

My life and the pandemic in Québec

For a structured local response to a world health crisis

Why?

- The COVID-19 health crisis and the isolation measures put in place by societies to contain it will have long-term psychosocial effects, lasting well after the end of the crisis
- There is an urgent need to collect high-quality, real-time data in order to prevent and mitigate these impacts.



A UNIQUE COLLABORATION

- A project led by the 4 research centres of the Capitale-Nationale Integrated University Health and Social Services Centre (IUHSSC) and Laval University (Pulsar)
- In collaboration with the clinical and public health departments of Capitale-Nationale IUHSSC and Chaudière-Appalaches, Côte-Nord and Bas-Saint-Laurent Integrated Health and Social Services Centres
- In collaboration with the Québec City municipality and many other community and research partners (full list at www.mavipan.ca)

OBJECTIVE

To **document** and **evaluate psychosocial impacts** and **mitigation strategies** according to the evolution of the crisis for :



Individuals and families



Healthcare and social services system actors



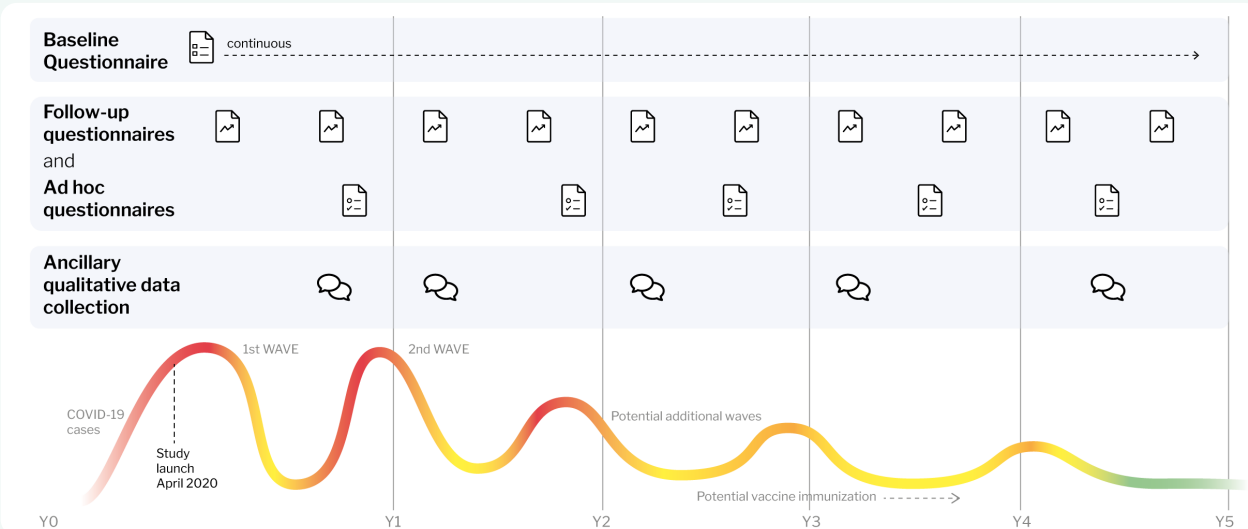
Service structures



Social and professional organisation

How?

Longitudinal « living » cohort across Québec



- 2800 participants (Nov. 6, 2020)
- 17/17 regions represented



POPULATION

All citizens of the province of Québec (14+)

- General population and vulnerable populations:
 - youth and families
 - caregivers
 - people with disabilities
 - people suffering from chronic health conditions
 - people suffering from mental health conditions
 - healthcare and social services system actors



DONNÉES

Online questionnaires housed on the PULSAR secure platform

- Initial baseline questionnaire, regular follow-ups, and ad hoc questionnaire according to events related to the crisis
 - physical health
 - mental health
 - resilience
 - social support
 - stress
 - lifestyle habits
 - burn-out

Expected outcomes

- **Thoroughly document** the impact of the pandemic 
- **Support** institutions in **organizing services** during the crisis and during recovery 
- **Plan the response** in case of similar future events 