

Prioritizing our mental health is more important this year than ever before. We're always facing the ups and downs life brings, but 2020 brought COVID-19 amongst other challenges that have significantly impacted many of us. Some have lost jobs, some have lost loved ones, and we've all lost the "normal" life we felt we once had. These changes brought anxiety, stress and uncertainty to many of us, significantly impacting our mental health.

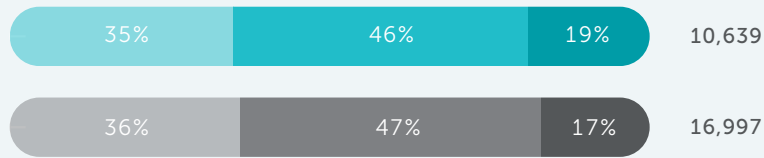
From October 5 to 11, Calgary Counselling Centre held the 14th annual National Depression Screening Day (NDS D) initiative. During this week a free, anonymous, online depression screening test is available to anyone to check for symptoms of depression. The online depression-screening tool, developed by the Harvard Department of Psychiatry, and adopted by Calgary Counselling Centre screens for symptoms of depression and provides three possible results: not recommended for further evaluation, recommended for further evaluation, or strongly recommended for further evaluation. Suggested resources are provided at the end of the test.

This summary highlights the results from the 2020 NDS D and compares it to previous years.*

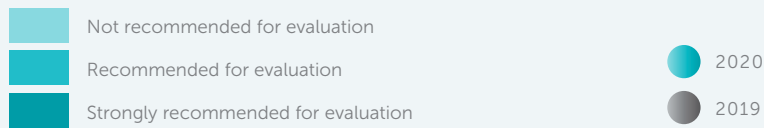
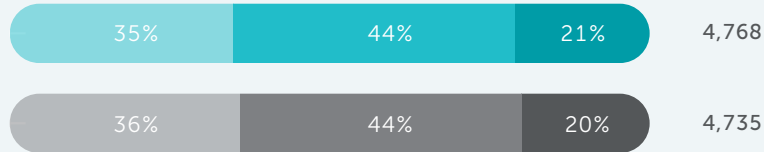
* Due to the complete anonymity of the NDS D test, year-over-year comparisons are not of the same individuals, but of trends from test answers.

PARTICIPANT TOTALS

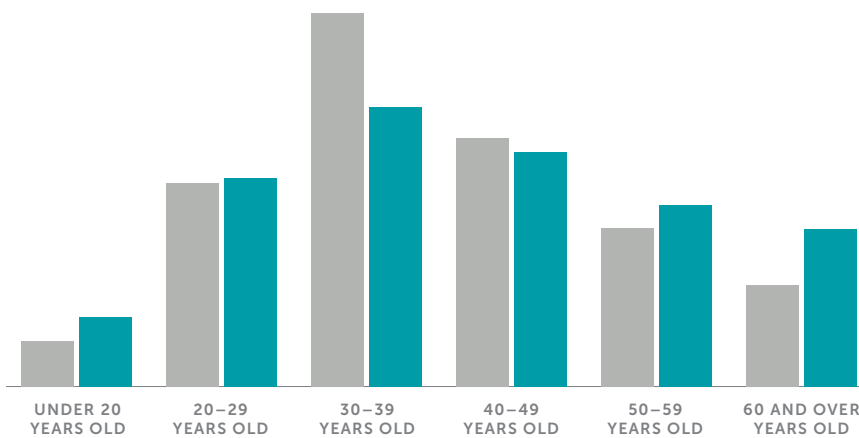
WORLDWIDE



CALGARY



AGE OF PARTICIPANTS WORLDWIDE

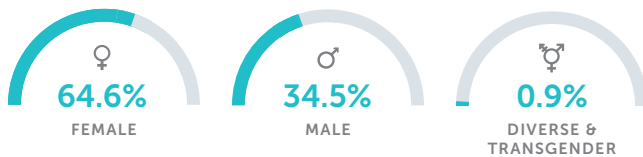


The age of participants ranged from 9 to 94. The average age of test takers was 41.





GENDER OF PARTICIPANTS WORLDWIDE

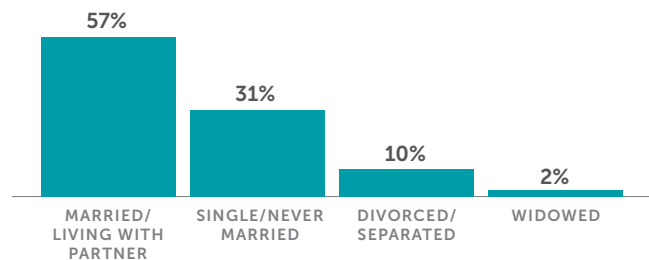


Males made up 34.5% of participants, females 64.6%, and diverse gender 0.9%. Diverse gender participants had the highest score on the depression scale (14.9), followed by females (11.4), and males (10.9).

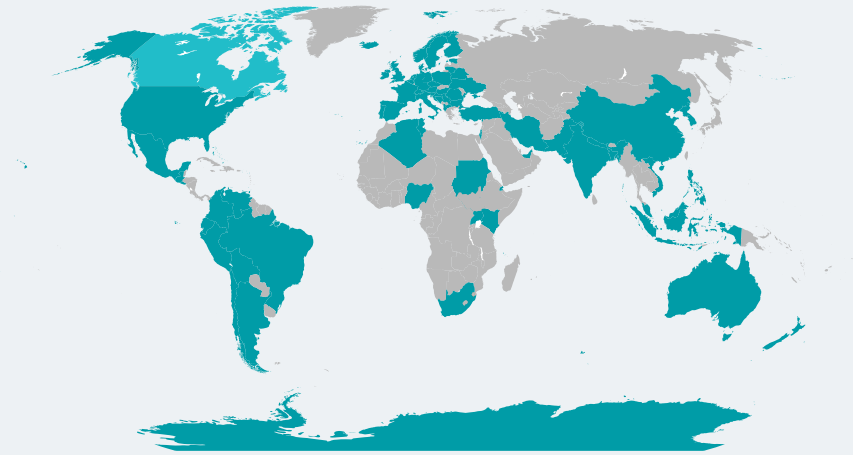
MARITAL STATUS OF PARTICIPANTS WORLDWIDE

Overall, there were significant differences in the depression rating scale of participants depending on their marital status. Individuals who are married or live with a partner had the lowest average depression score.

People who are single or never married were strongly recommended for evaluation more than other marital statuses.



WHERE WERE PARTICIPANTS WHEN THEY TOOK THE TEST?



75% Canada

25% Other

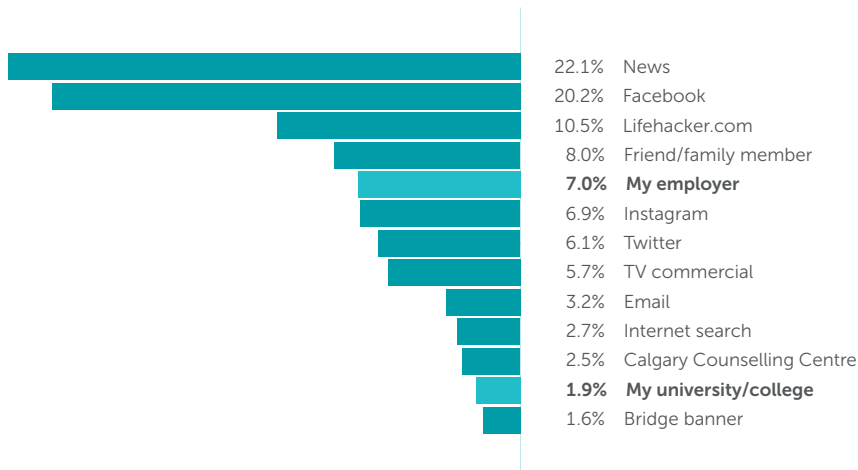
Top five:

- United States (12.2%)
- United Kingdom (0.6%)
- Australia (0.5%)
- Viet Nam (0.3%)
- India (0.2%)

Test-takers came from 83 different countries with Canada (75.3%) and the US (12.2%) representing 87.5% of participants.

Calgarians represented 44.8% of the test participants.

HOW DID PARTICIPANTS WORLDWIDE HEAR ABOUT NDSD?



Bold text indicates referral categories with more detail in this report.

Calgary Counselling Centre appeared on several media outlets to raise awareness for National Depression Screening Day and the screening test including: Global News, CTV, 660 News radio, and 770 CHQR radio. This media coverage resulted in the largest percentage of test-takers – 22.1% heard of the test through the news.

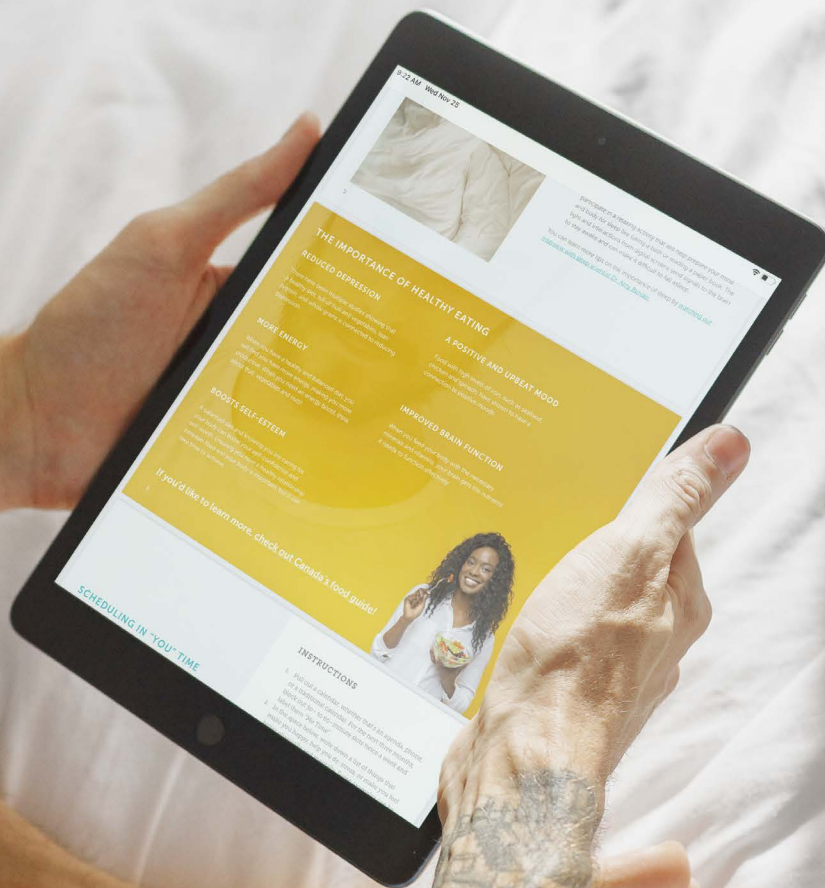
Facebook was the second highest mode that people heard about the test with 20.2% of participants.

MEDIA COVERAGE



SELF-CARE KIT

This year, as an extra incentive for participants to take the screening test and to further help people in their mental health efforts, we created a 'self-care kit'. The self-care kit was a free downloadable resource that included information and activities to help promote mental health, as well as links to additional resources (debt and financial management and exercise information) from a couple of our partners (YMCA and Momentum). There were over 2,000 downloads of the self-care kit.



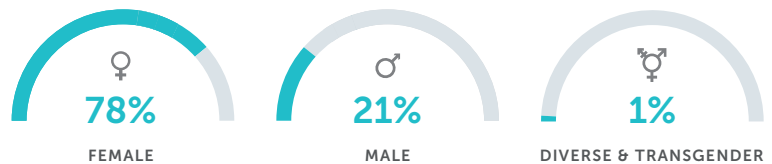
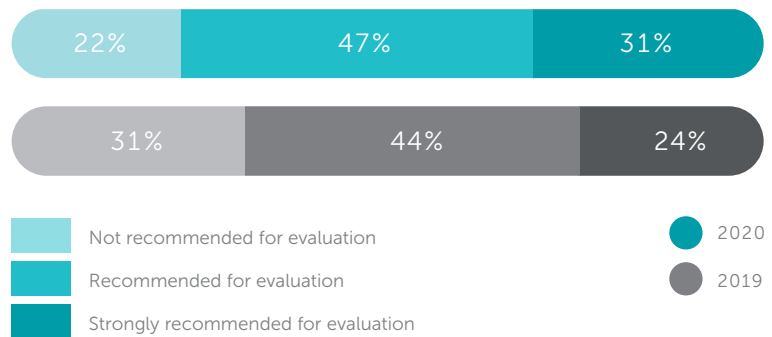


POST-SECONDARY STUDENT & FACULTY PARTICIPANTS WORLDWIDE

There were 182 post-secondary participants worldwide, 78.3% of those were female.

More post-secondary test-takers were recommended for further evaluation, 80.3% (compared to 68% in 2019) indicating higher levels of distress.

Students' age group (17–29) had the highest rates of depression with 80.3% recommended for further evaluation compared to 64% of all other Calgary respondents.



EDUCATION PARTNERS

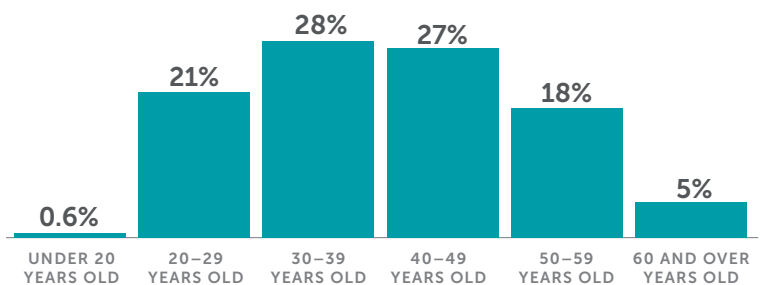
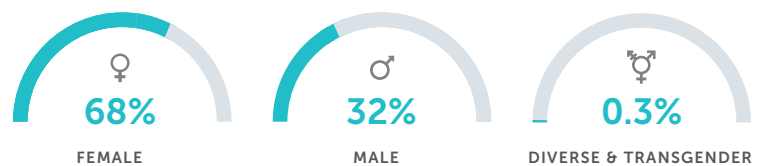
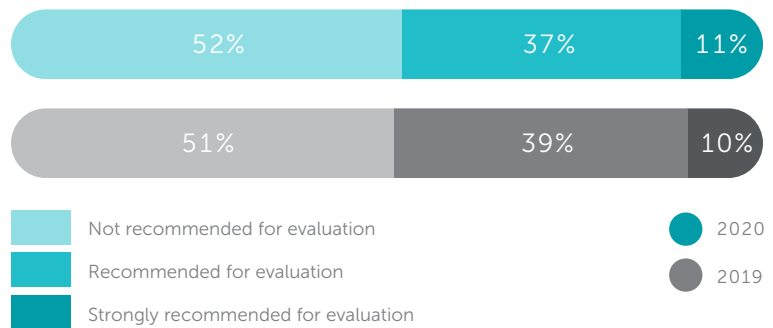




WORKPLACES WORLDWIDE

This year, 690 of test-takers, heard about the depression screening test through their workplace with more females hearing about the test through their workplace (67.7% in 2020 compared to 62% in 2019).

We saw a greater number of test-takers between the age range of 40-49 years old than last year (27% in 2020 and 24% in 2019).

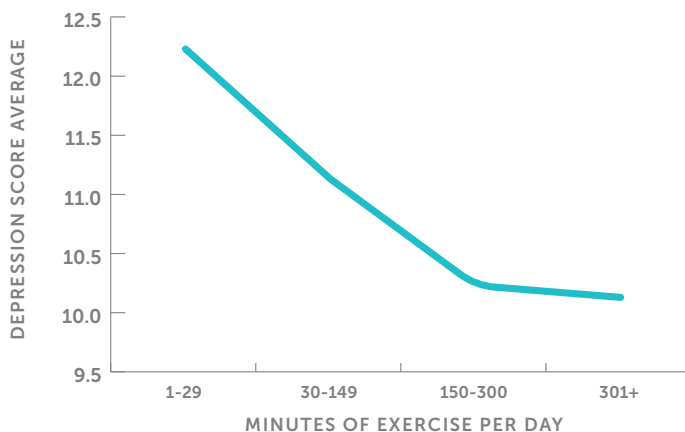


EXERCISE EFFECTS

Physical health and mental health go hand-in-hand. Recognizing this link, Calgary Counselling Centre included questions about participants' level of exercise and physical activity in the depression screening test.

98.5% of test-takers reported exercising at least 1 day in the past 2 weeks compared to 79.7% in 2019. 2020 saw an average reported 5.9 days of exercise in the last two weeks compared to 4.5 days in 2019.

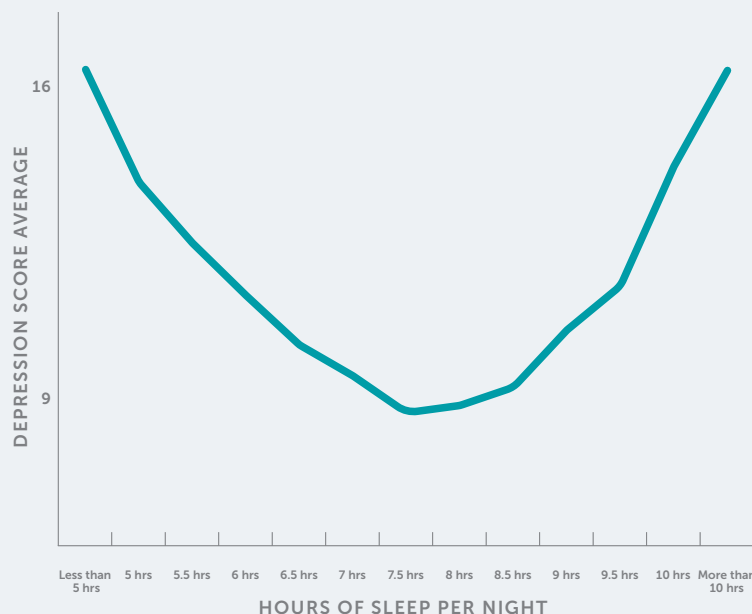
Participants who exercised at least 30 minutes per week had significantly lower depression scores than those who exercised for less than 30 minutes.



SLEEP EFFECTS

Now more than ever, it's important that we get good quality sleep. Sleep is critical in helping us maintain our physical and mental health and in allowing us to cope better during times of stress. There is an interdependent relationship between sleep and depression in that depression can cause people to oversleep.

Individuals that reported getting an average of 7.5 hours of sleep a night received the lowest depression score. 43% of participants met the recommendations for 7 to 9 hours of sleep per night in 2020 versus 38% in 2019.

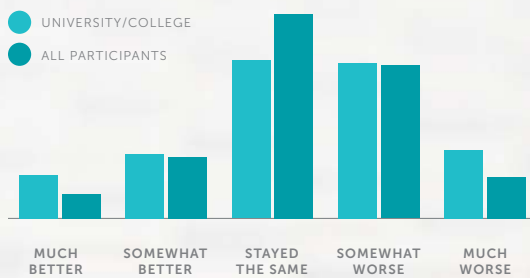


COVID-19 EFFECTS

The COVID-19 pandemic has impacted all of us in different ways. For some, the life changes and uncertainty has taken a toll on our mental health. In the depression screening test this year, a question related to feelings of depression during the COVID-19 lockdown was included.

40% of test-takers reported that their symptoms of depression were somewhat worse or much worse during lockdown compared to now.

If you had symptoms of depression during COVID-19 lockdown, were your depression symptoms better, the same, or worse DURING lockdown compared to now?

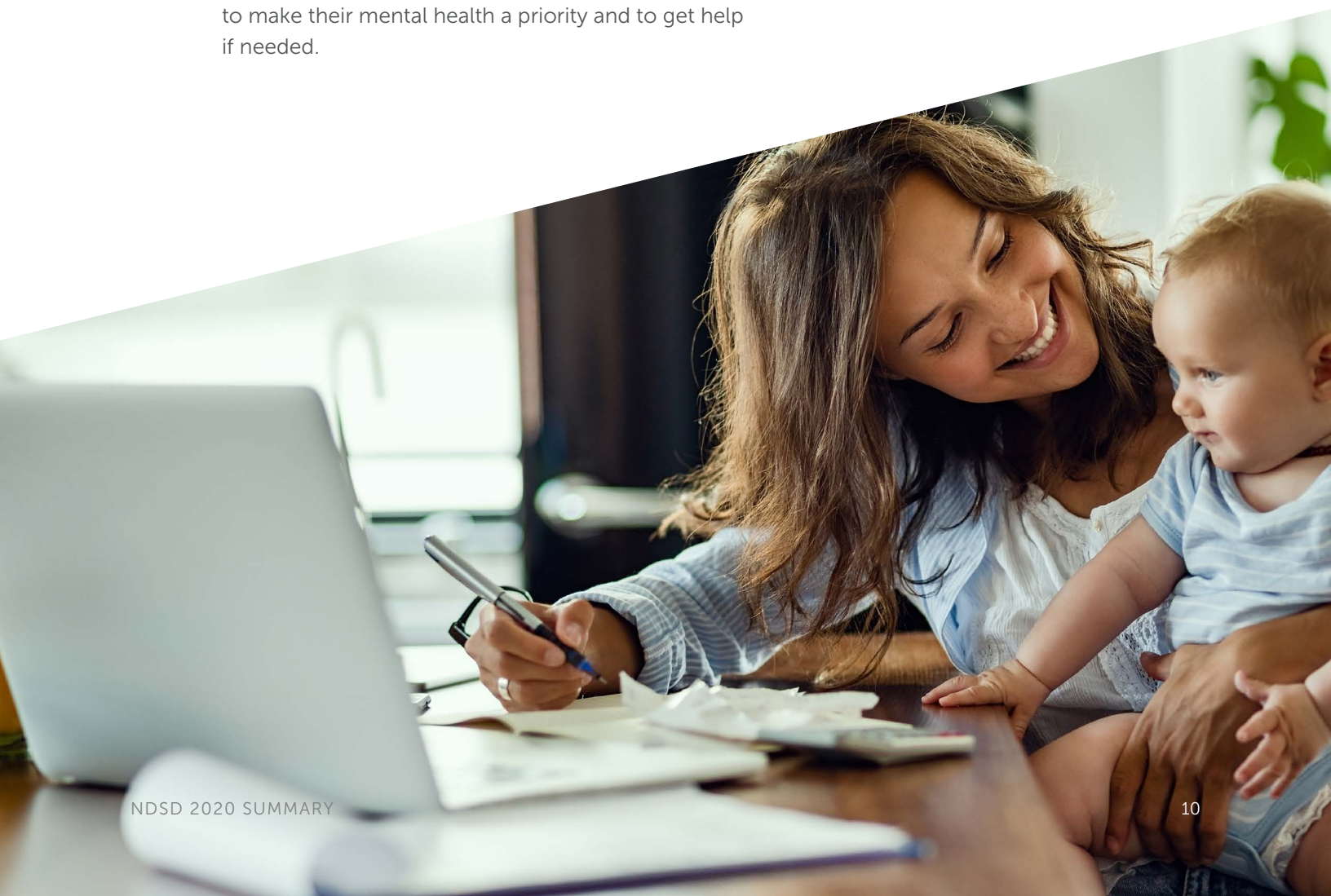


CONCLUSION

Although this year's results show many similarities with past years, such as lower depression rates amongst those who are married or living with a partner, and those with the right balance of sleep and exercise routines, there were some unique indicators in this year's results.

In 2020, test-takers reported higher rates of depression overall, particularly during the COVID-19 lockdown with students (ages 17-29) being the group with the highest rates of depression. 80.3% of post-secondary student participants we recommended or strongly recommended for further evaluation compared to 65.2% of total participants.

Depression continues to be prevalent in our community and worldwide. With the help of our partners, 4,768 Calgarians took the time to check-in with their mental health and gained awareness of the resources that are available to them. Depression is treatable and NDSD serves a reminder for everyone to make their mental health a priority and to get help if needed.



THANK YOU TO OUR SPONSORS

We would like to acknowledge the support of Bell Let's Talk, our television advertising sponsor, and Alberta Blue Cross, our social media sponsor.



THANK YOU TO OUR COMMUNITY PARTNERS

National Depression Screening Day wouldn't be possible without the support of our community partners. Encouraging people to check in with their mental health can help change someone's life.

Thank you to our NDS 2020 partners: Alberta Blue Cross, Alberta Children's Hospital Foundation, ATB Financial, AUArts, Bell, Bell MTS, Bow Valley College, Business Council of Alberta, Calgary Economic Development, Calgary Public Library, Calgary Sports and Entertainment Corporation, Calgary West Central Primary Care Network, Chirp Foods Inc. Canadian Mental Health Association Calgary Region, Drizzle Honey, Forward Housing, Graduate Students Association of the University of Calgary, Grande Prairie Regional College, Guardian Capital, Immigrant Services Calgary, Kelly Brothers Productions, Lagree YYC, Lakeridge Community Church, Last Best Brewing & Distilling, Local Laundry, Momentum, Mount Royal University, National Music Centre, Pattison Outdoor, Platform, RBC Royal Bank, RedBloom Salon, Righteous Gelato, SAIT, Tea Thome, Tish Dufft, Brittany Kolba, Bella Bee, Constable Mark Smith, United Way of Calgary and Area, University of Calgary, Westjet, YMCA Calgary