

Detailed Tables #2 February 26 – 28, 2002

Thinking about the 24 hours in a day, can you please tell me, to the closest half-hour, what time you normally experience the most stress ?

		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1000	184	816	150	100	100	300	250	100	242	341	331
Weighted Base	1000	180	820	130	90	70	377	251	81	249	337	325
AM (NET)	40%	36%	40%	35%	32%	38%	42%	44%	32%	35%	44%	43%
12:30 am	1%	0	1%	1%	-	1%	1%	-	-	1%	1%	0
1:00 am	1%	-	1%	1%	2%	-	1%	1%	-	2%	1%	1%
1:30 am	0	1%	0	-	-	-	0	1%	-	0	0	0
2:00 am	0	-	0	-	-	-	-	1%	1%	0	0	0
2:30 am	0	-	0	-	1%	-	-	-	-	-	-	0
3:00 am	1%	2%	1%	1%	-	-	0	2%	1%	2%	0	1%
3:30 am	0	-	0	1%	1%	-	0	0	-	1%	-	1%
4:00 am	1%	1%	1%	2%	-	1%	1%	2%	-	2%	1%	1%
4:30 am	1%	-	1%	-	-	1%	0	1%	-	0	0	1%
5:00 am	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	3%	0
5:30 am	1%	1%	1%	1%	-	1%	1%	2%	-	2%	1%	1%
6:00 am	2%	2%	2%	1%	1%	3%	2%	4%	1%	2%	2%	2%
6:30 am	1%	1%	1%	1%	2%	-	0	1%	-	1%	-	2%
7:00 am	4%	2%	4%	2%	2%	2%	4%	6%	2%	3%	3%	4%
7:30 am	3%	6%	2%	3%	4%	3%	2%	3%	3%	1%	5%	3%
8:00 am	7%	7%	7%	4%	7%	5%	7%	8%	12%	6%	9%	7%
8:30 am	3%	3%	3%	2%	3%	2%	4%	2%	1%	3%	4%	2%
9:00 am	5%	4%	5%	6%	3%	7%	6%	3%	1%	4%	3%	7%
9:30 am	1%	0	1%	1%	-	1%	2%	1%	1%	-	2%	1%
10:00 am	4%	4%	4%	3%	1%	6%	5%	4%	3%	2%	6%	4%
10:30 am	1%	-	2%	1%	1%	1%	1%	1%	3%	0	1%	2%
11:00 am	1%	0	2%	2%	1%	1%	1%	2%	1%	1%	1%	2%
11:30 am	0	0	0	1%	2%	3%	-	-	-	1%	1%	-
PM (NET)	43%	40%	44%	46%	55%	44%	40%	40%	49%	48%	40%	45%
12:00 noon	2%	2%	2%	2%	-	1%	2%	2%	1%	1%	2%	1%
12:30 pm	1%	1%	1%	2%	-	-	1%	0	-	2%	0	-
1:00 pm	2%	1%	2%	3%	1%	4%	2%	2%	1%	4%	1%	2%
1:30 pm	0	0	0	-	-	1%	-	0	1%	0	0	-
2:00 pm	4%	2%	4%	4%	2%	4%	2%	4%	7%	2%	3%	6%
2:30 pm	2%	0	2%	1%	-	1%	2%	2%	3%	2%	1%	1%
3:00 pm	5%	4%	5%	6%	6%	6%	5%	4%	8%	4%	5%	6%
3:30 pm	2%	1%	2%	3%	7%	3%	1%	1%	1%	1%	1%	3%
4:00 pm	6%	6%	6%	3%	8%	9%	5%	5%	8%	6%	5%	7%
4:30 pm	3%	3%	4%	4%	8%	1%	4%	1%	5%	4%	4%	3%
5:00 pm	5%	5%	5%	5%	8%	3%	3%	6%	6%	5%	6%	3%
5:30 pm	2%	2%	2%	3%	2%	1%	3%	1%	4%	2%	3%	2%
6:00 pm	3%	2%	3%	4%	4%	5%	1%	3%	1%	2%	2%	4%
6:30 pm	1%	-	1%	1%	-	1%	2%	1%	-	1%	1%	1%
7:00 pm	1%	1%	1%	1%	-	-	1%	2%	1%	2%	1%	2%
7:30 pm	1%	2%	1%	1%	1%	-	1%	1%	-	2%	1%	0
8:00 pm	1%	2%	1%	1%	4%	1%	1%	1%	-	0	1%	2%
8:30 pm	1%	2%	0	-	1%	1%	0	1%	1%	0	1%	-
9:00 pm	1%	1%	1%	-	1%	1%	1%	0	-	1%	-	1%
9:30 pm	0	1%	0	-	-	3%	-	-	1%	0	0	0

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Thinking about the 24 hours in a day, can you please tell me, to the closest half-hour, what time you normally experience the most stress ?

	TOTAL	REGION TYPE		REGION						INCOME		
		Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
10:00 pm	0	0	0	1%	1%	-	0	0	-	1%	0	0
10:30 pm	1%	1%	0	1%	1%	1%	1%	0	-	1%	1%	0
11:00 pm	0	-	0	-	-	-	1%	-	-	1%	1%	-
11:30 pm	0	-	0	1%	-	-	-	-	-	0	-	-
12:00 midnight	0	1%	0	1%	-	-	0	-	-	0	0	-
Do not experience stress	7%	10%	6%	6%	4%	8%	6%	9%	8%	8%	7%	5%
Don't know	11%	14%	10%	13%	8%	10%	12%	8%	12%	9%	9%	8%

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Thinking about the 24 hours in a day, can you please tell me, to the closest half-hour, what time you normally experience the most stress ?

		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1000	293	469	220	500	500	117	221	363	296
Weighted Base	1000	337	376	272	490	510	120	221	357	300
AM (NET)	40%	45%	45%	26%	43%	36%	35%	34%	39%	46%
12:30 am	1%	1%	0	0	1%	0	1%	1%	0	0
1:00 am	1%	2%	0	0	1%	1%	-	1%	1%	1%
1:30 am	0	1%	-	-	0	1%	-	0	0	0
2:00 am	0	1%	0	-	-	1%	1%	0	-	0
2:30 am	0	-	0	-	-	0	-	-	-	0
3:00 am	1%	1%	1%	1%	1%	0	-	1%	1%	0
3:30 am	0	0	1%	-	1%	0	-	-	0	1%
4:00 am	1%	1%	2%	1%	1%	1%	-	1%	1%	1%
4:30 am	1%	0	1%	-	1%	0	1%	1%	1%	0
5:00 am	1%	2%	1%	1%	1%	1%	3%	2%	2%	-
5:30 am	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%
6:00 am	2%	1%	3%	3%	2%	2%	3%	2%	2%	2%
6:30 am	1%	1%	1%	-	1%	0	1%	0	1%	1%
7:00 am	4%	4%	3%	4%	3%	4%	2%	4%	3%	5%
7:30 am	3%	4%	4%	1%	3%	2%	6%	1%	2%	3%
8:00 am	7%	7%	8%	6%	8%	6%	7%	6%	7%	7%
8:30 am	3%	3%	3%	2%	3%	3%	1%	2%	3%	4%
9:00 am	5%	5%	6%	3%	5%	4%	4%	3%	5%	6%
9:30 am	1%	1%	1%	0	1%	1%	1%	-	1%	2%
10:00 am	4%	5%	5%	2%	5%	4%	3%	4%	3%	7%
10:30 am	1%	2%	2%	-	2%	1%	-	2%	1%	2%
11:00 am	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%
11:30 am	0	1%	0	0	0	1%	-	0	1%	0
PM (NET)	43%	49%	44%	35%	39%	46%	34%	51%	47%	36%
12:00 noon	2%	1%	2%	1%	2%	1%	-	2%	3%	1%
12:30 pm	1%	2%	-	-	0	1%	-	2%	1%	-
1:00 pm	2%	3%	2%	1%	2%	2%	1%	3%	3%	1%
1:30 pm	0	-	0	-	0	0	1%	-	-	0
2:00 pm	4%	4%	5%	2%	4%	3%	1%	3%	3%	6%
2:30 pm	2%	2%	1%	2%	1%	2%	-	3%	2%	1%
3:00 pm	5%	6%	5%	5%	6%	5%	3%	6%	6%	4%
3:30 pm	2%	2%	2%	2%	2%	2%	-	1%	3%	2%
4:00 pm	6%	8%	6%	2%	6%	6%	6%	7%	6%	5%
4:30 pm	3%	3%	4%	3%	3%	4%	1%	4%	3%	4%
5:00 pm	5%	5%	5%	4%	3%	6%	9%	5%	5%	3%
5:30 pm	2%	2%	2%	3%	1%	3%	-	4%	3%	1%
6:00 pm	3%	2%	4%	3%	2%	3%	2%	2%	3%	3%
6:30 pm	1%	1%	0	2%	1%	1%	1%	0	2%	1%
7:00 pm	1%	1%	2%	1%	1%	2%	1%	2%	0	2%
7:30 pm	1%	1%	1%	1%	1%	1%	1%	1%	1%	0
8:00 pm	1%	2%	1%	0	0	2%	1%	1%	1%	1%
8:30 pm	1%	1%	1%	0	1%	1%	2%	1%	-	0
9:00 pm	1%	1%	-	0	1%	1%	-	0	1%	1%
9:30 pm	0	0	0	0	0	0	1%	-	1%	-

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Thinking about the 24 hours in a day, can you please tell me, to the closest half-hour, what time you normally experience the most stress ?

	TOTAL	AGE			GENDER		EDUCATION			
		18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
10:00 pm	0	1%	0	0	0	0	1%	1%	-	1%
10:30 pm	1%	1%	0	0	1%	1%	1%	1%	0	1%
11:00 pm	0	-	-	1%	0	0	1%	1%	-	-
11:30 pm	0	-	-	0	0	-	-	-	0	-
12:00 midnight	0	1%	-	-	-	1%	-	-	1%	-
Do not experience stress	7%	1%	5%	17%	6%	8%	16%	8%	5%	6%
Don't know	11%	5%	7%	21%	11%	10%	15%	7%	9%	12%

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And why are you most stressed at this time ?

		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
TOTAL MENTIONS												
Base: Respondents who are stressed												
Unweighted Base	836	143	693	120	87	84	250	213	82	201	288	292
Weighted Base	826	136	689	105	79	57	310	210	65	205	282	285
Job/ work related	20%	13%	22%	25%	18%	18%	23%	14%	23%	16%	16%	28%
End of the workday	11%	15%	10%	10%	17%	10%	8%	13%	13%	12%	8%	14%
Starting work	8%	7%	8%	6%	6%	4%	6%	14%	7%	3%	9%	9%
Getting ready for work	6%	7%	6%	2%	5%	6%	8%	5%	7%	2%	8%	6%
Other mentions (work)	5%	5%	5%	1%	3%	-	1%	15%	-	4%	3%	6%
School/ homework	8%	3%	9%	3%	7%	5%	12%	7%	8%	10%	11%	6%
Driving to work/ rush hour	7%	5%	7%	6%	8%	5%	6%	10%	3%	6%	9%	6%
Getting children ready/ picking up children	9%	12%	9%	9%	11%	13%	7%	9%	14%	7%	9%	10%
Household chores	9%	10%	9%	12%	10%	8%	8%	8%	15%	11%	10%	7%
Tired/ fatigued	7%	7%	8%	7%	3%	11%	7%	10%	4%	6%	10%	6%
Financial problems/ bills	3%	4%	2%	3%	4%	1%	2%	2%	3%	4%	3%	1%
Busiest time of the day	5%	2%	5%	8%	6%	10%	6%	1%	2%	4%	3%	7%
Other family problems/ responsibilities	7%	10%	6%	5%	8%	10%	10%	3%	3%	10%	6%	4%
Nothing	0	-	0	1%	-	1%	0	-	-	-	1%	1%
Other	14%	18%	13%	19%	7%	14%	12%	14%	19%	20%	17%	7%
Don't know	2%	5%	2%	2%	3%	-	2%	2%	4%	2%	3%	1%

		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
TOTAL MENTIONS										
Base: Respondents who are stressed										
Unweighted Base	836	275	416	135	416	420	85	188	314	247
Weighted Base	826	318	334	167	405	421	82	188	308	246
Job/ work related	20%	21%	24%	12%	22%	18%	11%	19%	21%	23%
End of the workday	11%	11%	13%	7%	11%	10%	9%	12%	11%	10%
Starting work	8%	9%	8%	3%	10%	5%	3%	4%	8%	11%
Getting ready for work	6%	6%	6%	7%	5%	7%	5%	5%	5%	7%
Other mentions (work)	5%	4%	6%	2%	5%	4%	8%	5%	2%	7%
School/ homework	8%	18%	4%	-	7%	9%	5%	15%	9%	3%
Driving to work/ rush hour	7%	7%	8%	4%	8%	6%	4%	7%	8%	6%
Getting children ready/ picking up children	9%	9%	12%	4%	4%	14%	8%	9%	8%	10%
Household chores	9%	6%	10%	12%	3%	16%	11%	11%	11%	5%
Tired/ fatigued	7%	4%	7%	16%	7%	8%	8%	9%	6%	8%
Financial problems/ bills	3%	2%	3%	2%	3%	2%	4%	2%	3%	2%
Busiest time of the day	5%	5%	6%	4%	4%	6%	1%	3%	6%	6%
Other family problems/ responsibilities	7%	5%	6%	11%	5%	9%	11%	6%	8%	6%
Nothing	0	0	0	1%	1%	-	-	0	0	1%
Other	14%	10%	9%	28%	15%	13%	19%	14%	12%	13%
Don't know	2%	1%	1%	4%	3%	1%	7%	2%	2%	0

Detailed Tables #2 February 26 – 28, 2002

I am now going to read you a number of statements, and I would like you to tell me if you agree or disagree with each. Is that strongly or somewhat agree/disagree? [RANDOMIZE STATEMENTS]

AGREE SUMMARY TABLE		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1000	184	816	150	100	100	300	250	100	242	341	331
Weighted Base	1000	180	820	130	90	70	377	251	81	249	337	325
I put too much pressure on myself	67%	69%	67%	68%	67%	57%	72%	64%	65%	71%	62%	71%
I feel stressed because the world around me is changing too quickly	40%	45%	39%	31%	33%	24%	41%	54%	32%	49%	41%	31%
Having stress shows that you're involved in important things	48%	54%	46%	40%	43%	38%	51%	51%	47%	49%	46%	49%
People sometimes tell others they're stressed just to impress them	47%	49%	47%	52%	49%	49%	57%	29%	50%	45%	47%	53%
There has been a time in my life when I've been under so much stress that I've wanted to commit suicide	17%	20%	17%	22%	16%	17%	17%	19%	11%	22%	15%	13%

AGREE SUMMARY TABLE	AGE				GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1000	293	469	220	500	500	117	221	363	296
Weighted Base	1000	337	376	272	490	510	120	221	357	300
I put too much pressure on myself	67%	71%	73%	55%	62%	73%	54%	67%	71%	69%
I feel stressed because the world around me is changing too quickly	40%	37%	43%	41%	35%	46%	45%	47%	40%	33%
Having stress shows that you're involved in important things	48%	47%	49%	47%	54%	41%	54%	50%	44%	48%
People sometimes tell others they're stressed just to impress them	47%	53%	46%	44%	50%	45%	40%	44%	51%	49%
There has been a time in my life when I've been under so much stress that I've wanted to commit suicide	17%	18%	18%	14%	15%	20%	17%	17%	18%	17%

Detailed Tables #2 February 26 – 28, 2002

I am now going to read you a number of statements, and I would like you to tell me if you agree or disagree with each. Is that strongly or somewhat agree/disagree? [RANDOMIZE STATEMENTS]

DISAGREE SUMMARY TABLE		REGION TYPE		REGION						INCOME		
	TOTAL	Rural	Urban	BC	ALB	SK/MN	ONT	QUE	ATL	<\$30K	\$30K- <\$60K	\$60K +
Base: All respondents												
Unweighted Base	1000	184	816	150	100	100	300	250	100	242	341	331
Weighted Base	1000	180	820	130	90	70	377	251	81	249	337	325
I put too much pressure on myself	33%	31%	33%	31%	33%	43%	28%	36%	35%	29%	38%	29%
I feel stressed because the world around me is changing too quickly	59%	55%	60%	69%	67%	76%	58%	45%	68%	49%	59%	69%
Having stress shows that you're involved in important things	52%	46%	53%	58%	57%	62%	49%	48%	53%	51%	53%	51%
People sometimes tell others they're stressed just to impress them	51%	50%	51%	47%	51%	49%	41%	70%	50%	53%	51%	47%
There has been a time in my life when I've been under so much stress that I've wanted to commit suicide	82%	80%	83%	78%	84%	81%	83%	81%	88%	78%	84%	86%

DISAGREE SUMMARY TABLE		AGE			GENDER		EDUCATION			
	TOTAL	18-34	35-54	55+	Male	Female	<HS	HS	Post sec	University
Base: All respondents										
Unweighted Base	1000	293	469	220	500	500	117	221	363	296
Weighted Base	1000	337	376	272	490	510	120	221	357	300
I put too much pressure on myself	33%	29%	27%	44%	38%	27%	46%	33%	28%	31%
I feel stressed because the world around me is changing too quickly	59%	63%	57%	58%	65%	54%	54%	53%	59%	67%
Having stress shows that you're involved in important things	52%	53%	51%	52%	45%	59%	45%	49%	56%	52%
People sometimes tell others they're stressed just to impress them	51%	47%	53%	53%	50%	53%	59%	54%	48%	49%
There has been a time in my life when I've been under so much stress that I've wanted to commit suicide	82%	81%	82%	85%	85%	80%	83%	83%	82%	83%