



Public Health Monitor Surveying of Canadians' Public Health, Attitudes, And Behaviours

FINAL REPORT

Submitted to
Privy Council Office (PCO)

Prepared by
Leger

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Canada 

PUBLIC HEALTH MONITOR SURVEYING OF CANADIANS' PUBLIC HEALTH, ATTITUDES, AND BEHAVIOURS

Methodological Report

Prepared for Privy Council Office of Canada

Supplier Name: Leger

March 2024

This public opinion research methodological report presents the technical aspects of a web survey conducted by Leger Marketing Inc. on behalf of the Privy Council Office of Canada. The research was conducted with Canadians 18 and over who could understand and express themselves in either French or English.

Cette publication est aussi disponible en français sous le titre : ENQUÊTE DE SURVEILLANCE DE LA SANTÉ PUBLIQUE DES CANADIENS : ATTITUDES ET COMPORTEMENTS EN MATIÈRE DE SANTÉ PUBLIQUE

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1. Executive Summary

Leger is pleased to present The Privy Council Office of Canada, as well as the Government of Canada, with this technical report outlining the methodology employed in the study to comprehend the evolving beliefs, attitudes, and behaviors of Canadians concerning public health.

This report was prepared by Leger who was contracted by The Privy Council Office (contract number 35035-23-0995 awarded August 10th, 2023). This contract has a value of \$88,242.00 (excluding HST).

1.1 Background, Purpose and Objectives, Methodology

Background

In partnership with the Public Health Agency of Canada (PHAC), PCO requires ongoing quantitative data collection and analysis to maintain a real-time understanding of Canadians' evolving beliefs, attitudes, and behaviours relating to public health.

Outlined in the 2023-2024 budget, the federal government is committed to supporting the health of those living in Canada, along with the health care system, across the provinces and territories to promote health, prevent diseases, and enable better delivery of programs and services.

In continued partnership with PHAC, the IIU proposed to launch a series of 3 population-based research surveys to examine a range of topics central to the Government of Canada's health priorities. The study objective was to offer important tracking of changes in the national health context over the fall and winter, establish baseline data for new and emerging public health issues, and analyze key factors predicting health outcomes and differences in those outcomes across different groups in the population, as well as track changes over.

Purpose and Objectives

This survey objective was to offer a flexible infrastructure to generate rapid insights on emerging topics of timely value to PHAC, as they arise, in addition to knowledge translation products, and recommendations on key priority areas. Ongoing access to this platform and associated rapid advice will continue to support PHAC as a world leading, data-driven public health organization.

Insights garnered from this quantitative study will enable the Government of Canada to further develop and refine policies, program implementation, and communication strategies to achieve its goals to improve Canadian health and well-being.

1.2 Notes on The Interpretation of The Findings

The respondents were randomly selected from members of our panel (LEO) who were recruited using a probabilistic methodology. While the Leo panel is meant to be representative of the Canadian population, it is not probabilistic; the results cannot be inferred to the general population of Canada as respondents are selected among those who have volunteered to participate/registered to participate in online surveys.

Respondents were randomly selected among LEO panellists who were recruited using a probabilistic methodology, ensuring that the sample closely resembles the actual population of Canada. The margins of sampling error cannot be calculated for surveys using internet panel. However, for comparative purposes, the margin of error for a probabilistic sample of 2,000 Canadians is $\pm 2.19\%$, 19 times out of 20.

The data have been weighted to reflect the demographic composition of the target population. Detailed information about the weighting process is presented in annex A.1.

1.3 Declaration of Political Neutrality and Contact Information

I hereby certify, as chief agent of Leger, that the deliverables are in full compliance with the neutrality requirements of the [Policy on Communications and Federal Identity](#) and the [Directive on the Management of Communications—Appendix C](#) (Appendix C: Mandatory Procedures for Public Opinion Research).

Specifically, the deliverables do not include information on electoral voting intentions, political party preferences, party positions, or the assessment of the performance of a political party or its leaders.

Signed by:



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1.4 Methodology

Data was collected online through three repeated cross-sectional surveys of nationally representative samples of adult Canadians (18 years of age and older). The sample included Canadian citizens as well as permanent residents. 35% of the survey content remained the same across all waves.

The targeted sample consisted of adults living in Canada 18 years of age and older, aimed for appropriate representation of gender, age and regional split, using data from Census 2021.

The sample for the first wave consisted of 1,800 general population respondents with an oversample of respondents residing in the Atlantic and Prairies provinces (n=200). The sample for the second wave consisted of general population respondents (n=1,800) and an oversample of respondents from Northern regions (n=200). The sample for the third wave consisted of general population respondents (n=1,800) and an oversample of respondents from Northern regions (n=200).

The respondents were randomly selected from members of our panel (LEO) who were recruited using a probabilistic methodology.

1.5 Quotas

A series of quotas were implemented for this project. Quotas were cross-referenced by gender and age groups and were also imposed on the region of residence of respondents. The first quota is 50% men and 50% women for the gender sample. These gender quotas were also respected within the following age groups: 18-34, 35-54 and 55 and over. Those gender and age quotas had to be respected at the regional level. The Canadian regions were split as follows:

- Atlantic Canada (Newfoundland, Prince Edward Island, Nova Scotia, New Brunswick);
- Quebec;
- Ontario;
- Manitoba/Saskatchewan/Nunavut;
- Alberta/Northwest Territories;
- British Columbia/Yukon.

The following table details the targeted distribution of the general population sample across the provinces and territories for each wave.

The sample distribution was planned as follows:

| Provinces and Territories | NL | NS | PE | NB | QC | ON | MB | SK | AB | BC | NU | NT | YT |
|-------------------------------------|----|----|----|----|-----|-----|----|----|-----|-----|----|----|----|
| # of general population respondents | 25 | 47 | 7 | 38 | 414 | 692 | 66 | 55 | 207 | 243 | 2 | 2 | 2 |

In addition to the above, Leger targeted the following age quotas:

- 18-34 years old - 28%
 - 18-24 years old - 11%
 - 25-34 years old - 17%
- 35-54 years old - 32%
- 55+ years old - 40%

As for any general population sample derived from a national survey, the final results were weighted by region, age groups, gender and level of education, and level of income, when necessary to make the final samples representative of the actual population of Canada. Details on the weighting factors are presented in a subsequent section of this report.

1.6 CAWI Approach

For these online surveys, a computer-aided web interviewing (CAWI) method with self-administered questionnaires was used.

All interviewees were contacted by Leger. All invitations were bilingual to ensure that no respondent gets a unilingual invitation in the wrong official language.

Each invitation email contained a unique URL link that respondents could simply click to access the survey in the language of their choice. Upon arrival on Leger's online survey servers, the respondent was asked to confirm their choice of language before entering the survey. Respondents were also allowed to answer the survey in more than one continuous if they desired. They could simply leave the survey and come back at a later time using the same unique URL that was provided to them for their initial visit. All data entered contained strictly on Leger's Canadian servers and will be protected using an SSL process.

1.7 Survey accessibility

Surveys were programmed under the Web Content Accessibility Guidelines (WCAG) 2.0.

1.8 Increasing Participation Rate

Some measures were taken to increase the participation rate among online survey respondents, as well as to reduce the number of incomplete questionnaires and increase the representative

nature of the final sample. The following methods helped increase participation rates, hereby reducing non-response bias with some subgroups:

- Identify the survey sponsor and topic in the survey so that potential respondents could quickly ascertain that the survey is a legitimate public policy study and not a telemarketing ploy.
- Respondents could stop the survey and continue later, restarting exactly where they were before pausing, without losing their data.
- The survey was accessible 24 hours a day, seven days a week from any web-enabled computer and portable devices (**tablets and smartphones**).
- In case of technical problems, respondents could send an email to our technical support team or can contact Leger by phone directly. Our technical support team was available throughout fieldwork to assist with their difficulties if any.

1.9 Compensation

All panelists received an incentive to participate in our surveys. The incentive to complete a 20-minute questionnaire is \$2.00.

2. Details for Each Wave

2.1 Pretest

To validate the programming of the questionnaire, a pretest was conducted before each wave of the project. The following table shows the details of those pretests. A validation of frequencies and databases was done after each pretest to ensure that the programming was accurate and functional.

Regarding the first wave, a pretest was conducted with 68 respondents, including 25 in French and 43 in English. These participants were excluded from the data before the survey launch.

During the second wave, two pretests were conducted. The first pretest involved 81 respondents, including 33 in French and 48 in English. To ensure the quality of the survey, a second pretest took place with 51 respondents, including 22 in French and 29 in English. Participants who took part in the first pretest were excluded from the data before the survey launch.

Table 1. Pretest Details

| Wave 1 | |
|---|-----------------------------------|
| Date of the pretest | September 25 th , 2023 |
| Number of completed questionnaires | 68 |
| Average length during pretest | 22.06 min |
| Wave 2 – Pretest | |

| | |
|--|---------------------------------|
| Date of the pretest # 1 | December 6 th , 2023 |
| Number of completed questionnaires # 1 | 81 |
| Average length during pretest # 1 | 24.04 min |
| Date of the pretest # 2 | December 7 th , 2023 |
| Number of completed questionnaires # 2 | 51 |
| Average length during pretest # 2 | 17.00 min |
| Wave 3 | |
| Average length during pretest | March 7 th , 2024 |
| Number of completed questionnaires | 67 |
| Average length during pretest | 25,13 min |

2.2 Data collection

Data collection for the first wave started on September 27th, 2023, and was carried out until October 9th, 2023. Regarding the second wave, the data collection took place from December 8th, 2023, to December 25th, 2023. Regarding the third wave, the data collection took place from March 8th, 2024, to March 16th, 2024.

A minimum target of 2,000 respondents for each wave was established. Respondents who have participated in previous waves were excluded.

The following table details the collection dates and the number of respondents.

Table 2. Data Collection Details for Waves 1 through 3

| Wave 1 | |
|--------------------------------|-----------------------------------|
| Start of data collection | September 27 th , 2023 |
| End of data collection | October 9 th , 2023 |
| Invitations sent with succes | 39,590 |
| Number of completed interviews | 2,049 |
| Survey Length (Average) | 21.00 Minutes |
| Survey Length (Median) | 21.36 Minutes |
| Wave 2 | |
| Start of data collection | December 8 th , 2023 |
| End of data collection | December 25 th , 2023 |
| Invitations sent | 23,556 |

| | |
|---------------------------------------|------------------|
| Number of completed interviews | 2,036 |
| Survey Length (Average) | 24. 00 Minutes |
| Survey Length (Median) | 24.21 Minutes |
| Wave 3 | |
| Start of data collection | March 8th, 2024 |
| End of data collection | March 16th, 2024 |
| Invitations sent | 61,229 |
| Number of completed interviews | 2,021 |
| Survey Length (Average) | 25,00 min |
| Survey Length (Median) | 25,43 min |

2.3. Participation rate

Below is the calculation of the participation rate to the web survey for the three waves. The participation rate is calculated using the following formula: Participation rate / response rate = $R \div (U + IS + R)$. The table below provides details of the calculation. For wave nine to sixteen, the participation rate ranges between 3.16% and 4.82%.

Table 3. Participation Rate for Wave 1

| | |
|--|---------------|
| Invalid cases | |
| Invitations mistakenly sent to people who did not qualify for the study | 70 |
| Incomplete or missing email addresses | 308 |
| Unresolved (U) | 36,331 |
| Email invitations bounce back | 158 |
| Email invitations unanswered | 36,173 |
| In-scope non-responding units (IS) | 37,849 |
| Non-response from eligible respondents | 37,541 |
| Respondent refusals | - |
| Language problem | - |
| Selected respondent not available (illness; leave of absence; vacation; other) | - |
| Early breakoffs | 308 |
| Responding units (R) | 3,095 |
| Surveys disqualified – quota filled | 959 |
| Completed surveys disqualified for other reasons | 87 |

| | |
|---|---------------|
| Completed interviews | 2,049 |
| POTENTIALLY ELIGIBLE (U+IS+R) | 77,275 |
| Participation rate= R/(U + IS + R) | 4,00% |

Table 4. Participation Rate for Wave 2

| | |
|--|---------------|
| Invalid cases | |
| Invitations mistakenly sent to people who did not qualify for the study | 93 |
| Incomplete or missing email addresses | 333 |
| Unresolved (U) | 21,185 |
| Email invitations bounce back | 51 |
| Email invitations unanswered | 21,134 |
| In-scope non-responding units (IS) | 22,064 |
| Non-response from eligible respondents | 21,733 |
| Respondent refusals | - |
| Language problem | - |
| Selected respondent not available (illness; leave of absence; vacation; other) | - |
| Early breakoffs | 331 |
| Responding units (R) | 2,192 |
| Surveys disqualified – quota filled | 132 |
| Completed surveys disqualified for other reasons | 24 |
| Completed interviews | 2,036 |
| POTENTIALLY ELIGIBLE (U+IS+R) | 45,441 |
| Participation rate= R/(U + IS + R) | 4.82% |

Table 5. Participation Rate for Wave 3

| | |
|---|---------------|
| Invalid cases | |
| Invitations mistakenly sent to people who did not qualify for the study | 131 |
| Incomplete or missing email addresses | 0 |
| Unresolved (U) | 56,728 |
| Email invitations bounce back | 15 |
| Email invitations unanswered | 56 713 |
| In-scope non-responding units (IS) | 60,204 |
| Non-response from eligible respondents | 59,403 |
| Respondent refusals | 0 |

| | |
|--|----------------|
| Language problem | - |
| Selected respondent not available (illness; leave of absence; vacation; other) | - |
| Early breakoffs | 801 |
| Responding units (R) | 3,823 |
| Surveys disqualified – quota filled | 1,659 |
| Completed surveys disqualified for other reasons | 143 |
| Completed interviews | 2,021 |
| POTENTIALLY ELIGIBLE (U+IS+R) | 120,755 |
| Participation rate= R/(U + IS + R) | 3.16% |

APPENDIX A - Detailed Research Methodology

A.1 Quantitative Methodology

A.1.1 Methods

Quantitative research was conducted through online surveys, using Computer Aided Web Interviewing (CAWI) technology. Leger adheres to the most stringent guidelines for quantitative research. The survey instrument was compliant with the Standards of Conduct of Government of Canada Public Opinion Research. Respondents were assured of the voluntary, confidential, and anonymous nature of this research. As with all research conducted by Leger, all information that could allow for the identification of participants was removed from the data, in accordance with the Privacy Act.

Computer Aided Web Interviewing (CAWI)

A panel-based Internet survey with a sample of Canadian adults from the general population (with different regional and age quotas and a 50%-50% men and women ratio within those quotas). Participant selection was made randomly from Leo’s panellists who were recruited using a probabilistic methodology.

Leger owns and operates an Internet panel of more than 400,000 Canadians from coast to coast. An Internet panel is made up of web users profiled on different sociodemographic variables. The majority of Leger’s panel members (61%) have been recruited randomly over the phone over the past decade, making it highly similar to the actual Canadian population on many demographic characteristics. While the Leo panel is meant to be representative of the Canadian population, it

is not probabilistic; the results cannot be inferred to the general population of Canada as respondents are selected among those who have volunteered to participate/registered to participate in online surveys.

For this project, panelists recruited via partner programs, social media campaigns recommendations or other forms of offline recruiting were excluded.

All respondents received an incentive. The incentive to complete a 20-minute questionnaire is of \$2.00.

The questionnaire for this project was provided by the Privy Council Office (PCO). The data collection has been conducted in accordance with the [Standards for the Conduct of Government of Canada Public Opinion Research—Series A—Fieldwork and Data Tabulation for Online Surveys](#).

The web survey programming was compliant with the Web Content Accessibility Guidelines (WCAG) 2.0.

A.1.2 Unweighted and Weighted Samples

The tables below present the geographic distribution of respondents, their gender, age, level of education and household income before and after weighting for each wave.

We can see that the weighting adjusted some differences in geographic regions. The quotas placed on the different regions contributed to the need for regional adjustment.

Also, for all the waves, the weighting corrected the weight of Canadians with a university degree who were over-represented in the sample. Since Internet panels tend to over-represent people with higher levels of education, it is normal that the most significant statistical adjustment is found with respect to the respondents' level of education. Adjustments for gender, income and age groups are minimal, as the samples were quite well balanced.

Table 6. Unweighted and Weighted Samples for Wave 1

| Label | Unweighted | Weighted |
|------------------------------------|------------|----------|
| Region | | |
| British Columbia and Yukon | 251 | 285 |
| Alberta and Northwest Territories | 218 | 228 |
| Manitoba, Saskatchewan and Nunavut | 176 | 132 |
| Ontario | 705 | 793 |
| Quebec | 422 | 473 |
| Atlantic | 277 | 138 |
| Gender | | |
| Men | 1,020 | 982 |
| Women | 1,013 | 1,050 |

| | | |
|---|-----|-----|
| Non-binary person / Another gender identity | 16 | 17 |
| Age | | |
| Between 18 and 34 | 590 | 547 |
| Between 35 and 55 | 663 | 659 |
| 55 years old and over | 796 | 843 |
| Level of education | | |
| Highschool or less | 372 | 465 |
| Trade/college | 723 | 945 |
| University | 947 | 632 |
| Household income | | |
| Under \$40,000 | 432 | 444 |
| \$40,000 to just under \$80,000 | 565 | 602 |
| \$80,000 to just under \$100,000 | 259 | 266 |
| \$100,000 to just under \$200,000 | 509 | 467 |
| \$200,000 or more | 95 | 66 |

Table 7. Unweighted and Weighted Samples for Wave 2

| Label | Unweighted | Weighted |
|---|-------------------|-----------------|
| Region | | |
| British Columbia and Yukon | 270 | 283 |
| Alberta and Northwest Territories | 239 | 227 |
| Manitoba, Saskatchewan and Nunavut | 134 | 131 |
| Ontario | 712 | 788 |
| Quebec | 559 | 470 |
| Atlantic | 122 | 137 |
| Gender | | |
| Men | 970 | 978 |
| Women | 1053 | 1043 |
| Non-binary person / Another gender identity | 13 | 15 |
| Age | | |
| Between 18 and 34 | 538 | 543 |
| Between 35 and 55 | 667 | 655 |
| 55 years old and over | 831 | 838 |
| Level of education | | |
| Highschool or less | 357 | 448 |
| Trade/college | 747 | 959 |
| University | 930 | 628 |

| Household income | | |
|-----------------------------------|-----|-----|
| Under \$40,000 | 384 | 435 |
| \$40,000 to just under \$80,000 | 568 | 590 |
| \$80,000 to just under \$100,000 | 275 | 249 |
| \$100,000 to just under \$200,000 | 524 | 493 |
| \$200,000 or more | 98 | 83 |

Table 8. Unweighted and Weighted Samples for Wave 3

| Label | Unweighted | Weighted |
|--|-------------------|-----------------|
| Region | | |
| British Colombia and Yukon | 279 | 281 |
| Alberta and Northwest Territories | 233 | 225 |
| Manitoba, Saskatchewan and Nunavut | 136 | 130 |
| Ontario | 765 | 782 |
| Quebec | 475 | 467 |
| Atlantic | 133 | 136 |
| Gender | | |
| Men | 989 | 971 |
| Women | 1,019 | 1,036 |
| Age | | |
| Between 18 and 34 | 520 | 539 |
| Between 35 and 55 | 677 | 650 |
| 55 years old and over | 824 | 832 |
| Level of education | | |
| Highschool or less | 354 | 461 |
| Trade/college | 746 | 931 |
| University | 918 | 623 |
| Family Income | | |
| Under 40 000 \$ | 400 | 432 |
| 40 000 \$ to just under 80 000 \$ | 549 | 583 |
| De 80 000 \$ to just under 100 000 \$ | 242 | 235 |
| De 100 000 \$ to just under 200 000 \$ | 535 | 488 |
| 200 000 \$ or more | 125 | 101 |

There is no evidence from the data that having achieved a different age, gender, income or level of education distribution prior to weighting would have significantly changed the results for this study. The relatively small weight sizes and differences in responses between various subgroups suggest that data quality was not affected. The weight that was applied corrected the initial imbalance and no further manipulations were necessary.

A.1.3 Weighting Factors

Some subgroups are sometimes under- or overrepresented in a sample compared to the general population. The weighting of a sample makes it possible to correct those differences. The weighting factors are therefore the weight given to each respondent corresponding to a subgroup of the sample.

The method used for weighting is iterative proportional fitting. No extreme weights were identified. For weighting purposes, non-respondents have been attached to a known group.

Results for the first wave were weighted by region, gender, age, household income, and level of education.

Table 9. Weight by Region*Gender* Age* - Wave 1

| Label | |
|---|--------|
| British Columbia, Yukon AND Male, Gender diverse AND Between 18 and 24 | 0.6872 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 25 and 34 | 1.1771 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 35 and 44 | 1.1172 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 45 and 54 | 1.0378 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 55 and 64 | 1.1545 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 65 and 74,75 or older | 1.5955 |
| British Columbia, Yukon AND Female AND Between 18 and 24 | 0.6472 |
| British Columbia, Yukon AND Female AND Between 25 and 34 | 1.1664 |
| British Columbia, Yukon AND Female AND Between 35 and 44 | 1.1502 |
| British Columbia, Yukon AND Female AND Between 45 and 54 | 1.1149 |
| British Columbia, Yukon AND Female AND Between 55 and 64 | 1.2422 |
| British Columbia, Yukon AND Female AND Between 65 and 74,75 or older | 1.8282 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 18 and 24 | 0.6067 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 25 and 34 | 1.0062 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 35 and 44 | 1.0851 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 45 and 54 | 0.9141 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 55 and 64 | 0.9009 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.9943 |
| Alberta, Northwest Territories AND Female AND Between 18 and 24 | 0.5678 |

| | |
|--|--------|
| Alberta, Northwest Territories AND Female AND Between 25 and 34 | 1.0107 |
| Alberta, Northwest Territories AND Female AND Between 35 and 44 | 1.0932 |
| Alberta, Northwest Territories AND Female AND Between 45 and 54 | 0.9068 |
| Alberta, Northwest Territories AND Female AND Between 55 and 64 | 0.9162 |
| Alberta, Northwest Territories AND Female AND Between 65 and 74,75 or older | 1.1254 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 18 and 24 | 0.3834 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 25 and 34 | 0.5605 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 35 and 44 | 0.5472 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 45 and 54 | 0.4795 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 55 and 64 | 0.5319 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.6603 |
| Manitoba , Saskatchewan, Nunavut AND Female AND Between 18 and 24 | 0.3511 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 25 and 34 | 0.5534 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 35 and 44 | 0.5549 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 45 and 54 | 0.4848 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 55 and 64 | 0.5453 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 65 and 74,75 or older | 0.7782 |
| Ontario AND Male, Gender diverse AND Between 18 and 24 | 2.1254 |
| Ontario AND Male, Gender diverse AND Between 25 and 34 | 3.3170 |
| Ontario AND Male, Gender diverse AND Between 35 and 44 | 3.0016 |
| Ontario AND Male, Gender diverse AND Between 45 and 54 | 2.9846 |
| Ontario AND Male, Gender diverse AND Between 55 and 64 | 3.2867 |
| Ontario AND Male, Gender diverse AND Between 65 and 74,75 or older | 4.0386 |
| Ontario AND Female AND Between 18 and 24 | 1.9716 |
| Ontario AND Female AND Between 25 and 34 | 3.2742 |
| Ontario AND Female AND Between 35 and 44 | 3.1907 |
| Ontario AND Female AND Between 45 and 54 | 3.1997 |
| Ontario AND Female AND Between 55 and 64 | 3.4734 |
| Ontario AND Female AND Between 65 and 74,75 or older | 4.8469 |
| Quebec AND Male, Gender diverse AND Between 18 and 24 | 1.0881 |
| Quebec AND Male, Gender diverse AND Between 25 and 34 | 1.7996 |
| Quebec AND Male, Gender diverse AND Between 35 and 44 | 1.8890 |

| | |
|--|--------|
| Quebec AND Male, Gender diverse AND Between 45 and 54 | 1.7590 |
| Quebec AND Male, Gender diverse AND Between 55 and 64 | 2.0715 |
| Quebec AND Male, Gender diverse AND Between 65 and 74,75 or older | 2.7014 |
| Quebec AND Female AND Between 18 and 24 | 1.0423 |
| Quebec AND Female AND Between 25 and 34 | 1.7819 |
| Quebec AND Female AND Between 35 and 44 | 1.8940 |
| Quebec AND Female AND Between 45 and 54 | 1.7424 |
| Quebec AND Female AND Between 55 and 64 | 2.1100 |
| Quebec AND Female AND Between 65 and 74,75 or older | 3.2057 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 18 and 24 | 0.3241 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 25 and 34 | 0.4656 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 35 and 44 | 0.4651 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 45 and 54 | 0.5181 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 55 and 64 | 0.6322 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.8521 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 18 and 24 | 0.3004 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 25 and 34 | 0.4663 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 35 and 44 | 0.4979 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 45 and 54 | 0.5500 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 55 and 64 | 0.6697 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 65 and 74,75 or older | 0.9866 |

Table 10. Weight by Region - Wave 1

| Label | Weight |
|---------------------------|---------------|
| British Columbia + Yukon | 13.91856 |
| Alberta + Territories | 11.12725 |
| Saskatchewan | 2.92494 |
| Manitoba + Nunavut | 3.50568 |
| Ontario | 38.71041 |
| Québec | 23.08500 |
| New Brunswick | 2.15948 |
| Nova Scotia | 2.70758 |
| Prince Edward Island | 0.42298 |
| Newfoundland and Labrador | 1.43813 |

Table 11. Weight by Education Level*Region - Wave 1

| Label | Weight |
|-------------------------------|---------------|
| Quebec AND University | 6.52364 |
| Rest of Canada AND University | 24.32410 |
| Not University | 69.15227 |

Table 12. Weight by Income - Wave 1

| Label | Weight |
|-----------------------------------|---------------|
| Under \$20,000 | 6.576822711 |
| \$20,000 to just under \$40,000 | 15.07321861 |
| \$40,000 to just under \$60,000 | 15.58019472 |
| \$60,000 to just under \$80,000 | 13.80724701 |
| \$80,000 to just under \$100,000 | 12.98055614 |
| \$100,000 to just under \$150,000 | 17.09689595 |
| \$150,000 and above | 8.934157231 |
| Prefer not to say | 9.950907633 |

Results for the second wave were weighted by region, gender, age, and education.

Table 13. Weight by region*Gender* Age* - Wave 2

| Label | Weight |
|--|---------------|
| British Columbia, Yukon AND Male, Gender diverse AND Between 18 and 24 | 0.6872 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 25 and 34 | 1.1771 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 35 and 44 | 1.1172 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 45 and 54 | 1.0378 |
| British Columbia, Yukon AND Male, Gender diverse AND Between 55 and 64 | 1.1545 |

| | |
|--|--------|
| British Columbia, Yukon AND Male, Gender diverse AND Between 65 and 74,75 or older | 1.5955 |
| British Columbia, Yukon AND Female AND Between 18 and 24 | 0.6472 |
| British Columbia, Yukon AND Female AND Between 25 and 34 | 1.1664 |
| British Columbia, Yukon AND Female AND Between 35 and 44 | 1.1502 |
| British Columbia, Yukon AND Female AND Between 45 and 54 | 1.1149 |
| British Columbia, Yukon AND Female AND Between 55 and 64 | 1.2422 |
| British Columbia, Yukon AND Female AND Between 65 and 74,75 or older | 1.8282 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 18 and 24 | 0.6067 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 25 and 34 | 1.0062 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 35 and 44 | 1.0851 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 45 and 54 | 0.9141 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 55 and 64 | 0.9009 |
| Alberta, Northwest Territories AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.9943 |
| Alberta, Northwest Territories AND Female AND Between 18 and 24 | 0.5678 |
| Alberta, Northwest Territories AND Female AND Between 25 and 34 | 1.0107 |
| Alberta, Northwest Territories AND Female AND Between 35 and 44 | 1.0932 |
| Alberta, Northwest Territories AND Female AND Between 45 and 54 | 0.9068 |
| Alberta, Northwest Territories AND Female AND Between 55 and 64 | 0.9162 |
| Alberta, Northwest Territories AND Female AND Between 65 and 74,75 or older | 1.1254 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 18 and 24 | 0.3834 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 25 and 34 | 0.5605 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 35 and 44 | 0.5472 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 45 and 54 | 0.4795 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 55 and 64 | 0.5319 |
| Manitoba, Saskatchewan, Nunavut AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.6603 |
| Manitoba , Saskatchewan, Nunavut AND Female AND Between 18 and 24 | 0.3511 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 25 and 34 | 0.5534 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 35 and 44 | 0.5549 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 45 and 54 | 0.4848 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 55 and 64 | 0.5453 |
| Manitoba, Saskatchewan, Nunavut AND Female AND Between 65 and 74,75 or older | 0.7782 |

| | |
|--|--------|
| Ontario AND Male, Gender diverse AND Between 18 and 24 | 2.1254 |
| Ontario AND Male, Gender diverse AND Between 25 and 34 | 3.3170 |
| Ontario AND Male, Gender diverse AND Between 35 and 44 | 3.0016 |
| Ontario AND Male, Gender diverse AND Between 45 and 54 | 2.9846 |
| Ontario AND Male, Gender diverse AND Between 55 and 64 | 3.2867 |
| Ontario AND Male, Gender diverse AND Between 65 and 74,75 or older | 4.0386 |
| Ontario AND Female AND Between 18 and 24 | 1.9716 |
| Ontario AND Female AND Between 25 and 34 | 3.2742 |
| Ontario AND Female AND Between 35 and 44 | 3.1907 |
| Ontario AND Female AND Between 45 and 54 | 3.1997 |
| Ontario AND Female AND Between 55 and 64 | 3.4734 |
| Ontario AND Female AND Between 65 and 74,75 or older | 4.8469 |
| Quebec AND Male, Gender diverse AND Between 18 and 24 | 1.0881 |
| Quebec AND Male, Gender diverse AND Between 25 and 34 | 1.7996 |
| Quebec AND Male, Gender diverse AND Between 35 and 44 | 1.8890 |
| Quebec AND Male, Gender diverse AND Between 45 and 54 | 1.7590 |
| Quebec AND Male, Gender diverse AND Between 55 and 64 | 2.0715 |
| Quebec AND Male, Gender diverse AND Between 65 and 74,75 or older | 2.7014 |
| Quebec AND Female AND Between 18 and 24 | 1.0423 |
| Quebec AND Female AND Between 25 and 34 | 1.7819 |
| Quebec AND Female AND Between 35 and 44 | 1.8940 |
| Quebec AND Female AND Between 45 and 54 | 1.7424 |
| Quebec AND Female AND Between 55 and 64 | 2.1100 |
| Quebec AND Female AND Between 65 and 74,75 or older | 3.2057 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 18 and 24 | 0.3241 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 25 and 34 | 0.4656 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 35 and 44 | 0.4651 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 45 and 54 | 0.5181 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 55 and 64 | 0.6322 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Male, Gender diverse AND Between 65 and 74,75 or older | 0.8521 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 18 and 24 | 0.3004 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 25 and 34 | 0.4663 |

| | |
|--|--------|
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 35 and 44 | 0.4979 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 45 and 54 | 0.5500 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 55 and 64 | 0.6697 |
| New Brunswick, Nova Scotia, Newfoundland and Labrador, Prince Edward Island AND Female AND Between 65 and 74,75 or older | 0.9866 |

Table 14. Weight by Region- Wave 2

| Label - Wave 2 | Weight |
|---------------------------|---------------|
| British Columbia + Yukon | 13.91856 |
| Alberta + Territories | 11.12725 |
| Saskatchewan | 2.92494 |
| Manitoba + Nunavut | 3.50568 |
| Ontario | 38.71041 |
| Québec | 23.08500 |
| New Brunswick | 2.15948 |
| Nova Scotia | 2.70758 |
| Prince Edward Island | 0.42298 |
| Newfoundland and Labrador | 1.43813 |

Table 15. Weight by Education Level*Region

| Label - Wave 2 | Weight |
|-------------------------------|---------------|
| Quebec AND University | 6.52364 |
| Rest of Canada AND University | 24.32410 |
| Not University | 69.15227 |

The results of the third wave were weighted according to region, gender, age, education level, and disability status.

Table 16. Weight by Region*Gender* Age* - Wave 3

| Label - Wave 3 | Weight |
|----------------------------|---------------|
| BC + YK // Male // 18-24 | 0,6872 |
| BC + YK // Male // 25-34 | 1,1771 |
| BC + YK // Male // 35-44 | 1,1172 |
| BC + YK // Male // 45-54 | 1,0378 |
| BC + YK // Male // 55-64 | 1,1545 |
| BC + YK // Male // 65+ | 1,5955 |
| BC + YK // Female // 18-24 | 0,6472 |
| BC + YK // Female // 25-34 | 1,1664 |

| | |
|----------------------------|--------|
| BC + YK // Female // 35-44 | 1,1502 |
| BC + YK // Female // 45-54 | 1,1149 |
| BC + YK // Female // 55-64 | 1,2422 |
| BC + YK // Female // 65+ | 1,8282 |
| AB + NT // Male // 18-24 | 0,6067 |
| AB + NT // Male // 25-34 | 1,0062 |
| AB + NT // Male // 35-44 | 1,0851 |
| AB + NT // Male // 45-54 | 0,9141 |
| AB + NT // Male // 55-64 | 0,9009 |
| AB + NT // Male // 65+ | 0,9943 |
| AB + NT // Female // 18-24 | 0,5678 |
| AB + NT // Female // 25-34 | 1,0107 |
| AB + NT // Female // 35-44 | 1,0932 |
| AB + NT // Female // 45-54 | 0,9068 |
| AB + NT // Female // 55-64 | 0,9162 |
| AB + NT // Female // 65+ | 1,1254 |
| MB/SK // Male // 18-24 | 0,3834 |
| MB/SK // Male // 25-34 | 0,5605 |
| MB/SK // Male // 35-44 | 0,5472 |
| MB/SK // Male // 45-54 | 0,4795 |
| MB/SK // Male // 55-64 | 0,5319 |
| MB/SK // Male // 65+ | 0,6603 |
| MB/SK // Female // 18-24 | 0,3511 |
| MB/SK // Female // 25-34 | 0,5534 |
| MB/SK // Female // 35-44 | 0,5549 |
| MB/SK // Female // 45-54 | 0,4848 |
| MB/SK // Female // 55-64 | 0,5453 |
| MB/SK // Female // 65+ | 0,7782 |
| ON // Male // 18-24 | 2,1254 |
| ON // Male // 25-34 | 3,3170 |
| ON // Male // 35-44 | 3,0016 |
| ON // Male // 45-54 | 2,9846 |
| ON // Male // 55-64 | 3,2867 |
| ON // Male // 65+ | 4,0386 |
| ON // Female // 18-24 | 1,9716 |
| ON // Female // 25-34 | 3,2742 |
| ON // Female // 35-44 | 3,1907 |
| ON // Female // 45-54 | 3,1997 |
| ON // Female // 55-64 | 3,4734 |
| ON // Female // 65+ | 4,8469 |

| | |
|------------------------|--------------|
| QC // Male // 18-24 | 1,0881 |
| QC // Male // 25-34 | 1,7996 |
| QC // Male // 35-44 | 1,8890 |
| QC // Male // 45-54 | 1,7590 |
| QC // Male // 55-64 | 2,0715 |
| QC // Male // 65+ | 2,7014 |
| QC // Female // 18-24 | 1,0423 |
| QC // Female // 25-34 | 1,7819 |
| QC // Female // 35-44 | 1,8940 |
| QC // Female // 45-54 | 1,7424 |
| QC // Female // 55-64 | 2,1100 |
| QC // Female // 65+ | 3,2057 |
| ATL // Male // 18-24 | 0,3241 |
| ATL // Male // 25-34 | 0,4656 |
| ATL // Male // 35-44 | 0,4651 |
| ATL // Male // 45-54 | 0,5181 |
| ATL // Male // 55-64 | 0,6322 |
| ATL // Male // 65+ | 0,8521 |
| ATL // Female // 18-24 | 0,3004 |
| ATL // Female // 25-34 | 0,4663 |
| ATL // Female // 35-44 | 0,4979 |
| ATL // Female // 45-54 | 0,5500 |
| ATL // Female // 55-64 | 0,6697 |
| ATL // Female // 65+ | 0,9866 |
| Total | 1,000 |

Tableau 17. Weight by region – Wave 3

| Label - Wave 3 | Weight |
|---------------------------|---------------|
| British Columbia + Yukon | 13,91856 |
| Alberta + Territories | 11,12725 |
| Manitoba + Nunavut | 3,50568 |
| Saskatchewan | 2,92494 |
| Ontario | 38,71041 |
| Quebec | 23,08500 |
| New Brunswick | 2,15948 |
| Newfoundland and Labrador | 1,43813 |
| Nova Scotia | 2,70758 |
| Prince Edward Island | 0,42298 |
| Total | 1,000 |

Table 18. Weight by education level*region – Wave 3

| Label - Wave 3 | Weight |
|---------------------------------------|---------------|
| Quebec AND University studies | 6,52364 |
| Rest of Canada AND University studies | 24,32410 |
| Non-university studies | 69,15227 |
| Total | 1,000 |

Table 19. Weight by handicap status– Wave 3

| Label - Wave 3 | Weight |
|-----------------------|---------------|
| Yes | 27,54515 |
| No | 72,45485 |
| Total | 1,000 |

APPENDIX B – SURVEYS

FIRST WAVE SURVEY

Public Health Monitor Survey Draft

September 1, 2023

Consent

The Government of Canada is conducting a research study on health behaviours and experiences. Leger has been hired to administer this survey. Si vous préférez répondre au sondage en français, veuillez cliquer sur français. The survey takes about 20 minutes to complete and is voluntary and completely confidential.

Your responses will be identified by a subject number and the researchers will not know your identity or your personal information. Review Leger's privacy policy [here](#).

The purpose of this study is to improve actions taken by the government to better health outcomes for Canadians. We recognize that the subject-matter of some of these questions may be personal or sensitive. However, should you choose to participate, your answers will be kept confidential and will be used to help improve public health policy in Canada. While we prefer that you complete this survey in one sitting, if you need to take a break, you can re-access it at any time by using the same link.

Further information about this study:

- Your data will be treated in accordance with the provisions of the Government of Canada Privacy Policy.
- Your participation in the study is voluntary and your responses will be kept entirely confidential.
- You may stop the survey at any time and without giving reasons.

If you have any questions about this survey, please send us an email at iiu-iii@pco-bcp.gc.ca and indicate the “health survey” in the subject line.

CONSENT

I agree to participate in the study and understand that my answers will be used to advance knowledge about Canadians’ health outcomes, which may inform future actions taken by the government and help contribute to science.

I agree to the processing of my personal data in accordance with the information provided here.

I am aware that the data will be published in anonymous form to promote transparency in research.

- 1) I agree to participate
- 2) No, I don't want to participate [thank and terminate survey]

Demographics

- 1) Thank you for deciding to participate in this study. First, please provide us with some information about yourself.

[age] In what year were you born?

(Minimum 1923; Maximum 2023)

Enter year: _____

Prefer not to say (9999)

[age_cat] In which of the following age categories do you belong?

[show if participant did not answer age: [age]=9999]

- 1) Under 18
- 2) 18 to 24
- 3) 25 to 34
- 4) 35-44
- 5) 45 to 54
- 6) 55 to 64
- 7) 65 to 74
- 8) 75 and older

[Show if 2005 for age or under 18 for birth year is selected]

Thank you for your interest in the survey but you must be at least 18 years old to participate.

[gender] What is your gender?

Refers to current gender which may be different from sex assigned at birth and may be different from what is indicated on legal documents. We collect this information to make sure that our research sample is representative of the Canadian population.

- 1) Man
- 2) Woman
- 3) Non-binary person
- 4) Another gender identity (specify: ____)

[region] In which province or territory do you live?

- 2) Alberta
- 3) British Columbia
- 4) Manitoba
- 5) New Brunswick
- 6) Newfoundland and Labrador
- 7) Northwest Territories
- 8) Nova Scotia
- 9) Nunavut
- 10) Ontario
- 11) Prince Edward Island
- 12) Quebec
- 13) Saskatchewan
- 14) Yukon

I live outside of Canada (-9) [thank and terminate survey]

[education] What is the highest level of formal education that you have completed?

- 1) Elementary school or less
- 2) Some high school
- 3) High school diploma or equivalent
- 4) Registered apprenticeship or other trades certificate or diploma
- 5) Some college/university
- 6) College or CEGEP certificate or diploma
- 7) University certificate or diploma below bachelors' level
- 8) Bachelor's degree
- 9) Postgraduate degree above bachelor's level
- 10) Prefer not to say (9999)

[children] Are you a parent or legal guardian of a child under 18 years of age?

- 1) No
- 2) Yes

[pregnant] Are you currently pregnant or planning to become pregnant, or have you given birth in the past 12 months?

- 1) I am currently pregnant
- 2) I am not but I am planning to become pregnant in the next 12 months
- 3) I have given birth in the last 12 months
- 4) Prefer not to say (9999)
- 5) Don't know (98)
- 6) Not applicable/None of the above (97)

Physical Health

The following questions ask about your **physical health**.

[health_status] In general, how is your physical health?

- 1) Poor
- 2) Fair
- 3) Good
- 4) Very good
- 5) Excellent

[health_diagnosis] Has a doctor or healthcare professional ever told you that you have one of the following conditions? Select all that apply.

[Select all that apply; if select “none of the above,” then grey out other options]

- 1) Heart disease
- 2) Hypertension/high-blood pressure
- 3) Stroke
- 4) Cancer
- 5) Chronic respiratory issues (e.g., asthma, obstructive pulmonary, sleep apnea)
- 6) Diabetes
- 7) Arthritis
- 8) Neurological issues (e.g., Epilepsy, Multiple Sclerosis, Parkinson’s)
- 9) Osteoporosis
- 10) Periodontal disease
- 11) Obesity
- 12) Post Covid-19 Condition (Long Covid)
- 13) None of the above
- 14) Prefer not to say (9999)

Please indicate the extent to which you agree or disagree with the following statements:

[besci_phealtha] I know how to take care of my physical health.

[besci_phealthd] I know how to access services to improve my physical health, if needed

[besci_phealthg] Some of my current habits negatively impact my physical health.

[besci_phealthc] Taking care of my physical health is important to me.

[besci_phealthf] The majority of my peers (i.e., people like me) prioritize taking care of their physical health.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

Mental Health

The following questions ask about your **mental health and well-being**.

[health_mental_status] In general, how is your mental health?

- 1) Poor
- 2) Fair
- 3) Good
- 4) Very good
- 5) Excellent

[mental_self_diagnosis] Either past or present, have you been formally diagnosed (by a medical doctor, psychiatrist, or clinical psychologist) with and/or treated for the following conditions?

[Select all that apply; if select “none of the above,” then grey out other options]

1. **[mental_self_depression]** Depressive disorders (e.g., Major depressive disorder)
2. **[mental_self_anxiety]** Anxiety disorders (e.g., generalized anxiety disorder, social anxiety disorder)
3. **[mental_self_trauma]** Trauma and stressor related disorders (e.g., PTSD)
4. **[mental_self_addiction]** Substance related and addictive disorders
5. **[mental_self_schizophrenia]** Schizophrenia spectrum and other psychotic disorders
6. **[mental_self_eating]** Feeding and eating disorders
7. **[mental_self_personality]** Personality disorders
8. **[mental_self_bipolar]** Bipolar and related disorders
9. **[mental_self_neurodevelop]** Neurodevelopmental disorders (e.g., attention deficit-hyperactivity disorder, autism spectrum disorder)
10. **[mental_self_other]** Other
11. **[mental_self_prefernot]** Prefer not to say
12. **[mental_self_none]** None of the above

[mental_family_diagnosis] Either past or present, has anyone in your immediate family (e.g., parents, siblings) been formally diagnosed (by a medical doctor, psychiatrist, or clinical psychologist) with and/or treated for a mental health disorder?

1. Yes
2. No
3. Don't know (98)
4. Prefer not to say

The following questions are about how you have been feeling during the past 2 weeks.

[matrix table]

[positive_optimism] I've been feeling optimistic about the future.

- 1) None of the time
- 2) Rarely
- 3) Some of the time
- 4) Often
- 5) All of the time

Do you agree or disagree with the following:

[social_emergency] There are people I can count on in an emergency.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

Please indicate the extent to which you agree or disagree with the following statements:

[besci_mhealtha] I know how to take care of my mental health.

[besci_mhealthd] I know how to access services to improve my mental health, if needed.

[besci_mhealthg] Some of my current habits negatively impact my mental health.

[besci_mhealthc] Taking care of my mental health is important to me.

[besci_mhealthf] The majority of my peers (i.e., people like me) prioritize taking care of their mental health.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

Physical and Mental Health Services

The following questions ask about your experiences with physical and mental health care services.

[primary_care] Do you have access to a primary care provider (i.e., family doctor or nurse practitioner that you can see for regular check-ups, when you get sick, and/or ask medical advice)?

- 1) No
- 2) Yes

[service_healthcare] In the past 12 months, have you used any of the following services? Select all that apply.

- 1) **[service_healthcare_doctor]** Family doctor
- 2) **[service_healthcare_dentist]** Dentist
- 3) **[service_healthcare_er]** Hospital emergency department
- 4) **[service_healthcare_mhp]** Mental health professional
- 5) **[service_healthcare_specialist]** Medical specialist (e.g., cardiologist, pediatrician, oncologist)
- 6) **[service_healthcare_clinic]** Walk-in clinic
- 7) **[service_healthcare_alt]** Alternative service provider (e.g., naturopath, chiropractor, homeopath, acupuncturist)
- 8) **[service_healthcare_none]** None of the above
- 9) Prefer not to say (9999)

[quality_doctor], In the past 12 months, in general, how was your experience with your family doctor?

[quality_dentist], In the past 12 months, in general, how was your experience with your dentist?

[quality_er], In the past 12 months, in general, how was your experience with hospital emergency departments?

[quality_mhp], In the past 12 months, in general, how was your experience with your mental health professional(s)?

[quality_specialist] In the past 12 months, in general, how was your experience with your medical specialist(s)?

[quality_clinic] In the past 12 months, in general, how was your experience with walk-in clinics?

[quality_alt] In the past 12 months, how was your experience with your alternative service provider (e.g., naturopath, chiropractor, homeopath, acupuncturist)?

- 1) Poor
- 2) Fair
- 3) Good
- 4) Excellent

[discrim] Please indicate the extent to which you agree or disagree with the following statement:

I receive poorer levels of healthcare services than others due to my gender, race, age, disability status, or appearance.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[hotline_mh_use] In the past 12 months, have you used a telephone-based mental health service?

- 1) No
- 2) No, but I wanted to
- 3) Yes

Prefer not to say

[hotline_mh_know] Are you familiar with any telephone-based mental health services?

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar
- 4) Familiar
- 5) Very familiar

[hotline_mh_988] Are you familiar with the 9-8-8: Suicide Crisis Helpline?

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar
- 4) Familiar
- 5) Very familiar

Substance use

The next set of questions ask about your use of substances, if applicable.

[substances_freq] During the past 12 months, how often have you used the following substances?

[substances_freq_alcohol] Alcohol

[substances_freq_nicotine] Tobacco cigarettes or nicotine vaping

[substances_freq_opioids] Opioids (e.g., oxycontin, morphine, heroin)

[substances_freq_cannabis] Cannabis (e.g., marijuana/pot, hash, or any other products made from the cannabis plant)

- 1) Not at all
- 2) Less than once a month
- 3) 1 to 3 times a month
- 4) Once a week
- 5) More than once a week
- 6) Daily or almost daily
- 7) Prefer not to say

[substances_mental] Thinking about the past 12 months, has your use of the following substances had a positive or negative impact on your **mental health**?

[show only the ones they selected in **[substance_freq]**

[substances_mental_alcohol] Alcohol

[substances_mental_nicotine] Tobacco cigarettes or nicotine vaping

[substances_mental_opioids] Opioids (e.g., oxycontin, morphine, heroin)

[substances_mental_cannabis] Cannabis

- 1) Very negative
- 1) Somewhat negative
- 2) Neither positive nor negative
- 3) Somewhat positive
- 4) Very positive

Health promotion

The following questions will ask about some of your health-related behaviours and beliefs.

[digital_track] Do you use any digital technologies (e.g., smart watch, mobile apps) to monitor any of the following? Select all that apply.

- 1) Sleep
- 2) Calorie intake or eating behaviors
- 3) Blood pressure
- 4) Physical activity (e.g., steps, distance travelled, exercise)
- 5) Blood oxygen levels
- 6) Glucose
- 7) Mental health and well-being
- 8) None of the above

Prefer not to say (9999)

[sleep] Thinking about the most recent two weeks (past 14 days), on average, how many hours of sleep did you get per night?

[Programming: allow 0-24 hours]

Don't know (98)

[exercise_days] Over an average or usual week, how many days are you physically active for a total of at least 30 minutes per day?

- 1) 0
- 2) 1
- 3) 2
- 4) 3
- 5) 4
- 6) 5
- 7) 6
- 8) 7

[sedentary_hours] Thinking about the past 14 days, on average, how many hours a day did you spend sitting (e.g., including for work and free time), not including when you are sleeping?

[Programming: allow 0-24 hours]

Don't know

[health_diet] Please indicate the extent to which you agree or disagree with the following statement:

In general, I eat a healthy diet

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[INSERT ATTENTION CHECK QUESTION]

[screening_recommend] Have you completed any health screenings recommended to you by a doctor, medical, professional, or your provincial health authority during the past three years?

- 1) No, I didn't complete any of them
- 2) Yes, I completed some but not all of them
- 3) Yes, I completed all of them
- Not applicable (no screenings have been recommended for me)
- Prefer not to say (9999)

[health_screenings] During the past three years, have you had any of the following health screenings? Select all that apply.

- 1) Allergy
- 2) Breast cancer (mammogram)
- 3) Diabetes
- 4) Asthma
- 5) Prostate cancer
- 6) Colorectal (colon) cancer
- 7) Skin cancer
- 8) Cervical cancer (pap smear)
- 9) Lung cancer
- 10) Cholesterol
- 11) High blood pressure
- 12) Vision and/or hearing
- 13) Oral cancer
- 14) None of the above

Prefer not to say (9999)

[food_security] During the last 12 months, was there a time when, because of lack of money or other resources, you experienced any of the following scenarios? Select all that apply.

- 1) You were worried you would not have enough food to eat
- 2) You were unable to eat healthy and nutritious food
- 3) Your household ran out of food
- 4) You were hungry but did not eat
- 5) You used a foodbank
- 6) None of the above

Infectious Disease Prevention & Management

The following questions ask about your behaviours and opinions related to infectious diseases.

[covid_vax] How many doses of a COVID-19 vaccine have you received?

- 1) 1

- 2) 2
- 3) 3
- 4) 4
- 5) 5
- 6) 6 or more doses
- 7) No doses

[ask if covid_vax =1, 2, 3, 4, 5, 6 or 7]

[covid_vax_int] If another dose of a COVID-19 vaccine becomes available and recommended to you, will you get one?

- 1) Yes, as soon as possible
- 2) Yes, but I want to wait a bit
- 3) No
- 4) Don't know (98)

[flu_vax_intent] How likely are you to get the influenza vaccine (flu shot) during the upcoming flu season (Fall-Winter 2023-2024)?

- 1) Extremely unlikely
- 2) Unlikely
- 3) Somewhat unlikely
- 4) Neither likely nor unlikely
- 5) Somewhat likely
- 6) Likely
- 7) Extremely likely

[mab_aware] Have you heard of monoclonal antibody treatments?

- 1) No
- 2) Yes, but don't know much about them
- 3) Yes, and understand what they are

[rsv_aware] Have you heard of respiratory syncytial virus (RSV)?

- 1) No
- 2) Yes, but don't know much about it
- 3) Yes, and understand what it is

[if pregnant= 1, 2 or 3 then ask rsv_vax_preg]

[rsv_vax_preg] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65 years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine for RSV while pregnant to protect your infant from severe outcomes from RSV, would you get vaccinated?

- 1) Yes
- 2) No
- 3) Don't know (98)

[if age_cat= 6, 7 or 8 or age=55+ then ask rsv_vax_senior]

[rsv_vax_senior] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65 years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine to protect you from severe outcomes from RSV, would you get vaccinated?

- 1) Yes
- 2) No
- 3) Don't know (98)

[INSERT ATTENTION CHECK QUESTION]

[health_measures] In the future, how likely are you to do the following to protect yourself or others from respiratory infectious diseases (e.g., colds, flu, COVID-19, RSV, etc.)?

- 1) Wear a mask when you are sick
- 2) Wear a mask during seasonal infectious disease outbreaks
- 3) Stay home when sick
- 4) Use at-home rapid tests
- 5) Take actions to improve indoor air quality (e.g., opening windows/doors, using an air purifier with a HEPA filter)

Extremely unlikely (1)

Unlikely (2)

Somewhat unlikely (3)

Neither likely nor unlikely (4)

Somewhat likely (5)

Likely (6)

Extremely likely (7)

[vax_belief] Please indicate how much you agree or disagree with each of the following statements regarding vaccination, in general:

- **[vax_belief_uninformed]** I would get vaccinated if recommended by a health care professional
- **[vax_belief_otherhealth]** I would get vaccinated to protect the health of those around me.
- **[vax_belief_uninformed]** I don't really know how vaccines work.
- **[vax_belief_risks]** There are more risks than benefits when getting vaccinated.
- **[vax_belief_lifestyle]** A healthy lifestyle, such as healthy nutrition and hygiene, can replace vaccination.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

Views on Public Health System

The following questions ask about your opinions on the health care and public health care systems in Canada.

[phac_aware] How familiar are you with the role of the Public Health Agency of Canada?

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar
- 4) Familiar
- 5) Very familiar

[trust_good] In general, how much do you trust or distrust the following public institution to make good decisions about public healthcare:

[trust_good_goc] Government of Canada

[trust_good_phac] The Public Health Agency of Canada

[trust_good_prov] My provincial/territorial government

- 1) Strongly distrust
- 2) Somewhat distrust
- 3) Neither trust nor distrust
- 4) Somewhat trust
- 5) Strongly trust

[INSERT ATTENTION CHECK QUESTION]

[policy_rank] Which of the following changes to the health care system do you think governments should prioritize? Please select up to 5.

- 1) Increasing access to mental health services
- 2) Reducing surgical and/or specialist wait times
- 3) Reducing emergency room wait times
- 4) Increasing access to primary care providers (e.g., family doctors, nurse practitioners)
- 5) Expanding access to subsidized dental care
- 6) Allowing people to pay for access to additional health services privately
- 7) Improving services for people with disabilities and/or chronic diseases
- 8) Improving infectious disease surveillance and management
- 9) Investing in health and public health research (e.g., to find better treatments, cures, etc.)
- 10) Make it easier for foreign doctors to get accredited in Canada

[life_satisfaction] All things considered, how satisfied are you with your life as a whole?

- 1) Completely dissatisfied
- 2) Somewhat dissatisfied
- 3) Neither satisfied nor dissatisfied
- 4) Somewhat satisfied
- 5) Completely satisfied

[Gov_Surp] If the federal government had a budget surplus, should it use it to reduce taxes or increase spending on social services?

[9-point slider scale with three labeled points]

Reduce taxes = 1

Split evenly = 5

Increase social spending = 9

[policy] To what extent do you agree or disagree that:

[policy_crisis] The Canadian health care system is in crisis.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[affordability] Think about your financial expenses over the last 12 months. During that time, how affordable or unaffordable were the following expenses?

[affordability_housing] Housing

[affordability_food] Food

[affordability_health] Health care (e.g., prescriptions/medications, tests, non-publicly funded healthcare services)

- 1) Very unaffordable
- 2) Somewhat unaffordable
- 3) Neither affordable nor unaffordable
- 4) Somewhat affordable
- 5) Very affordable

[social_status] Think of this ladder as representing where people stand in Canada. At the top of the ladder are the people who are the best off, those who have the most money, most education, and best jobs. At the bottom are the people who are the worst off, those who have the least money, least education, worst jobs, or no job.

Please indicate where you think you stand at this time in your life relative to other people in Canada.



At the top = 10

At the bottom = 1

Environment/Climate Change and Health

The following questions focus on your beliefs about the environment and its possible impact on your health. Our goal is to understand your opinions, so we respect and appreciate your honest responses.

[exweather] During the past 12 months, which of the following extreme weather-related events have you personally experienced in your local area? Select all that apply.

- 1) **[exweather_flooding]** Flooding
- 2) **[exweather_heat]** Periods of excessive heat
- 3) **[exweather_drought]** Droughts
- 4) **[exweather_cold]** Periods of excessive cold (e.g., cold snaps, polar vortex)
- 5) **[exweather_wildfire]** Wildfires (including forest fires) and/or wildfire smoke
- 6) **[exweather_tornado]** Tornadoes
- 7) **[exweather_icestorm]** Ice storms
- 8) **[exweather_outage]** Power outages related to weather events
- 9) **[exweather_supply]** Shortages of essential supplies related to weather events (e.g., food, fuel, water)
- 10) None of the above

[health_personal_experiences] During the past 12 months, have you personally experienced any of the following? Select all that apply.

- 1) Heat stroke or heat-related illness
- 2) Poor water quality and availability
- 3) Climate anxiety
- 4) Diseases spread by insects, such as West Nile Virus or Lyme Disease
- 5) Diseases spread in water, such as gastrointestinal illnesses
- 6) Diseases spread in food, such as E. coli
- 7) Cardio-respiratory problems caused by air pollution
- 8) Respiratory problems from wildfire smoke
- 9) Asthma and/or allergies
- 10) Stress or injury from evacuation during extreme weather events
- 11) None of the above

[overall_health_impact] How much, if at all, do you think climate change will impact the health and well-being of the following groups:

[11-point slider scale with two labeled points: 0 = no impact and 10 = significant impact]

- 1) You and your immediate family _____
- 2) Other people in Canada _____
- 3) Marginalized or vulnerable people in Canada _____

- 4) Future generations of people in Canada _____
I don't think the climate is changing (99)

[specific_health_threat] How concerned are you about the following health risks and impacts from climate change, where 0 is not concerned at all and 10 is very concerned?

- 1) Infectious diseases (e.g., diseases spread by insects, in food, or in water)
- 2) Mental health issues (e.g., personal climate anxiety, worry about wellbeing of future generations, stress from evacuation)
- 3) Illness caused by poor air quality (e.g., cardiorespiratory problems caused by air pollution, asthma and allergies, respiratory problems from wildfire smoke)
- 4) Illness caused by extreme heat (e.g., heat stroke, heat exhaustion)
- 5) Water and food-related impacts (e.g., issues with food production and security, poor water quality)

[scale 0-10 with labels at both ends]

0=not at all concerned

10=very concerned

[climate_health_anxiety] When thinking about the impacts of climate change on your health, please rate the extent to which you **feel anxious**.

- 1) Not at all
 - 2) Slightly
 - 3) Moderately
 - 4) Very
 - 5) Extremely
- I don't think the climate is changing (96)

[climate_intentions] How willing are you to take each of the following actions, if you don't already?

[climate_intentions_meat] Reduce how much red meat I consume

[climate_intentions_emerg] Prepare and maintain an emergency supply kit (e.g., with water, canned goods or dried foods, a flashlight, prescription medications, first aid kit, etc.)

[climate_intentions_tick] Take steps to reduce my risk of a tick bite when outdoors (e.g., wear insect repellent or protective clothing)

[climate_intentions_respi] Wear a respirator type mask when outdoors to reduce my exposure to wildfire smoke

- 1) Very unwilling
- 2) Somewhat unwilling
- 3) Neither willing nor unwilling
- 4) Somewhat willing
- 5) Very willing

I already do this action

Not applicable (9999)

The following questions will ask you about extreme heat events. Many places in Canada face extreme heat events, often called "heat waves." These events involve daytime and nighttime temperatures that are well above seasonal norms.

[home_cooling] Do you have a functioning air conditioning or cooling system in your home (not including a fan)?

- 1) Yes
- 2) No, but I am planning to purchase one in the next year
- 3) No, and I am not planning to purchase one in the next year

[heat_proactive] Over the past summer, which of the following actions, if any, did you take to prepare for extreme heat events? Select all that apply.

- 1) Regularly checked local weather forecasts and alerts to know when to take extra care
- 2) Installed a home cooling system (e.g., window air conditioner in at least one room, a heat pump, central air)
- 3) Installed thermal curtains, window coverings, or reflective films that block the sun from hitting windows
- 4) Identified places in your community you can visit to get cool (e.g., libraries, movie theatres, etc.)
- 5) Bought a fan
- 6) None of the above

Only ask if included extreme heat in their response to **[exweather_experiences]**...

[heat_reactive] Over the past summer, which of the following actions, if any, have you taken in response to extreme heat events? Select all that apply.

- 1) Relocated to a cooler location
- 2) Moved your sleeping area to the coolest location in your home
- 3) Drank more fluids
- 4) Stayed inside during the warmest times of the day or limited your time in the sun
- 5) Cooled off by taking a shower, bath, or swimming
- 6) Avoided physical activity/sports
- 7) Checked in with neighbours, friends and family members to make sure that they were cool and hydrated
- 8) Adapted to being outside by wearing breathable clothing (cotton, linen) and/or using accessories (umbrella, wide-brimmed hats)
- 9) Used air conditioning or a home cooling system
- 10) Used a fan for cooling and/or better air circulation
- 11) None of the above

[heat_adaptation_barriers] Which, if any, of the following would prevent you from preparing for and/or responding to an extreme heat event? Select all that apply.

- 1) I don't have enough time
- 2) Not receiving extreme heat alerts or heat wave warnings
- 3) I don't know what actions I can take
- 4) The work that I do requires me to spend time outdoors in extreme heat
- 5) It costs me too much money
- 6) I have no or limited access to cooling centres, air conditioning, or shade
- 7) None of the above

Please rate your agreement or disagreement with the following statement:

[heat_self_efficacy] I feel capable of preparing for and responding to extreme heat events.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[heat_susceptibility_perceptions] How likely is it that extreme heat events will directly impact your personal health?

- 1) Extremely unlikely
- 2) Unlikely
- 3) Somewhat unlikely
- 4) Neither likely nor unlikely
- 5) Somewhat likely
- 6) Likely
- 7) Extremely likely

[belief_real] Please rate your agreement or disagreement with the following statement: I believe that climate change is real.

- 6) Strongly disagree
- 7) Somewhat disagree
- 8) Neither agree nor disagree
- 9) Somewhat agree
- 10) Strongly agree

Additional Information

In the final section of the survey, we will ask you a few more questions about yourself.

[urban] Which of the following best describes where you live now?

- 1) A remote area

- 2) A rural area
- 3) A small city or town
- 4) A suburb near a large city
- 5) A large city
- 6) Prefer not to say (9999)

[employment] Which of the following categories best describes your current employment status?

- 1) Employed (e.g., for wages, salary) full time, that is, 30 or more hours per week
- 2) Employed (e.g., for wages, salary) part-time, that is, less than 30 hours per week
- 3) Self-employed
- 4) Unemployed
- 5) A student attending school full-time
- 6) Retired
- 7) Full-time homemaker
- 8) Other
- 9) Prefer not to say (9999)

[generation] Generation status refers to whether you or your parents were born in Canada. What is your generation status as a person in Canada?

- 1) First generation (Not born in Canada and immigrated here)
- 2) Second generation (Born in Canada but at least one of your parents were not)
- 3) Third generation (Both you and your parents were born in Canada)
- 4) Fourth generation or more

[indigenous] Are you First Nations, Métis, or Inuk (Inuit)?

Please select all that apply.

- 1) First nations
- 2) Métis
- 3) Inuk (Inuit)
- 4) No, I am not First Nations, Metis, or Inuk (Inuit)

[ethnicity] You may belong to one or more racial or cultural groups on the following list. Are you...?

Please select all that apply.

- 1) Arab
- 2) Black
- 3) Chinese
- 4) Filipino
- 5) Japanese

- 6) Korean
- 7) Latin American
- 8) South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- 9) Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Thai, Laotian, etc.)
- 10) West Asian (e.g., Iranian, Afghan, etc.)
- 11) White
- 12) Other (please specify)
- 13) None of the above
- 14) Prefer not to say (9999)

[household_income] Which of the following categories best describes your total household income last year (2022)? That is, the total income of all persons in your household combined, before taxes?

- 1) Under \$20,000
 - 2) \$20,000 to just under \$40,000
 - 3) \$40,000 to just under \$60,000
 - 4) \$60,000 to just under \$80,000
 - 5) \$80,000 to just under \$100,000
 - 6) \$100,000 to just under \$150,000
 - 7) \$150,000 to just under \$200,000
 - 8) \$200,000 to just under \$250,000
 - 9) \$250,000 and above
- Prefer not to say (9999)

[LGBTQ+] Do you identify as a member of the 2SLGBTQIA+ community (Two-Spirited, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and/or identify as part of a sexual and/or gender diverse community)? We collect this information to make sure that our research sample is representative of the Canadian population.

- a) No
- b) Yes

[disability] Do you identify as a person with a disability? A person with a disability is a person who has a long-term or recurring impairment (such as vision, hearing, mobility, flexibility, dexterity, pain, learning, developmental, memory or mental health-related) which limits their daily activities inside or outside the home.

- 1) No
- 2) Yes
- 3) Prefer not to say (9999)
- 4) Don't know (98)

[FSA] Finally, what are the first three characters of your postal code? Why we ask for this: The first three characters of a postal code are the Forward Sortation Area (FSA). This tells us the general area in which you live, which allows us to add additional context to your responses, for example, the incidence of extreme weather, energy prices, or public transportation infrastructure in your area. **Importantly, the FSA is broad enough to protect your anonymity and cannot be used to identify you individually.**

[Open text]

Prefer not to say (9999)

Debriefing

Thank you for taking the time to complete this survey.

This study dealt with topics that you might have found distressing. We want to encourage you to consider using free mental health services, if needed, including the following:

EN: <https://www.canada.ca/covid-mental-health> <https://www.canada.ca/en/public-health/services/mental-health-services.html>

FR: <https://www.canada.ca/sante-mentale-covid> <https://www.canada.ca/fr/sante-publique/services/services-sante-mentale.html>

Public Health Survey Questionnaire

Impact and Innovation Unit, PCO

Behavioural Science Office, PHAC

Target Launch Date: November 27, 2023

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Consent

The Government of Canada is conducting a research study on health behaviours and experiences. Leger has been hired to administer this survey. Si vous préférez répondre au sondage en français, veuillez cliquer sur français. The survey takes about 20 minutes to complete and is voluntary and completely confidential.

Your responses will be identified by a subject number and the researchers will not know your identity or your personal information. Review Leger's privacy policy [here](#).

The purpose of this study is to improve actions taken by the government to better health outcomes for Canadians. We recognize that the subject-matter of some of these questions may be personal or sensitive. However, should you choose to participate, your answers will be kept confidential and will be used to help improve public health policy in Canada. While we prefer that you complete this survey in one sitting, if you need to take a break, you can re-access it at any time by using the same link.

Further information about this study:

- Your data will be treated in accordance with the provisions of the Government of Canada Privacy Policy.
- Your participation in the study is voluntary and your responses will be kept entirely confidential.
- You may stop the survey at any time and without giving reasons.

If you have any questions about this survey, please send us an email at iiu-iii@pco-bcp.gc.ca and indicate the “health survey” in the subject line.

CONSENT

I agree to participate in the study and understand that my answers will be used to advance knowledge about Canadians’ health outcomes, which may inform future actions taken by the government and help contribute to science.

I agree to the processing of my personal data in accordance with the information provided here.

I am aware that the data will be published in anonymous form to promote transparency in research.

- 3) I agree to participate
- 4) No, I don't want to participate [thank and terminate survey]

Demographics

15) Thank you for deciding to participate in this study. First, please provide us with some information about yourself.

[age] In what year were you born?

(Minimum 1923; Maximum 2023)

Enter year: _____

Prefer not to say (9999)

[age_cat] In which of the following age categories do you belong?

[show if participant did not answer age: [age]=9999]

- 9) Under 18
- 10) 18 to 24
- 11) 25 to 34
- 12) 35-44
- 13) 45 to 54
- 14) 55 to 64
- 15) 65 to 74
- 16) 75 and older

[Show if 2005 for age or under 18 for birth year is selected]

Thank you for your interest in the survey but you must be at least 18 years old to participate.

[gender] What is your gender?

Refers to current gender which may be different from sex assigned at birth and may be different from what is indicated on legal documents. We collect this information to make sure that our research sample is representative of the Canadian population.

- 5) Man
- 6) Woman
- 7) Non-binary person
- 8) Another gender identity (specify: ____)

[sex] What was your sex at birth?

- 1) Female
- 2) Male
- 3) Intersex
- 4) Prefer not to say

[region] In which province or territory do you live?

- 16) Alberta
- 17) British Columbia
- 18) Manitoba
- 19) New Brunswick
- 20) Newfoundland and Labrador
- 21) Northwest Territories
- 22) Nova Scotia
- 23) Nunavut
- 24) Ontario
- 25) Prince Edward Island
- 26) Quebec
- 27) Saskatchewan
- 28) Yukon

I live outside of Canada (-9) [thank and terminate survey]

[education] What is the highest level of formal education that you have completed?

- 11) Elementary school or less
- 12) Some high school
- 13) High school diploma or equivalent
- 14) Registered apprenticeship or other trades certificate or diploma
- 15) Some college/university
- 16) College or CEGEP certificate or diploma
- 17) University certificate or diploma below bachelors' level
- 18) Bachelor's degree
- 19) Postgraduate degree above bachelor's level
- 20) Prefer not to say (9999)

[employment] Which of the following categories best describes your current employment status?

- 1) Employed (e.g., for wages, salary) full time, that is, 30 or more hours per week
- 2) Employed (e.g., for wages, salary) part-time, that is, less than 30 hours per week
- 3) Self-employed
- 4) Unemployed
- 5) A student attending school full-time
- 6) Retired
- 7) Full-time homemaker
- 8) Other
- 9) Prefer not to say (9999)

[dependent] Do you have dependents residing in your household?

A dependent may include at least one child, grandchild, parent, grandparent, brother, sister, uncle, aunt, person with a mental or physical disability.

- 3) Yes (please enter number of dependents): _____
- 4) No
- 5) Prefer not to say

[children] Are you a parent or legal guardian of a child under 18 years of age?

- 1) No
- 2) Yes

[if sex=1 or 3 then ask pregnant]

[pregnant] Are you currently pregnant or planning to become pregnant, or have you given birth in the past 12 months?

- 7) I am currently pregnant
- 8) I am not but I am planning to become pregnant in the next 12 months
- 9) I have given birth in the last 12 months
- 10) Prefer not to say (9999)
- 11) Don't know (98)
- 12) Not applicable/None of the above (97)

[fsa] What are the first three characters of your postal code? This question is asking only to understand some things about the area you live in.

[Open Text]

Prefer not to say (9999)

Physical Health

The following questions ask about your **physical health**.

[health_status] In general, how is your physical health?

- 6) Poor
- 7) Fair
- 8) Good
- 9) Very good
- 10) Excellent

Please indicate the extent to which you agree or disagree with the following statements:

[randomize]

[besci_phealtha] I know how to take care of my physical health.

[besci_phealthd] I know how to access services to improve my physical health, if needed.

[besci_phealthg] Some of my current habits negatively impact my physical health.

[besci_phealthc] Taking care of my physical health is important to me.

[besci_phealthf] The majority of my peers (i.e., people like me) prioritize taking care of their physical health.

- 6) Strongly disagree
- 7) Somewhat disagree
- 8) Neither agree nor disagree
- 9) Somewhat agree
- 10) Strongly agree

Mental Health

The following questions ask about your **mental health and well-being**.

[health_mental_status] In general, how is your mental health?

- 6) Poor
- 7) Fair
- 8) Good
- 9) Very good
- 10) Excellent

Please indicate the extent to which you agree or disagree with the following statements:

[randomize]

[besci_mhealtha] I know how to take care of my mental health.

[besci_mhealthd] I know how to access services to improve my mental health, if needed.

[besci_mhealthg] Some of my current habits negatively impact my mental health.

[besci_mhealthc] Taking care of my mental health is important to me.

[besci_mhealthf] The majority of my peers (i.e., people like me) prioritize taking care of their mental health.

- 6) Strongly disagree
- 7) Somewhat disagree
- 8) Neither agree nor disagree
- 9) Somewhat agree
- 10) Strongly agree

[life_satisfaction] All things considered, how satisfied are you with your life as a whole?

- 1) Completely dissatisfied
- 2) Somewhat dissatisfied
- 3) Neither satisfied nor dissatisfied
- 4) Somewhat satisfied
- 5) Completely satisfied

Physical and Mental Health Services

The following questions ask about your experiences with physical and mental health care services.

[primary_care] Do you have access to a primary care provider (i.e., family doctor or nurse practitioner that you can see for regular check-ups, when you get sick, and/or ask medical advice)?

- 3) No
- 4) Yes

[hotline_mh_use] In the past 12 months, have you used a telephone-based mental health service?

- 4) No
- 5) No, but I wanted to
- 6) Yes

Prefer not to say (9999)

[hotline_mh_know] Are you familiar with any telephone-based mental health services?

- 6) Not at all familiar
- 7) Slightly familiar
- 8) Somewhat familiar
- 9) Familiar
- 10) Very familiar

[hotline_mh_988] Are you familiar with the 9-8-8: Suicide Crisis Helpline?

- 6) Not at all familiar
- 7) Slightly familiar
- 8) Somewhat familiar
- 9) Familiar
- 10) Very familiar

Health promotion

[INSERT ATTENTION CHECK QUESTION]

[health_records] Do you currently maintain (online or in paper form) any of the following health information? [Select all that apply]

- 1) **[record_vaccine]** Vaccination history
- 2) **[record_blood]** Blood type
- 3) **[record_health]** Medical records
- 4) **[record_mh]** Mental health records

[service_coverage] Do you have any of the following? Select all that apply.

- 1) Life insurance
- 2) Disability insurance
- 3) Dental benefits
- 4) Vision care benefits
- 5) Prescription drug benefits
- 6) Psychological/mental health benefits
- 7) [show if employment=1, 2 or 3] More than 5 days of paid sick leave per year
- 8) Other health or wellness benefits [anchor at bottom]
- 9) None of the above [anchor at bottom]

[donate_organ] Are you a registered organ donor (upon your death) in your province?

- 1) No, and I don't want to be
- 2) No, but I want to be
- 3) Yes

Infectious Disease Prevention & Management

[life_vax] [Have you received any of the following vaccines in your life? Select all that apply.]

Influenza (flu)

Measles, Mumps, Rubella (MMR)

Chicken pox (varicella)

Hepatitis A/B

Human papillomavirus (HPV)

Diphtheria, Tetanus, Pertussis (whooping cough)

Shingles

Pneumococcal

Meningococcal

None of the above

Don't know [anchor at bottom, exclusive option]

[vaccine_combined] If you were offered the option of getting a flu vaccine and a COVID-19 vaccine at the same time, what would you choose?

- 1) Both vaccines at the same time
- 2) Both vaccines at different times
- 3) Only a COVID-19 vaccine
- 4) Only a flu vaccine
- 5) None of them

The following questions ask about your behaviours and opinions related to infectious diseases.

[covid_vax] How many doses of a COVID-19 vaccine have you received?

- 8) 1
- 9) 2
- 10) 3
- 11) 4
- 12) 5
- 13) 6 or more doses
- 14) No doses

From September 1, 2023, to now, have you received any of the following vaccines. Select all that apply.

- 1) **[covid_fall_2023]** A COVID-19 vaccine (primary or booster dose)?
- 2) **[flu_fall_2023]** A seasonal flu vaccine (also known as the flu shot)

- 3) [none_fall_2023] None of the above

[If flu_vax_fall_2023=unselected then ask flu_vax_intent]

[flu_vax_intent] How likely is it that you will get the seasonal flu vaccine between now and June 2024? Would you say you:

- 1) Will definitely get one
- 2) Will probably get one
- 3) Will probably not get one
- 4) Will definitely not get one
- 5) Don't Know (98)

[If covid_vax_fall_2023=unselected then ask covid_vax_intent]

[covid_vax_intent] How likely is it that you will get a COVID-19 vaccine between now and June 2024? Would you say you:

- 1) Will definitely get one
- 2) Will probably get one
- 3) Will probably not get one
- 4) Will definitely not get one

Don't know (98)

[If flu_vax_fall_2023=unselected then ask flu_vax_barrier]

[flu_vax_barrier] What are your main reasons for not yet having received the flu shot this season? Select all that apply. [randomize]

- 1) **[flu_vax_barrier_plan]** I still plan to get it
- 2) **[flu_vax_barrier_doctor]** I haven't seen my family doctor
- 3) **[flu_vax_barrier_pharmacist]** I haven't seen a pharmacist
- 4) **[flu_vax_barrier_ineffective]** I don't think the flu vaccine works
- 5) **[flu_vax_barrier_safety]** I don't think the flu vaccine is safe
- 6) **[flu_vax_barrier_sick]** I don't want to have side effects or feel sick
- 7) **[flu_vax_barrier_unconcern]** I don't feel that I need it
- 8) **[flu_vax_barrier_busy]** I haven't gotten around to it yet (e.g., too busy, lack of time)
- 9) **[flu_vax_barrier_appointment]** It is difficult to get an appointment
- 10) **[flu_vax_barrier_antibiotic]** If I get the flu, I will treat it with antibiotics
- 11) **[flu_vax_barrier_antiviral]** If I get the flu, I will treat it with antivirals
- 12) **[flu_vax_barrier_vaccinated]** I already feel protected because of past vaccine doses
- 13) **[flu_vax_barrier_immunity]** I already had the flu and believe I am adequately protected by natural immunity
- 14) **[flu_vax_barrier_other]** Other, please specify [open-text]

[If covid_vax_fall_2023=unselected then ask covid_vax_barrier]

[covid_vax_barrier] What are your main reasons for not yet having received a COVID-19 vaccine this season? Select all that apply. [randomize]

- 1) **[covid_vax_barrier_plan]** I still plan to get it
- 2) **[covid_vax_barrier_doctor]** I haven't seen my family doctor
- 3) **[covid_vax_barrier_pharmacist]** I haven't seen a pharmacist
- 4) **[covid_vax_barrier_ineffective]** I don't think a COVID-19 vaccine works
- 5) **[covid_vax_barrier_safety]** I don't think a COVID-19 vaccine is safe
- 6) **[covid_vax_barrier_sick]** I don't want to have side effects or feel sick
- 7) **[covid_vax_barrier_unconcern]** I don't feel that I need it
- 8) **[covid_vax_barrier_busy]** I haven't gotten around to it yet (e.g., too busy, lack of time)
- 9) **[covid_vax_barrier_appointment]** It is difficult to get an appointment
- 10) **[covid_vax_barrier_antibiotic]** If I get COVID-19, I will treat it with antibiotics
- 11) **[covid_vax_barrier_antiviral]** If I get COVID-19, I will treat it with antivirals
- 12) **[covid_vax_barrier_vaccinated]** I already feel protected because of past vaccine doses
- 13) **[covid_vax_barrier_immunity]** I already had COVID-19 and believe I am adequately protected by natural immunity
- 14) **[covid_vax_barrier_other]** Other, please specify [open-text]

[if yes to covid_vax_fall OR flu_vax_fall, then ask coadministration]

[vaccine_offered] Were you offered the option of getting a flu vaccine and a COVID-19 vaccine at the same time?

- 1) No, I was not offered that option
- 2) Yes, but I declined that option
- 3) Yes, and I accepted that option

[rsv_aware] Have you heard of respiratory syncytial virus (RSV)?

- 4) No
- 5) Yes, but I don't know much about it
- 6) Yes, and I understand what it is

[if pregnant= 1, 2 or 3 then ask rsv_vax_preg]

[rsv_vax_preg] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65 years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine for RSV while pregnant to protect your infant from severe outcomes from RSV, would you get vaccinated?

- 1) No
- 2) Yes
- 3) Don't know (98)

[if age_cat= 6, 7 or 8 or age=55+ then ask rsv_vax_senior]

[rsv_uptake] Have you been vaccinated against respiratory syncytial virus (RSV)?

- 1) No
- 2) Yes

[if rsv_uptake=1 then ask rsv_vax_senior]

[rsv_vax_senior] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65 years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine to protect you from severe outcomes from RSV, would you get vaccinated?

- 4) No
- 5) Yes
- 6) Don't know (98)

[if rsv_vax_senior= 2 or 3 or rsv_vax_preg = 2 or 3]

[rsv_pay] If you had to pay \$200 to get a respiratory syncytial virus (RSV) vaccine, would you get vaccinated?

- 1) No
- 2) Yes
- 3) Don't know (98)

[INSERT ATTENTION CHECK QUESTION]

[sick_2023_fall] Since September 1st, 2023, to now, have you been sick with a fever, cough, sore throat or runny nose?

- 1) No
- 2) Yes

[health_measures_recent] Since September 2023, how often have you used the following measures to protect yourself or others from respiratory infectious diseases (e.g., colds, flu, COVID-19, RSV, etc.)?

- 1) [ask if sick=2] Worn a mask when you are sick
- 2) Worn a mask in public settings (e.g., public transport, shops, etc.)
- 3) [ask if sick=2] Stayed home when sick
- 4) Used at-home rapid tests
- 5) Taken actions to improve indoor air quality (e.g., opening windows/doors, using an air purifier with a HEPA filter)

Never (1)
 Rarely (2)
 Sometimes (3)
 Often (4)
 Always (5)

[vax_belief] Please indicate how much you agree or disagree with each of the following statements regarding vaccination, in general: [randomize]

[vax_belief_uninformed] I would get vaccinated if recommended by a health care professional.

[vax_belief_otherhealth] I would get vaccinated to protect the health of those around me.

[vax_belief_risks] There are more risks than benefits when getting vaccinated.

[vax_belief_lifestyle] A healthy lifestyle, such as healthy nutrition and hygiene, can replace vaccination.

[vax_belief_mandatory] In general, health practices such as vaccination should not be mandatory.

[vax_belief_discuss] I prefer not to discuss my vaccination choices with others.

[vax_belief_immun] It's a good thing for adults to get natural immunity (protection) by being exposed to viruses (e.g., COVID-19, the flu).

[vax_belief_current] It is important to stay up-to-date with COVID-19 vaccinations, including additional doses.

[vax_belief_coadmin] I'm worried that the flu or COVID-19 vaccine might be less effective if I get them at the same time.

{vax_belief_coasafe} I'm worried that the flu or COVID-19 vaccine might be less safe if I get them at the same time.

[If parent, then ask vax_belief_child]

[vax_belief_child] The only reason I would have my child(ren) vaccinated is so that they can get into daycare/school.

- 6) Strongly disagree
- 7) Somewhat disagree
- 8) Neither agree nor disagree
- 9) Somewhat agree
- 10) Strongly agree

These next questions ask you what you think OTHER people in Canada do. Please provide your best guess.

[soccon_flu_2022] What percent of adults (18+) in Canada do you think got the flu vaccine last year (September 2022 to June 2023)?

[open text: allow 0%-100%]

[soccon_flu_2023] What percent of adults (18+) in Canada do you think will likely get (i.e., probably or definitely) the flu vaccine this year (September 2023 to June 2024)?

[open text: allow 0%-100%]

Antibiotics

[antibiotic_prescribe_use] In the past 12 months, how many times have you taken oral antibiotics that were prescribed to you? This includes capsules, pills or syrups taken by mouth.

Please note that this question refers to **the number of antibiotic treatments**, not how many pills or days you took them.

1. Never
2. 1
3. 2
4. 3
5. 4
6. 5 or more
98. Don't know

[if antibiotic_prescribe_use= 2, 3, 4, 5 or 6 then ask antibiotic_prescribe_reason]

[antibiotic_prescribe_reason] In the past 12 months, what did you take these prescribed oral antibiotics to treat or prevent? [select all that apply]

1. [antibiotic_prescribe_chest] Chest infection (e.g., bronchitis, bronchiolitis, pneumonia, chest cough)
2. [antibiotic_prescribe_ent] Ear, nose, throat, sinus, eye infection (e.g., strep throat, pink eye, sinusitis, sore throat, pharyngitis, tonsillitis)
3. [antibiotic_prescribe_uti] Urinary tract infection – UTI (e.g., bladder, kidney, urethra infection)
4. [antibiotic_prescribe_sti] Sexually transmitted infection – (STI treatment or prevention)
5. [antibiotic_prescribe_skin] Skin infection (e.g., acne, cellulitis, abscess, boil, nail infection)
6. [antibiotic_prescribe_gi] Gastrointestinal infection (e.g., food poisoning, diarrhea, vomiting, gastritis, ulcer)
7. [antibiotic_prescribe_dental] Dental issue (e.g., impacted tooth, abscess, etc.)

8. [antibiotic_prescribe_other] Other (e.g., blood infection, sepsis, bone infection, osteomyelitis)
Don't Know (98)

[antibiotic_nonprescribe_use] In the past 12 months, how many times have you taken oral antibiotics that were **not** prescribed to you or **not** prescribed at **the time you took them**? This includes capsules, pills or syrups taken by mouth.

Please note that this question refers to **the number of antibiotic treatments**, not how many pills or days you took them.

1. Never
2. 1
3. 2
4. 3
5. 4
6. 5 or more
98. Don't Know

[if antibiotic_prescribe_use= 2, 3, 4, 5 or 6 then ask antibiotic_nonprescribe_reason]

[antibiotic_nonprescribe_reason] In the past 12 months, what did you take these unprescribed oral antibiotics to treat or prevent? [select all that apply]

1. [antibiotic_nonprescribe_chest] Chest infection (e.g., bronchitis, bronchiolitis, pneumonia, chest cough)
 2. [antibiotic_nonprescribe_ent] Ear, nose, throat, sinus, eye infection (e.g., strep throat, pink eye, sinusitis, sore throat, pharyngitis, tonsillitis)
 3. [antibiotic_nonprescribe_uti] Urinary tract infection – UTI (e.g., bladder, kidney, urethra infection)
 4. [antibiotic_nonprescribe_sti] Sexually transmitted infection – (STI treatment or prevention)
 5. [antibiotic_nonprescribe_skin] Skin infection (e.g., acne, cellulitis, abscess, boil, nail infection)
 6. [antibiotic_nonprescribe_gi] Gastrointestinal infection (e.g., food poisoning, diarrhea, vomiting, gastritis, ulcer)
 7. [antibiotic_nonprescribe_dental] Dental issue (e.g., impacted tooth, abscess, etc.)
 8. [antibiotic_nonprescribe_other] Other (e.g., blood infection, sepsis, bone infection, osteomyelitis)
Don't Know (98)

[if antibiotic_prescribe_use= 2, 3, 4, 5 or 6 OR antibiotic_nonprescribe_use=2, 3, 4, 5 or 6, then ask antibiotic_source]

[antibiotic_source] In the past 12 months, how did you obtain the oral antibiotics? [Select all that apply]:

1. From a friend or family member who obtained them in Canada (not prescribed to you)
2. Prescribed in hospital
3. From an old prescription of your own
4. Prescribed by your doctor or other primary care provider (e.g., nurse practitioner)
5. Prescribed at a walk-in clinic (other than an Indigenous or primarily Indigenous clinic)
6. From a veterinary source
7. Prescribed or dispensed at a dentist's office
8. Dispensed or prescribed at an Indigenous or primarily Indigenous nursing station or community health clinic
9. Prescribed and dispensed by your pharmacist (without a prescription from another medical professional)
10. Purchased in person outside of Canada
11. From a website that did not require a prescription
12. Another way. Please specify: [open text]
13. Prefer not to say [can't select other options]

In your view, is the following statement about antibiotics mostly true or mostly false?

[randomize]

[antibiotic_tf_flu] Antibiotics are effective against colds and flu.

[antibiotic_tf_throat] Antibiotics are effective for most sore throats.

[antibiotic_tf_bacteria] Antibiotics can kill bacteria.

[antibiotic_tf_virus] Antibiotics can kill viruses.

[antibiotic_tf_stop] Once you start to feel better, it is safe to stop taking antibiotics.

[antibiotic_tf_ear] Antibiotics are always necessary for ear infections.

[antibiotic_tf_covid] Antibiotics are effective against COVID-19.

- 1) True
- 2) False
- 3) Unsure

What do you do with unused or extra antibiotics? Select all that apply.

- 1) [antibiotic_dispose_garbage] Throw them in the garbage
- 2) [antibiotic_dispose_toilet] Flush them down the toilet / sink
- 3) [antibiotic_dispose_someone] Give them to someone I know who might need them
- 4) [antibiotic_dispose_keep] Keep them for future use
- 5) [antibiotic_dispose_pharmacy] Return to the pharmacy
- 6) [antibiotic_dispose_other] Other, please specify [open text]
- 7) [antibiotic_dispose_never] I never had unused or extra antibiotics [anchor to bottom, exclude other options]

To what extent do you agree or disagree with the following statements:

[randomize]

[antibiotic_belief_alternative] I prefer to avoid antibiotics if there are other treatment approaches recommended by my healthcare provider.

[antibiotic_belief_natural] I prefer to avoid antibiotics and use natural remedies (naturopathic, homeopathic)

[antibiotic_belief_sideeffects] I like to understand the side effects of antibiotics before I take them.

[antibiotic_belief_access] I can easily access antibiotics through a medical professional when necessary.

[antibiotic_belief_wait] If instructed by my doctor, I would wait a few days to take my antibiotics to see if the symptoms resolve on their own.

[antibiotic_belief_bacteria] I am concerned about how antibiotics may change the healthy bacteria in my body.

[antibiotic_belief_amr] I am concerned about how taking antibiotics could increase my personal risk of an antibiotic-resistant infection.

[antibiotic_belief_famfriend] I would use antibiotics that were given to me by a friend or family member if they were used to treat the same illness.

[antibiotic_belief_oldprescrip] I would use antibiotics that I saved from a previous prescription if I had the same symptoms as before.

[antibiotic_belief_unprescribed] I would use unprescribed antibiotics if I felt too sick to go see a medical professional.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[anti_knowledge] Have you heard of any of the following terms? Please select the terms you have heard of.

[randomize]

- 1) **[antibiotic_know_abresistance]** Antibiotic resistance
- 2) **[antibiotic_know_superbug]** Superbugs
- 3) **[antibiotic_know_amresistance]** Antimicrobial resistance
- 4) **[antibiotic_know_amr]** AMR
- 5) **[antibiotic_know_drugresistance]** Drug resistance
- 6) **[antibiotic_know_abbacteria]** Antibiotic-resistant bacteria
- 7) **[antibiotic_know_antiviral]** Antivirals
- 8) **[antibiotic_know_antiviral]** Antibiotic

[antibiotic_worry] Antibiotic resistance is when antibiotics are no longer effective in treating infections that will make you sick. How worried are you about this issue?

- 1) Not worried at all
- 2) Not too worried
- 3) Somewhat worried
- 4) Very worried

Public Health Information

[Info_Use] In the past few months, how often did you get news or current information about **public health** from each of the following sources?

[RANDOMIZE]

[info_use_friendfam] Family, friends, and/or colleagues

[info_use_socmed] Social media

[info_use_sci] Scientific experts (e.g., scientific journal articles, press conferences, or statements released by public health experts)

[info_use_sci] Medical experts (e.g., doctors, nurses, and other health care professionals)

[info_use_radiotvnews] Large Canadian news organizations and journalists (e.g., CBC/SRC, CTV, National Post, La Presse)

[info_use_intlnews] Large international news organizations and journalists (e.g., CNN, Fox, BBC, Le Monde)

[info_use_gcweb] Government (i.e. federal, provincial, municipal) information sources (e.g., websites, social media accounts, commercials)

[info_use_indie] Independent bloggers, podcasters, commentators, or journalists

- 1) Never
- 2) Once or a few times a month
- 3) Once or a few times a week
- 4) Once a day
- 5) Multiple times a day

[news_covid_freq] In the past few months, how often have you been following news on COVID-19?

- 1) Never
- 2) Once or a few times a month
- 3) Once or a few times a week
- 4) Once a day

- 5) Multiple times a day

[news_flu_freq] In the past few months, how often have you been following news on influenza (the flu)?

- 1) Never
- 2) Once or a few times a month
- 3) Once or a few times a week
- 4) Once a day
- 5) Multiple times a day

[info_source_vax] Where do you most commonly go for information on vaccines (e.g., Flu, COVID-19)? Select up to 3 sources.

- 1) **[info_source_flu_primary]** My primary care provider
- 2) **[info_source_flu_clinic]** Walk-in clinics
- 3) **[info_source_flu_alt]** Alternative service provider (e.g., naturopath, chiropractor, homeopath, acupuncturist)
- 4) **[info_source_flu_cannews]** Large Canadian news organizations and journalists
- 5) **[info_source_flu_goc]** Government of Canada (e.g., Public Health Agency of Canada, Health Canada)
- 6) **[info_source_flu_pt]** Provincial or Territory government
- 7) **[info_source_flu_muni]** Municipal or local government
- 8) **[info_source_flu_socmed]** Social media or online forums
- 9) **[info_source_flu_famfriend]** Family, friends, and/or colleagues
- 10) **[info_source_flu_search]** Online search engines (i.e., Google, Microsoft Bing, Yahoo)
- 11) **[info_source_flu_tvradio]** Cable television or Radio
- 12) **[info_source_flu_search]** None of the above

Views on Public Health System

The following questions ask about your opinions on the health care and public health care systems in Canada.

[healthcare_pay_2] To the best of your knowledge, which level of government is most responsible for **delivering** publicly funded health care services in Canada? Please select only one.

[randomize]

- 1) Municipal (City, Town)
- 2) Province or Territory
- 3) Federal (Canada)

How familiar are you with the Public Health Agency of Canada when it comes to...?

[randomize]

[phac_aware_role] The role it has in the public health care system within Canada.

[phac_aware_info] It as a source of health information for people in Canada.

[phac_aware_disease] Its role tracking the spread of infectious diseases in Canada.

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar
- 4) Familiar
- 5) Very familiar

[trust_good2] In general, how much do you trust or distrust the following public institutions to make good decisions about public healthcare:

[trust_good_goc] Government of Canada

[trust_good_phac] The Public Health Agency of Canada

[trust_good_prov] My provincial/territorial government

- 1) Strongly distrust
- 2) Somewhat distrust
- 3) Neither trust nor distrust
- 4) Somewhat trust
- 5) Strongly trust

How much do you agree or disagree with the following statements?

[randomize order of trust_facet_goc and trust_facet_phac]

[Trust_Facet] How much do you agree or disagree with the following statements?

[phac_competent] The Public Health Agency of Canada is competent.

[phac_open] The Public Health Agency of Canada provides all relevant information to the public.

[phac_pubconcern] The Public Health Agency of Canada listens to concerns raised by the public.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

[Trust_Facet] How much do you agree or disagree with the following statements?

[RANDOMIZE]

[goc_competent] The federal government is competent.

[goc_pubconcern] The federal government listens to concerns raised by the public.

[goc_open] The federal government provides all relevant information to the public.

Strongly disagree (1)

Somewhat disagree (2)

Neither agree nor disagree (3)

Somewhat agree (4)

Strongly agree (5)

6)

In general, to what extent do you trust or distrust the following group or entity?

[RANDOMIZE]

[trust_group_pharma] The pharmaceutical industry in Canada

[trust_group_health_medical] Medical health professionals in Canada (e.g., doctors, nurses)

[trust_group_can_news] Large Canadian news organizations and journalists (e.g., CBC/SRC, CTV, National Post, La Presse)

- 1) Strongly distrust
- 2) Somewhat distrust
- 3) Neither trust nor distrust
- 4) Somewhat trust
- 5) Strongly trust

[INSERT ATTENTION CHECK QUESTION]

[gov_surp] If the federal government had a budget surplus, should it use it to reduce taxes or increase spending on social services?

[9-point slider scale with three labeled points]

Reduce taxes = 1

Split evenly = 5

Increase social spending = 9

[local_services] How satisfied are you with the quality of health services in your local area?

- 1) Very dissatisfied
- 2) Somewhat dissatisfied
- 3) Neither satisfied nor dissatisfied
- 4) Somewhat satisfied
- 5) Very satisfied

[If **local_services**= 1 or 2 then ask this open text]

[opentext_local_services_negative] You indicated that you are **somewhat or very dissatisfied** with the quality of health services in your local area. In a few words, please tell us why.

[open text]

[If **local_services**= 4 or 5 then ask this open text]

[opentext_local_services_positive] You indicated that you are **somewhat or very satisfied** with the quality of health services in your local area. In a few words, please tell us why.

[open text]

[If **local_services**= 3 then ask this open text]

[opentext_local_services_neutral] You indicated that you are **neither satisfied nor dissatisfied** with the quality of health services in your local area. In a few words, please tell us why.

[open text]

[social_status] Think of this ladder as representing where people stand in Canada. At the top of the ladder are the people who are the best off, those who have the most money, most education, and best jobs. At the bottom are the people who are the worst off, those who have the least money, least education, worst jobs, or no job.

Please indicate where you think you stand at this time in your life relative to other people in Canada.



At the top = 10

At the bottom = 1

Vaccination

[INSTRUCTIONS FOR LEGER:]

- Participants will be randomly assigned participants to one of six messaging conditions, with the following quotas:
 - COVID vaccine: equal distribution of participants with:
 - a. Did not have a COVID vaccine this season [covid_fall_2023=selected] + those who don't intend to get one [covid_vax_intent=3 or 4]
 - b. Had COVID vaccine this season [covid_fall_2023= unselected] + those who intend to get one [covid_vax_intent=1 or 2]
 - COVID vaccine: equal distribution of participants with:
 - c. Did not have a flu vaccine this season [flu_fall_2023=selected] + don't intend to get one [flu_vax_intent=3 or 4]
 - d. Had a COVID vaccine this season [flu_fall_2023=unselected] + those who intend to get one [flu_vax_intent=1 or 2]
- We would like time spent on these pages to be measured.
- Sample size per condition:
 1. No-message_control (n=500) - participants see nothing
 2. Statusquo_control (n=500)
 3. Lifestyle_gain (n=250)
 4. Lifestyle_loss (n=250)
 5. Convenient_gain (n=250)
 6. Convenient_loss (n=250)]

[BEGINNING OF SPLIT SAMPLE]

[statusquo_control] Imagine you saw the following post:



Health Canada and PHAC
@GovCanHealth



The [#flu](#) and [#Covid19](#) can both keep you home sick and can cause serious complications.

Help protect yourself by getting all vaccines you're eligible for.

10:00 AM · Nov 15, 2023 ·



2



19



22



[lifestyle_gain] Imagine you saw the following post:



Health Canada and PHAC
@GovCanHealth



The [#flu](#) and [#Covid19](#) can both keep you home sick this fall and winter.

Enjoy doing what you love this season.
Get all vaccines you're eligible for.

10:00 AM · Nov 15, 2023 ·



2



19



22



[lifestyle_loss] Imagine you saw the following post:



Health Canada and PHAC
@GovCanHealth



The [#flu](#) and [#Covid19](#) can both keep you home sick this fall and winter.

Don't miss out on what you enjoy most.
Get all vaccines you're eligible for.

10:00 AM · Nov 15, 2023 ·



[Convenient_lifestyle_gain] Imagine you saw the following post:



Health Canada and PHAC
@GovCanHealth



The [#flu](#) and [#Covid19](#) can both cause serious complications.

Enjoy doing what you love this season.
Vaccines are now available at pharmacies,
public health clinics, and doctor's offices.

10:00 AM · Nov 15, 2023 ·



[Convenient_lifestyle_loss] Imagine you saw the following post:



Health Canada and PHAC
@GovCanHealth



The [#flu](#) and [#Covid19](#) can both keep you home sick this fall and winter.

Don't miss out on what you enjoy most. Vaccines are now available at pharmacies, public health clinics, and doctor's offices.

10:00 AM · Nov 15, 2023 ·



2



19



22



[END OF SPLIT SAMPLE]

[rct_flu_intentions] If you were eligible and recommended to receive an influenza vaccine, how likely would you be to take it?

- 1) Not at all likely
- 2) Somewhat unlikely
- 3) Neither likely nor unlikely
- 4) Somewhat likely
- 5) Very likely

[rct_covid_intentions] If you were eligible and recommended to receive an updated COVID-19 vaccine, how likely would you be to take it?

- 1) Not at all likely
- 2) Somewhat unlikely
- 3) Neither likely nor unlikely
- 4) Somewhat likely
- 5) Very likely

[rct_flu_peers] How likely would you be to encourage people close to you to be vaccinated for influenza this season?

- 1) Not at all likely
- 2) Somewhat unlikely

- 3) Neither likely nor unlikely
- 4) Somewhat likely
- 5) Very likely

[rct_covid_intentions] How likely would you be to encourage people close to you to be vaccinated for COVID-19 this season?

- 1) Not at all likely
- 2) Somewhat unlikely
- 3) Neither likely nor unlikely
- 4) Somewhat likely
- 5) Very likely

[not asked to No-message_control]

[rct_appropriate] To what extent do you consider the post you saw to be appropriate for a Government of Canada account to share?

- 1) Very inappropriate
- 2) Somewhat inappropriate
- 3) Neither inappropriate nor appropriate
- 4) Somewhat appropriate
- 5) Very appropriate

Additional Information

In the final section of the survey, we will ask you a few more questions about yourself.

[urban] Which of the following best describes where you live now?

- 1) A remote area
- 2) A rural area
- 3) A small city or town
- 4) A suburb near a large city
- 5) A large city
- 6) Prefer not to say (9999)

[generation] Generation status refers to whether you or your parents were born in Canada. What is your generation status as a person in Canada?

- 5) First generation (Not born in Canada and immigrated here)
- 6) Second generation (Born in Canada but at least one of your parents were not)
- 7) Third generation (Both you and your parents were born in Canada)
- 8) Fourth generation or more

[indigenous] Are you First Nations, Métis, or Inuk (Inuit)?

Please select all that apply.

- 5) First nations
- 6) Métis
- 7) Inuk (Inuit)
- 8) No, I am not First Nations, Metis, or Inuk (Inuit)

[ethnicity] You may belong to one or more racial or cultural groups on the following list. Are you...?

Please select all that apply.

- 15) Arab
- 16) Black
- 17) Chinese
- 18) Filipino
- 19) Japanese
- 20) Korean
- 21) Latin American
- 22) South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- 23) Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Thai, Laotian, etc.)
- 24) West Asian (e.g., Iranian, Afghan, etc.)
- 25) White
- 26) Other (please specify)
- 27) None of the above
- 28) Prefer not to say (9999)

[household_income] Which of the following categories best describes your total household income last year (2022)? That is, the total income of all persons in your household combined, before taxes?

- 10) Under \$20,000
 - 11) \$20,000 to just under \$40,000
 - 12) \$40,000 to just under \$60,000
 - 13) \$60,000 to just under \$80,000
 - 14) \$80,000 to just under \$100,000
 - 15) \$100,000 to just under \$150,000
 - 16) \$150,000 to just under \$200,000
 - 17) \$200,000 to just under \$250,000
 - 18) \$250,000 and above
- Prefer not to say (9999)

[LGBTQ+] Do you identify as a member of the 2SLGBTQIA+ community (Two-Spirited, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and/or identify as part of a sexual and/or gender diverse community)?

We collect this information to make sure that our research sample is representative of the Canadian population.

- 1) No
- 2) Yes

[disability] Do you identify as a person with a disability?

A person with a disability is a person who has a long-term or recurring impairment (such as vision, hearing, mobility, flexibility, dexterity, pain, learning, developmental, memory or mental health-related) which limits their daily activities inside or outside the home.

- 5) No
- 6) Yes
- 7) Prefer not to say (9999)

Debriefing

Thank you for taking the time to complete this survey.

This study dealt with topics that you might have found distressing. We want to encourage you to consider using free mental health services, if needed, including the following:

EN: <https://www.canada.ca/covid-mental-health> <https://www.canada.ca/en/public-health/services/mental-health-services.html>

FR: <https://www.canada.ca/sante-mentale-covid> <https://www.canada.ca/fr/sante-publique/services/services-sante-mentale.html>

HABIT Survey Questionnaire: Wave 3

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Consent

The Government of Canada is conducting a research study on health behaviours and experiences. Leger has been hired to administer this survey. Si vous préférez répondre au sondage en français, veuillez cliquer sur français. The survey takes about 20 minutes to complete and is voluntary and completely confidential.

Your responses will be identified by a subject number and the researchers will not know your identity or your personal information. Review Leger's privacy policy [here](#).

The purpose of this study is to improve actions taken by the government to better health outcomes for Canadians. We recognize that the subject matter of some of these questions may be personal or sensitive. However, should you choose to participate, your answers will be kept confidential and will be used to help improve public health policy in Canada.

In this survey, one of the topics we will address is mental health and emotional distress. While we have tried to minimize any potential risks and discomfort, due to the sensitive nature of the topic, if at any time you feel uncomfortable or uneasy giving your opinion, please feel free not to answer any of the questions asked or to step away.

If you or someone you know is going through a crisis and needs support, please know that there are mental health resources you can consult. Here is a list of resources, which we will provide again at the end of this survey.

If you or someone you know is in crisis:

If you're in immediate danger or need urgent medical support, call 9-1-1.

If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

Further information about this study:

- Your data will be treated in accordance with the provisions of the Government of Canada Privacy Policy.
- Your participation in the study is voluntary and your responses will be kept entirely confidential.
- You may stop the survey at any time and without giving reasons.

If you have any questions about this survey, please send us an email at iiu-iii@pco-bcp.gc.ca and indicate the "health survey" in the subject line.

While we prefer that you complete this survey in one sitting, if you need to take a break, you can re-access it at any time using the same link.

CONSENT

I agree to participate in the study and understand that my answers will be used to advance knowledge about Canadians' health outcomes, which may inform future actions taken by the government.

I agree to the processing of my personal data in accordance with the information provided here.

I am aware that the data will be published in anonymous form to promote transparency in public opinion research.

- 1) I agree to participate
- 2) No, I don't want to participate [thank and terminate survey]

Demographics

- 1) Thank you for deciding to participate in this study. First, please provide us with some information about yourself.

[age] In what year were you born?

(Minimum 1923; Maximum 2023)

Enter year: _____

Prefer not to say (9999)

[age_cat] In which of the following age categories do you belong?

[show if participant did not answer age: [age]=9999]

- 1) Under 18
- 2) 18 to 24
- 3) 25 to 34
- 4) 35-44
- 5) 45 to 54
- 6) 55 to 64
- 7) 65 to 74
- 8) 75 and older

[Show if 2005 for age or under 18 for birth year is selected]

Thank you for your interest in the survey, but you must be at least 18 years old to participate.

[gender] What is your gender?

This refers to current gender which may be different from sex assigned at birth and may be different from what is indicated on legal documents. We collect this information to make sure that our research sample is representative of the Canadian population.

- 1) Man
- 2) Woman
- 3) Non-binary person
- 4) Another gender identity (specify: ____)

[sex] What was your sex at birth?

- 1) Female
- 2) Male
- 3) Intersex
- 4) Prefer not to say

[region] In which province or territory do you live?

- 2) Alberta

- 3) British Columbia
- 4) Manitoba
- 5) New Brunswick
- 6) Newfoundland and Labrador
- 7) Northwest Territories
- 8) Nova Scotia
- 9) Nunavut
- 10) Ontario
- 11) Prince Edward Island
- 12) Quebec
- 13) Saskatchewan
- 14) Yukon

I live outside of Canada (-9) [thank and terminate survey]

[employment] Which of the following categories best describes your current employment status?

- 1) Employed (e.g., for wages, salary) full time, that is, 30 or more hours per week
- 2) Employed (e.g., for wages, salary) part-time, that is, less than 30 hours per week
- 3) Self-employed
- 4) Unemployed
- 5) A student attending school full-time
- 6) Retired
- 7) Full-time homemaker
- 8) Other
- 9) Prefer not to say (9999)

[education] What is the highest level of formal education that you have completed?

- 1) Elementary school or less
- 2) Some high school
- 3) High school diploma or equivalent
- 4) Registered apprenticeship or other trades certificate or diploma
- 5) Some college/university
- 6) College or CEGEP certificate or diploma
- 7) University certificate or diploma below bachelors' level
- 8) Bachelor's degree
- 9) Postgraduate degree above bachelor's level
- 10) Prefer not to say (9999)

[dependent] Do you have dependents residing in your household?

A dependent may include at least one child, grandchild, parent, grandparent, brother, sister, uncle, aunt, and/or person with a mental or physical disability.

- 1) Yes (please enter number of dependents): _____
- 2) No
- 3) Prefer not to say

[children] Are you a parent or legal guardian of a child under 18 years of age?

- 1) No
- 2) Yes

[if sex=1 or 3 then ask pregnant2]

[pregnant2] Are you currently pregnant or planning to become pregnant in the next 12 months?

- 1) I am not pregnant nor am I planning to become pregnant in the next 12 months
- 2) I am currently pregnant
- 3) I am not but I am planning to become pregnant in the next 12 months
- 4) Prefer not to say (9999)
- 5) Don't know (98)

[if sex=1 or 3 then ask birth]

[birth] Have you given birth, if yes, when was your most recent birth?

- 1) I have not given birth
- 2) I have given birth in the last 12 months
- 3) I have given birth in the last 13 months to 5 years
- 4) I have given birth in the last 6 or more years
- 5) Prefer not to say (9999)

[disability] Do you identify as a person with a disability?

A person with a disability is a person who has a long-term or recurring impairment (such as vision, hearing, mobility, flexibility, dexterity, pain, learning, developmental, memory or mental health-related) which limits their daily activities inside or outside the home.

- 1) No
 - 2) Yes
- Prefer not to say (9999)

Public Health Information

[info_source_serv] Where do you most commonly go for information on accessing mental health services? [Select up to 3]
[randomize]

- 1) [info_source_mh_primary] My primary care provider
- 2) [info_source_mh_clinic] Walk-in clinics
- 3) [info_source_mh_alt] Alternative service provider (e.g., naturopath, chiropractor, homeopath, acupuncturist)
- 4) [info_source_mh_cannews] Large Canadian news organizations and journalists
- 5) [info_source_mh_goc] Government of Canada (e.g., Public Health Agency of Canada, Health Canada)
- 6) [info_source_mh_pt] Provincial or Territory government
- 7) [info_source_mh_clinic] Municipal or local government
- 8) [info_source_mh_socmed] Social media or online forums
- 9) [info_source_mh_famfriend] Family, friends, and/or colleagues
- 10) [info_source_mh_search] Online search engines (i.e., Google, Microsoft Bing, Yahoo)
- 11) [info_source_mh_tvradio] Cable television or Radio
- 12) [info_source_mh_none] None of the above [anchor at bottom]
- 13) [info_source_mh_nosearch] I don't search for information accessing mental health services [anchor at bottom]

[soccon] These next questions ask you what you think **OTHER** people in Canada experience. Please provide your best guess.

[soccon_mh_condition] What percent of adults (18+) in Canada currently have a mental health condition?

[open text: allow 0%-100%]

[soccon_ph_condition] What percent of adults (18+) in Canada currently have a physical health condition?

[open text: allow 0%-100%]

[soccon_belong_community] What percent of adults (18+) in Canada experience a sense of belonging (somewhat or very strong) to their local community?

[open text: allow 0%-100%]

[soccon_belong_loneliness] What percent of adults (18+) in Canada **often** experience a sense of loneliness?

[open text: allow 0%-100%]

Physical Health & Health Promotion

The following questions ask about your **physical health**.

[health_status] In general, how is your physical health?

- 1) Poor

- 2) Fair
- 3) Good
- 4) Very good
- 5) Excellent

[health_diagnosis] Has a doctor or healthcare professional ever given you a formal diagnosis of one of the following conditions? Select all that apply.

[Select all that apply; if select “none of the above,” then grey out other options; Alphabetize the list just like in W2]

1. Heart disease
2. Hypertension/high-blood pressure
3. Stroke
4. Cancer
5. Chronic respiratory issues (e.g., asthma, obstructive pulmonary, sleep apnea)
6. Diabetes
7. Arthritis
8. Neurological issues (e.g., Epilepsy, Multiple Sclerosis, Parkinson’s)
9. Osteoporosis
10. Periodontal disease
11. Obesity
12. Post Covid-19 Condition (Long Covid)
13. Other (please enter) [Anchor at bottom]
14. None of the above [Anchor at bottom]
14. Prefer not to say (9999) [Anchor at bottom]

[INSERT ATTENTION CHECK QUESTION]

[Physical Activity] The next couple of questions will be about your time spent on moderate-to-vigorous physical activities. Think about the past 7 days of your activities. Take into consideration common sources of physical activity that you may have engaged in (e.g., physical exercise, recreational or organized sports, walking or cycling for transportation, physical activity at work, school, clubs, or at home).

[pa_days] Thinking about the past 7 days, how many **days** did you engage in moderate-to-vigorous physical activities that made you sweat or breathe harder?

0-7

This question asks about the days you mentioned engaging in moderate-to-vigorous physical activities that made you sweat or breathe harder.

[Ask if **pa_days** is more than zero]

[**pa_minutes**] Thinking about the past 7 days, how many **minutes** on average did you spend engaging in physical activities that made you sweat or breathe harder? (options are in 15-minute increments)

[10 min increments. 0-360 min]

[**sleep_hours**] Thinking about the past 7 days, on average, how many **hours** of sleep did you get per night? (options are in 15-minute increments)

[Programming: allow 0-24 hours]

Don't know (98)

The following question refers to your overall sleep quality for the majority of nights in the **past 7 days ONLY**.

Please think about the quality of your sleep overall, such as how many hours of sleep you got, how easily you fell asleep, how often you woke up during the night (except to go to the bathroom), how often you woke up earlier than you had to in the morning, and how refreshing your sleep was.

During the past 7 days, how would you rate your sleep quality overall?

0 (Terrible) - 10 (Excellent)

[**diet2**] In general, how healthy is your overall diet? My diet is...

- 1) Poor
- 2) Fair
- 3) Good
- 4) Very good
- 5) Excellent

The next two questions are about the time that you spent sitting during the last 7 days. Include time at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. Do not include time spent lying down sleeping.

[**sedentary_week**] During the last 7 days, how much time did you usually spend sitting on a weekday? (options are in 30-minute increments)

[sedentary_weekend] During the last 7 days, how much time did you usually spend sitting on a weekend day? (options are in 30-minute increments)

[enter # of hours 0-16, with half hour intervals]

[screen_time] On average, how many hours a day do you spend watching TV, using a game console, computer, tablet or hand-held electronic device? Include time spent playing games, watching videos or movies, doing homework, e-mailing, chatting and surfing the Internet. (options are in 30-minute increments)

[enter # of hours 0-24, with half hour intervals]

[mh_helpful_activity] Which of the following helps you with improving or maintaining your mental health? [Select all that apply] [randomize]

- 1) Physical Exercise
- 2) Volunteering/helping others
- 3) Mindfulness meditation
- 4) Pursuing a meaningful career/job
- 5) Sleep
- 6) Help from Mental Health Professionals
- 7) Spending time in nature
- 8) Spending time with pets
- 9) Recreational physical activity (e.g., individual or organised sports)
- 10) Religious practices
- 11) My diet
- 12) Engaging in creative arts or leisure (e.g., reading books, listening to music)
- 13) Attending in person events (e.g., cultural, music, local community)
- 14) Watching television or movies (e.g., cable or streaming)
- 15) Using social media
- 16) Spending time with family and friends
- 17) Consuming substances (e.g., alcohol, drugs, smoking)
- 18) Taking supplements (e.g., vitamins)
- 19) Alternative medicine (e.g., naturopathy, chiropractor, homeopathy, acupuncturist)
- 20) Other [anchor at bottom]
- 21) None of the above [anchor at bottom]

Well-being

[health_mental_status] In general, how is your mental health?

- 1) Poor
- 2) Fair
- 3) Good
- 4) Very good
- 5) Excellent

[life_satisfac10] Using a scale of 0 to 10, how do you feel about your life as a whole right now?

0: Very dissatisfied

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

10: Very satisfied

[loneliness_ucla] The next questions are about how you feel about different aspects of your life.

For each one, select an option that best describes how often you feel that way.

[randomize]

[loneliness_ucla_companionship] How often do you feel that you lack companionship?

[loneliness_ucla_leftout] How often do you feel left out?

[loneliness_ucla_isolated] How often do you feel isolated from others?

1. Never
2. Rarely
3. Sometimes
4. Often

[WEMWBS] Below are some statements about feelings and thoughts. Please select the option that best describes your experience of each over the last 2 weeks.

[randomize]

[wemwbs_optimistic] I've been feeling optimistic about the future

[wemwbs_relaxed] I've been feeling relaxed

[wemwbs_problems] I've been dealing with problems well

- 1) None of the time
- 2) Rarely
- 3) Some of the time
- 4) Often
- 5) All of the time

Social Support

[sps] Please indicate the extent to which you agree or disagree with the following statements:

[randomize]

[sps_relationships] I have close relationships that provide me with a sense of emotional security and well-being

[sps_decisions] There is someone I could talk to about important decisions in my life

[sps_competence] I have relationships where my competence and skill are recognized

[sps_attitudes] I feel part of a group of people who share my attitudes and beliefs

[sps_emergency] There are people I can count on in an emergency

- 1) Strongly Disagree
- 2) Disagree
- 3) Agree
- 4) Strongly Agree

[rct_support] Have you ever received support from someone you care about while you were struggling with your mental health? [select apply]

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 months

[belonging] How would you describe your sense of belonging to your local community?

- 1) Very strong
- 2) Somewhat strong
- 3) Somewhat weak
- 4) Very weak

[**social_cohesion**] How strongly do you agree or disagree with the following statements about your neighbourhood?

[soccoh_helpneighbours] People around here are willing to help their neighbours

[soccoh_closeknit] This is a close-knit neighbourhood

[soccoh_neighbourtrust] People in this neighbourhood can be trusted

[soccoh_neighbourconflict] People in this neighbourhood generally don't get along with each other (reverse coded)

[soccoh_values] People in this neighbourhood do not share the same values (reverse coded)

- 1) Strongly disagree
- 2) Disagree
- 3) Neither agree nor disagree
- 4) Agree
- 5) Strongly agree

Experiences of Discrimination

In the following questions, we are interested in your opinion on how often other people have treated you unfairly because of such things as your gender, race, age, medical condition, disability, and/or appearance.

[**Discrimination**] In your day-to-day life, how often do any of the following things happen to you?

[randomize]

[Discrimination_courtesy] You are treated with less courtesy or respect than other people are.

[Discrimination_service] You receive poorer service than other people at restaurants or stores.

[Discrimination_smart] People act as if they think you are not smart.

[Discrimination_afraid] People act as if they are afraid of you.

[Discrimination_threatened] You are threatened or harassed.

- 1) At least once a week
 - 2) A few times a month
 - 3) A few times a year
 - 4) Less than once a year
 - 5) Never
- Prefer not to say (9999)

[if any **discrimination statements** = 1, 2, 3 or 4 then ask **discrimination_reasons**]

[discrimination_reasons] In your opinion, why have you been treated unfairly? Was it due to...
[Select all that apply]
[randomize]

- 1) Your race
- 2) Your gender
- 3) Your age
- 4) Your weight
- 5) Your religion
- 6) Your sexual orientation
- 7) A disability
- 8) Something else related to your physical appearance
- 9) Your income
- 10) A mental health issue
- 11) Your ethnicity
- 12) Other

Don't know (98)

Prefer not to say (9999)

[only show this section if if disability=2]

Disability

[if disability=2, then ask disability_type]

[disability_type] You indicated that you identified as a person with a disability.

In which category does your disability belong? Select all that apply.

- 1) **[disability_type_communication]** Communications related
- 2) **[disability_type_developmental]** Developmental
- 3) **[disability_type_dexterity]** Dexterity
- 4) **[disability_type_flexibility]** Flexibility
- 5) **[disability_type_hearing]** Hearing
- 6) **[disability_type_learning]** Learning
- 7) **[disability_type_memory]** Memory
- 8) **[disability_type_mh]** Mental Health related
- 9) **[disability_type_mobility]** Mobility
- 10) **[disability_type_pain]** Pain related
- 11) **[disability_type_seeing]** Vision
- 12) **[disability_type_other]** Other [anchor at bottom]
- 13) **[disability_type_none]** None of the above [anchor at bottom]

14) **[disability_type_prefernot]** Prefer not to say [anchor at bottom]

[dis_diff] How much difficulty do you have with your daily activities because of this disability?

- 1: No difficulty
- 2: Some difficulty
- 3: A lot of difficulty
- 4: You cannot do most activities

[dis_freq] How often are your daily activities limited by this disability?

- 1: Never
- 2: Rarely
- 3: Sometimes
- 4: Often
- 5: Always

[dis_society] How often would you say **the world around you (e.g. physical spaces, technology, or people's attitudes towards you) limits your inclusion in society because of this disability?**

- 1. Never
- 2. Rarely
- 3. Sometimes
- 4. Often
- 5. Always

[disability_benefit_2023] In 2023, did you get any funding or income from a government disability benefit or program?

- 1. No
- 2. Yes

Don't know (98)

Prefer not to say (9999)

If [disability_benefit_2023 = 1]

[disability_benefit_barrier] What prevented you from accessing funding or income from a government disability benefit or program?

[randomize]

- 1- **[disability_benefit_ineligible]** I'm not eligible
- 2- **[disability_benefit_notapply]** I didn't try to apply
- 3- **[disability_benefit_complicated]** The process was too complicated
- 4- **[disability_benefit_waiting]** I am waiting on next steps from the government

- 5- - **[disability_benefit_resubmit]** I had to re-submit my application
- 6- **[disability_benefit_knowledge]** I don't know what programs or benefits I'm eligible for
- 7- **[disability_benefit_accomodation]** I had negative interactions with government representatives
- 96- **[disability_benefit_other]** Other [open text]

[If disability_benefit_2023=2 then ask dis_benefit_experience]

[dis_benefit_experience] How was your experience accessing these benefits (i.e. completing necessary forms, providing documentation, accessing information on requirements/eligibility, interacting with government representatives)?

- 1. Poor
- 2. Fair
- 3. Good
- 4. Excellent

Mental Health Services

[INSERT ATTENTION CHECK QUESTION]

The following questions ask about your experiences with physical and mental health care services.

[primary_care] Do you have access to a primary care provider (i.e., family doctor or nurse practitioner that you can see for regular check-ups, when you get sick, and/or ask for medical advice)?

- 1) No
- 2) Yes

[hotline_mh_know] Are you familiar with any telephone-based mental health services?

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar
- 4) Familiar
- 5) Very familiar

[hotline_mh_988] Are you familiar with the 9-8-8: Suicide Crisis Helpline?

- 1) Not at all familiar
- 2) Slightly familiar
- 3) Somewhat familiar

- 4) Familiar
- 5) Very familiar

**Are any of the following types of supports, services, or amenities available in your local area?
[Select all that apply]**

[alphabetical]

[socsup_accessible_childcare] Child care, or before-school or after-school care for your child or children

[socsup_accessible_courts] Courts of Justice (i.e. municipal, provincial, or federal)

[socsup_accessible_doctor] Family doctor or neighbourhood health clinic

[socsup_accessible_gocserv] Federal Government locations (i.e. Service Canada, Canadian Revenue Agency)

[socsup_accessible_emergency] Emergency services (e.g., fire, police, paramedic)

[socsup_accessible_nature] Green space (e.g., parks)

[socsup_accessible_grocery] Grocery store

[socsup_accessible_gym] Gym, fitness centre, or recreational centre

[socsup_accessible_hospital] Hospital

[socsup_accessible_mhcounsel] Mental health or counselling services

[socsup_accessible_muniserv] Municipal or local locations (i.e. city or town hall)

[socsup_accessible_provtterserv] Provincial government locations (i.e. service centres for health card or driver's license)

[socsup_accessible_unicollege] Post secondary education (e.g., college or university)

[socsup_accessible_library] Public library

[socsup_accessible_transit] Public transit

[socsup_accessible_school] School (e.g., elementary, high school)

[socsup_accessible_none] None of the above [anchor at bottom]

[service_foodbank] In the past 12 months, have you used a food bank?

1. No
2. Yes

[service_coverage] Do you have any of the following? Select all that apply.

- 1) Dental benefits
- 2) Disability insurance
- 3) Life insurance
- 4) [show if employment=1, 2 or 3] More than 5 days of paid sick leave per year
- 5) Prescription drug benefits
- 6) Psychological/mental health benefits
- 7) Vision care benefits

- 8) Other health or wellness benefits [anchor at bottom]
- 9) None of the above [anchor at bottom]

Substance Use

In your entire life, have you ever used any of the following substances, not counting small tastes, sips, puffs, or samplings?

[abstainer_alcohol] Alcohol

[abstainer_cannabis] Cannabis

[abstainer_nicotine] Tobacco or nicotine

[Select one]

- 1. No, never
- 2. Yes, over a year ago
- 3. Yes, in the past 12 months

Ask if [abstainer_alcohol = 3]

[alcohol_freq] In the past 12 months, how often did you drink any alcoholic beverages?

- 1. Never
- 2. Less than once a month
- 3. Once a month
- 4. 2 to 3 times a month
- 5. Once a week
- 6. 2 to 3 times a week
- 7. 4 to 5 times a week
- 8. Daily or almost daily

[if alcohol_freq = 2, 3, 4, 5,6, 7, or 8 & sex=2 then ask]

In the PAST 12 MONTHS, how often have you had 5 or more drinks containing alcohol in one day? One standard drink is about 1 small glass of wine (5 oz), 1 beer (12 oz), or 1 single shot of liquor.

- 1: Never
- 2: Less than once a month
- 3: Once a month
- 4: 2 to 3 times a month
- 5: Once a week
- 6: More than once a week

[if alcohol_freq = 2, 3, 4, 5,6, 7, or 8 & sex=1 then ask]

In the PAST 12 MONTHS, how often have you had 4 or more drinks containing alcohol in one day? One standard drink is about 1 small glass of wine (5 oz), 1 beer (12 oz), or 1 single shot of liquor.

- 1: Never
- 2: Less than once a month
- 3: Once a month
- 4: 2 to 3 times a month
- 5: Once a week
- 6: More than once a week

Ask if [abstainer_nicotine = 3]

[nicotine_freq] In the PAST 12 MONTHS, how often have you used any tobacco or nicotine product (for example, cigarettes, e-cigarettes, vaping, cigars, pipes, or smokeless tobacco)?

- 1) Never
- 2) Less than once a month
- 3) Once a month
- 4) 2 to 3 times a month
- 5) Once a week
- 6) 2 to 3 times a week
- 7) 4 to 5 times a week
- 8) Daily or almost daily

[Ask if abstainer_cannabis = 3]

[cannabis_freq] In the PAST 12 MONTHS, how often have you used any cannabis product (e.g., marijuana, hashish, hash oil, THC/CBD vaping, edibles)?

- 1) Never
- 2) Less than once a month
- 3) Once a month
- 4) 2 to 3 times a month
- 5) Once a week
- 6) 2 to 3 times a week
- 7) 4 to 5 times a week
- 8) Daily or almost daily

[substances_mental] Thinking about the past 12 months, has your use of the following substances had a positive or negative impact on your mental health?

[show only the ones they selected in **use in the past 12 months**]

[substances_mental_alcohol] Alcohol

[substances_mental_nicotine] Tobacco cigarettes or nicotine vaping

[substances_mental_cannabis] Cannabis

1. Very negative
 1. Somewhat negative
 2. Neither positive nor negative
 3. Somewhat positive
 4. Very positive

Infectious Disease Prevention & Management

The following questions ask about your behaviours and opinions related to infectious diseases.

[covid_vax] How many doses of a COVID-19 vaccine have you received?

- 1) 1
- 2) 2
- 3) 3
- 4) 4
- 5) 5
- 6) 6 or more doses
- 7) No doses

From September 1, 2023, to now, have you received any of the following vaccines. Select all that apply.

- 1) [covid_fall_2023] A COVID-19 vaccine (primary or booster dose)?
- 2) [flu_fall_2023] A seasonal flu vaccine (also known as the flu shot)
- 3) [none_fall_2023] None of the above

[rsv_aware] Have you heard of respiratory syncytial virus (RSV)?

- 1) No
- 2) Yes, but I don't know much about it
- 3) Yes, and I understand what it is

[if pregnant= 2 or 3 then ask rsv_vax_preg]

[rsv_vax_preg] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65

years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine for RSV while pregnant to protect your infant from severe outcomes from RSV, would you get vaccinated?

- 1) No
- 2) Yes
- 3) Don't know (98)

[if age_cat= 6, 7 or 8 or age=55+ then ask rsv_vax_senior]

[rsv_uptake] Have you been vaccinated against respiratory syncytial virus (RSV)?

- 1) No
- 2) Yes

[if rsv_uptake=1 then ask rsv_vax_senior]

[rsv_vax_senior] Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes a mild illness with cold-like symptoms. Some people, especially infants, older adults (65 years of age or older) and immunocompromised individuals, are at a higher risk for developing more severe illness from RSV.

If you were offered a vaccine to protect you from severe outcomes from RSV, would you get vaccinated?

- 1) No
- 2) Yes
- 3) Don't know (98)

Mental Health

[INSERT ATTENTION CHECK QUESTION]

The next few sections will ask you questions about mental health experiences that you and others you know may have had. While we have tried to minimize any potential risks and discomfort, due to the sensitive nature of the topic, if at any time you feel uncomfortable or uneasy giving your opinion, please feel free not to answer any of the questions asked or to step away.

The purpose of this study is to improve actions taken by the government to better health outcomes for Canadians. We recognize that the subject matter of some of these questions may

be personal or sensitive. However, should you choose to participate, your answers will be kept confidential and will be used to help improve public health policy in Canada.

[SECTION BREAK]

The following questions ask about your **mental health and well-being**.

[mh_struggle_self] Either past or present, have you ever struggled with your mental health?

[Select all that apply]

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 months

[mh_struggle_self = 2 or 3]

[supporters] Have you turned to any of the following people or services for help, when struggling with your mental health?

[Select all that apply]

[Alphabetical]

- 1) Alternative health provider (e.g. naturopath, chiropractor, homeopath, acupuncturist)
- 2) Community groups/clubs (in person)
- 3) Family member
- 4) Friends
- 5) Government services
- 6) Health professional (Medical Doctor, Psychiatrist, Clinical Psychologist)
- 7) Local community or charity organization
- 8) Neighbour
- 9) Online social network or community groups (e.g., social media groups)
- 10) Religious organization
- 11) Romantic Partner
- 12) Social worker
- 13) Telephone or online mental health service
- 14) Work colleague
- 15) I did not seek help [anchor at bottom]

16) Other [anchor at bottom]

17) Prefer not to say (9999)

[mh_suspected_self] Either past or present, have you ever thought that you might have a mental health condition? Select all that apply

1) No, never [exclusive option]

2) Yes, over a year ago

3) Yes, in the past 12 months

Prefer not to say (9999)

[For those who say 2 OR 3 to mh_suspected_self]

[mh_undiagnosed_helpseek_self] Have you tried to get a medical professional to assess you for having a mental health condition?

1) No, never [exclusive option]

2) Yes, over a year ago

3) Yes, in the past 12 months

Prefer not to say (9999)

[mh_undiagnosed_helpseek_self = No (1)]

[mh_undiagnosed_barriers] There are many reasons why someone may not seek a mental health assessment. Are any of the following applicable to you? [Select all that apply; Randomize options]

1. I didn't know where to start or how to access services
2. The cost to get assessed was more than I can afford
3. I had no one to take me to appointments
4. Locations for assessment were inconvenient
5. The process to get an assessment was too complicated
6. I wasn't able to get a referral for an assessment
7. I was on a waitlist to get an assessment
8. I was worried about what I might learn
9. I was worried about what other people might think
10. I didn't think it was an urgent concern or priority

11. Other people told me to not seek help
12. Fear of not being taken seriously
13. Other, please specify [open text]
14. None of the above [anchor at bottom]

[mh_formal_diagnosis] Have you ever been formally diagnosed with a mental health condition by a mental health professional (e.g., medical doctor, psychiatrist, or clinical psychologist)? Select all that apply.

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 months

Prefer not to say (9999)

[if mh_formal_diagnosis= 2 OR 3 then ask mental_self_diagnosis2]

[mental_self_diagnosis2] Which conditions were you **formally diagnosed** with (i.e., by a medical doctor, psychiatrist, or clinical psychologist)?

[Select all that apply; if select “none of the above,” then grey out other options; Alphabetical order]

- 1) **[mental2_self_anxiety]** Anxiety disorders (e.g., generalized anxiety disorder, social anxiety disorder, postpartum anxiety)
- 2) **[mental2_self_bipolar]** Bipolar and related disorders
- 3) **[mental2_self_depression]** Depressive disorders (e.g., Major depressive disorder, postpartum depression)
- 4) **[mental2_self_eating]** Feeding and eating disorders
- 5) **[mental2_self_neurodevelop]** Neurodevelopmental disorders (e.g., attention deficit hyperactivity disorder, autism spectrum disorder)
- 6) **[mental2_self_personality]** Personality disorders
- 7) **[mental2_self_schizophrenia]** Schizophrenia spectrum and other psychotic disorders
- 8) **[mental2_self_addiction]** Substance-related and addictive disorders
- 9) **[mental2_self_trauma]** Trauma and stressor-related disorders (e.g., PTSD)
- 10) **[mental2_self_other]** Other [anchor at bottom]
- 11) **[mental2_self_prefernot]** Prefer not to say [anchor at bottom]

[Ask for each one selected by the participant on mental2_self]

[mental_self_condition_treatment] Have you ever received treatment for a mental health condition? Select all that apply.

- 1) No, never [exclusive option]
 - 2) Yes, over a year ago
 - 3) Yes, in the past 12 months
- Prefer not to say (9999) [exclusive option]

[For those who say 2 OR 3 to **mh_suspected_self**; then ask **mental_self_diagnosis3**]

[mental_self_diagnosis3] Which of the following **undiagnosed** mental health conditions do you think you might have? Select only conditions where you have no formal diagnosis.

[Select all that apply; if select “none of the above,” then grey out other options; Alphabetical order]

1. **[mental3_self_anxiety]** Anxiety disorders (e.g., generalized anxiety disorder, social anxiety disorder, postpartum anxiety)
2. **[mental3_self_bipolar]** Bipolar and related disorders
3. **[mental3_self_depression]** Depressive disorders (e.g., Major depressive disorder, postpartum depression)
4. **[mental3_self_eating]** Feeding and eating disorders
5. **[mental3_self_neurodevelop]** Neurodevelopmental disorders (e.g., attention deficit hyperactivity disorder, autism spectrum disorder)
6. **[mental3_self_personality]** Personality disorders
7. **[mental3_self_schizophrenia]** Schizophrenia spectrum and other psychotic disorders
8. **[mental3_self_addiction]** Substance-related and addictive disorders
9. **[mental3_self_trauma]** Trauma and stressor-related disorders (e.g., PTSD)
10. **[mental3_self_other]** Other [anchor at bottom]
11. **[mental3_self_prefernot]** Prefer not to say [anchor at bottom]
12. **[mental3_self_none]** All the condition(s) I have are formally diagnosed [anchor at bottom]

[mental_treat_prescribed] Have you ever used medications that were **prescribed** to you to improve your mental health? Select all that apply.

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 months

Prefer not to say (9999) [exclusive option]

[mental_treat_unprescribed] Have you ever used medications that were **not prescribed** to you to improve your mental health? Select all that apply.

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 months

Prefer not to say (9999) [exclusive option]

[mental_family_diagnosis2] Either past or present, has anyone in your immediate family (e.g., parents, siblings, children) been formally diagnosed (by a medical doctor, psychiatrist, or clinical psychologist) with and/or treated for a mental health condition? Select all that apply.

- 1) No, never [exclusive option]
- 2) Yes, over a year ago
- 3) Yes, in the past 12 monthsyes

Don't know (98) [exclusive option]

Prefer not to say (9999) [exclusive option]

[mh_undiagnosed_other] Right now, do you suspect that someone you are personally close with (e.g. parent, sibling, grandparent, child, friend, or romantic partner) may have a mental health condition but they have no formal medical diagnosis?

- 1) No
- 2) Yes

Prefer not to say (9999)

[if mh_undiagnosed_other = 2 or 9999 then ask mh_undiagnosed_helpseek_other]

[mh_undiagnosed_helpseek_other] Have you ever suggested to someone you are personally close with that they seek help for their mental health?

- 1) No, never
- 2) Yes, and they did seek help
- 3) Yes, but they didn't seek help

Prefer not to say (9999)

[mh_helpseek_other= No] There are many reasons why someone may not suggest that others seek help for their mental health. Are any of the following applicable to you? [Select all that apply; Randomize options]

- 1) I don't think I'm responsible (e.g., they're responsible for their own mental health, others should make the suggestion instead of me)
- 2) The conversation may bring up negative emotions (e.g., too sensitive or triggering for them/me, may ruin the mood of the conversation)
- 3) I don't think reaching out will help (e.g., they won't change, they don't take their mental health seriously)

- 4) I don't know how to help (e.g., I'm not sure how to talk to them about it, I am not confident about what they may have or how severe it is)
- 5) I don't have a good enough relationship with them (e.g., mental health is not something we talk about together, I don't think they will open up to me, expressing my concern could harm our relationship)
- 6) I want to respect their privacy
- 7) Other, please specify [open text] [Anchor at bottom]
- 8) None of the above [anchor at bottom]

Mental Health Perceptions

[INSERT ATTENTION CHECK QUESTION]

Please indicate the extent to which you agree or disagree with the following statements:

[randomize]

[besci_mhealtha] I know how to take care of my mental health.

[besci_mhealthd] I know how to access services to improve my mental health, if needed.

[besci_mhealthg] Some of my current habits negatively impact my mental health.

[besci_mhealthc] Taking care of my mental health is important to me.

[besci_mhealthf] The majority of my peers (i.e., people like me) prioritize taking care of their mental health.

- 1) Strongly disagree
- 2) Somewhat disagree
- 3) Neither agree nor disagree
- 4) Somewhat agree
- 5) Strongly agree

Prefer not to say (9999)

[helpseek_opennes] Please indicate the extent to which you agree or disagree with the following statements:

Note: The term professional refers to individuals who have been trained to deal with mental health problems (e.g., psychologists, psychiatrists, social workers, and family physicians). The term psychological problems refers to reasons one might visit a professional. Similar terms include mental health concerns, emotional problems, mental troubles, and personal difficulties.

[Randomize order]

- 1) **[helpseek_openess_lastresort]** People should work out their own problems; getting professional help should be a last resort.

- 2) **[helpseek_openess_workout]** Psychological problems, like many things, tend to work out by themselves.
- 3) **[helpseek_openess_getover]** People with strong characters can get over psychological problems by themselves and would have little need for professional help.
- 4) **[helpseek_propensity_ifneeded]** If I were to experience psychological problems, I could get professional help if I wanted to.
- 5) **[helpseek_propensity_know]** I would have a very good idea of what to do and who to talk to if I decided to seek professional help for psychological problems.
- 6) **[helpseek_propensity_firstchoice]** If I believed I were having a mental breakdown, my first inclination would be to get professional attention.
- 7) **[helpseek_stigma_uncomfortable]** I would be uncomfortable seeking professional help for psychological problems because people in my social or business circles might find out about it.
- 8) **[helpseek_stigma_shame]** Having been mentally ill carries with it a burden of shame
- 9) **[helpseek_stigma_lessforme]** Important people in my life would think less of me if they were to find out that I was experiencing psychological problems.

- 1) Disagree
- 2) Somewhat Disagree
- 3) Are Undecided
- 4) Somewhat Agree
- 5) Agree

Prefer not to say (9999)

[service_health_mental] In the past 12 months, have you seen or talked to a professional about your emotional or mental health?

1. No
2. Yes

Prefer not to say (9999)

[if service_mh=2 then ask service_mh_type]

[service_mh_type] What type of professional did you speak to? Please select all that apply.

- 1) Alternative service provider (e.g., naturopath, chiropractor, homeopath, acupuncturist)
- 2) College or university service provider
- 3) Community-based mental health provider
- 4) Emergency department physician or nurse
- 5) Family doctor/general physician
- 6) Online mental health service provider/counselling
- 7) Phone-based mental health service provider/counselling
- 8) Psychiatrist

- 9) Psychologist or therapist
- 10) Workplace mental health provider (e.g., through employee assistance programs)
- 11) Other [anchor at bottom]
- 12) None of the above [anchor at bottom]

Prefer not to say (9999)

[service_mh_barriers] In the past 12 months, have you faced any barriers or difficulties in accessing mental health services?

- 1) No
- 2) Yes
- 3) I have not tried to access mental health services

Prefer not to say (9999)

[if service_mh_barriers=2 then ask mh_barrier_type]

[mh_barrier_type] In the past 12 months, what barriers or difficulties have you faced when accessing or trying to access mental health services? Select all that apply.

[Alphabetical]

- 1) Cost
- 2) Difficulty getting to the appointment
- 3) Lack of family doctor
- 4) Long wait times
- 5) I don't know how to access services
- 6) I don't know where to start in accessing services
- 7) I don't have time to access services
- 8) I don't know which service would be best for me
- 9) Poor coordination among different healthcare providers
- 10) Program eligibility requirements
- 11) Other (please specify) [open text]

Prefer not to say (9999)

Views on Public Health System

The following questions ask about your opinions on the health care and public health care systems in Canada.

[trust_good2] In general, how much do you trust or distrust the following public institutions to make good decisions about public healthcare:

[randomize]

[trust_good_goc] Government of Canada

[trust_good_phac] The Public Health Agency of Canada

[trust_good_prov] My provincial/territorial government
[trust_good_prov_health] My provincial/territorial health authority
[trust_good_local_health] My local health authority

- 1) Strongly distrust
- 2) Somewhat distrust
- 3) Neither trust nor distrust
- 4) Somewhat trust
- 5) Strongly trust

[phac_aware] How familiar are you with the role of the Public Health Agency of Canada?

1. Not at all familiar
2. Slightly familiar
3. Somewhat familiar
4. Familiar
5. Very familiar

How familiar are you with the Public Health Agency of Canada as a source of information for people in Canada on the following topics...?

[randomize]

[phac_aware_info_vaccine] Vaccination

[phac_aware_info_mh] Mental Health

[phac_aware_info_disease] Infectious Disease

[phac_aware_info_disease] Emergency preparedness

[phac_aware_info_disease] Healthy Living (i.e. promoting physical activity)

1. Not at all familiar
2. Slightly familiar
3. Somewhat familiar
4. Familiar
5. Very familiar

[gov_surp] In your opinion, if the federal government had a budget surplus, should it use it to reduce taxes or increase spending on social services?

[9-point slider scale with three labelled points]

Reduce taxes = 1

Split evenly = 5

Increase social spending = 9

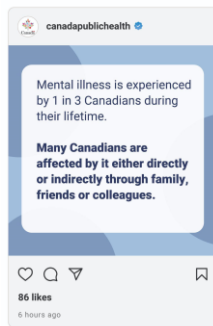
RCT

Imagine you were scrolling through social media and came across the following post. Please read through it carefully as you will be asked a series of questions related to topics covered.

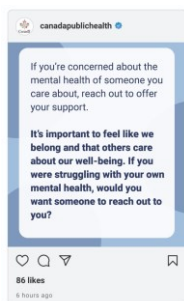
[participants randomly assigned to 1 of 5 conditions: rct1_control, rct2_statusquo, rct3_reciprocity, rct4_phframe OR rct5_momentum]

[rct1_control] [respondents see nothing and proceed directly to the follow up questions]

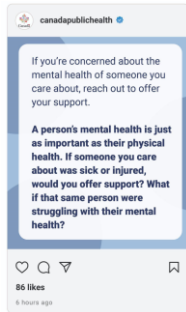
[rct2_statusquo] Mental illness is experienced by 1 in 3 Canadians during their lifetime. Many Canadians are affected by it either directly or indirectly through family, friends or colleagues.



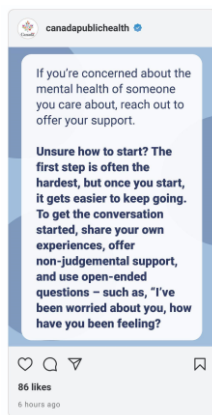
[rct3_reciprocity] If you're concerned about the mental health of someone you care about, reach out to offer your support. It's important to feel like we belong and that others care about our well-being. If you were struggling with your own mental health, would you want someone to reach out to you?



[rct4_phframe] If you're concerned about the mental health of someone you care about, reach out to offer your support. A person's mental health is just as important as their physical health. If someone you care about was sick or injured, would you offer support? What if that same person were struggling with their mental health?



[rct5_momentum] If you're concerned about the mental health of someone you care about, reach out to offer your support. Unsure how to start? The first step is often the hardest, but once you start, it gets easier to keep going. To get the conversation started, share your own experiences, offer non-judgemental support, and use open-ended questions – such as, "I've been worried about you, how have you been feeling?"



[ask all]

[rct_intentionsupport] If you noticed that someone you care about was struggling with their mental health, how confident do you feel in providing support?

- 1) Not at all
- 2) A little bit
- 3) Moderately
- 4) Quite a bit
- 5) Extremely

[rct_supporttype] If you noticed that someone you care about was struggling with their mental health, how likely would you be to provide support in each of the following ways?

[rct_supporttype1] Reach out to ask if and how you can help them

[rct_supporttype2] Actively listen to their concerns and offer a non-judgemental space

[rct_supporttype3] Explore potential next steps or solutions that they have in mind

[rct_supporttype4] Search for and share information on available mental health resources and/or services

[rct_supporttype5] Assist with small tasks or chores (e.g., running errands, preparing meals, etc.)

[rct_supporttype6] Participate in a self-care activity with them (e.g., going to a fitness class together)

[rct_supporttype7] Help them connect with a mental health professional (e.g., drive them to an appointment, etc.)

0 = very unlikely

1

2

3

4

5

6

7

8

9

10 = very likely

[rct_info] Are you interested in receiving more information at the end of this survey on how to reach out and provide support to a loved one struggling with their mental health?

1) Yes

2) No

Additional Information

In the final section of the survey, we will ask you a few more questions about yourself.

[urban] Which of the following best describes where you live now?

1) A remote area

2) A rural area

3) A small city or town

4) A suburb near a large city

5) A large city

6) Prefer not to say (9999)

[generation] Generation status refers to whether you or your parents were born in Canada.

What is your generation status as a person in Canada?

1) First generation (Not born in Canada and immigrated here)

2) Second generation (Born in Canada but at least one of your parents were not)

- 3) Third generation (Both you and your parents were born in Canada)
- 4) Fourth generation or more

[indigenous] Are you First Nations, Métis, or Inuk (Inuit)?

Please select all that apply.

- 1) First nations
- 2) Métis
- 3) Inuk (Inuit)
- 4) No, I am not First Nations, Metis, or Inuk (Inuit)

[ethnicity] You may belong to one or more racial or cultural groups on the following list. Are you...?

Please select all that apply.

- 1) Arab
- 2) Black
- 3) Chinese
- 4) Filipino
- 5) Japanese
- 6) Korean
- 7) Latin American
- 8) South Asian (e.g., East Indian, Pakistani, Sri Lankan, etc.)
- 9) Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Thai, Laotian, etc.)
- 10) West Asian (e.g., Iranian, Afghan, etc.)
- 11) White
- 12) Other (please specify)
- 13) None of the above
- 14) Prefer not to say (9999)

[household_income] Which of the following categories best describes your total household income last year (2023)? That is, the total income of all persons in your household combined, before taxes?

- 1) Under \$20,000
- 2) \$20,000 to just under \$40,000
- 3) \$40,000 to just under \$60,000
- 4) \$60,000 to just under \$80,000
- 5) \$80,000 to just under \$100,000
- 6) \$100,000 to just under \$150,000
- 7) \$150,000 to just under \$200,000
- 8) \$200,000 to just under \$250,000
- 9) \$250,000 and above

Prefer not to say (9999)

[LGBTQ+] Do you identify as a member of the 2SLGBTQIA+ community (Two-Spirited, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and/or identify as part of a sexual and/or gender diverse community)?

We collect this information to make sure that our research sample is representative of the Canadian population.

- 1) No
- 2) Yes

Debriefing

Thank you for taking the time to complete this survey.

This study dealt with topics that you might have found distressing. We want to encourage you to consider using free mental health services, if needed, including the following:

If you or someone you know is in crisis:

If you're in immediate danger or need urgent medical support, call 9-1-1.

If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

For additional mental health resources, please click the following link:

<https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>

<https://www.canada.ca/fr/sante-publique/services/services-sante-mentale/sante-mentale-obtenir-aide.html>

[only show to participants who said yes (1) to rct_info]

For more information on how to talk to a loved one about their mental health, please click the following link: <https://mentalhealthcommission.ca/blog-posts/60095-5-tips-for-starting-a-conversation-with-your-friend-about-mental-health/>