

COVID-19 REPORTS:

Time Perception and Mental Health

4,965 participants told us about their **perception of time** throughout the pandemic (how fast or slow it seemed to move, or if it seemed to stop)



More people with mental health conditions reported a **lot of changes in their perception of time** compared to people without mental health conditions.



How Time Perception Changed

Mixed (Speeding Up and Slowing Down/Stopping) 10%



Slowing Down/Stopping 24%



Minimal Change 36%

Speeding Up 30%



Regardless of whether people had pre-existing mental health conditions or not:

People who felt that time was both speeding up and slowing down (**mixed**) experienced more **social anxiety** and **delusion symptoms**

People who felt that time was **slowing or stopping** experienced the **most severe** symptoms of poor mental health, especially **stress, anxiety** and **depression**



As the pandemic progressed, **time perception tended to return to normal**, and **symptoms of poor mental health declined**

Take-Away:

There seems to be a **relationship between time perception and mental health, which may be impacted by stressful events** such as the COVID-19 pandemic



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