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Project Title

Psychological Distress Across Canada: An analysis of the Canadian Longitudinal Study on Aging

Project Summary

According to Statistics Canada (2014), approximately 25% of Canadians report their lives to be very or extremely stressful on a daily basis. The goal of the proposed project is to get a more detailed 'snapshot' of the current levels of stress across Canada by examining prevalence rates across the major urban centres across the country and between provinces, and to examine the role of important sociodemographic factors, such as age, sex, race/ethnicity, education, income, occupation, marital status, household type, home ownership, population density, and immigrant status. In such a way, we can identify who and where people are experiencing psychological stress in Canada to better direct interventions to at-risk populations.

Keywords

Psychological distress, Prevalence Rates, Sociodemographic factors