or social workers' (5.2%), since the start of the COVID-19 pandemic.

### Likelihood that neighbours would call the police if they heard or witnessed what seemed like violence in someone's home, by age group and gender, Yukon residents, May, 2020

Likelihood that neighbours would call the police if they heard or witnessed what seemed like violence in someone's home	Total	aged 15 to 34 yrs	aged 35 to 54 yrs	aged 55 and older	Male	Female
	% of responding participants					
	Very or somewhat likely	81.1	75.7	83.0	82.9	83.5
Somewhat or very unlikely	10.8	x	x	x	x	14.3
Don't know	8.1	x	x	x	x	7.2

x = suppressed.

When asked about the likelihood that neighbours would call the police if they heard or witnessed what seemed like violence in someone's home, almost 5 in 6 Yukon participants (81.1%) were 'very or somewhat likely' to call the police; 10.8% were 'somewhat or very unlikely' to call; and 8.1% did not know if they would.

In the response category 'very or somewhat likely', males (83.5%) were more likely to call police compared to females (78.6%).

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