

Participants' wellbeing one year into the pandemic

The pandemic has affected everyone, but **not equally**.

Young people, people with lower income, and people with health conditions are 2 to 3 times more likely to have stress and depression symptoms.

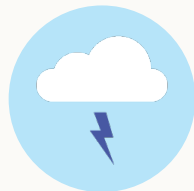


Chronicity



We observed **low-level, persistent** symptoms of **depression and insomnia** across the participant population, which could lead to a potential deterioration.

Young people



Young people (15-25) report **higher stress** than other age groups. Their stress level has **increased with time**, while mostly remaining stable in other groups.

Adaptation



People with chronic illnesses relied on **self-management** and **support networks** to compensate for reduced access to services.

Method

Data collected from April 29th, 2020 to March 2, 2021 among **2898** participants, mostly women (81%), aged 43 on average.