

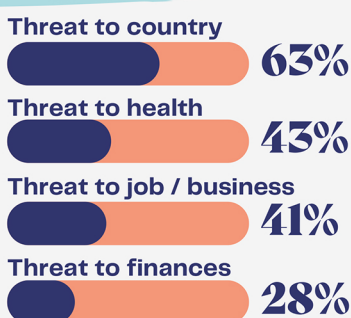
# Social, Financial, and Psychological Stress During the Pandemic

## SURVEY

Over **6,000** Canadians aged between **12 and 83** provided information on their **social, financial, and psychological stress** during the early phases of the COVID-19 pandemic (**March 15th to April 3rd, 2020**).



## COVID-19-RELATED THREATS



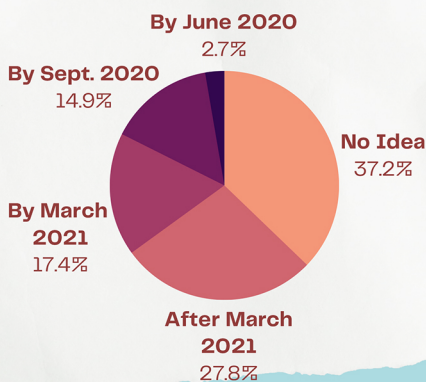
A large percentage of respondents perceived COVID-19 to be a **high to very high threat** for their **country**, with other perceived threats being their **health**, their **jobs** or **businesses**, and their **financial situation**.

### Concerns

During the pandemic, the most frequent concerns were:

- 1 Children / relatives not coping well
- 2 Access to medications / medical services
- 3 Public services shutting down
- 4 Schools shutting down
- 5 Lack of food

### Expected Time for the Global Situation to Return to Normal

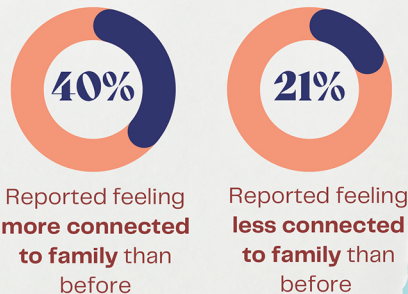


## CHANGES IN SOCIAL LIFE

### Homeschooling

**54%** of the parents with young children reported that they or their partner were homeschooling.

### Family Relationships



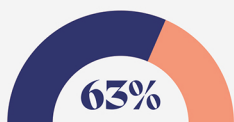
### Friendships



# CHANGES IN FINANCES AND EMPLOYMENT

## Work Situation

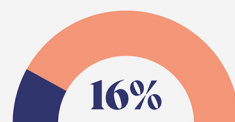
Within respondents that were employed during the outbreak,



Reported **working from home**



Reported **increased work hours**



Reported **decreased work hours**

## Salary & Employment Status

A total of **7.9%** reported a **decrease in salary** due to the pandemic, with a median reduction of about **35%**. Of those who were employed the month before the outbreak, **11% lost their jobs** because of the pandemic.



## Individuals at Risk

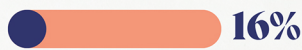
**Job loss or salary reductions** due to the outbreak were higher in individuals:

- **with a family income below 40k**
- **without a university degree**
- **with a mental disorder**

## Changes in Expenses



Reported a **decrease in expenses**



Reported an **increase in expenses**

# CHANGES IN PSYCHOLOGICAL STRESS

## Global Stress Levels

Global stress levels increased from **low** to **moderate** during the pandemic.



## Changes in Stress



During the pandemic, **3 out of 10** reported significant **increases in stress**, while **1 out of 10** reported **decreases in stress**.



## Some Factors Associated with Stress Worsening During the Pandemic:

- Having a **mental disorder**
- Being a **woman**
- Having **young children**
- Drinking more **alcohol**
- Working with the **public**
- **Sleeping less**
- **Younger age**
- Spending **less time exercising** or doing art
- Having worse **COVID-19 related symptoms**
- Having **less coping skills**
- Having worse **fear of germs and contamination**
- Having personality traits of **extraversion**
- Having **worse family relationships**



## Reference and Contact Information

Robillard, R., Saad, M., Edwards, J., Solomonova, E., Pennestri, M. H., Daros, A., ... & Kendzerska, T. (2020). **Social, financial and psychological stress during an emerging pandemic: observations from a population survey in the acute phase of COVID-19**. *BMJ open*, 10(12), e043805.

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