

Mental Health Disorders and Life Satisfaction in Canada

Diagnosed mental illness and poor mental health affect females more than males and are most prevalent in working-age Canadians. People with poor mental health tend to have lower life satisfaction and feel less able to handle daily stress.



8.4% of Canadians aged 12 or older have a **diagnosed mood disorder**.

8.6% of Canadians have a **diagnosed anxiety disorder**.

6.9% of Canadians **perceive** their mental health as 'fair' or 'poor.'

BY SEX



5.8%
of males



10.9%
of females



6.4%
of males



10.7%
of females



6.1%
of males



7.7%
of females

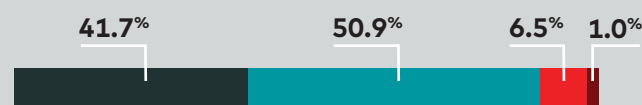
Life satisfaction

When asked to rate how they felt at the moment about their lives as a whole on a scale of 0 to 10, with 0 being "very dissatisfied" and 10 being "very satisfied":



■ rated 9 to 10 ■ rated 6 to 8 ■ rated 3 to 5 ■ rated 0 to 2

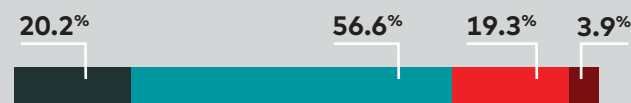
Among the **general population**



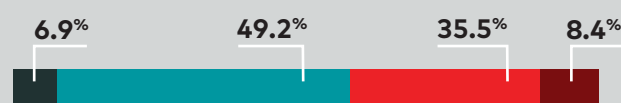
Among those with a **mood disorder**



Among those with an **anxiety disorder**



Among those who **perceive their mental health as 'poor' or 'fair'**



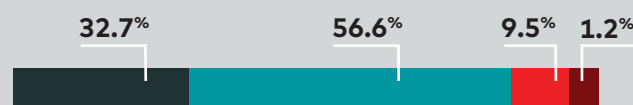
Day-to-day demands

When asked to rate their ability to handle day-to-day demands in their lives (i.e. work, family, and volunteer):

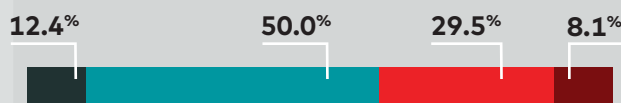


■ excellent ■ good ■ fair ■ poor

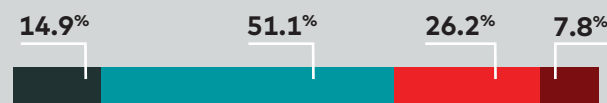
Among the **general population**



Among those with a **mood disorder**



Among those with an **anxiety disorder**



Among those who **perceive their mental health as 'poor' or 'fair'**



ISBN numbers: 978-0-660-09860-9 | Catalogue number: 11-627-M

Source: Canadian Community Health Survey, 2016.



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