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SURVEY OF MALE QUEBECERS LIVING ON THE ISLAND OF MONTREAL

FINAL REPORT

PRESENTED TO THE COMITÉ RÉGIONAL EN SANTÉ ET BIEN-ÊTRE DES
HOMMES DE LA RÉGION DE MONTRÉAL

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BACKGROUND, OBJECTIVES, AND ABRIDGED METHODOLOGY



Background

The Comité régional en santé et bien-être des hommes de la région de Montréal wants to understand how the current health situation has influenced men’s demand for help as well as the difficulties they experience, and to identify strategies to improve the delivery of health and social services in order to be best adapted to the current context.

The main objective of the study is to provide practitioners, communities, and institutions with very concrete information to adapt their offering.



Abridged methodology

TARGET POPULATION	Adult male Quebecers living on the island of Montreal who can complete a questionnaire in English or French.
SAMPLING	1,581 men from the SOM Gold probability panel and two external panels, distributed across the territories of the eight CIUSSS on the Island of Montreal: 292 for Ouest, 294 for Centre-Ouest, 336 for Centre-Sud, 329 for Nord, and 330 for Est. Anglophones were oversampled, with 328 respondents.
COLLECTION	Online survey conducted from January 13 to 31, 2021.
WEIGHTING	The data were weighted for the five Montreal CIUSSS territories by age, the proportion of men living as a couple, the proportion of men aged 65 or over living alone, education, and language.
MARGIN OF ERROR	3.5% with a 95% confidence level.
SIGNIFICANT DIFFERENCES	The results of one segment of the sample are statistically significant (higher or lower) than the results of all other respondents.

IMPORTANT NOTE

In this study, Anglophones are defined as persons whose mother tongue is English.

This survey is an initiative of the Comité régional en santé et bien-être **des hommes** de la région de Montréal, which includes the **five CIUSSS** (Centres intégrés universitaires de santé et de services sociaux) and **four** non-merged institutions in Montréal, as well as the Regroupement des organismes pour hommes de l'Île de Montréal (ROHIM), with the support of the Pôle d'expertise et de recherche en santé et bien-être des hommes (PERSBEH).

The scientific committee for the survey is composed of PERSBEH researchers and practitioner representatives. For the PERSBEH: Jacques Roy (Department of Humanities and Social Sciences, Université du Québec à Chicoutimi), Gilles Tremblay (École de travail social et de criminologie, Université Laval), Janie Houle (Department of Psychology, Université du Québec à Montréal), Olivier Ferlatte (École de santé publique de l'Université de Montréal, Centre de recherche en santé publique), and Philippe Roy (École de travail social, Université de Sherbrooke). For practice settings: Raymond Villeneuve (ROHIM President), Hélène Laflamme (Planning, Programming and Research Officer, CIUSSS Centre-Sud-de-l'Île-de-Montréal), Valérie Richer (Executive Director of the Regroupement provincial en santé et bien-être des hommes), and Pierre Brassard (ROHIM Coordinator).

For the Montréal sample, the project's funding partners are the Comité régional en santé et bien-être des hommes de la région de Montréal and the ROHIM. The Community Health and Social Services Network (CHSSN) is contributing to the translation of the report into English. For the national sample, the funding partners are the PERSBEH and the RPSBEH.

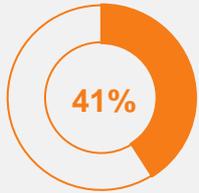


One of the important indicators in the report is the **psychological distress index**. This index is calculated based on questions 10a to 10f. These questions focus on the frequency of certain mental or physical conditions experienced by male Quebecers to establish a six-point psychological distress scale. The index is calculated by adding the response scores associated to each question (Never=0, Rarely=1, Sometimes=2, Most of the time=3, All of the time=4) for each respondent. The total score varies from 0 (minimum) to 24 (maximum). A total score of 13 or more indicates high psychological distress.

Key Facts



KEY FACTS

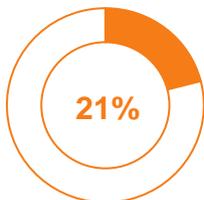


Experienced at least one situation in relation to COVID-19

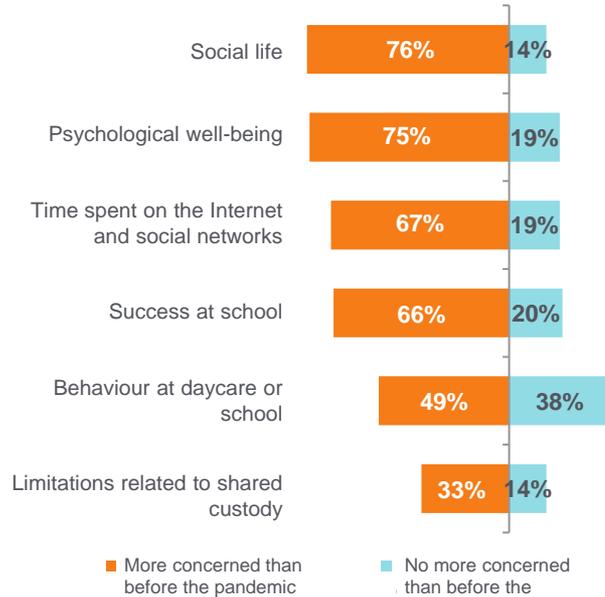
MENTAL AND PHYSICAL CONDITION

Felt sometimes, most of the time, or all of the time	%
Nervous	59
Depressed	51
Tired to the point where everything is an effort	50
Agitated or unable to hold still	42
Desperate	37
Worthless	37

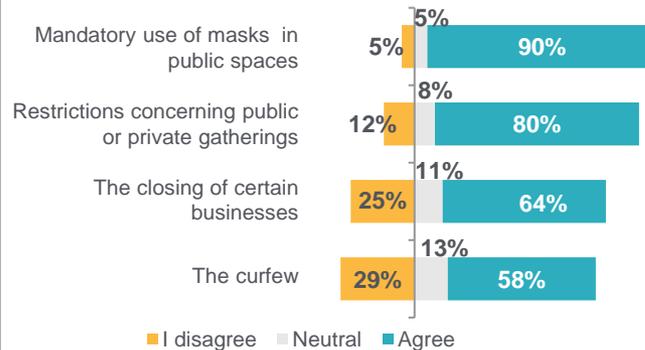
Distress Index of 13 or more



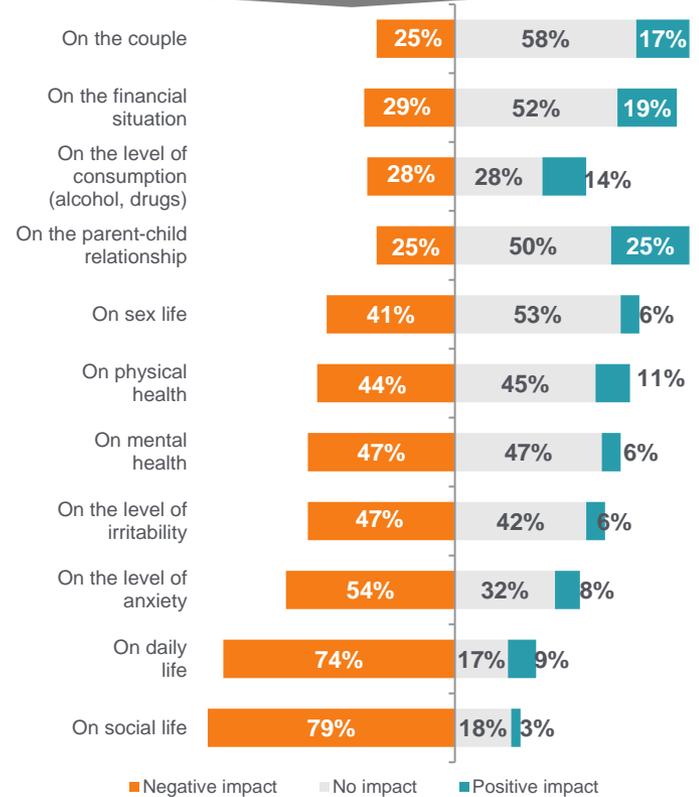
CONCERNS RELATED TO CHILDREN



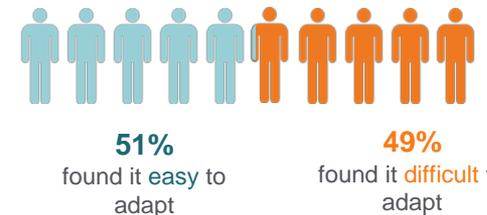
GOVERNMENTAL MEASURES



IMPACT OF COVID-19



ADAPTATION TO CHANGE



KEY FACTS (CONTINUED)

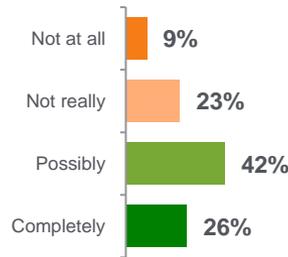


SUICIDAL THOUGHTS



Claims to have seriously considered committing suicide since the beginning of the pandemic.

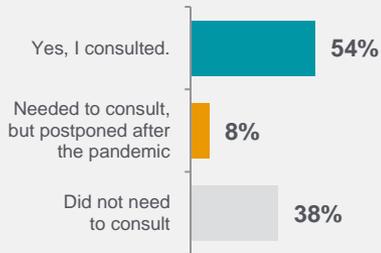
KNOWS THE SERVICES



REMOTE VS. IN-PERSON CONSULTATION



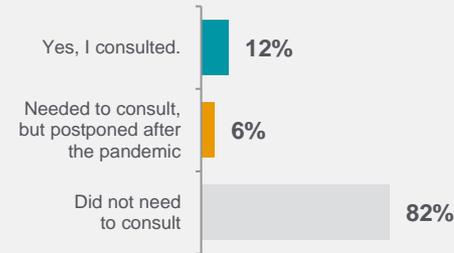
CONSULTATION WITH A PHYSICIAN



Preferred method of consultation

In person	45%
By phone	20%
Video (webcam)	19%
No preference	16%

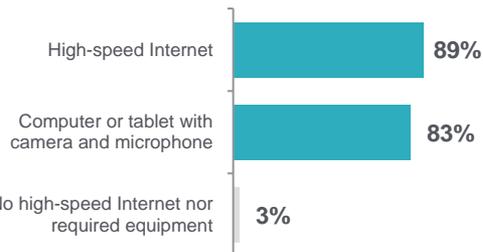
CONSULTATION WITH A PSYCHOSOCIAL WORKER



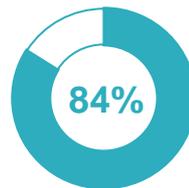
Preferred method of consultation

In person	42%
Video (webcam)	18%
By phone	17%
No preference	23%

ACCESSIBILITY

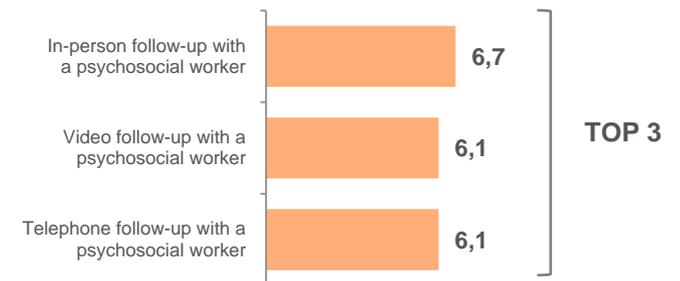


CONFIDENTIALITY



Has access to a place to discuss confidential matters, for video consultations

LIKELIHOOD OF CONSULTING A RESOURCE



Chapter 1

IMPACT OF THE PANDEMIC ON FAMILY LIFE

- Situations experienced in relation to COVID-19
- Impact of COVID-19 on the couple
- Impact of COVID-19 on the parent-child relationship
- General concerns about children
- Concerns related to child transmission

SITUATIONS EXPERIENCED IN RELATION TO COVID-19

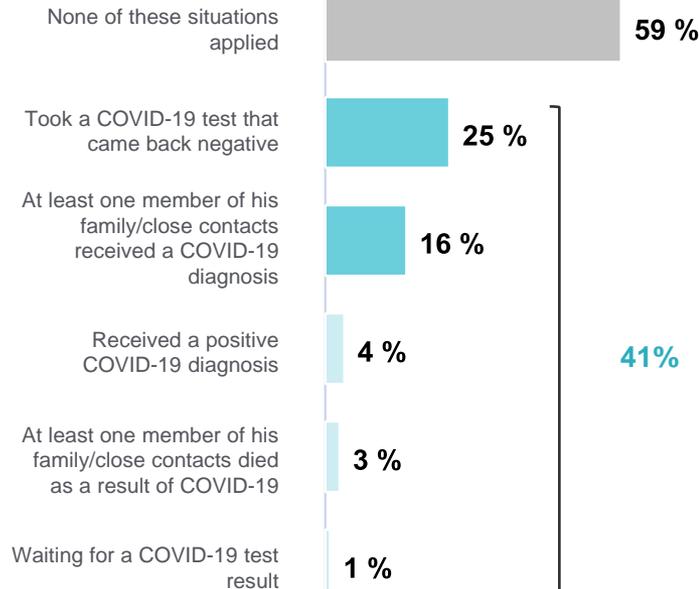


Q4a. Which of these situations applies to you in relation to COVID-19?

Base: All men, excluding non-response, n: 1,578

Six possible responses, total exceeds 100%

% Mother tongue			% CIUSSS				
Franco (n: 1,151)	Anglo (n: 327)	Other (n: 175)	Ouest (n: 291)	Centre-Ouest (n: 293)	Centre-Sud (n: 336)	Nord (n: 328)	Est (n: 330)
56	62	61	65	61	53	59	56
28	22	25	22	27	28	27	24
17	12	18	11	12	20	14	20
4	5	4	5	5	3	5	3
3	3	1	4	5	3	2	1
1	3	-	1	1	1	2	2



Men with a **low distress index** (less than 13) (61%) represented a higher proportion.

41%

Homosexuals (57%), men aged 18 to 24 (56%), and those with a **high distress index** (13 or more) (51%) show an increase.

Two of five men surveyed in Montréal (41%) have experienced at least one situation in relation to COVID-19. This is particularly true for homosexuals, respondents aged 18 to 34, and those with a high distress index.

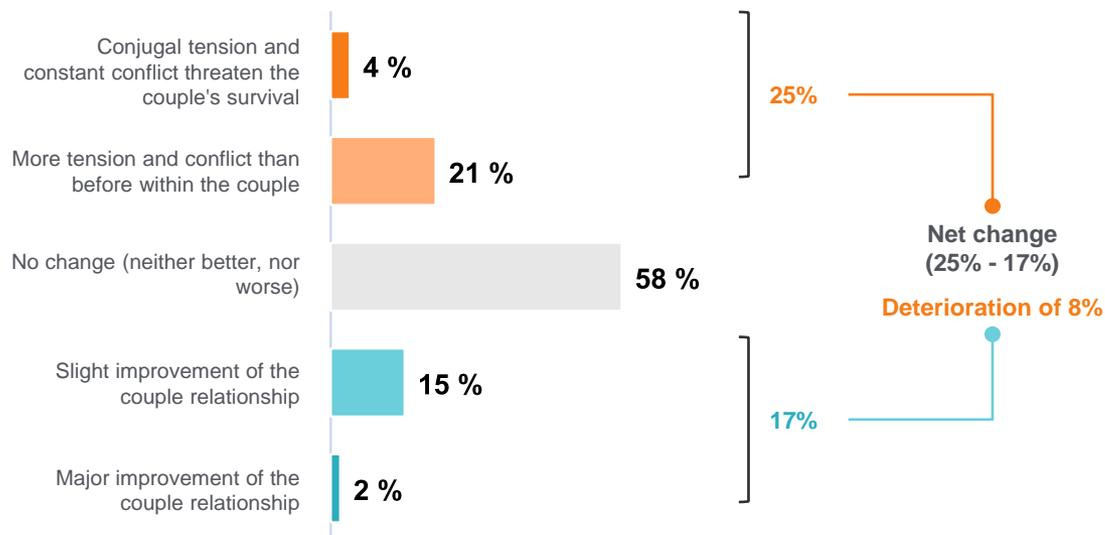
IMPACT OF COVID-19 ON THE COUPLE



Q15. Which of the following statements best represents the state of your relationships compared to before the pandemic?

Base: Men in a relationship, excluding non-response, n: 963

% Mother tongue			% CIUSSS				
Franco (no: 705)	Anglo (no: 192)	Other (no: 114)	Ouest (no: 206)	Centre-Ouest (no: 170)	Centre-Sud (no: 170)	Nord (no: 202)	Est (no: 215)
3	6	6	2	5	2	6	4
20	23	25	22	25	21	20	18
60	54	52	61	53	58	55	63
15	16	15	14	17	14	17	13
2	- ↓	3	1	-	5	2	2



The pandemic has so far increased conjugal tension for one in four men in Montréal, which is a fairly significant proportion. In contrast, the majority of men in a relationship surveyed (58%) reported no change in their relationships as a couple, and some men reported an improvement in their relationship with their spouse (17%).

However, if we look at the net change in improvement and deterioration, there is a greater proportion of men who have experienced difficulties in their conjugal relationship since the beginning of the pandemic.

IMPACT OF COVID-19 ON THE COUPLE

SIGNIFICANT DIFFERENCES



Q15. Which of the following statements best represents the state of your relationships compared to before the pandemic?

Base: Men in a relationship, excluding non-response, n: 963

Response options	%	Other significantly higher differences
Deterioration	25	<ul style="list-style-type: none"> • High distress index (13 or higher) (62%) • Parent of up to two children under 18 (36%) • Personal income under \$35,000 (35%) • 35 to 44 years (33%)
No change	58	<ul style="list-style-type: none"> ▪ Did not experience any situation in relation to COVID-19 (63%) ▪ Low distress index (less than 13) (62%) ▪ Not a parent (62%)
Improvement	17	<ul style="list-style-type: none"> ▪ Personal income of \$100,000 or more (23%) ▪ Experienced at least one situation in relation to COVID-19 (20%) ▪ Low distress index (less than 13) (19%)

Men **with a high distress index** and **those with a lower income** are among the most likely to report a deterioration.

Conversely, the improvement is more pronounced among **respondents with a low distress index** and those with a personal income of \$100,000 or more.

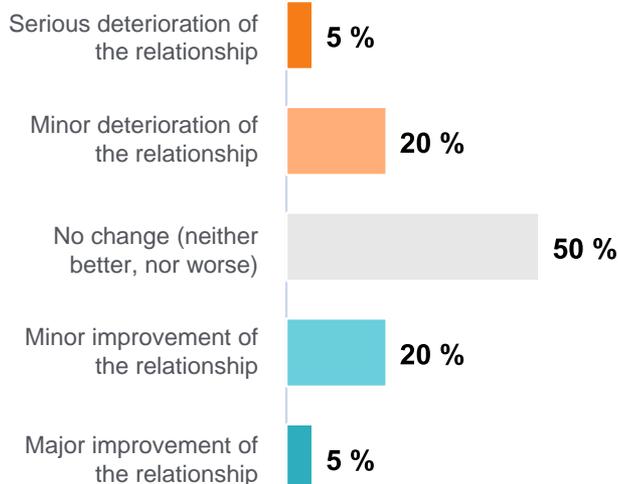
IMPACT OF COVID-19 ON THE PARENT-CHILD RELATIONSHIP



Q16. Which of the following statements represents the state of your relationship with your child(ren) compared to before the pandemic?

Base: Men living with children under 18, excluding non-response, n: 328

% Mother tongue			% CIUSSS				
Franco (n: 206)	Anglo (n: 77)	Other (n: 61)	Ouest (n: 81)	Centre-Ouest (n: 59)	Centre-Sud (n: 49)	Nord (n: 80)	Est (n: 59)
3	7	6	1	5	7	15 ↑	-
21	20	19	20	18	10	21	25
52	41	52	55	40	59	42	52
16	28	19	19	31	20	16	17
8	4	5	5	6	4	6	6



Men with a **high distress score** (13 or more) (49%) are more likely to report a deterioration of the relationship.

25%

Net change
(25% - 25%)

No deterioration or improvement

25%

Men with a **low distress score** (less than 13) (32%) are more likely to report an improvement.

Half of the fathers surveyed reported changes in their relationships with their children during the pandemic, and these changes were evenly split between positive and negative changes (25% of fathers in both cases). Residents of the CIUSSS du Nord-de-l'Île-de-Montréal area (15%) reported a more serious deterioration of their relationships with their children.

In addition, the proportion of men who did not notice a change is similar for all subgroups studied.

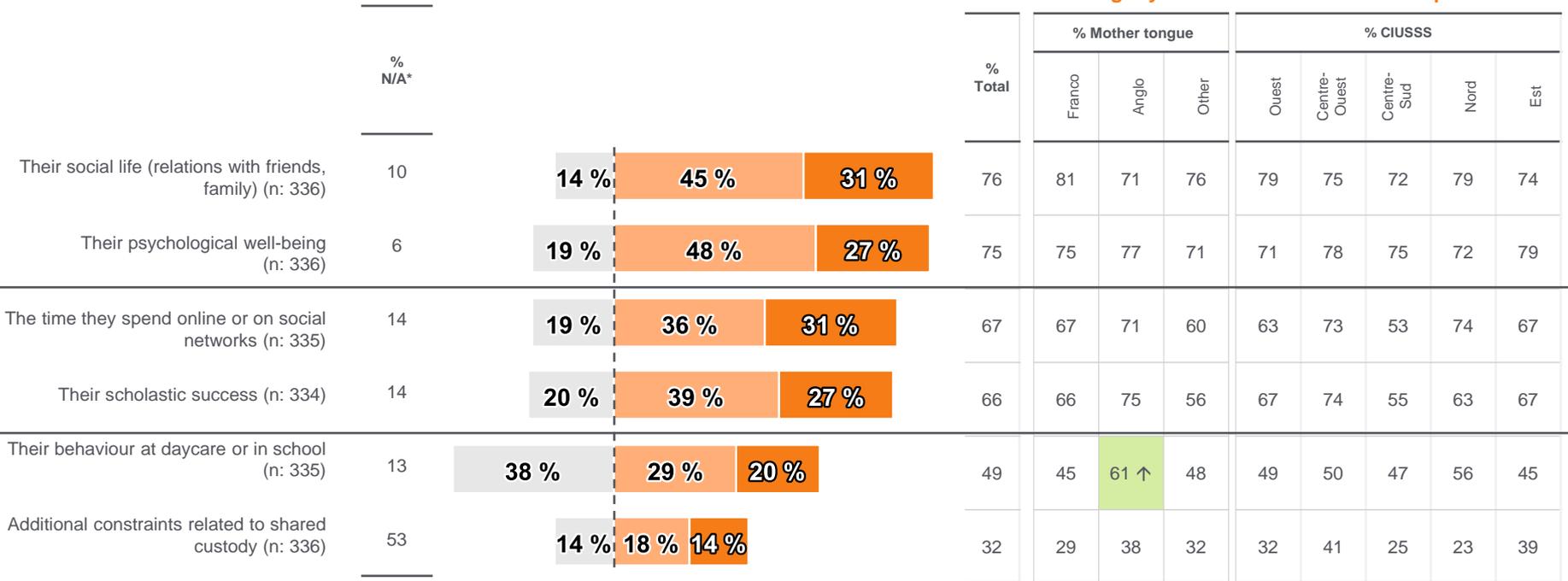
GENERAL CONCERNS ABOUT CHILDREN



Q17. Regarding your child(ren), since the beginning of the pandemic, are you more concerned about...?

Base: Men living with children under 18, excluding nonresponse

% of "slightly/much more concerned" responses



- No more concerned than before the pandemic
- Slightly more concerned than before the pandemic
- Much more concerned than before the pandemic

The pandemic has disrupted the lives of children, which may be a matter of concern for fathers. Children's social life, psychological well-being, time spent online, and academic success are the main concerns. Men with a **high distress index** were more concerned about the latter three elements surveyed (academic success, behaviour at daycare or school, and additional constraints related to shared custody) which, paradoxically, were less of a concern for all the men surveyed.

It is important to note the **high proportions** of fathers for whom the concerns did not apply to their situation as a parent.

* N/A: Does not apply to their situation as a parent.

GENERAL CONCERNS ABOUT CHILDREN

SIGNIFICANT DIFFERENCES



Q17. Regarding your child(ren), since the beginning of the pandemic, are you more concerned about...?

Base: Men living with children under 18, excluding nonresponse

Statements	% more concerned	Other significantly higher differences
Their social life (relationship with friends, relatives)	76	No other significantly greater difference
Their psychological well-being	75	No other significantly greater difference
The time they spend on the Internet or social networks	67	No other significantly greater difference
Their academic success	66	<ul style="list-style-type: none"> No diploma, SSGD, or SSVD (82%) High distress index (13 or higher) (81%) Four-person household (75%)
Their behaviour at daycare or school	49	<ul style="list-style-type: none"> High distress index (13 or higher) (69%)
Additional constraints related to shared custody	32	<ul style="list-style-type: none"> 18 to 24 years (63%) Single (62%) High distress index (13 or higher) (53%) Not currently working (50%)

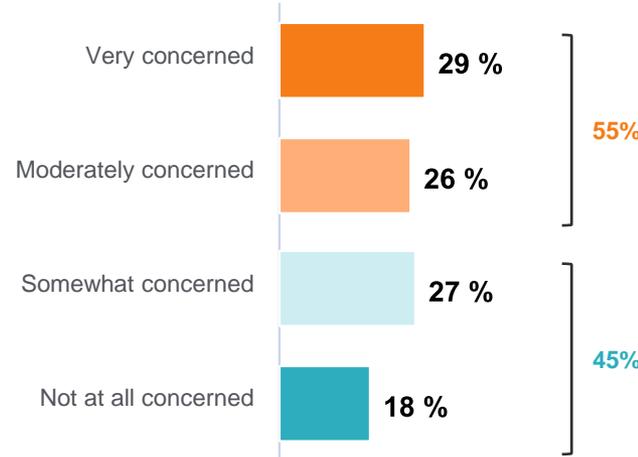
CONCERNS RELATED TO CHILD TRANSMISSION



Q18. How concerned are you about the transmission of COVID-19 by your children?

Base: Men living with children under 18, excluding non-response, n: 327

% Mother tongue			% CIUSSS				
Franco (n: 207)	Anglo (n: 74)	Other (n: 62)	Ouest (n: 80)	Centre-Ouest (n: 59)	Centre-Sud (n: 47)	Nord (n: 82)	Est (n: 59)
24	34	37	28	32	22	29	32
25	29	18	28	34	20	18	28
32	22	26	23	18	32	34	28
18	16	18	21	16	26	19	12



Fathers with a personal income of \$100,000 or more (44%) and those with a low distress index (less than 13) (32%) were more likely to be **somewhat concerned**.

Despite the high number of schools in Montréal reporting cases of COVID-19 in the fall, it is interesting to note that concern about transmission is reported by only slightly over half (55%) of the men surveyed in this territory. Only three in ten men (29%) are very concerned about the situation.

In addition, respondents with a high distress index were more likely to be very concerned (49%).



Chapter 2

IMPACT OF THE PANDEMIC ON MEN'S MENTAL AND PHYSICAL HEALTH

- Impact of COVID-19 on daily life
- Impact of COVID-19 on mental health
- Frequency of certain mental or physical conditions
- Distress index
- Suicidal ideation

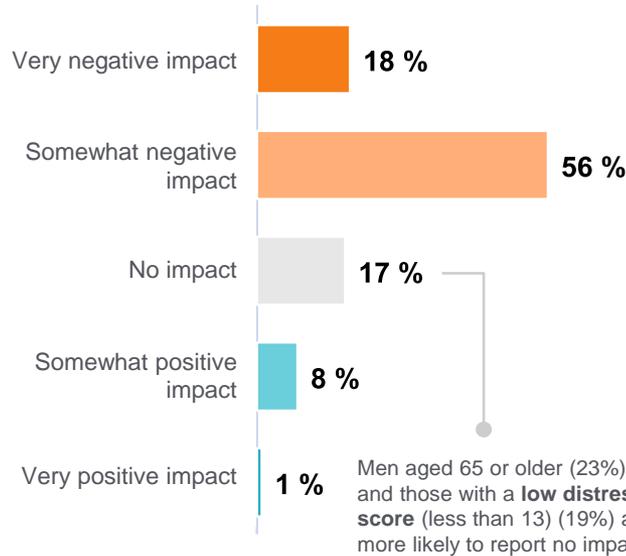
IMPACT OF COVID-19 ON DAILY LIFE



Q5. How have the current situation in relation to COVID-19 and the lockdown measures impacted your daily life?

Base: All men, excluding non-response, n: 1,559

% Mother tongue			% CIUSSS				
Franco (n: 1,142)	Anglo (n: 322)	Other (n: 170)	Ouest (n: 286)	Centre-Ouest (n: 291)	Centre-Sud (n: 333)	Nord (n: 324)	Est (n: 325)
15 ↓	22	25	19	19	22	12	18
59	50 ↓	51	52	55	50	66 ↑	56
18	19	12	20	16	18	14	18
8	8	10	8	7	10	7	7
1	1	2	1	3 ↑	-	1	1



Men with a **high distress score** (13 or more) (85%) and those who have experienced at least one situation in relation to COVID-19 (79%) are more likely to report a negative impact on their daily lives.

74%

Net impact: 65% negative

9%

Men aged 45 to 54 (17%) are more likely to report a somewhat positive impact.

Although the impacts on conjugal and family life are moderate, it is clear that the current situation and the lockdown measures have had a negative impact on the daily lives of three quarters of the men surveyed in Montréal (74%).

The negative impact is even more pronounced among those with a high distress index and those who have experienced at least one situation in relation to COVID-19.

IMPACT OF COVID-19 ON DAILY LIFE

BROKEN DOWN BY DIFFERENT LIFE CIRCUMSTANCES



Q6. Compared to before the pandemic, please tell us how the following aspects of your life have changed:

Base: All men, excluding nonresponse

- Slightly or significantly improved
- Stayed about the same
- Slightly or significantly deteriorated

% of “got a little or a lot worse” responses

% Mother tongue			% CIUSSS				
Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
80	76	80	82	81	79	83	72 ↓
46	46	54	43	49	52	49	45
43	45	47	41	39	46	39	50 ↑
40	42	45	33 ↓	47	44	42	39
25 ↓	35 ↑	37	30	36 ↑	31	35 ↑	16 ↓

Your social life (n: 1,572)

3% 18% 79%

Your mental health (n: 1,572)

6% 47% 47%

Your physical health (n: 1,573)

11% 45% 44%

Your sex life (n: 1,543)

6% 53% 41%

Your financial situation (n: 1,572)

19% 52% 29%

A large proportion of the respondents (88%) reported that at least one aspect of their lives has deteriorated because of the pandemic. Moreover, for half of the men surveyed (52%), one of the aspects has significantly deteriorated.

Among those who reported a deterioration in at least one aspect, a higher proportion were men working from home (95%), university graduates (91%), and presently employed (90%).

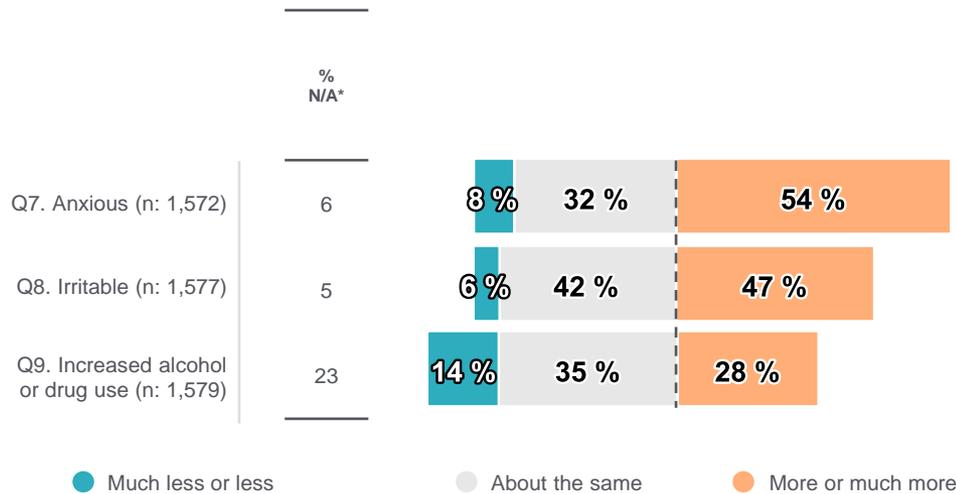
The deterioration of the financial situation is significantly higher among Anglophones and residents of the CIUSSS du Centre-Ouest and Nord-de-l'Île-de-Montréal territories.

IMPACT OF COVID-19 ON MENTAL HEALTH



Q7. to Q9. Compared to before the pandemic, would you say that you are...?

Base: All men, excluding nonresponse



% of "more or much more" responses

% Mother tongue			% CIUSSS				
Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
56	52	54	54	56	55	52	55
47	46	53	49	51	48	46	44
31 ↑	20 ↓	26	22	22	31	27	33

Anxiety (54%), irritability (47%), and, to a lesser extent, alcohol or drug use (28%) increased compared to before the pandemic. Men with a high distress index in Montréal had significantly higher levels of irritability, anxiety, and alcohol or drug use.

It should also be noted that Francophones in Montréal are more likely to have increased their use of alcohol, cannabis and other drugs since the beginning of the pandemic.

It is interesting to note that anxiety and irritability **are proportionately higher** among those who have experienced at least one situation in relation to COVID-19.

* N/A: Does not apply to their situation.

IMPACT OF COVID-19 ON MENTAL HEALTH

SIGNIFICANT DIFFERENCES



Q7. to Q9. Compared to before the pandemic, would you say that you are...?

Base: All men, excluding nonresponse

Response options	% of "more or much more"	Other significantly higher differences
Anxious	54	<ul style="list-style-type: none"> High distress index (13 or higher) (80%) Experienced at least one situation in relation to COVID-19 (59%)
Irritable	47	<ul style="list-style-type: none"> High distress index (13 or higher) (70%) Has two children under 18 (62%) 25 to 34 years (55%) Experienced at least one situation in relation to COVID-19 (54%)
Alcohol or drug use	28	<ul style="list-style-type: none"> High distress index (13 or higher) (45%)

FREQUENCY OF CERTAIN MENTAL OR PHYSICAL CONDITIONS

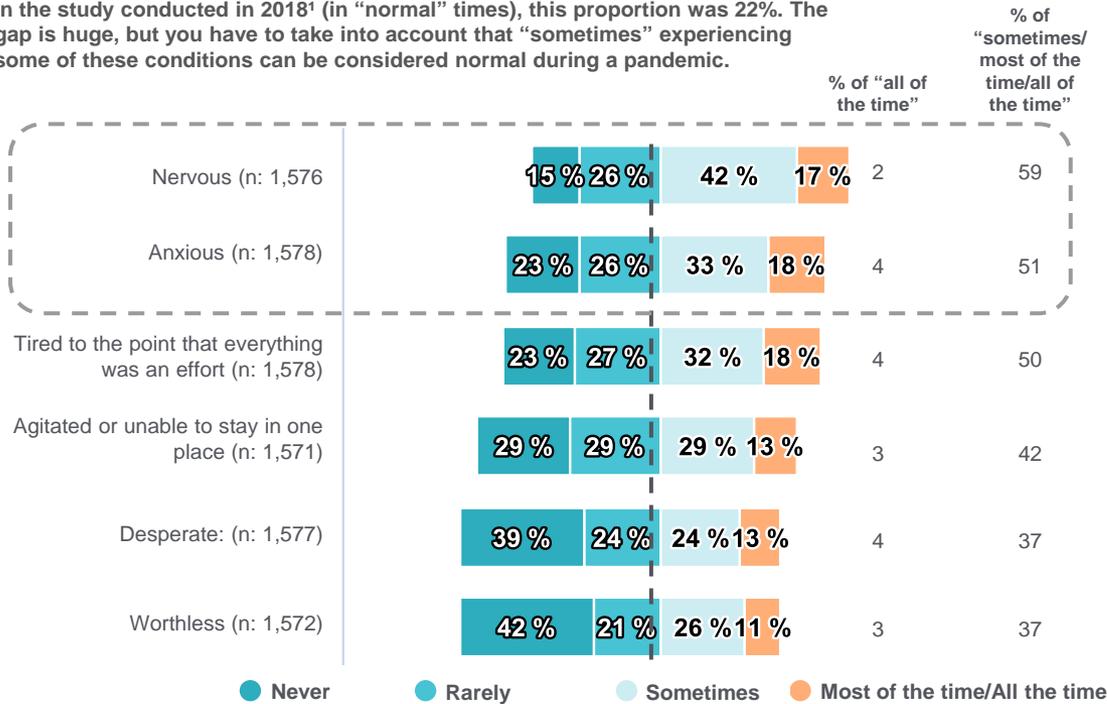


Q10a-f. In the past month, how often have you felt...?

Base: All men, excluding nonresponse

74% of men in Montréal say they have experienced **at least one** of the six mental or physical conditions mentioned sometimes, most of the time, or all of the time.

In the study conducted in 2018¹ (in “normal” times), this proportion was 22%. The gap is huge, but you have to take into account that “sometimes” experiencing some of these conditions can be considered normal during a pandemic.



% of “most of the time or all of the time” responses

% Mother tongue			% CIUSSS				
Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
14 ↓	19	23	19	18	17	14	19
14 ↓	24 ↑	25	20	16	23 ↑	14	19
14 ↓	22	20	20	17	22	14	18
9 ↓	16	18	14	14	12	11	12
9 ↓	15	21 ↑	11	14	14	12	13
8 ↓	16 ↑	14	15	10	16 ↑	11	6 ↓

Each of the conditions mentioned can lead to health problems if experienced continuously or very frequently. The proportion of men in Montréal who continuously experienced any of these mental or physical conditions in the month prior to the survey was very low (2% to 4%). However, the aggregation of frequencies shows a fairly high prevalence for some of them and is higher than that of the study conducted in 2018¹.

It should be noted that fewer Francophones experience each of these conditions most of the time or all of the time.

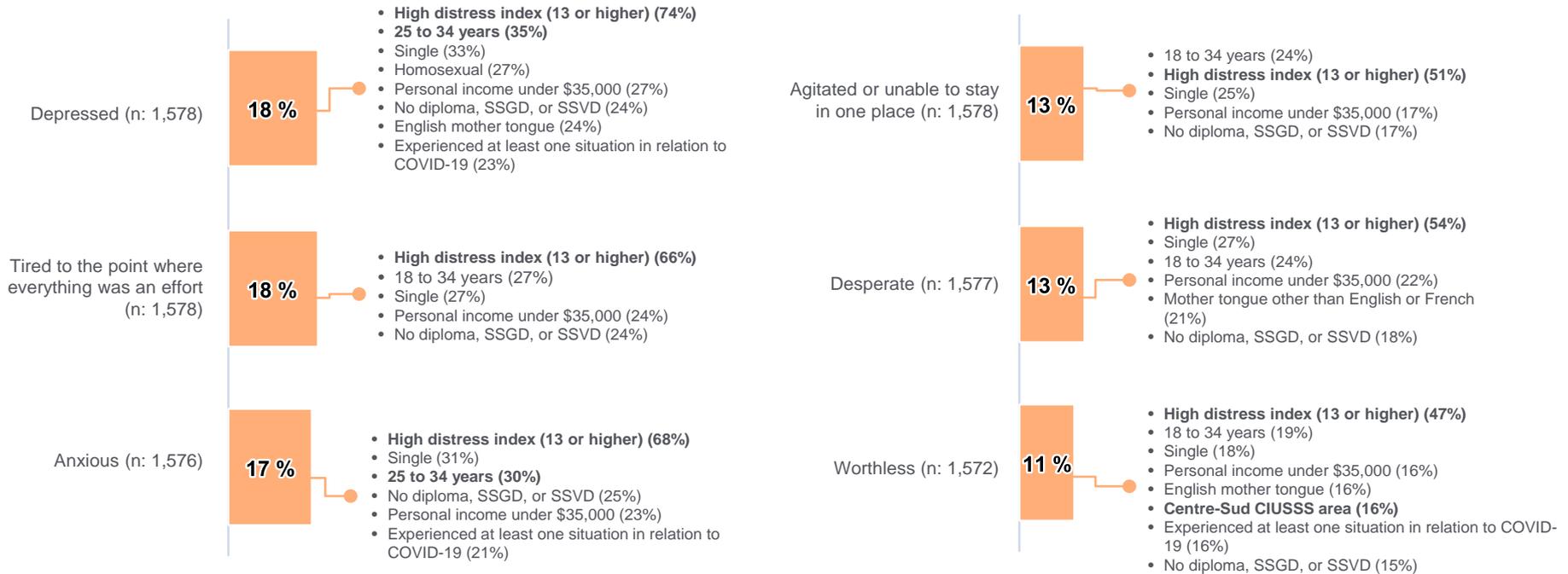
¹ Survey of male Quebecers (CIUSSS on the Island of Montreal) conducted by SOM in October 2018 on behalf of the Regroupement provincial en santé et bien-être des hommes (RPSBEH). The same methodologies and data processing parameters were used for both studies, allowing for statistical comparison.

FREQUENCY OF CERTAIN MENTAL OR PHYSICAL CONDITIONS

SIGNIFICANT DIFFERENCES



The following subgroups are more likely to feel... most or all of the time or all of the time.



Physical and mental health conditions are related to feeling in either of these measured mental or physical conditions. In addition to these factors, there are several socio-demographic variables to consider.

For example, men aged 18 to 34*, those with a lower family income, those who are single, and those with a high school diploma or less education are **more likely** to experience the mental or physical conditions listed. This makes them **more fragile or vulnerable**, and they could find themselves in a situation where they may need help.

In addition, respondents who have experienced at least one situation in relation to COVID-19 **also stood out** as being more likely to report feeling depressed or worthless most or all of the time.

* Except for "depressed" and "anxious" where 18- to 24-year-olds don't stand out.

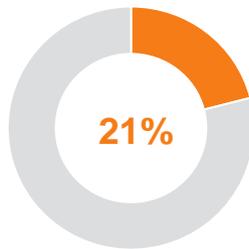
FREQUENCY OF CERTAIN MENTAL OR PHYSICAL CONDITIONS (CONTINUED)



Q10a-f. In the past month, how often have you felt...?

Base: All men, excluding non-response, n: 1,580

DISTRESS INDEX OF 13 OR MORE¹



One in five men may be suffering from psychological distress, according to the responses to the previous questions and compiled to obtain this 24-point index. The proportion drops to 17% among Francophones.

These results **appear to be high** in view of a measurement carried out in 2018² which showed an overall (significantly lower) index of 9%. The COVID-19 pandemic has certainly contributed to this increase.

Other subgroups stand out as being statistically higher for this index, particularly in relation to their family situation, age, education, and personal income.

% Index of 13 or more

% Mother tongue			% CIUSSS				
Franco (n: 1,153)	Anglo (n: 327)	Other (n: 175)	Ouest (n: 291)	Centre-Ouest (n: 294)	Centre-Sud (n: 336)	Nord (n: 329)	Est (n: 330)
17 ↓	27 ↑	27	24	23	25	17	20

The following subgroups are also **less likely** to have an index of 13 or more.

- Is in a relationship (14%)
- 55 years or older (8%)
- University graduate (14%)
- Personal income of \$100,000 or more (9%)
- Low consistency index (12%)

The following subgroups are also **more likely** to have an index of 13 or more.

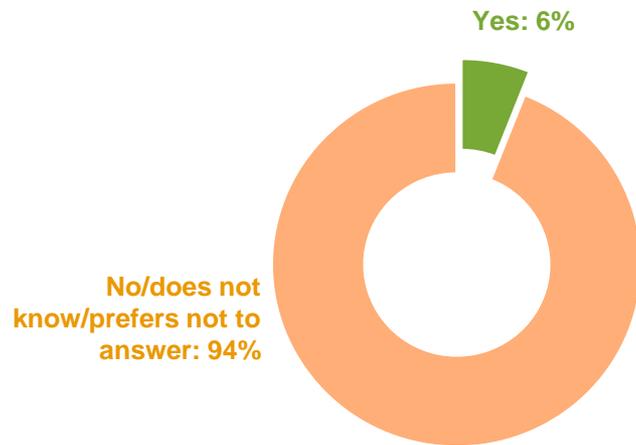
- Single (37%)
- 18 to 34 years (38%)
- No diploma, SSGD, or SSVD (31%)
- Personal income under \$35,000 (32%)
- Experienced at least one situation in relation to COVID-19 (26%)
- Low consistency index (37%)

¹ Questions Q10a to Q10f are part of a six-item psychological distress scale. A distress index is calculated by adding the scores associated to each question (Never=0, Rarely=1, Sometimes=2, Most of the time=3, All of the time=4) for each respondent. The total score varies from 0 (minimum) to 24 (maximum). A total score of 13 or more indicates high psychological distress.

² Survey of male Quebecers (CIUSSS on the Island of Montreal) conducted by SOM in October 2018 on behalf of the Regroupement provincial en santé et bien-être des hommes (RPSBEH). The same methodologies and data processing parameters were used for both studies, allowing for statistical comparison.

Q11. Since the beginning of the pandemic, have you seriously considered suicide?

Base: All men, n: 1,581



% Mother tongue			% CIUSSS				
Franco (n: 1,153)	Anglo (n: 328)	Other (n: 175)	Ouest (n: 292)	Centre-Ouest (n: 294)	Centre-Sud (n: 336)	Nord (n: 329)	Est (n: 330)
5	8	4	3	4	13 ↑	7	4

The following subgroups are also more likely to have answered “Yes.”

- High distress index (13 or higher) (20%)
- Homosexual (13%)
- Not in a relationship (11%)
- Personal income under \$35,000 (10%)

Despite the low proportion, 6% of the men surveyed report having had suicidal thoughts since the beginning of the pandemic.

Men residing in the CIUSSS du Centre-Sud-de-l’Île-de-Montréal territory, those with a **high distress index** (13 or more), and homosexuals are particularly increased.

Chapter 3



HEALTH MEASURES

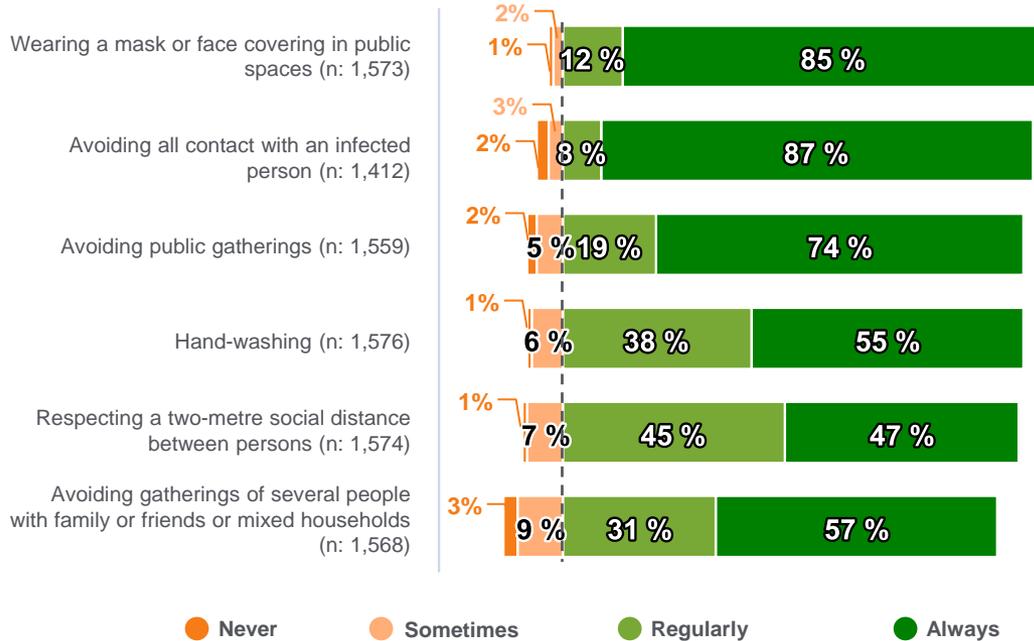
- Compliance with health measures
- Level of agreement with government measures
- Adapting to changes caused by the pandemic
- Attitude to different situations

COMPLIANCE WITH HEALTH MEASURES



Q19. How often do you comply with the following preventative measures to prevent COVID-19...?

Base: All men, excluding nonresponse



% of "always/regularly" responses

% Total	% Mother tongue			% CIUSSS				
	Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
97	97	97	98	97	95	97	95	99
95	96 ↑	96	90 ↓	97	94	93	93	97
93	95 ↑	94	86 ↓	93	95	90	96	92
93	93	95	92	93	96	89 ↓	96	92
92	93	94	88	92	92	89 ↓	95	94
88	90 ↑	89	77 ↓	86	91	87	86	88

Almost all men in Montréal say they regularly or always comply with the various health measures put in place since the beginning of the pandemic.

The measures the men surveyed found **most difficult to comply with** are related to hand-washing and social distancing. These two measures have the lowest rates of "always" responses.

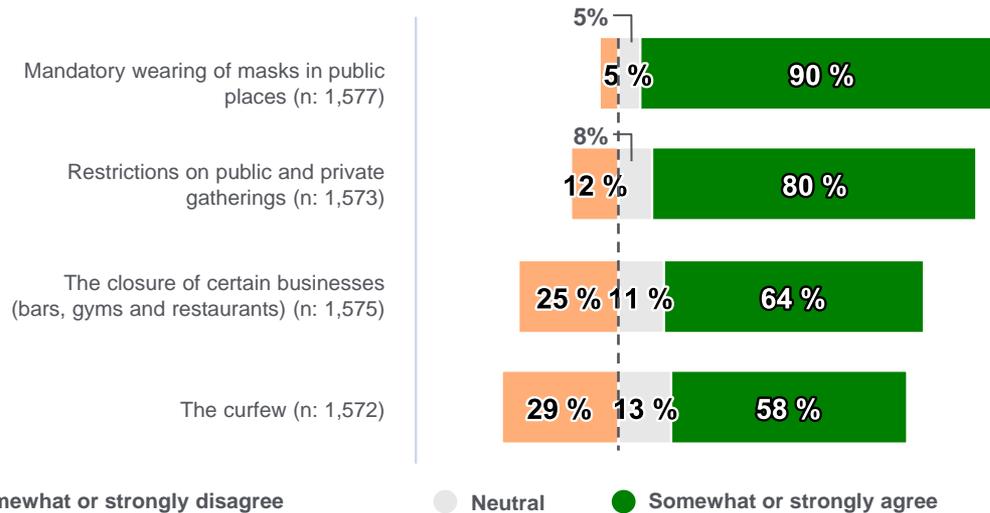
LEVEL OF AGREEMENT WITH GOVERNMENT MEASURES



Q20. To what extent do you agree with the following government measures?

Base: All men, excluding nonresponse

% of "somewhat or strongly agree" responses



% Mother tongue			% CIUSSS				
Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
90	90	92	89	89	86 ↓	91	94
82	78	75	79	82	74 ↓	78	84
62	69	56	69	68	61	60	62
58	60	59	58	62	54	56	61

While compliance with health measures is widespread, agreement with some of them varies widely.

The mandatory wearing of masks and restrictions on public and private gatherings show the **highest levels of agreement** (90% and 82%, respectively). This level of agreement is **significantly lower** among residents of the **CIUSSS du Centre-Sud-de-l'Île-de-Montréal** territory.

Agreement **decreases quite markedly** when it comes to the closure of certain businesses (62%) and curfews (58%).

The subgroups with higher levels of agreement **are similar** for each measure. These are older men and those highly educated.

LEVEL OF AGREEMENT WITH GOVERNMENT MEASURES

SIGNIFICANT DIFFERENCES



Q20. To what extent do you agree with the following government measures?

Base: All men, excluding nonresponse

Statements	% Agree (somewhat or strongly)	Other significantly higher differences
Mandatory wearing of masks in public places	90	<ul style="list-style-type: none"> 55 years or older (96%) University graduate (93%)
Restrictions on public and private gatherings	80	<ul style="list-style-type: none"> 55 years or older (92%) Personal income of \$75,000 or more (87%) University graduate (84%) Working from home only (84%) Low distress index (less than 13) (83%) In a relationship (83%) No child under 18 (81%)
The closure of certain businesses (bars, gyms, and restaurants)	64	<ul style="list-style-type: none"> 55 years or older (81%) Personal income of \$75,000 or more (70%) University graduate (68%) In a relationship (67%) Low distress index (less than 13) (66%)
Curfew	58	<ul style="list-style-type: none"> 55 years or older (79%) Personal income of \$75,000 to \$99,999 (67%) Did not work before the pandemic (66%)

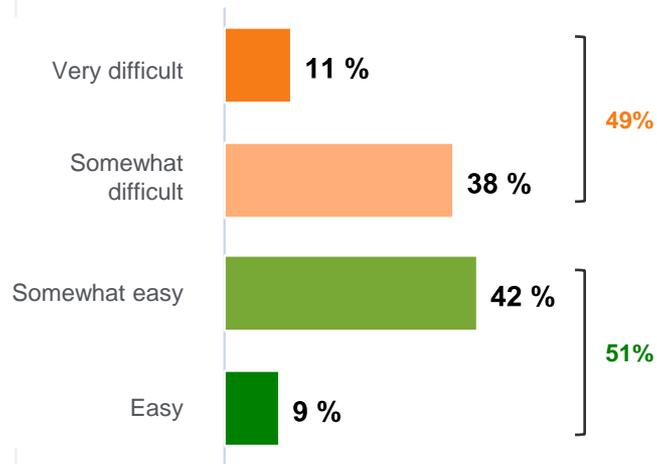
ADAPTING TO CHANGES CAUSED BY THE PANDEMIC



Q21. How would you describe your adaptation to the changes brought about by the pandemic?

Base: All men, excluding non-response, n: 1,564

% Mother tongue			% CIUSSS				
Franco (n: 1,142)	Anglo (n: 322)	Other (n: 175)	Ouest (n: 287)	Centre-Ouest (n: 290)	Centre-Sud (n: 334)	Nord (n: 326)	Est (n: 327)
8 ↓	13	23 ↑	7	10	12	11	15
37	42	33	46 ↑	44	33	37	32
46 ↑	34 ↓	35	34 ↓	35	46	46	45
8	11	9	13	11	9	6	8



The following subgroups are more likely to have answered “**difficult**”:

- High distress index (13 or higher) (80%)
- 18 to 34 years (63%)
- Single (60%)
- Personal income under \$35,000 (58%)
- Anglophone (55%)

The following subgroups are more likely to have answered “**easy**”:

- Low distress index (less than 13) (59%)
- 55 years or older (61%)
- In a relationship (55%)
- Francophone (54%)

The pandemic has had a significant impact on many aspects of the daily lives of men. It has forced them to adapt their daily lives for almost a year, and this situation is as difficult (49%) as it is easy (51%) for those living on the Island of Montreal.

This is particularly true for those with a **high distress index**, people aged 18 to 34, homosexuals, immigrants, and singles.

Conversely, **adaptation seems to have been easier** for older men, those who can meet other people every day, and Francophones.

ATTITUDE TO DIFFERENT SITUATIONS



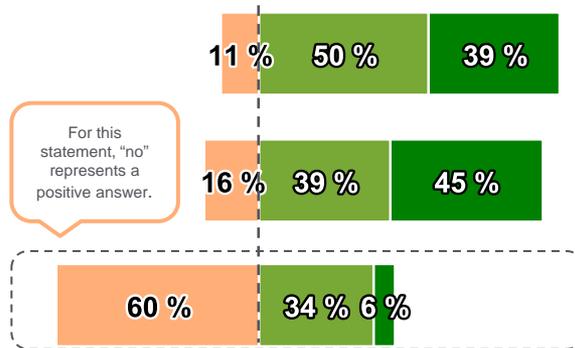
Q22. Attitude to different situations
Base: All men, excluding nonresponse.

62% of the men surveyed have a high consistency index¹.

22c. Do you see a solution to problems and difficulties that others find hopeless? (n: 1,507)

22b. Do you perceive your life as a source of personal satisfaction? (n: 1,523)

22a. Do you feel that the things that happen to you are difficult to understand? (n: 1,537)



● No ● Yes, sometimes ● Yes, usually

% of “yes, sometimes, or usually” responses

% Total	% Mother tongue			% CIUSSS				
	Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
89	92 ↑	86	82 ↓	87	88	91	88	91
84	88 ↑	79 ↓	82	83	82	81	85	88
40	36 ↓	45	51 ↑	39	37	42	39	43

The majority of the men surveyed indicated that they had a fairly positive attitude or feelings about different situations. These attitudes and feelings can make it easier to adapt to the changes brought about by the pandemic.

Indeed, 89% of the respondents **say they are able** (sometimes or usually) to find solutions to situations that make others feel hopeless, 84% perceive (sometimes or usually) **their lives as a source of personal satisfaction**, and 60% report **having no difficulty** understanding what is happening to them.

However, men with a high distress index are **less likely** to share these views.

¹ Questions Q22a to Q22c are part of a three-item consistency index scale. A consistency index is calculated by adding the response scores associated to each question (Yes, usually=0; Yes, sometimes=1; No=2 for question 22a and Yes, usually=2; Yes, sometimes=1; No=0 for questions 22b and 22c) for each respondent. The total score varies from 0 (minimum) to 6 (maximum). A score of 4 or more indicates a high consistency index.

Q22. Habits

Base: All men, excluding nonresponse

Statements	% Yes, sometimes or usually	Other significantly higher differences
Do you see a solution to problems and difficulties that others find hopeless?	89	<ul style="list-style-type: none"> ▪ Personal income of \$100,000 or more (95%) ▪ 55 years or older (95%) ▪ In a relationship (92%) ▪ French mother tongue (92%) ▪ Low distress index (less than 13) (91%)
Do you perceive your life as a source of personal satisfaction?	84	<ul style="list-style-type: none"> ▪ Personal income of \$100,000 or more (96%) ▪ 55 years or older (96%) ▪ Low distress index (less than 13) (91%) ▪ Born elsewhere (92%) ▪ In a relationship (90%) ▪ University graduate (90%) ▪ Experienced at least one situation in relation to COVID-19 (88%) ▪ French mother tongue (88%)

Statements	% No	Significantly greater differences
Do you feel that things that happen to you are difficult to understand?	60	<ul style="list-style-type: none"> • Personal income of \$100,000 or more (77%) • 55 years or older (74%) • Low distress index (less than 13) (67%) • University graduate (66%) • Is in a relationship (65%) • French mother tongue (64%) • Has no children under 18 (62%) • Born in Canada (62%)

Chapter 4



CONSULTING RESOURCES

- Consultation with a physician
- Consultation with a psychosocial worker
- Remote vs. in-person consultation
- Accessibility to video consultation equipment
- Video consultation
- Level of knowledge of services
- Likelihood of consulting a resource

CONSULTATION WITH A PHYSICIAN

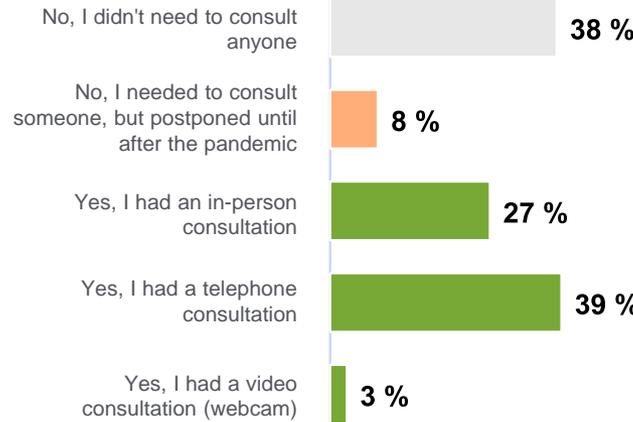


Q23a. Have you consulted a physician since the beginning of the pandemic?

Base: All men, excluding non-response, n: 1,568

Three possible responses for “yes,” total exceeds 100%.

% Mother tongue			% CIUSSS				
Franco (n: 1,145)	Anglo (n: 323)	Other (n: 175)	Ouest (n: 288)	Centre-Ouest (n: 289)	Centre-Sud (n: 336)	Nord (n: 326)	Est (n: 329)
38	39	38	42	32	39	41	37
7	10	5	11	8	8	7	5
28	24	32	22	31	28	24	31
41	37	34	37	42	37	41	38
4	3	3	2	5	5	3	3



The following subgroups are more likely to have answered “Yes”:

- 55 years or older (71%)
- Two-person household (62%)
- Not currently working (61%)
- University graduate (59%)
- Has no children under 18 (56%)

54%

One in two (54%) men in Montréal have consulted a physician since the beginning of the pandemic. However, the results of the men’s survey conducted in 2018³ suggest that consultation was much lower during the pandemic than in normal times. Indeed, 82% of the respondents to this survey said they had consulted a physician in the past year.

Telephone and in-person consultations were by far the most frequent during the pandemic. Respondents aged 65 or older (41%), those who have experienced at least one situation in relation to COVID-19 (32%), those not currently working (32%), and university graduates (31%) were **more likely to have had in-person consultations**.

It is also important to note that a small proportion of the respondents who **needed to consult** postponed their consultation **because of the pandemic**.

³ Survey of male Quebecers (CIUSSS on the Island of Montreal) conducted by SOM in October 2018 on behalf of the Regroupement provincial en santé et bien-être des hommes (RPSBEH). The same methodologies and data processing parameters were used for both studies, allowing for statistical comparison.

CONSULTATION WITH A PHYSICIAN

LOCATION OF IN-PERSON CONSULTATION

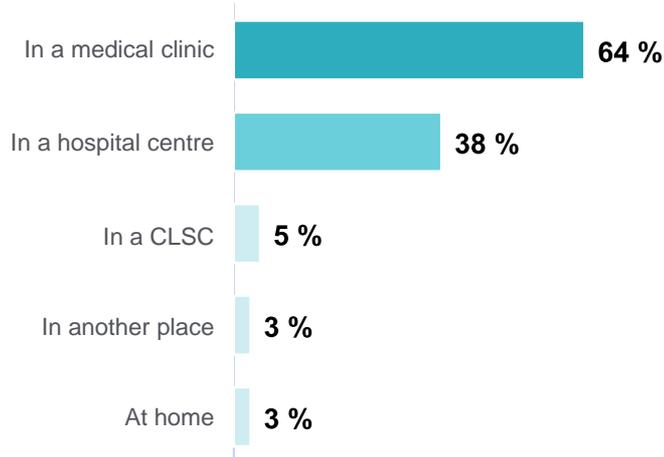


Q24a. Where did you consult your physician in person?

Base: Men who visited a physician in person, excluding non-response, n: 454

Five possible responses, total exceeds 100%.

% Mother tongue			% CIUSSS				
Franco (n: 338)	Anglo (n: 91)	Other (n: 50)	Ouest (n: 80)	Centre-Ouest (n: 83)	Centre-Sud (n: 103)	Nord (n: 86)	Est (n: 102)
63	60	72	64	64	59	66	66
41	40	32	41	37	51	43	28
6	7	4	4	4	10	3	6
2	5	2	4	6	2	2	1
2	6	1	-	4	3	1	4



With nearly two thirds of the respondents (64%), the medical clinic is by far the most mentioned location for in-person consultations.

This result is similar for all subgroups studied.

CONSULTATION WITH A PSYCHOSOCIAL WORKER



Q26a. Have you consulted a psychosocial worker (social worker, psychologist, other) since the beginning of the pandemic?

Base: All men, excluding non-response, n: 1,563

Three possible responses for “yes,” total exceeds 100%.

% Mother tongue			% CIUSSS				
Franco (n: 1,143)	Anglo (n: 322)	Other (n: 172)	Ouest4 (n: 288)	Centre-Ouest (n: 289)	Centre-Sud (n: 332)	Nord (n: 328)	Est (n: 326)
83	77	84	84	77	80	81	87
5	11	3	7	8	6	7	4
5	6	8	4	5	9	5	7
4	3	7	4	6	3	5	2
4	5	6	2	5	4	5	4

No, I didn't need to consult anyone **82 %**

No, I needed to consult someone, but postponed until after the pandemic **6 %**

Yes, I had an in-person consultation **6 %**

Yes, I had a telephone consultation **4 %**

Yes, I had a video consultation (webcam) **4 %**

12%

The following subgroups are more likely to have answered “Yes”:

- Homosexual (23%)
- High distress index (13 or higher) (19%)
- Personal income under \$35,000 (17%)
- 18 to 34 years (17%)
- Currently working (14%)

A large proportion of the respondents (82%) said they had not needed to consult a psychosocial worker since the beginning of the pandemic. This is more than double the proportion of people who have not consulted a physician (38%, p. 33). The annual consultation rate was 17% in 2018⁴.

Among those who had consulted, there was a **greater proportion** of homosexuals, men with a high distress index, and individuals with low incomes.

⁴ Survey of male Quebecers (CIUSSS on the Island of Montreal) conducted by SOM in October 2018 on behalf of the Regroupement provincial en santé et bien-être des hommes (RPSBEH). The same methodologies and data processing parameters were used for both studies, allowing for statistical comparison.

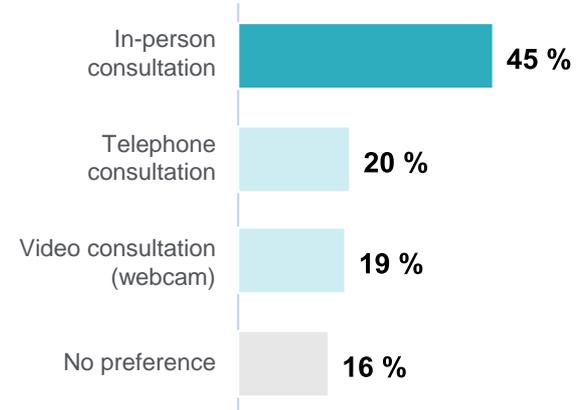
PREFERRED METHOD OF CONSULTATION PHYSICIAN



Q25. What would be your preference to consult a physician or other health care professional in the context of a pandemic?

Base: All men, excluding non-response, n: 1,567

% Mother tongue			% CIUSS				
Franco (n: 1,147)	Anglo (n: 321)	Other (n: 173)	Ouest (n: 290)	Centre-Ouest (n: 290)	Centre-Sud (n: 333)	Nord (n: 325)	Est (n: 329)
47	40	45	40	45	52 ↑	46	42
21	21	14	19	21	12 ↓	19	25 ↑
18	19	27	20	19	19	21	19
14	20	14	21 ↑	15	17	14	14



Despite the pandemic, 41% of the men surveyed in Montréal still prefer to consult a physician or other health care professional in-person.

Men **who do not** work from home **are more likely** to consult in-person (58%). Other significant differences are presented on page 38.

PREFERRED METHOD OF CONSULTATION

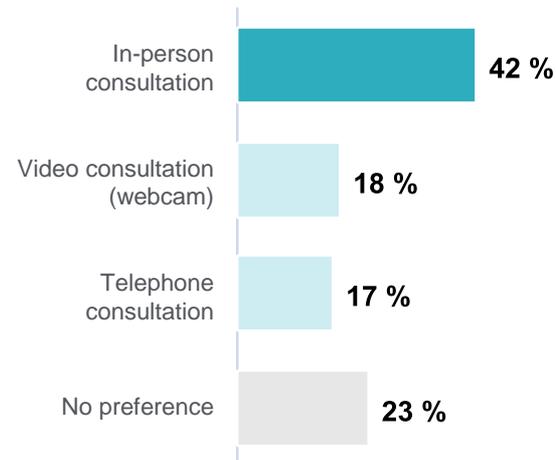
PSYCHOSOCIAL WORKER



Q27. What would be your preference to consult a psychosocial worker (social worker, psychologist, other) in the context of a pandemic?

Base: All men, excluding non-response, n: 1,543

% Mother tongue			% CIUSSS				
Franco (n: 1,129)	Anglo (n: 318)	Other (n: 170)	Ouest (n: 280)	Centre-Ouest (n: 288)	Centre-Sud (n: 328)	Nord (n: 321)	Est (n: 326)
45 ↑	35 ↓	41	37	39	47	37	48
18	16	15	18	17	11 ↓	22	18
18	18	17	18	20	20	19	14
19 ↓	30 ↑	27	27	24	22	22	20



Similar to physician consultation, in-person consultation is the most mentioned method of consultation (42%) for psychosocial workers.

This option is **particularly popular** among Montréal men who work on premises only, those with a high distress index, those with a high school diploma or less education, and those who have experienced at least one situation in relation to COVID-19.

In addition, people who work from home and university graduates are **more likely** to choose video consultations.

PREFERRED METHOD OF CONSULTATION

SIGNIFICANT DIFFERENCES



Q25. and Q27. What would be your preference to consult... in the context of a pandemic?

Base: All men, excluding nonresponse

Physician

Psychosocial worker

Response options	%	Other significantly higher differences	%	Other significantly higher differences
In-person consultation	45	<ul style="list-style-type: none"> Working on premises only (58%) 	42	<ul style="list-style-type: none"> High distress index (13 or higher) (55%) 25 to 34 years (53%) Working on premises only (51%) No diploma, SSGD, or SSVD (50%) Experienced at least one situation in relation to COVID-19 (47%)
Video consultation	20	<ul style="list-style-type: none"> 55 to 64 years (26%) 	18	<ul style="list-style-type: none"> Working from home only (27%) University graduate (23%)
Telephone consultation	19	<ul style="list-style-type: none"> Working from home only (31%) Personal income of \$100,000 or more (29%) 	17	<ul style="list-style-type: none"> No other significantly greater difference
No preference	16	<ul style="list-style-type: none"> Working from home only (19%) 	23	<ul style="list-style-type: none"> 65 years or older (31%) Did not experience a situation in relation to COVID-19 (27%) Working from home only (26%)

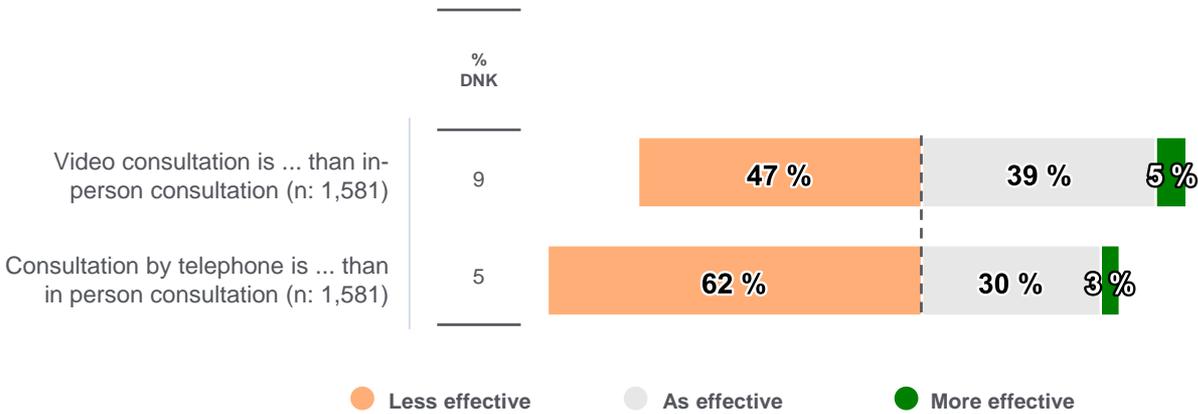
REMOTE VS. IN-PERSON CONSULTATION



Q28. Telephone and video consultations have been used extensively in the context of the pandemic. We would like to know your perception of these modes of consultation. Compared to face-to-face consultation...

Base: All men

% of "more effective" responses



% Mother tongue		
Franco	Anglo	Other
4	4	6
3	3	2

% CIUSSS				
Ouest	Centre-Ouest	Centre-Sud	Nord	Est
5	5	2	6	5
5	1	3	4	1

Compared to in-person consultations, telephone consultations are clearly perceived as less effective, whereas the perceived effectiveness of video consultations isn't as clear-cut. Indeed, a small proportion of the men surveyed in Montréal believe that remote consultations are more effective than in-person consultations, despite the pandemic.

Workers (6%) are more likely to think that video consultations are more effective.

In terms of the effectiveness of telephone consultations, no subgroup stood out.

ACCESSIBILITY TO VIDEO CONSULTATION EQUIPMENT

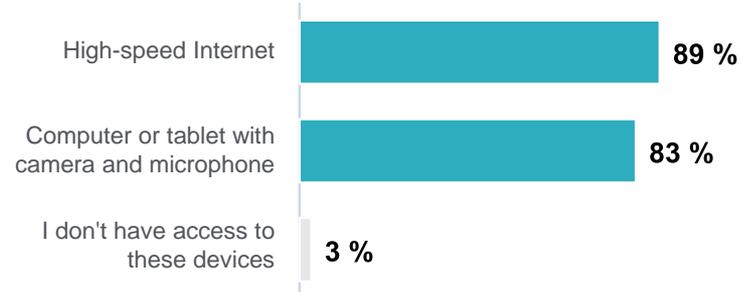


Q29a. For video consultations, do you have access to the following equipment?

Base: All men, excluding non-response, n: 1,556

Two possible answers, total exceeds 100%.

% Mother tongue			% CIUSSS				
Franco (n: 1,133)	Anglo (n: 324)	Other (n: 174)	Ouest (n: 287)	Centre-Ouest (n: 286)	Centre-Sud (n: 331)	Nord (n: 326)	Est (n: 326)
91 ↑	87	86	89	89	91	86	90
85	77 ↓	87	82	85	83	80	84
2	3	6	3	2	1	7 ↑	2



The pandemic and lockdown measures associated with the COVID-19 situation have made access to high-speed Internet and a computer or tablet equipped with a camera and microphone almost essential. It is therefore important to note that 3% of the men surveyed do not have access to both high-speed Internet and the required equipment, and at least 17% do not have access to one or the other.

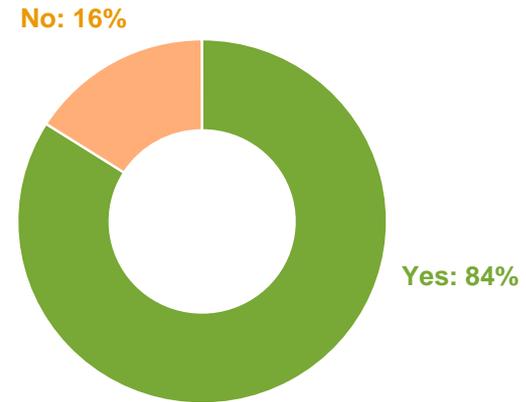
Access to both high-speed Internet and the required equipment is a problem for 7% of the men residing in the CIUSSS du Nord-de-l'Île-de-Montréal territory.

Men with a family income under \$35,000 and those with a high school diploma or less education are **less likely** to have access to both high-speed Internet and the required equipment. Men with a **high distress index** are also **less likely** to have access to high-speed Internet.

Q30. For video consultations, do you have access to a place where you can chat in complete confidentiality?

Base: All men, excluding non-response, n: 1,553

% Mother tongue			% CIUSSS				
Franco (n: 1,132)	Anglo (n: 319)	Other (n: 175)	Ouest (n: 286)	Centre-Ouest (n: 286)	Centre-Sud (n: 330)	Nord (n: 325)	Est (n: 326)
85	79 ↓	83	83	80	84	84	87



In a video consultation, it is essential that clients have a place to talk in confidence. The vast majority of the respondents have access to this (84%).

However, one in six men surveyed in Montréal (16%) do **not have access** to such a place. This is particularly true of those with a lower income and Anglophones.

The following other subgroups are less likely to have answered “yes”:

- Personal income under \$35,000 (79%)
- Three- or four-person household (74%)
- 18 to 24 years (69%)

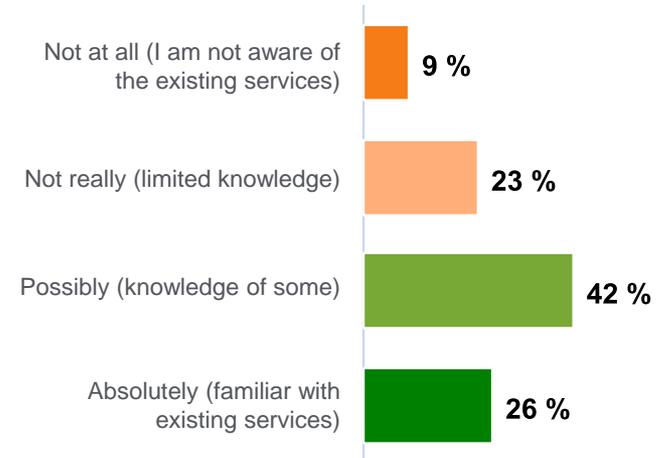
LEVEL OF KNOWLEDGE OF SERVICES



Q31. If you had a personal, family, or health problem, would you know where to go for services?

Base: All men, excluding non-response, n: 1,556

% Mother tongue			% CIUSSS				
Franco (n: 1,138)	Anglo (n: 318)	Other (n: 175)	Ouest (n: 287)	Centre-Ouest (n: 289)	Centre-Sud (n: 330)	Nord (n: 323)	Est (n: 327)
8	10	8	12	10	12	7	6
21	22	32 ↑	22	22	21	21	27
42	42	40	36	35	50 ↑	46	42
28	26	20	30	33 ↑	17 ↓	26	25



Despite the abundance of government information campaigns promoting the resources available in the event of a personal, family, or health problem in relation to the pandemic, one third of the men in Montréal (32%) have limited knowledge of the services available to them.

Men with a high distress index and those with a high school diploma or less education are **more likely** to have **limited knowledge** of the services in place to help them.

LEVEL OF KNOWLEDGE OF SERVICES

SIGNIFICANT DIFFERENCES



Q31. If you had a personal, family, or health problem, would you know where to go for services?

Base: All men, excluding non-response, n: 2,703

Response options	%	Other significantly higher differences
Not at all (I am not aware of the existing services)	9	<ul style="list-style-type: none"> • High distress index (13 or higher) (21%) • 25 to 44 years (14%) • No diploma, SSGD, or SSVD (12%)
Not really (I know very few)	23	<ul style="list-style-type: none"> • High distress index (13 or higher) (37%) • 25 to 34 years (31%) • No diploma, SSGD, or SSVD (28%)
Possibly (I know some of them)	42	<ul style="list-style-type: none"> • Low distress index (less than 13) (46%)
Absolutely (I am familiar with the existing services)	26	<ul style="list-style-type: none"> • Personal income of \$100,000 or more (41%) • 45 years or older (35%) • Low distress index (less than 13) (29%) • University graduate (29%) • Born in Canada (28%)

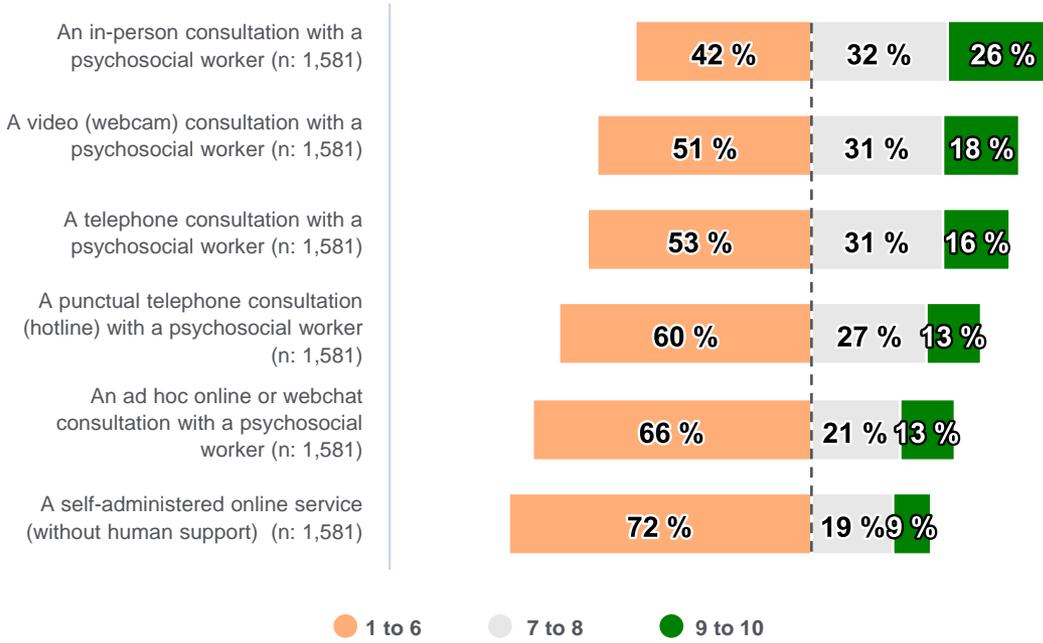
LIKELIHOOD OF CONSULTING A RESOURCE



Q32. If you had significant psychosocial difficulties, what is the likelihood that you would use the following services if a provider recommended them to you?

Base: All men, excluding nonresponse

Average



Total	Mother tongue			% CIUSSS				
	Franco	Anglo	Other	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
6.7	6.7	6.7	6.6	6.5	6.7	6.7	6.8	6.7
6.1	6.0	6.2	6.0	6.2	6.2	5.8	6.1	6.0
6.1	6.0	6.3	6.1	6.1	6.4 ↑	5.9	6.1	6.1
5.7	5.6	6.0 ↑	5.7	5.8	6.1 ↑	5.4	5.6	5.7
5.2	5.0 ↓	5.7 ↑	5.5	5.5	5.6	4.8 ↓	5.0	5.3
4.7	4.4 ↓	5.1 ↑	5.3 ↑	4.8	4.9	4.4	4.6	4.7

Overall, the likelihood of consulting a psychosocial worker is low. Furthermore, the further away you are from in-person human contact, the less likely respondents are to consult.

Of concern is the fact that men with a lower income and those with less education are less likely to consult a psychosocial worker in person, by video, by phone, or through an ad hoc consultation service.

LIKELIHOOD OF CONSULTING RESOURCES

SIGNIFICANT DIFFERENCES



Q32. If you had significant psychosocial difficulties, what is the likelihood that you would use the following services if a provider recommended them to you?

Base: All men, excluding nonresponse

Statements	Average	Other significantly lower differences
An in-person consultation with a psychosocial worker	6.7	<ul style="list-style-type: none"> Personal income under \$35,000 (6.3) Single (6.2) No diploma, SSGD, or SSVD (6.1)
A video (webcam) consultation with a psychosocial worker	6.1	<ul style="list-style-type: none"> Has no children under 18 (6.0) Not currently working (5.8) 65 years of age or older (5.7) Personal income under \$35,000 (5.6) No diploma, SSGD, or SSVD (5.6)
A consultation by telephone with a psychosocial worker	6.1	<ul style="list-style-type: none"> Personal income under \$35,000 (5.9) No diploma, SSGD, or SSVD (5.7)
A punctual consultation service by telephone (hotline)	5.7	<ul style="list-style-type: none"> Has no children under 18 (5.6) Personal income under \$35,000 (5.3) Single (5.3) No diploma, SSGD, or SSVD (5.3) 25 to 34 years old (5.2)
An online or text chat service providing ad hoc support with a psychosocial worker	5.2	<ul style="list-style-type: none"> Has no children under 18 (5.1) 65 years of age or older (4.7)
A self-administered online service (without human support)	4.7	<ul style="list-style-type: none"> 65 years of age or older (4.1)

A network diagram background consisting of a complex web of thin, light blue lines connecting various nodes. The nodes are represented by small circles in shades of teal, light blue, and grey. Some nodes are larger and more prominent than others, and the overall structure is dense and interconnected.

Conclusions

NOTE

The Comité régional en santé et bien-être des hommes de la région de Montréal and its scientific committee are best placed to interpret the results of this survey in detail and compare them to the literature in the field because of their extensive knowledge of men's health and psychosocial intervention resources. In conclusion, we propose a few findings that emerge from the data and possible avenues for identifying strategies to improve the delivery of health and social services to adapt to the current context.

More than ten months after it began, the COVID-19 pandemic has already left deep marks on the lives of male Quebecers, and even more so on those in Montréal. Overall, the impact on daily life was rather or very negative for three quarters of them, greatly affecting their social life, physical and mental health, as well as sexual life. It seems important to note that the picture for couple and parental relationships is somewhat more encouraging; although some men report a deterioration in these relationships, an almost equal proportion report that they have improved slightly or greatly. However, concerns about children are exacerbated by the pandemic, with a large proportion of fathers reporting being slightly or much more concerned than before the pandemic about various aspects of their lives.

Half of the men in Montréal found it rather or very difficult to adapt to the new situation, and distress is high: one in five men have a score of 13 or higher, and the proportions rise to even more alarming levels in several subgroups (people aged 18 to 34, Anglophones, men with a low income, singles, and those with a high school diploma or less education).

Possibly due to fears about the spread of the virus, men also appear to have sought less medical or psychosocial help than in "normal" times. Men in Montréal were more likely to consult a health professional or psychosocial worker by telephone than in person.

For a consultation with a psychosocial worker, video consultations are perceived as more effective than telephone consultations and have the highest likelihood of use after in-person consultations. However, its use remains much more limited than in-person consultations. This situation seems somewhat surprising since the vast majority of the men surveyed in Montréal have the technological tools to access these services (slightly less so for low-income men). The answer may lie in the services, or rather in a lack of awareness thereof: only a quarter of the men say they are fully familiar with the services available, with an even lower proportion among men with a high distress index, that is, those who are most in need of such services.

Being in the presence of a physician or psychosocial worker during the consultation, or at least seeing their face or hearing their voice, is important to the men surveyed and increases the likelihood they will use the services. Ad hoc telephone (hotline), chat, text, or self-administered psychosocial services would have a relatively low likelihood of use among all men in general, with an even lower likelihood among those with a low income and those with a high school diploma or less education.

Increasing the proportion of video consultations seems to be an interesting avenue to improve the delivery of health and social services, but solutions must also be found to first make the service offer known to those who need it most and convince them to use it.

A network diagram in the top right corner, featuring a complex web of interconnected nodes and lines. The nodes are represented by small circles in various shades of teal and grey, connected by thin, light teal lines. Some nodes are highlighted with larger, semi-transparent teal circles.

Appendix 1

RESPONDENT PROFILE

Sociodemographic Profile

Job Profile

SOCIODEMOGRAPHIC PROFILE



	Male Quebecers %	Francophones %	Anglophones %	Other %
AGE	(n: 1,581)	(n: 1,153)	(n: 328)	(n: 175)
18 to 24 years old	8	7	12 ↑	11
25 to 34 years old	22	20	29 ↑	20
35 to 44 years old	21	20	19	25
45 to 54 years old	14	13	12	22 ↑
55 to 64 years old	17	20 ↑	11 ↓	14
65 years or more	18	20	17	9 ↓
EDUCATION	(n: 1,569)	(n: 1,145)	(n: 326)	(n: 174)
None/secondary/SSVD	35	34	34	37
CEGEP/College	18	18	17	20
University	47	48	50	42
AREAS – ISLAND OF MONTREAL	(n: 1,581)	(n: 1,153)	(n: 328)	(n: 175)
Ouest	18	13 ↓	33 ↑	11
Centre-Ouest	18	13 ↓	32 ↑	18
Centre-Sud	17	19 ↑	13 ↓	10 ↓
Nord	21	24	12 ↓	32 ↑
Est	26	31 ↑	10 ↓	30

SOCIODEMOGRAPHIC PROFILE (CONTINUED)



	Male Quebecers %	Francophones %	Anglophones %	Other %
GROSS PERSONAL INCOME	(n: 1,441)	(n: 1,058)	(n: 294)	(n: 160)
Less than \$15,000	13	7 ↓	19 ↑	22 ↑
Between \$15,000 and \$24,999	11	10	11	12
Between \$25,000 and \$34,999	13	13	12	21 ↑
Between \$35,000 and \$54,999	21	24 ↑	19	10 ↓
Between \$55,000 and \$74,999	17	19	13	16
Between \$75,000 and \$99,999	13	14	14	8 ↓
\$100,000 or more	12	12	12	11
LANGUAGE SPOKEN AT HOME	(n: 1,575)	(n: 1,152)	(n: 326)	(n: 175)
French	55	86 ↑	4 ↓	14 ↓
English	36	12 ↓	93 ↑	35
Other	9	2 ↓	3 ↓	51 ↑
MOTHER TONGUE	(n: 1,575)	(n: 1,153)	(n: 328)	(n: 175)
Francophones	61	100 ↑	14 ↓	7 ↓
Anglophones	29	7 ↓	100 ↑	10 ↓
Other	16	2 ↓	5 ↓	100 ↑

SOCIODEMOGRAPHIC PROFILE (CONTINUED)



	Male Quebecers %	Francophones %	Anglophones %	Other %
PLACE OF BIRTH Base: All men	(n: 1,556)	(n: 1,141)	(n: 322)	(n: 172)
Canada	79	85 ↑	85 ↑	43 ↓
Elsewhere in the world	21	15 ↓	15 ↓	57 ↑
How long have you lived in Quebec? Base: Men who were not born in Canada	(n: 321)	(n: 180)	(n: 52)	(n: 110)
Less than 5 years	13	16	21	6 ↓
Between 5 and 10 years	14	14	16	14
Over 10 years	73	70	63	80
SEXUAL ORIENTATION Base: All men	(n: 1,546)	(n: 1,132)	(n: 319)	(n: 169)
Heterosexual	81	79	85	84
Homosexual	13	15	11	10
Bisexual	3	4	2	3
Pansexual	1	1	1	-
Asexual	1	-	1	1
Other	1	1	-	2

EMPLOYMENT PROFILE BEFORE THE PANDEMIC



	Male Quebecers %	Francophones %	Anglophones %	Other %
EMPLOYMENT STATUS BEFORE THE PANDEMIC	(n: 1,579)	(n: 1,151)	(n: 328)	(n: 175)
Workers	64	64	65	71
Non-workers	36	36	35	29
DETAILED EMPLOYMENT STATUS BEFORE THE PANDEMIC	(n: 1,579)	(n: 1,151)	(n: 328)	(n: 175)
● Full-time employee	49	50	47	56
● Part-time employee	18	5	8	7
● Self-employed	9	8	9	7
Student	9	7 ↓	10	13
Retired	5	22 ↑	13 ↓	7 ↓
Looking for a job	4	3 ↓	8 ↑	1
Social or disability benefit recipient	3	3	3	4
● On sick leave	1	1	1	1
At home	1	- ↓	1	3
Other	1	1	1	-

JOB PROFILE

CURRENT



	Male Quebecers %	Francophones %	Anglophones %	Other %
EMPLOYMENT STATUS <u>CURRENT</u>	(n: 1,579)	(n: 1,151)	(n: 328)	(n: 175)
Workers	58	59	59	59
Non-workers	42	41	41	41
DETAILED EMPLOYMENT STATUS <u>CURRENT</u>	(n: 1,579)	(n: 1,151)	(n: 328)	(n: 175)
● Full-time employee	42	45	38	42
Retired	19	23 ↑	13 ↓	9 ↓
● Self-employed	8	8	9	5
Student	7	5 ↓	8	12 ↑
● Part-time employee	7	5 ↓	10 ↑	8
Looking for a job	6	5	10	4
● On temporary layoff due to COVID-19	4	3 ↓	4	8
Social or disability benefit recipient	3	3	2	5
● On sick leave	2	2	2	3
At home	1	1	1	2
Other	1	1	2	-
SITUATION OF CURRENT WORKERS Base: Employed men	(n: 915)	(n: 657)	(n: 201)	(n: 112)
Working from home only	40	40	46	34
Working on premises only	34	32	30	43
Working on premises and from home	19	19	20	17
Working outside the home	7	9	4	5

A decorative background on the right side of the page featuring a network diagram. It consists of numerous small, semi-transparent teal and grey circular nodes connected by thin, light teal lines, creating a complex web-like structure. The nodes vary in size and some have a white outline, while the lines are thin and light-colored.

Appendix 2

DETAILED METHODOLOGY

This appendix provides all relevant information regarding the conduct of the study. It contains the detailed methodology and administrative results of the survey, so as to clearly specify the limitations of the study and the scope of the results and, if necessary, to reproduce the study according to the same research protocol.

SAMPLING DESIGN

Target population

Adult male Quebecers living on the island of Montreal who can complete a questionnaire in English or French.

Sampling frames

1. The SOM Gold web panel of the Island of Montreal. This is a probability panel made up of Internet users randomly recruited as part of our telephone surveys of the general adult population.
2. Two non-probability external panels.

Sampling plan

A sample of the Gold panel members was drawn using an algorithm designed to be as representative as possible of the target population.

The goal was to have 1,500 respondents on the Island of Montreal. Quotas of 300 respondents were applied for the territories of the eight CIUSSS on the Island, and another quota was added to obtain a total of 350 Anglophone respondents*. The breakdown of completed questionnaires is as follows:

- 1,581 respondents;
- 292 for Ouest, 294 for Centre-Ouest, 336 for Centre-Sud, 329 for Nord, and 330 for Est;
- 328 respondents with English as their mother tongue.

QUESTIONNAIRE

The questionnaire was developed by the client and then reviewed, translated, and programmed by SOM. The final questionnaire was then submitted to the client for approval. The questionnaire could be completed in either English or French, at the option of the respondent. The final version of the questionnaire is presented in Appendix 3.

DATA COLLECTION

Collection period

January 13 to 31, 2021.

Collection method

- Self-administered questionnaire via the Internet.
- SOM's web Gold panel: email invitations managed by SOM.
- External panels: email invitations managed by external suppliers.
- Web collection on SOM's servers.
- Reminders were sent to selected subgroups to increase the response rate.

* In this study, Anglophones were defined based on the mother tongue criterion.

DETAILED METHODOLOGY (CONTINUED)



DATA COLLECTION (CONTINUED)

Administrative results of the collection

Detailed results are presented on the following pages for the Gold panel and one of the two external panels.

Response rate

- SOM's Gold panel: 19.7% on the Island of Montreal (1,031 of 1,077 respondents) – page 61
- SOM's Gold panel: 23.7% (12 of 1,069 respondents) – page 62
- First external panel: 13.4% (533 of 568 respondents) – page 63
- Second external panel (5 respondents): not available (number of invitations sent not provided).

DETAILED METHODOLOGY (CONTINUED)



DETAILED ADMINISTRATIVE RESULTS Island of Montreal

RESPONSE RATE CALCULATION

WEB SURVEY RESULTS		Email indicating refusal to respond	0
Sample size	5,738	Unsubscribed	26
Number of interviews targeted	1,500	Interview rejected following quality check	1
INVITATIONS SENT		TOTAL ATTACHED UNITS (C)	1,212
Invitations sent (A)	5,728	NON-ATTACHED UNITS	
Blacklisted email addresses	13	Remote email server not responding or in trouble	0
Failures when sending email	4	User quota exceeded	2
RESPONDING ATTACHED UNITS		Anti-spam detection	0
Completed questionnaires	1,077	Other unrecognized return messages	9
Outside the target population	21	Total non-attached units (D)	11
Access when a quota is reached	27	NON-EXISTENT UNITS	
Total responding attached units (B)	1,125	Invalid email addresses (user@)	11
LATE ATTACHED UNITS		Invalid email address (@domain)	0
Access when stratum collection completed	1	Duplicate	0
Access when collection completed	3	Total non-existent units (E)	11
NON-RESPONDING ATTACHED UNITS		ACCESS RATE (C/(A-E))	21.2%
Abandonment during the questionnaire	56	RESPONSE RATE AMONG ATTACHED UNITS (B/C)	92.8%
Automatic email reply (absence of respondent)	0	RESPONSE RATE (B/(A-E))	19.7%

DETAILED METHODOLOGY (CONTINUED)



DETAILED ADMINISTRATIVE RESULTS Elsewhere in Québec

RESPONSE RATE CALCULATION

WEB SURVEY RESULTS		Email indicating refusal to respond	0
Sample size	4,770	Unsubscribed	23
Number of interviews targeted	1,000	Interview rejected following quality check	5
INVITATIONS SENT		TOTAL ATTACHED UNITS (C)	1,318
Invitations sent (A)	4,752	NON-ATTACHED UNITS	
Blacklisted email addresses	7	Remote email server not responding or in trouble	0
Failures when sending email	12	User quota exceeded	3
RESPONDING ATTACHED UNITS		Anti-spam detection	0
Completed questionnaires	1,069	Other unrecognized return messages	1
Outside the target population	18	Total non-attached units (D)	4
Access when a quota is reached	38	NON-EXISTENT UNITS	
Total responding attached units (B)	1,125	Invalid email addresses (user@)	6
LATE ATTACHED UNITS		Invalid email address (@domain)	0
Access when stratum collection completed	109	Duplicate	0
Access when collection completed	14	Total non-existent units (E)	6
NON-RESPONDING ATTACHED UNITS		ACCESS RATE (C/(A-E))	27.8%
Abandonment during the questionnaire	42	RESPONSE RATE AMONG ATTACHED UNITS (B/C)	85.4%
Automatic email reply (absence of respondent)	0	RESPONSE RATE (B/(A-E))	23.7%

DETAILED METHODOLOGY (CONTINUED)



DETAILED ADMINISTRATIVE RESULTS First external panel

RESPONSE RATE CALCULATION

WEB SURVEY RESULTS		Email indicating refusal to respond	0
Sample size	5,000	Unsubscribed	0
Number of interviews targeted	99,999	Interview rejected following quality check	19
INVITATIONS SENT		TOTAL ATTACHED UNITS (C)	708
Invitations sent (A)	5,000	NON-ATTACHED UNITS	
Blacklisted email addresses	0	Remote email server not responding or in trouble	0
Failures when sending email	0	User quota exceeded	0
RESPONDING ATTACHED UNITS		Anti-spam detection	0
Completed questionnaires	568	Other unrecognized return messages	0
Outside the target population	16	Total non-attached units (D)	0
Access when a quota is reached	87	NON-EXISTENT UNITS	
Total responding attached units (B)	671	Invalid email addresses (user@)	0
LATE ATTACHED UNITS		Invalid email address (@domain)	0
Access when stratum collection completed	0	Duplicate	0
Access when collection completed	0	Total non-existent units (E)	0
NON-RESPONDING ATTACHED UNITS		ACCESS RATE (C/(A-E))	14.2%
Abandonment during the questionnaire	18	RESPONSE RATE AMONG ATTACHED UNITS (B/C)	94.8%
Automatic email reply (absence of respondent)	0	RESPONSE RATE (B/(A-E))	13.4%

WEIGHTING AND TREATMENT The distributions used for the weighting of the respondents on the Island of Montreal are as follows:

- Age distribution (under 45, 45-64, 65 or over) by the five CIUSSS territories;
- Men living in a couple by the same five territories;
- Men aged 65 or older living alone by the same five territories;
- Aggregated education (none/secondary/SSVD, college, university) by the same five territories;
- Language spoken at home (French vs. other) by the same five territories.

Population data used: 2016 census and client data.

Method: A 10-iteration multivariate weighting using the raking ratio estimation method is performed to ensure accurate representation of all distributions.

MARGINS OF ERROR The data were processed using the specialized MACTAB software package. The results for each question are presented in a banner format that includes the variables relevant to the analysis of the results.

Note that part of the sample consists of a non-probability panel (non-probability external panel). The margins of error presented for information purposes only.

The margins of error on the next page take into account the design effect. The design effect occurs when completed interviews are not distributed proportionally to the original population according to the segmentation or weighting variables. The design effect is the ratio of the sample size to the size of a simple random sample with the same margin of error. This is a useful statistic for estimating margins of error for subgroups of respondents. For example, in the table on the next page, the margin of error is the same as for a simple random sample size of 802 ($1,581 \div 1.971$).

The table on the following page shows the study's margins of error (taking into account the design effect) based on the value of the estimated proportion.

MARGIN OF ERROR BASED ON THE ESTIMATED PROPORTION

	Territories					
	TOTAL	Ouest	Centre-Ouest	Centre-Sud	Nord	Est
NUMBER OF INTERVIEWS	1,581	292	294	336	329	330
DESIGN EFFECT	1.971	1.560	1.679	1.461	1.839	2.522
PROPORTION:						
99% or 1%	0.7%	1.4%	1.5%	1.3%	1.5%	1.7%
95% or 5%	1.5%	3.1%	3.2%	2.8%	3.2%	3.7%
90% or 10%	2.1%	4.3%	4.4%	3.9%	4.4%	5.1%
80% or 20%	2.8%	5.7%	5.9%	5.2%	5.9%	6.9%
70% or 30%	3.2%	6.6%	6.8%	5.9%	6.7%	7.9%
60% or 40%	3.4%	7.0%	7.3%	6.3%	7.2%	8.4%
50% (MAXIMUM MARGIN)	3.5%	7.2%	7.4%	6.5%	7.3%	8.6%

* The margin of error varies depending on the value of the estimated proportion; it is greater when the proportion is close to 50% and smaller as the proportion moves away from 50%.

A decorative background on the right side of the slide featuring a network diagram. It consists of numerous small teal and grey dots connected by thin, light teal lines, forming a complex web of connections. Some dots are larger and more prominent than others.

Appendix 3

QUESTIONNAIRE



QUESTIONNAIRE ON MEN AND COVID-19

ROHIM

/*

Légende

*texte	On utilise l'astérisque pour signaler un texte de question, un commentaire ou un choix de réponses non lu qui apparaît à l'intervieweur lors de l'entrevue.
...	Indique l'endroit où les choix de réponses sont à lire dans le texte de la question.
/*texte*/	Le texte entouré par « /*...*/ » est une note explicative qui n'apparaît pas à l'intervieweur lors de l'entrevue.
NSP	Choix de réponses : Ne sait pas
NRP	Choix de réponses : Ne répond pas (refus)
NAP	Choix de réponses : Non applicable (sans objet)
->, ->>	Signifie « Passez à la question »
->sortie	Valide avec l'intervieweur que le répondant n'est pas admissible, termine l'entrevue et la classe comme « inadmissible ».
->fin	Termine l'entrevue et la classe comme « Complétée »
1=, 1=	Lorsque tous les choix de réponses sont précédés de « 1= », il s'agit d'une question pouvant comporter plusieurs réponses (chaque choix est oui ou non).
1=, 2=, ...	Lorsque les choix de réponses sont précédés de « 1=..., 2=..., etc. », une seule réponse est possible à moins d'indications contraires (par exemple : « 3 mentions »).
Q_Slcal, Q_INcal	Les questions commençant par « Q_Sl... » ou par « Q_IN... » sont des questions filtres ou des directives techniques permettant de lire des informations de l'échantillon, de compléter automatiquement certaines questions, de faire un branchement complexe, etc. Une note explicative, placée avant la question filtre ou la directive technique, précise la fonction remplie par cette dernière.
*/	

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

/* Notes pour l'invitation

Hello,

The survey firm SOM is conducting a survey on behalf of public and community service organizations that work in the health and social services field. The survey aims to better understand the impact of the pandemic on men's lives. Questions will be asked about your state of health, your family life, your needs and your use of services.

In addition to advancing scientific knowledge, the results will help organizations to offer health and social services that are better adapted to men. All information will be kept anonymous and confidential. Furthermore, you will have the option of not answering all the questions if you wish and to end your participation at any time.*/

Q_Bi Welcome to the questionnaire!
->>CONSENT

Q_MP *Password* _____
Q_PID *Panelist ID Leger*
Q_PSID *Session ID Dynata*

Q_CONSENT The results of this study will be analyzed by researchers and possibly published. To this end, the scientific process requires consent from respondents.

As indicated in the invitation email, all information will be kept anonymous and confidential. You will also have the option of not answering all the questions if you wish and to end your participation at any time.

1=I agree to participate in this study
2=I prefer not to participate->out

Q_AGER What is your age group?

1=18-24 years old
2=25-34 years old
3=35-44 years old
4=45-54 years old
5=55-64 years old
6=65 years old and over

Q_SE12 You are...

1=A man
2=A woman->out

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_34a What is the language you first learned at home as a child and still understand (mother tongue)?

*Choix Multiples
*ChoixMinMax=1,3
*selectif=99

1=French
2=English
90=Other (specify in the box below) <specify>
99=I prefer not to answer

Q_CP What is the 3 first digits of your postal code?
<< _____[e.g., **G1G**]>>

*codepostal
->>calzone

/*NOTE **Programmation pour calculer le CIUSSS à faire*/**

Q_ZONE1 *Auto*

1=Ouest
2=Centre Ouest
3=Centre Sud
4=Nord
5=Est
9=Ailleurs

Q_INCALZONE SCRIPT=CPCHECKZONE.JS
IN=q#CP
OUT=q#ZONE1

Q_sicalbidon si langue=F->calquota1
->>calquota1
/*

Avec quotas
300 répondants sur chacun des cinq territoires des CIUSSS sur l'île de Montréal, incluant un suréchantillonnage pour avoir 350 anglophones. Ces territoires avaient été définis (selon les codes postaux) dans le projet 18266 + 1000 répondants ailleurs au Québec*/

Q_quotaZ1 *Croisement Âge/Zone 1*

11=18-24 zone1
12=25-34 zone1
13=35-44 zone1
14=45-54 zone1
15=55-64 zone1
16=65+ zone1
21=18-24 zone2
22=25-34 zone2
23=35-44 zone2
24=45-54 zone2
25=55-64 zone2
26=65+ zone2
31=18-24 zone3
32=25-34 zone3
33=35-44 zone3
34=45-54 zone3
35=55-64 zone3
36=65+ zone3
41=18-24 zone4
42=25-34 zone4

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

43=35-44 zone4
44=45-54 zone4
45=55-64 zone4
46=65+ zone4
51=18-24 zone5
52=25-34 zone5
53=35-44 zone5
54=45-54 zone5
55=55-64 zone5
56=65+ zone5
91=18-24 ailleurs
92=25-34 ailleurs
93=35-44 ailleurs
94=45-54 ailleurs
95=55-64 ailleurs
96=65+ ailleurs

Q_incalquota1

lorsque q#Zone1=1 et q#AGER=1 alors q#quotaZ1=11 et
lorsque q#Zone1=1 et q#AGER=2 alors q#quotaZ1=12 et
lorsque q#Zone1=1 et q#AGER=3 alors q#quotaZ1=13 et
lorsque q#Zone1=1 et q#AGER=4 alors q#quotaZ1=14 et
lorsque q#Zone1=1 et q#AGER=5 alors q#quotaZ1=15 et
lorsque q#Zone1=1 et q#AGER=6 alors q#quotaZ1=16 et
lorsque q#Zone1=2 et q#AGER=1 alors q#quotaZ1=21 et
lorsque q#Zone1=2 et q#AGER=2 alors q#quotaZ1=22 et
lorsque q#Zone1=2 et q#AGER=3 alors q#quotaZ1=23 et
lorsque q#Zone1=2 et q#AGER=4 alors q#quotaZ1=24 et
lorsque q#Zone1=2 et q#AGER=5 alors q#quotaZ1=25 et
lorsque q#Zone1=2 et q#AGER=6 alors q#quotaZ1=26 et
lorsque q#Zone1=3 et q#AGER=1 alors q#quotaZ1=31 et
lorsque q#Zone1=3 et q#AGER=2 alors q#quotaZ1=32 et
lorsque q#Zone1=3 et q#AGER=3 alors q#quotaZ1=33 et
lorsque q#Zone1=3 et q#AGER=4 alors q#quotaZ1=34 et
lorsque q#Zone1=3 et q#AGER=5 alors q#quotaZ1=35 et
lorsque q#Zone1=3 et q#AGER=6 alors q#quotaZ1=36 et
lorsque q#Zone1=4 et q#AGER=1 alors q#quotaZ1=41 et
lorsque q#Zone1=4 et q#AGER=2 alors q#quotaZ1=42 et
lorsque q#Zone1=4 et q#AGER=3 alors q#quotaZ1=43 et
lorsque q#Zone1=4 et q#AGER=4 alors q#quotaZ1=44 et
lorsque q#Zone1=4 et q#AGER=5 alors q#quotaZ1=45 et
lorsque q#Zone1=4 et q#AGER=6 alors q#quotaZ1=46 et
lorsque q#Zone1=5 et q#AGER=1 alors q#quotaZ1=51 et
lorsque q#Zone1=5 et q#AGER=2 alors q#quotaZ1=52 et
lorsque q#Zone1=5 et q#AGER=3 alors q#quotaZ1=53 et
lorsque q#Zone1=5 et q#AGER=4 alors q#quotaZ1=54 et
lorsque q#Zone1=5 et q#AGER=5 alors q#quotaZ1=55 et
lorsque q#Zone1=5 et q#AGER=6 alors q#quotaZ1=56 et
lorsque q#Zone1=9 et q#AGER=1 alors q#quotaZ1=91 et
lorsque q#Zone1=9 et q#AGER=2 alors q#quotaZ1=92 et
lorsque q#Zone1=9 et q#AGER=3 alors q#quotaZ1=93 et
lorsque q#Zone1=9 et q#AGER=4 alors q#quotaZ1=94 et
lorsque q#Zone1=9 et q#AGER=5 alors q#quotaZ1=95 et
lorsque q#Zone1=9 et q#AGER=6 alors q#quotaZ1=96

Q_sicalquota2
->>1

si quota1 atteint->finquota

/*Légende

****texte**** : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; ***/*texte*/*** : commentaire n'apparaissant pas à l'intervieweur*/

/*SECTION

Q_1

Types d'occupation*/

Prior to the start of the lockdown on March 13, what was ((G **your main occupation**))?

- 1=Full-time employee
- 2=Part-time employee
- 3=Self-employed
- 4=Job seeking
- 5=A social assistance or disability recipient
- 6=Retired
- 7=Student
- 8=On sick leave
- 9=At home (e.g., parent, volunteering, etc.)
- 90=Other (specify in the box below) <specify>
- 99=*I prefer not to answer

Q_2

What is your main occupation ((G **currently**))?

- 1=Full-time employee
- 2=Part-time employee
- 3=Self-employed
- 4=In a temporary layoff situation due to COVID-19
- 5=Job seeking
- 6=A social assistance or disability recipient
- 7=Retired
- 8=Student
- 9=On sick leave
- 10=On parental leave
- 11=At home (e.g., parent, volunteering, etc.)
- 90=Other (specify in the box below) <specify>
- 99=*I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

/*Note **Q3 uniquement pour ceux qui occupent actuellement un emploi :
Q2=1,2,3*/**

Q_sical3
->>4a

si q#2=1,2,3->3

Q_3

Which of the following statements best describes your current work situation?

- 1=I am teleworking from home only
- 2=I work on my employer's premises and telework from home
- 3=I work on my employer's premises only
- 4=I work outdoors (construction sites, on the road, other...)
- 9=*I prefer not to answer

/*SECTION **Impact de la pandémie sur vous et vos proches*/**

Q_4a

Which of these situations apply to you in relation to COVID-19? *Please check all that apply*

*Choix Multiples
*ChoixMinMax=1,6
*selectif=95,99

- 1=I'm waiting for a COVID-19 test result
- 2=I tested negative for COVID-19
- 3=I have a positive diagnosis of COVID-19
- 4=I was hospitalized because of COVID-19
- 5=At least one member of my family/close circle has been diagnosed with COVID-19
- 6=At least one member of my family/close circle has died as a result of COVID-19
- 95=*None of these situations apply to me
- 99=*I prefer not to answer

Q_5

To what extent have the current COVID-19 situation and containment measures had an impact on ((G **your daily life**))?

- 1=Very negative impact
- 2=Rather negative impact
- 3=No impact
- 4=Rather positive impact
- 5=Very positive impact
- 9=*I don't know/I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

/*Note

Rotation des énoncés 6a à 6e*/

Q_inrot6

rotation=q#6a, q#6b, q#6c, q#6d, q#6e (après=q#7)

Q_6a

Compared to ((G **before the pandemic**)), please tell us how the following aspects of your life have changed:

*format matriciel

Your physical health

- 1=Deteriorated a lot
- 2=Slightly deteriorated
- 3=Stayed about the same
- 4=Slightly improved
- 5=Improved a lot
- 9=*I don't know/I prefer not to answer

Q_6b

Your mental health

*format matriciel

Q_6c

Your social life

*format matriciel

Q_6d

Your financial situation

*format matriciel

Q_6e

Your sex life

*format matriciel

Q_7

Compared to the pre-pandemic period, would you say that you are...?

- 1=Much less anxious
- 2=Slightly less anxious
- 3=About the same
- 4=Slightly more anxious
- 5=Much more anxious
- 97=*Not applicable (never anxious)
- 99=*I don't know/I prefer not to answer

Q_8

Compared to before the pandemic, would you say that you feel...?

- 1=Much less irritable
- 2=Slightly less irritable
- 3=About the same
- 4=Slightly more irritable
- 5=Much more irritable
- 97=*Not applicable (never irritable)
- 99=*I don't know/I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; */*texte*/* : commentaire n'apparaissant pas à l'intervieweur*/

Q_9 Compared to before the pandemic, would you say that you use alcohol, cannabis, drugs...?

1=Much less often
2=Less often
3=About the same
4=Slightly more often
5=Much more often
97=*Not applicable (I don't use them)
99=*I don't know/I prefer not to answer

/*NOTE

Rotation des énoncés Q10a à Q10f*/

Q_inrot10
Q_10a

rotation=q#10a, q#10b, q#10c, q#10d, q#10e, q#10f (après=q#11)
In the past month, how often have you felt...?

*format matriciel

Nervous

1=Never
2=Rarely
3=Sometimes
4=Most of the time
5=All the time
9=*I don't know/I prefer not to answer

Q_10b

*format matriciel

Desperate

Q_10c

*format matriciel

Agitated or unable to hold still

Q_10d

*format matriciel

Depressed

Q_10e

*format matriciel

Tired to the point that everything was an effort

Q_10f

*format matriciel

Worthless

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/**texte**/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_11 Since the beginning of the pandemic, have you seriously considered suicide?

1=Yes **/*lien pour ressources 811 et Prévention du suicide*/**

2=No->12

9=I prefer not to answer->12

Q_RESSOURCE If you are currently experiencing difficulties to the point of seriously considering suicide, don't hesitate to call these free, confidential resources that are available 24 hours a day, 7 days a week:

[/]

Info-Social 811

1-866-APPELLE

https://www.suicide.ca

[/]

2=Continue the questionnaire

Q_12 In total, how many people live in your home, including you?

1=1 person->rot19

2=2 people

3=3 people

4=4 people

5=5 people or more

9=I prefer not to answer

Q_13 How many of these people are children (under 18 years of age)?

0=None

1=1

2=2

3=3

4=4

5=5 or more

9=I prefer not to answer

Q_14 Are you currently in a relationship (regardless of whether you are married or common-law or live at a different address)?

1=Yes, with a person of the opposite sex

2=Yes, with a person of the same sex

3=No

9=I prefer not to answer

/*NOTE Q15 pour ceux qui sont en couple : Q14=1ou2*/

Q_sical15

->>cal16

si q#14=1,2->15

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*

Q_15 Which of the following statements best represents the state of your relationships compared to before the pandemic?

- 1=Constant tensions and conflicts that threaten the couple's survival
- 2=More tensions or conflicts in the relationship than before
- 3=No change (no better, no worse)
- 4=Slight improvement in the relationship
- 5=Big improvement in the relationship
- 99=*I don't know/I prefer not to answer

/*NOTE

Q16 et Q17a à Q17g et Q18 pour ceux qui ont des enfants uniquement : Q13=1,2,3,4,5*/

Q_sical16
->>rot19

si q#13=1,2,3,4,5->16

Q_16

Which of the following statements represents the state of your relationship with your child(ren) compared to before the pandemic?

- 1=Serious deterioration
- 2=Slight deterioration
- 3=No change (no better, no worse)
- 4=Slight improvement
- 5=Big improvement
- 99=*I don't know/I prefer not to answer

/*NOTE

Rotation des énoncés Q17a à Q17f*/

Q_inrot17
Q_17a

rotation=q#17a, q#17b, q#17c, q#17d, q#17e, q#17f (après=q#18)

Regarding your child(ren), since the beginning of the pandemic, are you more concerned about...?

Their psychological well-being

*format matriciel

- 1=I'm much more concerned than I was before the pandemic
- 2=I'm slightly more concerned than before the pandemic
- 3=I'm no more concerned than I was before the pandemic
- 97=*Does not apply to my parental situation
- 99=*I don't know/I prefer not to answer

Q_17b

Their social life (relationship with friends, relatives)

*format matriciel

Q_17c

The time they spend on the Internet or social networks

*format matriciel

Q_17d

Their school success

*format matriciel

Q_17e

Their behaviour at daycare/school

*format matriciel

Q_17f

Additional constraints related to shared custody

*format matriciel

Q_18

How concerned are you about the transmission of COVID-19 by your children?

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/**texte**/** : commentaire n'apparaissant pas à l'intervieweur*/

1=Very concerned
2=Moderately concerned
3=Slightly concerned
4=Not at all concerned
97=*Does not apply to my parental situation
99=*I don't know/I prefer not to answer

/*Note

Rotation des énoncés Q19a à Q19f*/

~~/*Q_innpl19~~ ~~lorsque q#consent=1 alors nepaslire q#19a=7 et~~
~~lorsque q#consent=1 alors nepaslire q#19b=7 et~~
~~lorsque q#consent=1 alors nepaslire q#19c=7 et~~
~~lorsque q#consent=1 alors nepaslire q#19d=7 et~~
~~lorsque q#consent=1 alors nepaslire q#19e=7*/~~
Q_inrot19 rotation=q#19a, q#19b, q#19c, q#19d, q#19e, q#19f (après=q#rot20)
Q_19a How often do you comply with the following preventative measures to prevent COVID-19...?

Washing your hands

*Format matriciel

1=Never
2=Occasionally
3=Regularly
4=Always
7=*Not applicable
9=*I prefer not to answer

Q_19b Wearing a mask or face covering in public places
*Format matriciel
Q_19c Respecting a distance of two metres between people
*Format matriciel
Q_19d Avoiding public gatherings
*Format matriciel
Q_19e Avoiding meetings between family and friends with several people and households
*Format matriciel
Q_19f Avoiding all contact with an infected person
*Format matriciel

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

/*NOTE

Q_inrot20
Q_20a

Rotation des énoncés Q20a à Q20c*/

rotation=q#20a, q#20b, q#20c, q#20d (après=q#21)

To what extent do you agree with the following government measures:

Wearing a mask being mandatory in public places

*Format matriciel

- 1=Strongly disagree
- 2=Somewhat disagree
- 3=Neutral
- 4=Somewhat agree
- 5=Strongly agree
- 9=*I prefer not to answer

Q_20b

*Format matriciel

The closure of certain businesses, such as bars, gyms and restaurants

Q_20c

*Format matriciel

Restrictions on public and private gatherings

Q_20d

*Format matriciel

The curfew

Q_21

How would you describe your adapting to the changes brought about by the pandemic?

- 1=Very difficult
- 2=Somewhat difficult
- 3=Somewhat easy
- 4=Very easy
- 9=*I don't know/I prefer not to answer

/*NOTE

Q_inrot22
Q_22a

*Format matriciel

Rotation des énoncés Q22a à Q22c*/

rotation=q#22a, q#22b, q#22c (après=q#23a)

Do you usually feel that things that happen to you are difficult to understand?

- 1=Yes, usually
- 2=Yes, sometimes
- 3=No
- 9=I don't know/I prefer not to answer

Q_22b

*Format matriciel

Do you usually perceive your life as a source of personal satisfaction?

Q_22c

*Format matriciel

Do you usually see a solution to problems and difficulties that others find hopeless?

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; */*texte*/* : commentaire n'apparaissant pas à l'intervieweur*/

/*Note

Q_23a

*choix multiples
*ChoixMinMax=1,3
*selectif=1,2,9

Services*/

Have you consulted ((G a **physician**)) since the beginning of the pandemic?
Multiple answers possible

- 1=No, I haven't needed to
- 2=No, I needed to, but postponed it until after the pandemic
- 3=Yes, I had an in-person consultation
- 4=Yes, I had a telephone consultation
- 5=Yes, I had a video consultation (webcam)
- 9=*I prefer not to answer

/*Note

Q_sical24
->>25

Q_24a

*choix multiples
*ChoixMinMax=1,5
*selectif=9

Q24 pour ceux qui ont consulté leur médecin en personne : a coché 3 Q23*/

si q#23a=3->24a

Where did you consult your doctor ((G in **person**))? *Multiple answers possible*

- 1=In a medical clinic
- 2=In a CLSC
- 3=In a hospital
- 4=At home
- 5= At another location
- 9=*I prefer not to answer

Q_25

What would be ((G **your preference**)) to consult a physician or other health care professional in the context of a pandemic?

- 1=In-person consultation
- 2=Consultation by phone
- 3=Video consultation (webcam)
- 4=I have no preference
- 9=*I prefer not to answer

Q_26a

*choix multiples
*ChoixMinMax=1,3
*selectif=1,2,9

Have you consulted ((G a **psychosocial worker (social worker, psychologist, other)**)) since the beginning of the pandemic? *Multiple answers possible*

- 1=No, I haven't needed to consult
- 2=No, I needed to, but postponed it until after the pandemic
- 3=Yes, I had an in-person consultation
- 4=Yes, I had a telephone consultation
- 5=Yes, I had a video consultation (webcam)
- 9=*I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*i*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_27 What would be ((G **your preference**)) to consult a psychosocial worker (social worker, psychologist, other) in the context of a pandemic?

- 1=In-person consultation
- 2=Consultation by phone
- 3=Video consultation (webcam)
- 4=I have no preference
- 9=*I prefer not to answer

/*NOTE

Rotation des énoncés Q28a à Q28b*/

Q_inrot28
Q_28a

rotation=q#28a, q#28b (après=q#29a)

Telephone and video consultations have been used extensively in the context of the pandemic. We would like to know your perception of these modes of consultation.

*Format matriciel

Compared to face-to-face consultation, is a telephone consultation...?

- 1=Less effective
- 2=As effective
- 3=More effective
- 9=*I don't know/I prefer not to answer

Q_28b

*Format matriciel

Compared to face-to-face consultation, is a video consultation...?

Q_29a

For video consultations, do you have access to the following equipment?

Please check all that apply

*Choix Multiples

*ChoixMinMax=1,2

*selectif=7,9

- 1=High speed Internet
- 2=Computer or tablet with camera and microphone
- 7=I do not have access to this equipment
- 9=*I prefer not to answer

Q_30

For video consultations, do you have access to a place where you can chat in complete confidentiality?

- 1=Yes
- 2=No
- 9=*I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/**texte**/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_31 If you had a personal, family or health problem, would you know where to go for services?

- 1=Not at all (I am not aware of the existing services)
- 2=Not really (I know very few)
- 3=Possibly (I know some of them)
- 4=Absolutely (I am familiar with the existing services)
- 9=*I don't know/I prefer not to answer

/*Note

Rotation des énoncés Q32a à Q32f*/

Q_inrot32

rotation=q#32a, q#32b, q#32c, q#32d, q#32e, q#32f (après=q#33)

Q_32a

If you had significant psychosocial difficulties, what is the likelihood that you would use the following services if a provider recommended them to you?

*Format matriciel

A follow-up in the presence of a psychosocial worker

- 1=1; Definitely not
- 2=2 3=3 4=4 5=5 6=6 7=7 8=8 9=9
- 10=10; Definitely

Q_32b

A video (webcam) follow-up with a psychosocial worker

*Format matriciel

Q_32c

Follow-up by telephone with a psychosocial worker

*Format matriciel

Q_32d

A punctual consultation service by telephone (hotline)

*Format matriciel

Q_32e

An online or text chat service offering punctual support with a psychosocial worker

*Format matriciel

Q_32f

A self-administered online service (without the support of a provider)

*Format matriciel

/*SECTION

Caractéristiques personnelles complémentaires pour tous les répondants*/

Q_33

Which of the following choices best defines your sexual orientation?

- 1=Heterosexual (attracted to people of the opposite sex)
- 2=Homosexual (attracted to people of the same sex)
- 3=Bisexual (attracted to two or more genders)
- 4=Pansexual (attracted to people regardless of gender)
- 5=Asexual (do not feel sexual attraction)
- 90=Other (specify in the box below) <specify>
- 99=I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/**texte**/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_35 What language do you speak most often at home?

1=French
2=English
90=Other (specify in the box below) <specify>
99=*I prefer not to answer

Q_36 Where were you born?

1=Canada
90=Another country (specify in the box below) <specify>
99=*I prefer not to answer

/*Note

Q37 pour ceux qui sont nés dans un autre pays Q36=90*/

Q_sical37
->>VALID

si q#36=90->37

Q_37

How long have you lived in Quebec?

1=Less than 6 months
2=Between 6 months and 1 year
3=Between 1 and 2 years
4=Between 2 and 5 years
5=Between 5 and 10 years
6= More than 10 years
99=I prefer not to answer

Q_VALID

This question is a test to ensure that an actual person is responding to this survey.

*format lineaire

Simply choose the number "6" from the following choices.

1=1
2=2
3=3
4=4
5=5
6=6
7=7
8=8
9=9
10=10
99=*I don't know
si q#VALID=5,6,7->calSD

Q_sicalVALID
->>autorejet

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

/*NOTE Les questions suivantes seront posées uniquement pour les répondants en provenance du panel externe – mettre les mêmes questions que dans le panel*/

Q_sicalSD
->>SE9

si strate=8,9->SE5

Q_SE5 Highest level diploma, certificate or degree that you ((g **hold**)) or ((g **have completed**))?

- 1=None
- 2=High school diploma or equivalent (D.E.S./diplôme d'études secondaires)
- 3=Vocational or trade school certificate or diploma (D.E.P./diplôme d'études professionnelles)
- 4=Community college or CEGEP certificate or diploma (other non-university certificate or diploma obtained from a CEGEP, community college, technical institute, etc.)
- 5=University certificate or diploma below a bachelor's degree
- 6=Bachelor's degree (e.g., B.A., B.Sc., LL.B.)
- 7=University certificate or diploma greater than a bachelor's degree
- 8=Master's degree (e.g., M.A., M.Sc., M.Ed.)
- 9=Degree in medicine, dentistry, veterinary medicine or optometry (M.D., D.D.S., D.M.D., D.M.V., O.D.)
- 10=Earned doctorate (e.g., Ph.D., D.Sc., D.Ed.)
- 90=<specify>Other (please specify in the space provided below)
- 99=*I prefer not to answer

Q_SE9 What is your ((g **personal annual gross income**)) (before taxes)?

- 1=Less than \$15,000
- 2=Between \$15,000 and \$24,999
- 3=Between \$25,000 and \$34,999
- 4=Between \$35,000 and \$54,999
- 5=Between \$55,000 and \$74,999
- 61=Between \$75,000 and \$99,999
- 62=\$100,000 or more
- 99=*I prefer not to answer

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; **/*texte*/** : commentaire n'apparaissant pas à l'intervieweur*/

Q_RMR In which region do you live?
2=Greater Montreal area (island of Montreal; Laval and the North Shore; South Shore)
1=Greater Quebec City area (Quebec City and surrounding areas; South Shore, including Lévis and cities surrounding Lévis)
3=Elsewhere in Quebec

->>FIN

Q_FINQUOTA Merci, mais nous avons déjà suffisamment de participants ayant un profil similaire au vôtre.

Q_FIN Thank you for participating!
Once again, if you are currently experiencing difficulties and need help, do not hesitate to call these free, confidential resources 24 hours a day, 7 days a week:
[/]
Info-Social 811
1-866-APPELLE
https://www.suicide.ca
[/]

***INFORMATIONS

PROJET=ROHIM20285
FICHER=AROHIM20285
RESEAU=\\10.3.0.15\SERVEUR1\P20285WEB\
SITEEXT=clients3.som.ca
IMAGES=C:\Users\ygaudreault\Documents\P20285ROHIM\IMG\
PAGES=C:\Users\ygaudreault\Documents\P20285ROHIM\pw20285web\
DEBUT=CONSENT
PRECEDENT=Oui
EFFACER=Oui
EMAIL=pw20285webt@web.som.ca
ESPACE=3,80
NOQUESTION=Non
PROGRESSION=Oui
TYPESONDAGE=1
MOTDEPASSE=MP
INTERROMPRE=Oui
DUREE=10
SEUIL=14
TITRE=Sondage SOM
PROGRESSION=OUI
ARGUMENTS=(pid,PID),(psid,PSID)
QUOTA1=quotaZ1
QUOTA2=zone1
SIQUOTA4=Oui
Modeles=C:\Users\ygaudreault\Documents\P20285ROHIM\Modeles20285\

/*Légende

texte : Texte non lu, apparaît à l'intervieweur; ... : Endroit de lecture des choix de réponses dans le texte de question; -> ou ->> : signifie : passez à la question...; **1=, 1=** : Question à choix multiples; **1=, 2=** : Une seule réponse, à moins d'indications contraires; */*texte*/* : commentaire n'apparaissant pas à l'intervieweur*/