



## FACTUM

### **Feeling Anxious? You're Not Alone. As Many as Three in Ten (31%) Ontarians Report Having a Diagnosed Mental Health Condition – Most (75%) of Which Are Dealing with Anxiety**

**Nearly Half (45%) Say it Would Be Difficult for Them to Discuss Their Mental Health with Loved Ones**

**Toronto, Ontario, October 4, 2022** — The results of a new Ipsos poll conducted on behalf of Ontario Shores Centre for Mental Health Services reveals that as many as three in ten (31%) Ontarians 18 years of age or older report having a diagnosed mental health condition. This means that over 3 million adults in Ontario are currently living with a diagnosed mental health condition, a figure which underscores the fact that mental health issues are common and affect many of us.

At three-quarters (75%), most of those who report having a diagnosed mental health condition indicate that they are dealing with anxiety. Majorities (57%) also claim to be dealing with depression. Considerably fewer, though still sizeable proportions, say they have been diagnosed with post-traumatic stress disorder (PTSD) (20%), attention deficit/hyperactivity disorder (ADHD) (14%), borderline personality disorder (13%), and substance abuse or related disorders (13%).

It has been well-documented that the COVID-19 pandemic has wreaked havoc on the mental health of many – in Ontario, Canada, and elsewhere around the globe. It is perhaps not surprising that as many as three in ten (31%) Ontarians feel as though their mental health has deteriorated, over the course of the pandemic. The effect on children has arguably been even worse, as three-fifths (60%) of Ontario's parents believe that their child(ren)'s mental health has declined, thanks to the pandemic.

Many Ontarians admit they would feel uncomfortable talking about their mental health with their loved ones. Indeed, nearly half (45%) say it would be difficult for them to discuss their mental health with loved ones.

There appear to be barriers to mental health services, or perceptions of barriers to mental health services, as well. At two in five (41%), quite a large proportion of Ontarians think it would be difficult for them to access mental health services in their local community, regardless of whether or not they have tried to do this.





## FACTUM

### About the Study

These are some of the findings of an Ipsos poll conducted between September 13th and 15th, 2022 on behalf of the Ontario Shores Centre for Mental Health Services. For this survey, a sample of 1,001 Canadians aged 18+ were interviewed, including n=371 Ontarians who are the focus of this release. Weighting was then employed to balance demographics to ensure that the sample's composition reflects that of the adult population according to Census data and to provide results intended to approximate the sample universe. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll is accurate to within  $\pm 5.8$  percentage points, 19 times out of 20, had all Ontarians aged 18+ been polled. The credibility interval will be wider among subsets of the population. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error, and measurement error.

### For more information on this Factum, please contact:

Sean Simpson  
Senior Vice President, Ipsos Public Affairs  
[Sean.Simpson@ipsos.com](mailto:Sean.Simpson@ipsos.com)

James Cottrill  
Senior Account Manager, Ipsos Public Affairs  
[James.Cottrill@ipsos.com](mailto:James.Cottrill@ipsos.com)

### About Ipsos

Ipsos is the world's third largest market research company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

ISIN code FR0000073298, Reuters ISOS.PA, Bloomberg IPS:FP

[www.ipsos.com](http://www.ipsos.com)

