The impact of COVID-19 on Essential Service workers in Canada: Results from two nationally representative samples in the iCARE study

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*www.iCAREstudy.com*
Objectif: To collect key data on people's knowledge, attitudes and behaviours in relation to COVID-19 measures and the impacts of COVID-19 on people's physical and mental health, financial situation and quality of life.

Objectif specific: To identify the concerns and mental health impacts among Canadian Essential service workers (ESW)

- A global convenience sample (snowball sampling)
- Representative sampling in target countries
- Country-level policies (Oxford Policy Tracker)
- Cases, deaths and recoveries (Johns Hopkins)
- Google mobility data
Descriptive characteristics

**Time 1 (June 4-17th; N= 458) & Time 2 (October 29th -November 11th; N= 375)**

### Age
- Less or 25 years: 10.8% (Men), 8.3% (Women)
- 26-50 years: 59.8% (Men), 60.2% (Women)
- 51 years or more: 29.3% (Men), 31.6% (Women)

### Education Level
- High school or lower: 36.4% (Men), 34.3% (Women)
- Graduate or Postgraduate: 63.5% (Men), 65.7% (Women)

### Men vs. Women
- Men: 57.2% (75.6%), Women: 52.4% (47.6%)

### Reported income
- Bottom third: 21.8% (Men), 22.7% (Women)
- Middle third: 58.9% (Men), 61.2% (Women)
- Top third: 19.4% (Men), 16.2% (Women)

### Mental health
- Anxiety: 21.4% (Men), 20.7% (Women)
- Depression: 15.0% (Men), 15.3% (Women)
Health behaviours of essential service workers

Time 1 (June 4-17th; N= 458) & Time 2 (October 29th - November 11th; N= 375)

Occasionally

- More active than most: 30%
- Eat healthier than most: 33%
- Drink more than most: 14%

More than before

- More active than before: 21%
- Eat healthier than before: 18%
- Drink more than before: 23%
Vaccine attitude of essential service workers

**Time 1 (June 4-17th; N= 458) & Time 2 (October 29th -November 11th; N= 375)**

- Every year: 46%
- At least 3 times: 19%
- Once or twice: 14%
- Never: 21%

- Every year: 47%
- At least 3 times: 22%
- Once or twice: 11%
- Never: 20%

If vaccine for COVID-19 was available (extremely likely)

- 51%
- 42%
Mental health and occupational impact of the pandemic on essential service workers

![Graph showing mental health and occupational impact]
Concern related to the pandemic on essential service workers

- Time for things to go back to normal
- There being a second wave
- My country going into an economic recession
- Healthcare system becoming overloaded
- Family member being infected

Graph showing concerns over time with ESW (Essential Service Workers) and non-ESW groups.
Highlights

• Results indicate ESWs have experienced a significant increase of mental stress, which may be related to increased pressure to work and concerns about the long-term impacts of COVID-19.

• Resources and policies should be developed to support the growing mental health needs of Canadian ESW
Publications iCARE

- **Published/submitted/in press**

- **In progress**
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