

## Stressors and perceived consequences of the COVID-19 pandemic among older adults in the Canadian Longitudinal Study on Aging (CLSA)

### Authors:

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15 of the Canadian Longitudinal Study on Aging.  
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## Stressors and perceived consequences of the COVID-19 pandemic among older adults in the Canadian Longitudinal Study on Aging (CLSA)

### Abstract

#### *Background*

The indirect consequences of the COVID-19 pandemic on stress in older adults is unknown. The objectives of this study were to describe the stressors and perceived consequences of the COVID-19 pandemic on older adults in Canada and to evaluate differences by socioeconomic factors.

#### *Methods*

A cross-sectional study was conducted using data from the Canadian Longitudinal Study on Aging (CLSA) COVID-19 Exit Questionnaire (Sep-Dec 2020; n=23,972). A 12-item checklist was used to assess stressors experienced during the pandemic, and a single item was used to measure the perceived consequences. A generalized linear model with a binomial distribution and log link were used to estimate prevalence ratios (PRs) and 95% confidence intervals (CIs) for the association between socioeconomic factors, stressors, and the perceived consequences of the pandemic.

#### *Results*

Most older adults experienced at least one stressor (76%) during the pandemic, with 24% experiencing three or more. The consequences of the pandemic were perceived as negative or very negative by 63%. Females were more likely to experience most stressors compared to males, such as separation from family (adjusted PR: 1.31; 95% CI: 1.28, 1.35). The perceived consequences of the pandemic varied by region; residents of Quebec, compared to Atlantic provinces, were less likely to perceive the consequences of the pandemic as negative/very negative (adjusted PR: 0.87; 95% CI: 0.84, 0.91).

#### *Interpretation*

These findings suggest that older adults across Canada experienced a high number of stressors and perceived the pandemic consequences as negative. Stress measures varied by socioeconomic factors and geography, highlighting inequalities in experiencing stress.

## Introduction

In addition to the direct impacts of the COVID-19 the pandemic and the associated public health preventive measures, there are several indirect consequences that have also had a great impact on population health (1,2). One such indirect consequence of the pandemic is increased stress (3). Stress has a major impact on both physical and mental health, including cardiovascular disease, stroke, diabetes, anxiety, and depression (2,4–6). Previous research on population level disasters, including earthquakes and floods, has found that exposure to stress during an acute disaster has a profound impact on long-term health outcomes, including chronic diseases (7). It has been hypothesized that chronic stress during the COVID-19 pandemic may lead to increased incidence of obesity, cardiovascular disease and type 2 diabetes (8). Like other disasters, the COVID-19 pandemic can be viewed as a stressful event, as it has completely altered the daily activities of individuals across the globe (9). Measures of stress can include both objective and perceived measures (10,11). Objective measures include economic hardships and loss of possessions, family and social stressors, and loss of daily activities (12). Perceived measures of stress include an individual's perceived ability to cope with the demands or presence of a disaster (11,13).

A systematic review from early in the pandemic found a high prevalence of stress, which differed by sex, age, unemployment, and presence of chronic or psychiatric illness (16). For instance, females and those with chronic diseases reported higher symptoms of anxiety and stress (16). A study conducted in the United States during the pandemic (April 2020) revealed a high proportion of participants experienced stressors such as changes to social routines (83.7%) (17). Additionally, a study conducted in China during the COVID-19 pandemic (January-February 2020) found that people reported higher experiences of stress throughout the pandemic, compared to pre-pandemic levels (18). However, these studies noted important limitations, including lack of generalizability and small sample sizes (17,18). Experiences of stress vary by socioeconomic characteristics (19,20), however, this has not been

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3 comprehensively evaluated during the COVID-19 pandemic in Canada. The objectives of this study were  
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5 to describe the prevalence of stressors and the perceived consequences reported by older adults during  
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7 the COVID-19 pandemic and to evaluate how they differed by socioeconomic factors.  
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## 14 **Methods**

### 15 *Study design and data source*

16  
17 We conducted a cross-sectional analysis using data from participants in the Canadian  
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19 Longitudinal Study on Aging (CLSA). The CLSA is a nationally generalizable study of community-dwelling  
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21 adults aged 45-85 years at the time of recruitment. Participants were recruited from across the 10  
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23 provinces and are followed-up every 3 years for at least 20 years or until death or loss-to-follow-up.  
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25 Data were collected at baseline (2011-2015) (n=51,338) and follow-up 1 (2015-2018) (n=44,817). The  
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27 methodology for the CLSA has been previously described (21). In April 2020, the CLSA COVID-19  
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29 Questionnaire Study was developed and implemented to collect pandemic-related data. The CLSA  
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31 COVID-19 Study collected longitudinal data over a 9-month period with participants completing a 30-  
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33 minute baseline questionnaire, 10-minute weekly/biweekly/monthly questionnaires, and a 30-minute  
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35 exit questionnaire, delivered by web or phone. A baseline survey administered from April 2020-June  
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37 2020 and the Exit Survey administered from September 2020-December 2020. About 42,700  
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39 participants were invited to participate; approximately 67% of participants (n=28,559) agreed to  
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41 participate in the CLSA COVID-19 Baseline Survey. At CLSA COVID-19 Exit Survey, 24,114 participants  
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43 completed data collection. After removing those who did not complete follow-up 1 (n=139) and those  
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45 who reported their region of residence outside of the Canadian provinces (n=3), 23,972 were included in  
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47 the study.  
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### *Participants*

Participants were selected into the CLSA following a population-based sampling strategy (21). Inclusion criteria included people who were able to complete interviews in either English or French, were cognitively able to participate on their own, were not institutionalized, and did not reside in a Canadian territory or on a Federal First Nations reserve. Individuals who were full-time members of the Canadian Armed forces were also not eligible to be included in the study. CLSA participants that were still alive, had not withdrawn, did not require a proxy to assist with completion of surveys, and had sufficient contact information were eligible to be invited to participate in the CLSA COVID-19 Questionnaire Study.

### *Primary outcomes of interest*

Two questions in the CLSA COVID-19 Questionnaire Study Exit Survey (September 2020-December 2020) were used to assess stressors and perceived consequences during the pandemic. To measure stressors, participants were asked if they had experienced any of the items on a 12-item checklist throughout the pandemic: participant was ill, someone close to the participant was ill, someone close to the participant died, loss of income, unable to access necessary food and supplies, unable to access healthcare, unable to access usual prescriptions, increased conflict, separation from family, increased caregiving, unable to care for those who require assistance due to limitations, and breakdown in family relationships. Participants could select multiple stressors. Each stressor was considered individually, and the number of stressors were summed to create a total score reflecting the cumulative number of stressors participants had reported.

To assess the perceived consequences of the COVID-19 pandemic, participants were asked a single question, “*Taking everything about COVID-19 into account, how would you describe the consequences of COVID-19 on you and your household?*”, with a 5-point Likert scale ranging from very

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3 negative to very positive (11). The development of this question is based on the Transactional Model,  
4 published by Lazarus and Folkman (1984), stating that when an individual encounters a stressful event,  
5 their ability to cope is related to whether a threat is perceived or not. If a threat is perceived, then this  
6 leads to increased stress (13). A relatively small proportion of participants reported the extreme  
7 response options, thus very negative and negative, and positive and very positive were combined. A  
8 response of neutral was combined with positive and very positive in the regression analysis to create a  
9 binary variable, as we were most interested in understanding negative/very negative outcomes. The  
10 measures used for objective stress and perceived stress have been used to measure stress during  
11 previous disasters (10,11,22–24).  
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#### 25 *Measurement of other variables*

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28 Descriptor variables were selected from the literature as variables that may introduce variation  
29 in experiences of stress and perceptions of the consequences of the pandemic (17,25,26). The  
30 participants age group, region, urban/rural status, and essential worker status were taken from the CLSA  
31 COVID-19 Questionnaire Study Baseline Survey (April 2020-June 2020). Participant's age was grouped  
32 into 50-64 years, 65-74 years, and 75-96 years. Region was based on the province of residence at CLSA  
33 COVID-19 Baseline Survey to reflect the most up-to-date location of residence, and was categorized into  
34 Atlantic (Newfoundland, New Brunswick, Nova Scotia, Prince Edward Island), Quebec, Ontario, Prairies  
35 (Manitoba, Saskatchewan, Alberta), and British Columbia. Postal code was used to classify area of  
36 residence as urban and rural (27). Participants were asked if they usually work at a job outside of their  
37 residence and if they were considered an essential worker. This was categorized as not usually working  
38 outside the household, working as an essential worker, and working outside the household but not as an  
39 essential worker. Household income (categorized as less than \$50,000, \$50,000 to less than \$100,000,  
40 \$100,000 to less than \$150,000 and \$150,000 or more), and marital status (categorized as single (never  
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3 married/never lived with partner), married/living with partner in a common-law relationship, widowed,  
4 and divorced or separated) were taken from CLSA follow-up 1 (2015-2018). Participant's sex  
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6 (categorized as male or female), racial background (dichotomized as white or non-white) and education  
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8 level (categorized as secondary school graduation or less, some post-secondary education and post-  
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10 secondary degree or diploma) were measured at CLSA baseline (2011-2015).  
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### 16 *Statistical methods*

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18 All statistical analyses were conducted using SAS 9.4. Descriptive statistics included the  
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20 frequency of each stressor, the total number of stressors, and the distribution of the perceived  
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22 consequences of the pandemic overall and by selected socioeconomic variables. To evaluate the  
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24 association between socioeconomic factors and the individual stressors and the binary perceived  
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26 consequences variable, separately, a generalized linear model (PROC GENMOD) with a binomial  
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28 distribution and log link were used. For all outcomes, an unadjusted prevalence ratio (PR) and 95%  
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30 Confidence Interval (CI) (separately for each socioeconomic factor (sex, age group, urban/rural status,  
31  
32 region, essential worker status, household income, marital status, racial background, and education) and  
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34 a fully adjusted PR and 95% CI (including all socioeconomic factors) were estimated. To evaluate the  
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36 association between socioeconomic factors and the total number of stressors (ranging from 0 to 12),  
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38 PROC GENMOD was used with a negative binomial distribution and log link to estimate PRs and 95% CIs.  
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### 46 **Results**

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48 The age distribution of participants was: 35% (n=8,347) 50-64 years, 37% (n=8,759) 65-74, and  
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50 29% (n=6,866) 75-96 years of age. 53% (n=12,743) of participants were female, and the vast majority  
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52 were of white racial background (n=23,273; 97%). The complete descriptive characteristics of the study  
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54 sample can be found in Table 1. CLSA COVID-19 Questionnaire Study participants have previously been  
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3 compared to the total CLSA study population, and were slightly more educated and had higher income,  
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5 but few other differences were observed (28).  
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### 10 *Stressors during COVID-19 pandemic*

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12 The total number of stressors reported by age group is described in Figure 1. The mean and  
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14 median number of stressors were 2 and 1, respectively (standard deviation: 1.5; interquartile range: 1).  
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16 Figure 2 presents the prevalence of each individual stressor at the exit survey by sex. The most  
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18 frequently reported stressors were being separated from family and being unable to access healthcare.  
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20 Supplemental Table A1 displays the prevalence of each reported stressor by sociodemographic factors.  
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23 The adjusted OR for the associations between socioeconomic factors and each stressor are  
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25 presented in Table 2. Females were more likely to experience stressors compared to males, for example,  
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27 females were more likely to report increased caregiving and separation from family. Low household  
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29 income (<\$50,000), compared to an income of \$100,000 to \$150,000, was associated with an increased  
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31 likelihood of being unable to access necessary food or supplies. Unadjusted associations were similar to  
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33 adjusted associations (Supplemental Table A3).  
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37 The adjusted PRs for the association between each socioeconomic variable and the number of  
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39 stressors are presented in Table 3. Older adults, compared to younger adults (aged 50-64 years),  
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41 individuals residing in Quebec, compared to those in the Atlantic, and those who had a secondary school  
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43 education or less, compared to those with a post-secondary degree/diploma were less likely to  
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45 experience an additional stressor. Whereas individuals residing in Ontario and British Columbia were  
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47 more likely to report an additional stressor, relative to those residing in the Atlantic provinces.  
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49 Unadjusted results were very similar to the adjusted results and can be found in Supplemental Table A4.  
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### 54 *Perceived consequences of the COVID-19 pandemic*

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3 Almost two-thirds (63%) of the sample (n=23,020) perceived the consequences of the pandemic  
4 as negative or very negative when surveyed between September and December 2020 (Figure 3). The  
5 distribution of the self-reported consequences of the COVID-19 pandemic by socioeconomic variables is  
6 presented in the Supplemental Table A2. The perceived consequences of the pandemic varied across  
7 Canada, with the greatest proportion of participants reporting the perceived consequences as negative  
8 or very negative in British Columbia, Ontario, and the Prairies (Figure 4). Several socioeconomic  
9 characteristics were associated with perceiving the consequences of the COVID-19 pandemic as negative  
10 or very negative (Table 4). Older adults (75-96 years), compared to those aged 50-64 years, non-white  
11 adults, compared to adults who are white, and those who resided in a rural setting, compared to an  
12 urban setting were less likely to perceive the pandemic as negative or very negative. Unadjusted results  
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### 30 **Interpretation**

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32 This study is one of the first national studies to describe the stressors and perceived  
33 consequences experienced by older adults during the COVID-19 pandemic. Many studies have focused  
34 on the perception of the threat of the pandemic (26,29,30), and not broadly on how people would  
35 describe their perception of the COVID-19 pandemic on their household. The findings from this study  
36 suggest that older adults in Canada have been substantially impacted by the consequences of the  
37 pandemic, with 76% of respondents experiencing at least one stressor and 63% reporting they perceived  
38 the consequences of the pandemic as negative or very negative. Conversely, about 7% of participants  
39 perceived the pandemic as positive or very positive, and about 24% reported experiencing no stressors.  
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41 The prevalence of both stressors and the perceived consequences of the pandemic varied by  
42 socioeconomic factors, with adults aged 50-64 and females more likely to experience most of the  
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3 Few Canadian studies have described stress during the pandemic. A national online survey of  
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5 2000 adults early in the pandemic found that 45% of adults agreed the pandemic was stressful and  
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7 consistent with our study results, participants in Ontario were more likely to report stress (26). The  
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9 variation in the perception of the consequences of the pandemic may be related to different public  
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11 health responses and preventive measures that were implemented by different provinces (31). A study  
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13 conducted in the United States found people reported experiencing a high number of stressors during  
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15 the pandemic (17), and the most commonly reported stressors were reading/hearing others talk about  
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17 the severity and contagiousness of COVID-19 (96.6%) and uncertainty surrounding quarantine/social  
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19 distancing requirements (88.3%). Although these specific stressors were different than what we  
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21 measured, the overall report of increases in stress related to changes in daily routines is consistent.  
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26 Strengths of our study included that the CLSA is a nationally generalizable sample with a  
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28 population-based sampling strategy. Surveys were collected by both phone and web to accommodate  
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30 participants with limited internet access. Further, the longitudinal data availability with extensive pre-  
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32 pandemic data collected at CLSA baseline (2011-2015) and follow-up 1 (2015-2018) allowed for a  
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34 comprehensive assessment of sociodemographic factors. Future waves of data being collected by the  
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36 CLSA (21), will allow for longitudinal research on how the experiences of stress during the pandemic  
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38 impact both short- and long-term health outcomes. The CLSA COVID-19 Questionnaire Study collected  
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40 in-depth information on stressors and perceived consequences during the pandemic on a large sample  
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42 of older adults in Canada. However, limitations of our study are that a perceived stress scale was not  
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44 included, and the stressor list was developed early in the pandemic and did not include all possible  
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46 stressors that may have been experienced. Further, the study participants were primarily white thus  
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48 limiting the generalizability of the results. It is also important to note that the data from this study were  
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50 collected in the first two waves of the pandemic in Canada with the stress measures collected from  
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52 September 2020 to December 2020. Following December 2020, Canada experienced a third wave from  
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3 March 2021 to June 2021 (32). The results from this study may vary from the experiences of stressors  
4 reported or the overall perception of the pandemic during this third wave.  
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7           Understanding the indirect impact of the pandemic on Canadian adults is critical. Stress is one  
8 indirect impact that may have a profound effect on the long-term health consequences of Canadians.  
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10 Both acute and chronic stress are established risk factors for mental health, chronic diseases and  
11 mortality (33). Describing the prevalence of stressors by socioeconomic factors is crucial to identify  
12 health inequalities and to prevent further disparities (34,35). As the pandemic continues to progress,  
13 and as future follow-ups of the CLSA are collected and subsequently become available, this will allow for  
14 continued investigation of the impact of stress during the pandemic on long-term health outcomes.  
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**Table 1.** Characteristics of participants from the Canadian Longitudinal Study on Aging (CLSA) COVID-19 Questionnaire study (n=23,972)

Characteristic	N (%) (n=23,972)
Sex <sup>1</sup>	
Male	11229 (47%)
Female	12743 (53%)
Age group <sup>2</sup>	
50-64 years	8347 (35%)
65-74 years	8759 (37%)
75-96 years	6866 (29%)
Racial background <sup>1</sup>	
White	23273 (97%)
Non-white	673 (3%)
Missing	26
Education <sup>1</sup>	
Secondary school graduation or less	3453 (14%)
Some post-secondary education	1719 (7%)
Post-secondary degree or diploma	18756 (78%)
Missing	44
Total household income <sup>3</sup>	
Less than \$50,000	5716 (25%)
\$50,000 to less than \$100,000	8569 (38%)
\$100,000 to less than \$150,000	4589 (20%)
\$150,000 or more	3758 (17%)
Missing	1340
Region <sup>2</sup>	
Atlantic	4334 (18%)
Quebec	4336 (18%)
Ontario	5554 (23%)
Prairies	5130 (21%)
British Columbia	4618 (19%)
Marital status <sup>3</sup>	
Single (never married/never lived with partner)	2007 (8%)
Married or common law relationship	16833 (70%)
Widowed	2332 (10%)
Divorced or separated	2785 (12%)
Missing	15
Essential worker status <sup>2</sup>	
Doesn't work outside the home	17357 (75%)
Essential worker	2495 (11%)
Not essential worker	3426 (15%)
Missing	694
Urban/rural status <sup>2</sup>	
Urban	19602 (82%)
Rural	4245 (18%)
Missing	125

1. Data collected at CLSA Baseline (2011-2015)

2. Data collected at CLSA COVID-19 Questionnaire Baseline Survey (April 2020-June 2020)

3. Data collected at CLSA Follow-up 19 (2015-2018)

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**Table 2.** The adjusted association between socioeconomic characteristics and individual stressors among Canadian adults in the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Stressors Adjusted PR (95% CI) <sup>1</sup>											
	Participant was ill	Someone close to participant was ill	Someone close to participant died	Loss of income	Unable to access necessary food or supplies	Unable to access healthcare	Unable to access usual prescriptions	Increased conflict	Separation from family	Increased caregiving	Unable to care for those who require assistance	Breakdown in family relationships
Sex												
Male	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Female	1.22 (1.14, 1.33)	1.16 (1.09, 1.24)	1.17 (1.10, 1.25)	0.89 (0.83, 0.96)	1.05 (0.93, 1.18)	1.05 (1.00, 1.09)	1.11 (0.98, 1.26)	1.10 (0.98, 1.23)	1.31 (1.28, 1.35)	1.49 (1.37, 1.62)	1.33 (1.22, 1.45)	1.28 (1.12, 1.45)
Age group												
50-64 years	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
65-74 years	0.90 (0.82, 0.99)	0.84 (0.77, 0.92)	0.96 (0.88, 1.05)	0.62 (0.57, 0.68)	0.63 (0.54, 0.72)	0.92 (0.87, 0.98)	0.82 (0.70, 0.96)	0.69 (0.60, 0.79)	1.01 (0.97, 1.04)	0.70 (0.63, 0.78)	0.78 (0.70, 0.87)	0.68 (0.58, 0.80)
75-96 years	0.70 (0.62, 0.78)	0.80 (0.72, 0.88)	1.04 (0.95, 1.15)	0.31 (0.26, 0.36)	0.36 (0.29, 0.43)	0.68 (0.63, 0.74)	0.62 (0.51, 0.75)	0.57 (0.47, 0.67)	0.87 (0.83, 0.90)	0.52 (0.46, 0.60)	0.51 (0.44, 0.59)	0.50 (0.41, 0.61)
Racial background												
White	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Non-white	0.82 (0.64, 1.04)	0.90 (0.72, 1.10)	1.34 (1.13, 1.57)	1.08 (0.90, 1.28)	0.95 (0.68, 1.29)	0.81 (0.68, 0.94)	0.83 (0.55, 1.19)	0.81 (0.56, 1.12)	0.81 (0.73, 0.88)	0.88 (0.68, 1.11)	0.95 (0.72, 1.21)	0.93 (0.63, 1.33)
Education												
Secondary school graduation or less	0.87 (0.77, 0.97)	0.86 (0.77, 0.95)	0.97 (0.88, 1.07)	0.95 (0.85, 1.07)	0.90 (0.75, 1.07)	0.90 (0.84, 0.98)	0.96 (0.79, 1.15)	0.96 (0.81, 1.13)	0.87 (0.83, 0.91)	0.96 (0.84, 1.09)	0.73 (0.66, 0.85)	0.87 (0.71, 1.05)
Some post-secondary education	1.01 (0.75, 1.15)	1.09 (0.96, 1.23)	1.05 (0.93, 1.18)	1.02 (0.89, 1.16)	1.14 (0.93, 1.38)	1.01 (0.92, 1.10)	1.20 (0.97, 1.47)	1.01 (0.81, 1.23)	0.97 (0.92, 1.01)	0.89 (0.75, 1.04)	1.01 (0.85, 1.18)	1.12 (0.88, 1.40)
Post-secondary degree or diploma	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Household income												
Less than \$50,000	1.22 (1.08, 1.38)	1.04 (0.93, 1.16)	1.08 (0.98, 1.20)	1.31 (1.17, 1.47)	1.40 (1.16, 1.69)	1.03 (0.95, 1.12)	1.12 (0.92, 1.37)	1.15 (0.96, 1.38)	0.91 (0.87, 0.95)	0.89 (0.77, 1.02)	1.06 (0.92, 1.23)	1.27 (1.03, 1.56)
\$50,000 or more, but less than \$100,000	1.04 (0.93, 1.15)	1.02 (0.94, 1.12)	0.99 (0.91, 1.09)	1.03 (0.94, 1.14)	1.10 (0.93, 1.29)	1.03 (0.96, 1.10)	0.96 (0.81, 1.14)	0.97 (0.83, 1.12)	0.99 (0.96, 1.03)	1.04 (0.93, 1.16)	0.97 (0.86, 1.09)	1.04 (0.87, 1.24)
\$100,000 or more, but less than \$150,000	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
\$150,000 or more	1.05 (0.93, 1.19)	1.04 (0.94, 1.16)	0.86 (0.77, 0.96)	0.84 (0.76, 0.93)	1.10 (0.92, 1.32)	0.96 (0.88, 1.04)	0.95 (0.78, 1.15)	0.83 (0.69, 0.98)	1.01 (0.97, 1.05)	1.08 (0.96, 1.22)	0.99 (0.87, 1.13)	0.98 (0.80, 1.20)
Region												
Atlantic	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Quebec	1.01 (0.89, 1.14)	1.52 (1.37, 1.69)	0.84 (0.76, 0.94)	1.02 (0.90, 1.16)	0.47 (0.37, 0.60)	0.53 (0.48, 0.58)	0.37 (0.28, 0.48)	1.31 (1.07, 1.59)	0.81 (0.77, 0.85)	0.58 (0.49, 0.67)	0.90 (0.76, 1.06)	2.15 (1.74, 2.67)
Ontario	1.07 (0.95, 1.19)	1.08 (0.97, 1.21)	0.91 (0.83, 1.01)	1.29 (1.14, 1.45)	1.34 (1.13, 1.60)	1.19 (1.11, 1.28)	1.25 (1.04, 1.50)	1.50 (1.25, 1.80)	1.20 (1.15, 1.24)	1.15 (1.02, 1.30)	1.39 (1.21, 1.60)	1.44 (1.15, 1.81)
Prairies	0.96 (0.85, 1.08)	1.16 (1.04, 1.30)	0.88 (0.79, 0.97)	1.50 (1.34, 1.68)	1.19 (0.99, 1.42)	0.70 (0.64, 0.76)	1.11 (0.92, 1.34)	1.40 (1.16, 1.69)	1.15 (1.11, 1.20)	1.08 (0.95, 1.22)	1.32 (1.14, 1.52)	1.47 (1.17, 1.84)
British Columbia	1.13 (1.01, 1.27)	1.09 (0.97, 1.22)	0.83 (0.75, 0.92)	1.44 (1.28, 1.62)	1.41 (1.18, 1.69)	1.03 (0.96, 1.11)	1.10 (0.91, 1.33)	1.54 (1.28, 1.87)	1.10 (1.06, 1.15)	1.15 (1.01, 1.31)	1.28 (1.11, 1.49)	1.50 (1.20, 1.88)
Marital Status												
Single (never married/never lived with partner)	1.18 (1.03, 1.34)	0.85 (0.75, 0.97)	0.94 (0.83, 1.07)	0.95 (0.84, 1.08)	1.06 (0.85, 1.30)	1.06 (0.96, 1.16)	1.27 (1.02, 1.57)	0.81 (0.65, 1.00)	0.89 (0.84, 0.94)	0.72 (0.60, 0.86)	0.82 (0.69, 0.98)	0.99 (0.79, 1.22)
Married or common law relationship	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Widowed	1.06 (0.92, 1.22)	0.82 (0.71, 0.93)	1.01 (0.90, 1.14)	0.86 (0.71, 1.03)	0.98 (0.76, 1.25)	0.95 (0.86, 1.06)	0.93 (0.73, 1.19)	0.67 (0.51, 0.85)	1.00 (0.96, 1.05)	0.61 (0.49, 0.74)	0.85 (0.71, 1.03)	0.93 (0.71, 1.19)
Divorced and separated	1.15 (1.02, 1.29)	0.81 (0.72, 0.91)	1.00 (0.90, 1.11)	1.12 (1.01, 1.24)	1.35 (1.13, 1.59)	1.08 (0.99, 1.16)	1.13 (0.92, 1.37)	0.91 (0.76, 1.09)	1.04 (1.00, 1.08)	0.80 (0.69, 0.93)	0.91 (0.78, 1.05)	1.00 (0.81, 1.21)
Essential worker status												
Doesn't work outside the home	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Essential worker	0.95 (0.83, 1.07)	1.08 (0.97, 1.20)	1.00 (0.89, 1.12)	1.61 (1.43, 1.80)	1.01 (0.85, 1.20)	0.92 (0.85, 1.00)	1.01 (0.83, 1.23)	1.19 (1.00, 1.40)	0.93 (0.88, 0.97)	1.04 (0.92, 1.18)	1.02 (0.89, 1.17)	1.25 (1.03, 1.51)
Not essential worker	0.89 (0.80, 1.00)	1.00 (0.90, 1.10)	0.94 (0.85, 1.04)	3.04 (2.78, 3.32)	0.79 (0.67, 0.94)	0.88 (0.82, 0.95)	0.86 (0.72, 1.04)	1.12 (0.96, 1.31)	0.98 (0.94, 1.02)	1.11 (0.99, 1.24)	1.03 (0.90, 1.16)	1.10 (0.92, 1.31)
Urban/rural status												
Urban	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
Rural	1.02 (0.93, 1.12)	0.92 (0.85, 1.01)	1.03 (0.95, 1.12)	1.03 (0.94, 1.13)	0.97 (0.83, 1.13)	1.01 (0.95, 1.08)	1.05 (0.89, 1.22)	1.00 (0.87, 1.16)	0.96 (0.93, 1.00)	0.98 (0.89, 1.09)	1.02 (0.91, 1.14)	1.02 (0.87, 1.20)

1. Adjusted for all variables listed in the table: sex, age group, racial background, education, household income, region, marital status, essential worker status and urban/rural status

**Table 3.** The adjusted association between socioeconomic characteristics and total number of stressors<sup>1</sup> among Canadian adults in the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Adjusted PR (95% CI) <sup>2</sup>
Sex	
Male	1.00
Female	1.20 (1.17, 1.23)
Age group	
50-64 years	1.00
65-74 years	0.86 (0.84, 0.89)
75-96 years	0.70 (0.67, 0.73)
Racial background	
White	1.00
Non-white	0.91 (0.85, 0.98)
Education	
Secondary school graduation or less	0.89 (0.86, 0.92)
Some post-secondary education	0.99 (0.95, 1.04)
Post-secondary degree or diploma	1.00
Household income	
\$50,000 or less	1.04 (1.00, 1.08)
\$50,000 or more, but less than \$100,000	1.01 (0.98, 1.05)
\$100,000 or more, but less than \$150,000	1.00
\$150,000 or more	0.99 (0.95, 1.02)
Region	
Atlantic	1.00
Quebec	0.86 (0.82, 0.89)
Ontario	1.17 (1.13, 1.22)
Prairies	1.07 (1.03, 1.11)
British Columbia	1.12 (1.07, 1.16)
Marital Status	
Single (never married/never lived with partner)	0.94 (0.90, 0.98)
Married or common law relationship	1.00
Widowed	0.92 (0.88, 0.97)
Divorced and separated	1.02 (0.98, 1.06)
Essential worker status	
Doesn't work outside the home	1.00
Essential worker	1.02 (0.98, 1.06)
Not essential worker	1.08 (1.05, 1.12)
Urban/rural status	
Urban	1.00
Rural	0.99 (0.96, 1.02)

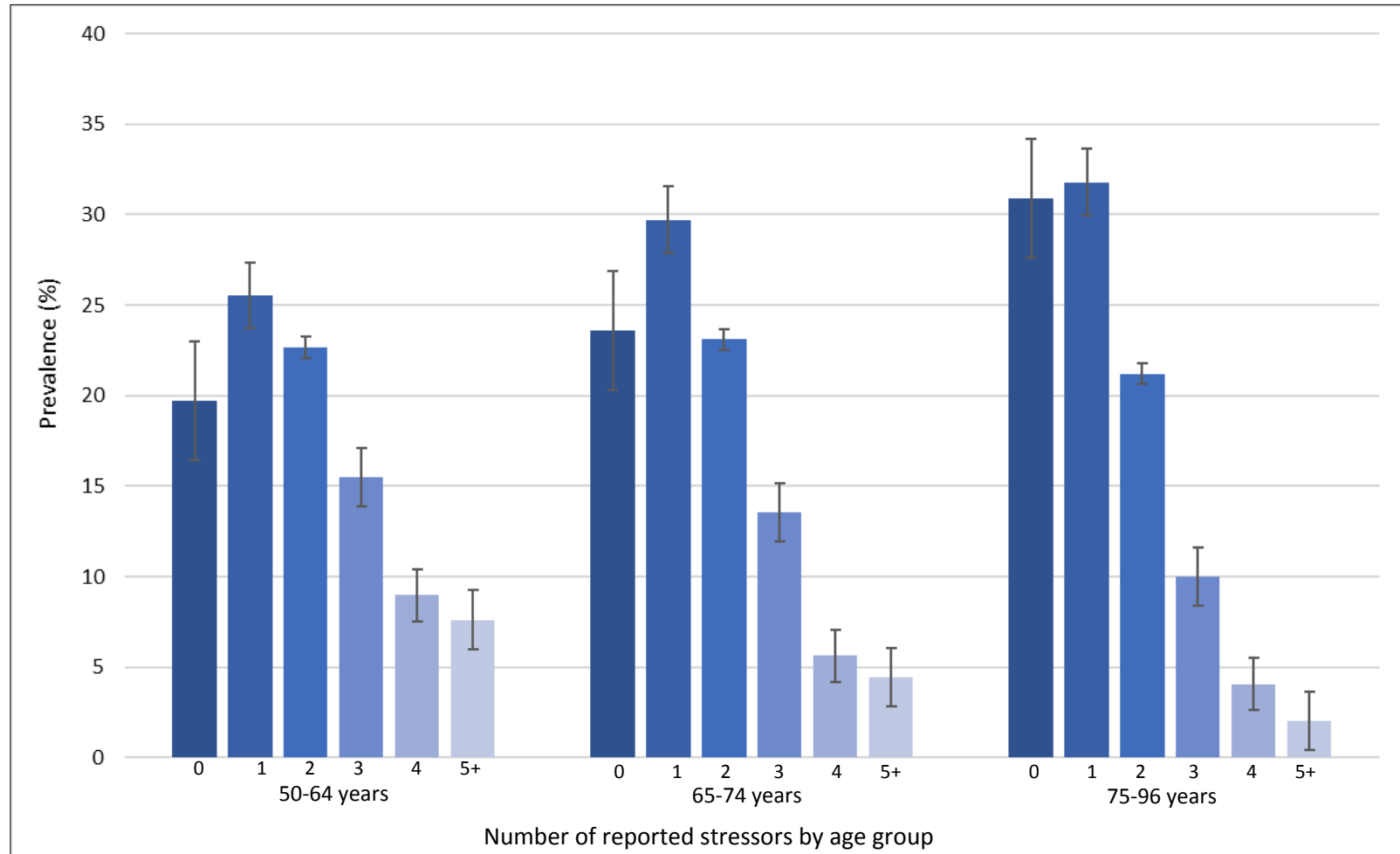
1. The total number of stressors was calculated by summing the stressors people reported, this ranged from zero to 12.
2. Adjusted for all variables listed in the table: sex, age group, racial background, education, household income, region, marital status, essential worker status and urban/rural status

**Table 4.** Adjusted prevalence ratio (PRs) and 95% CI for the association between socioeconomic characteristics and negative/very negative versus neutral/positive/very positive perception of the consequences of the COVID-19 pandemic among Canadian adults in the Canadian Longitudinal Study (CLSA) on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Adjusted PR (95% CI) <sup>1</sup>
Sex	
Male	1.00
Female	0.98 (0.97, 1.01)
Age group	
50-64 years	1.00
65-74 years	0.98 (0.95, 1.00)
75-96 years	0.93 (0.90, 0.95)
Racial background	
White	1.00
Non-white	0.89 (0.83, 0.95)
Education	
Secondary school graduation or less	0.90 (0.87, 0.93)
Some post-secondary education	0.97 (0.93, 1.01)
Post-secondary degree or diploma	1.00
Household income	
\$50,000 or less	0.94 (0.91, 0.97)
\$50,000 or more, but less than \$100,000	0.98 (0.96, 1.01)
\$100,000 or more, but less than \$150,000	1.00
\$150,000 or more	0.99 (0.96, 1.03)
Region	
Atlantic	1.00
Quebec	0.87 (0.84, 0.91)
Ontario	1.20 (1.16, 1.24)
Prairies	1.21 (1.17, 1.25)
British Columbia	1.17 (1.13, 1.21)
Marital Status	
Single (never married/never lived with partner)	0.99 (0.95, 1.03)
Married or common law relationship	1.00
Widowed	1.04 (1.00, 1.08)
Divorced and separated	1.02 (0.99, 1.05)
Essential worker status	
Doesn't work outside the home	1.00
Essential worker	0.92 (0.89, 0.95)
Not essential worker	0.96 (0.93, 0.99)
Urban/rural status	
Urban	1.00
Rural	0.93 (0.90, 0.96)

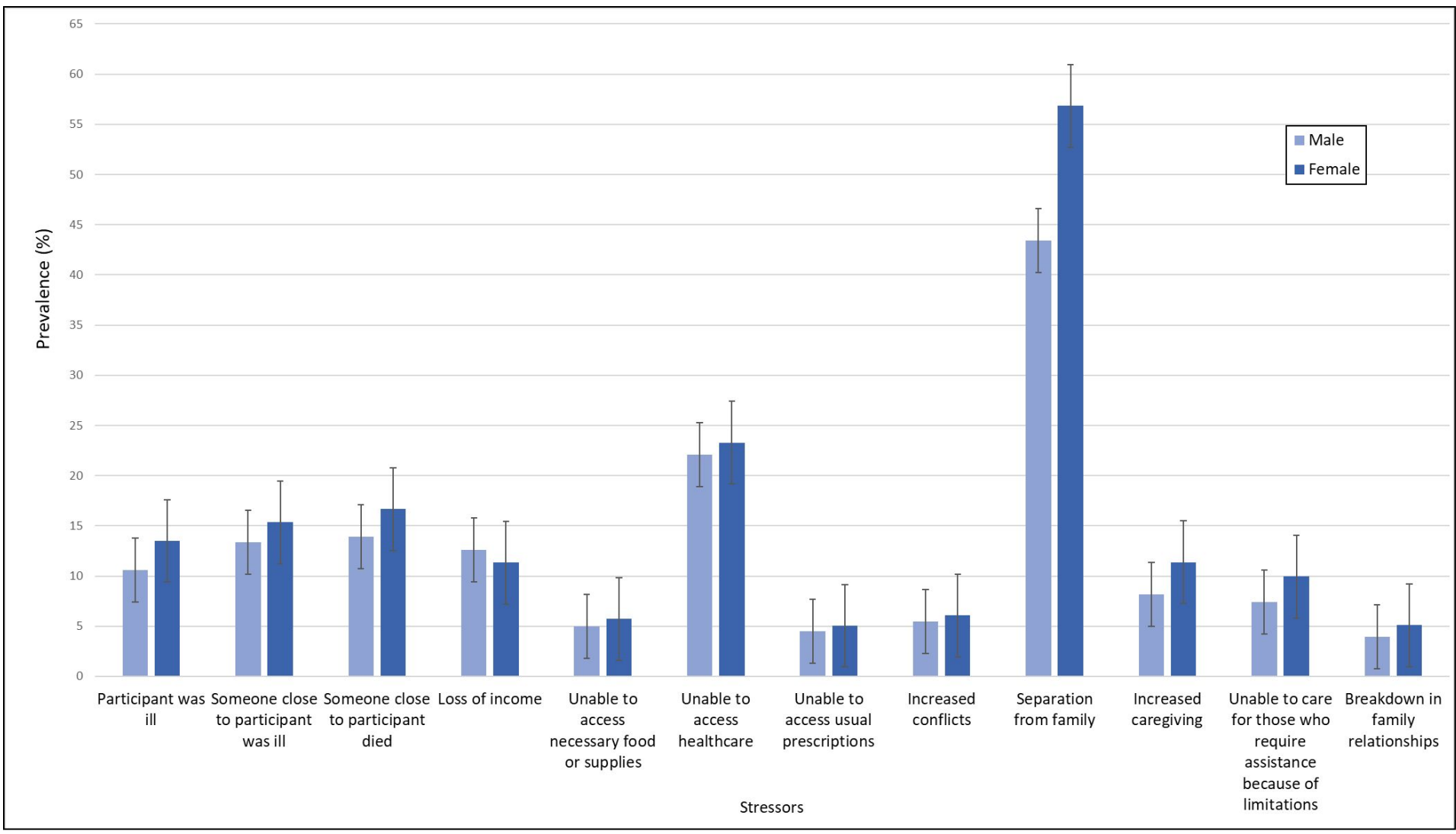
1. Adjusted for all variables listed in the table: sex, age group, racial background, education, household income, region, marital status, essential worker status, education, and urban/rural status



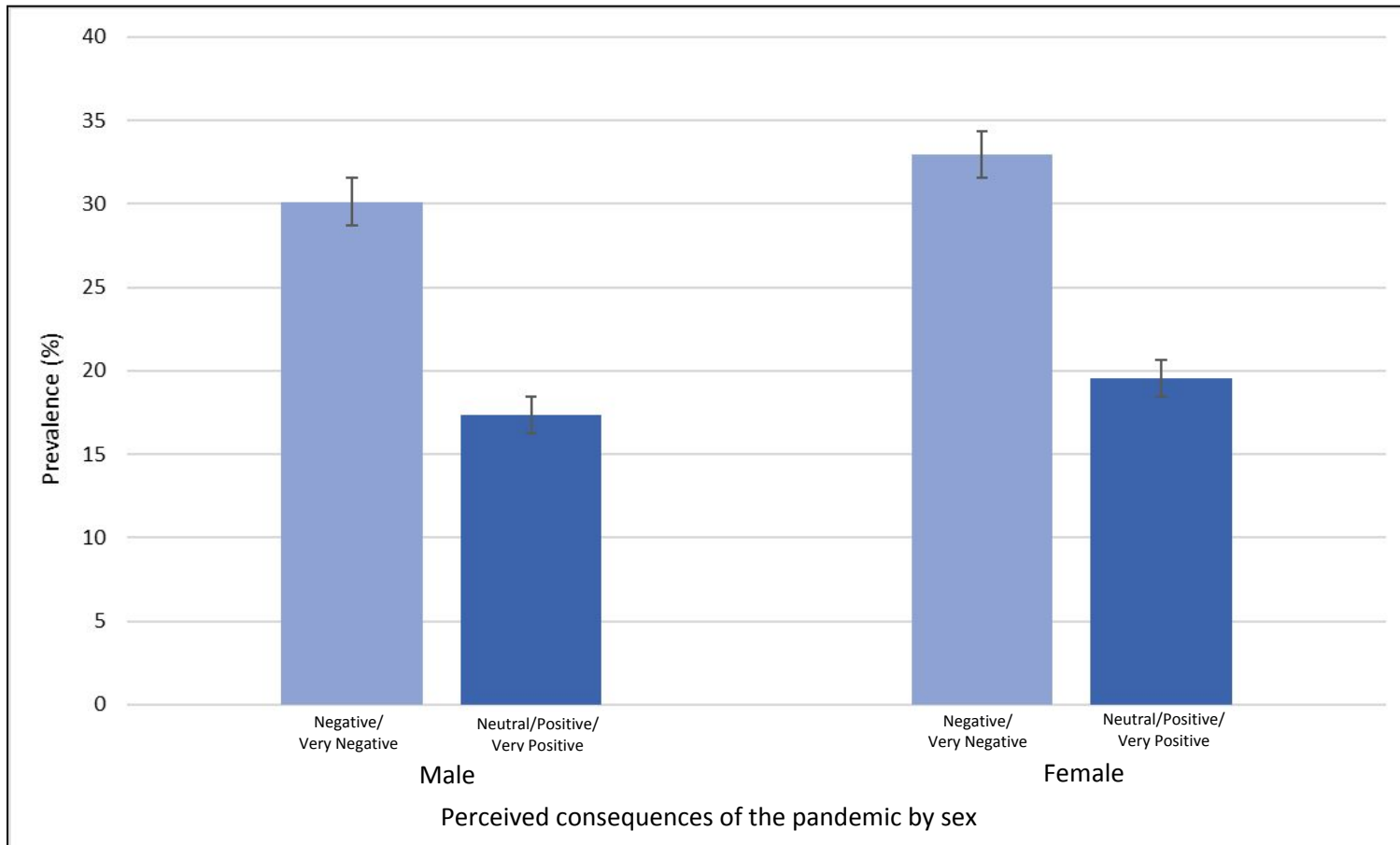


**Figure 1.** Prevalence of total reported stressors with standard error bars by age group among Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020) (n=23,758)

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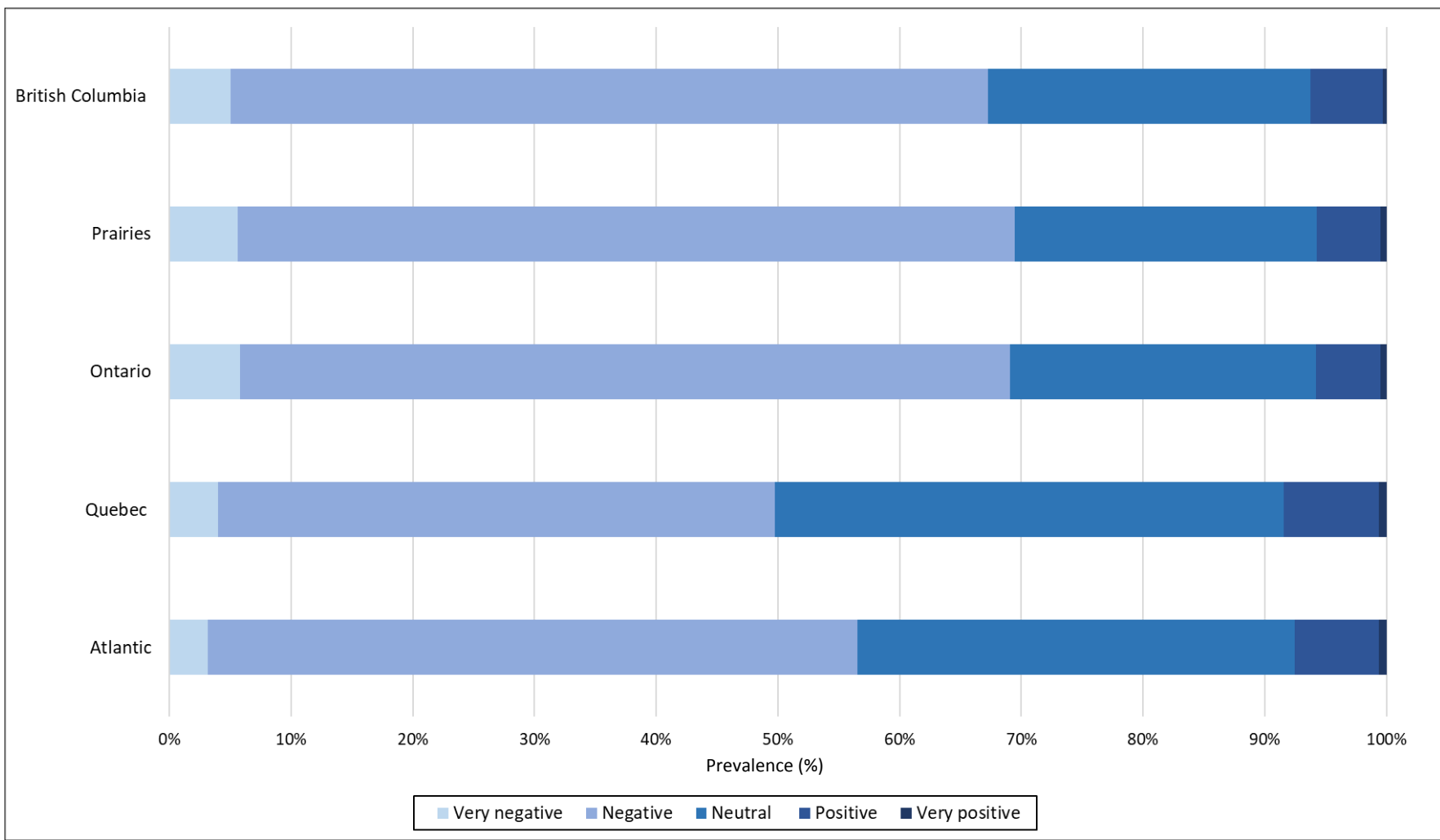


**Figure 2.** Prevalence of stressors with standard error bars among Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) by sex at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)



**Figure 3.** Perceived consequences of the COVID-19 pandemic experienced by Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) (n=23,020) by sex at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020) with standard error bars

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**Figure 4.** Perceived consequences of the COVID-19 pandemic experienced by Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) (n=23,020) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020) by region

## SUPPLEMENTARY TABLES

**Table A1.** The proportion of Canadian adults reporting stressors by socioeconomic characteristics within the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Stressors N (row %)											
	Participant was ill	Someone close to participant was ill	Someone close to participant died	Loss of income	Unable to access necessary food or supplies	Unable to access healthcare	Unable to access usual prescriptions	Increased conflict	Separation from family	Increased caregiving	Unable to care for those who require assistance	Breakdown in family relationships
<b>Sex</b>												
10 Male	1182 (11%)	1489 (13%)	1552 (14%)	1432 (11%)	558 (5%)	2457 (22%)	498 (4%)	612 (6%)	4832 (43%)	909 (8%)	827 (7%)	438 (4%)
11 Female	1704 (14%)	1939 (15%)	2104 (17%)	1402 (13%)	724 (6%)	2939 (23%)	638 (5%)	767 (6%)	7175 (57%)	1436 (11%)	1257 (10%)	644 (5%)
<b>Age group</b>												
12 13-64 years	1099 (13%)	1388 (17%)	1226 (15%)	1736 (21%)	637(8%)	2085 (25%)	472 (6%)	641 (8%)	4342(53%)	1156 (14%)	957 (12%)	517 (6%)
13 65-74 years	1093 (13%)	1190 (14%)	1286 (15%)	822 (9%)	435 (5%)	2101 (24%)	414 (5%)	446 (5%)	4607 (53%)	776 (9%)	749 (9%)	356 (4%)
14 75-96 years	694 (10%)	850 (13%)	1144 (17%)	276 (4%)	210 (3%)	1210 (18%)	250 (4%)	292 (4%)	3058 (45%)	413 (6%)	378 (6%)	209 (3%)
<b>Racial background</b>												
15 White	2814 (12%)	3332 (14%)	3515 (15%)	2719 (12%)	1239 (5%)	5255 (23%)	1106 (5%)	1340 (6%)	11711 (51%)	2277 (10%)	2015 (9%)	1049 (5%)
16 Non-white	69 (10%)	91 (14%)	135 (20%)	112 (17%)	43 (6%)	138 (21%)	29 (4%)	38 (6%)	281 (42%)	63 (9%)	67 (10%)	32 (5%)
<b>Education</b>												
17 Secondary school graduation or less	369 (11%)	421 (12%)	537 (16%)	314 (9%)	156 (5%)	661 (19%)	150 (4%)	181 (5%)	1447 (42%)	267 (8%)	204 (6%)	142 (4%)
18 Some post-secondary education	219 (13%)	259 (15%)	283 (17%)	197 (12%)	111 (7%)	409 (24%)	101 (6%)	98 (6%)	880 (52%)	157 (9%)	155 (9%)	82 (5%)
19 Post-secondary degree or diploma	2293 (12%)	2740 (15%)	2827 (15%)	2317 (12%)	1014 (5%)	4317 (23%)	882 (5%)	1096 (6%)	9660 (52%)	1917 (10%)	1723 (9%)	854 (5%)
<b>Household income</b>												
20 Less than \$50,000	768 (14%)	763 (14%)	965 (17%)	591 (10%)	319 (6%)	1208 (21%)	273 (5%)	313 (6%)	2570 (45%)	380 (7%)	438 (8%)	274 (5%)
21 \$50,000 to less than \$100,000	993 (12%)	1215 (14%)	1290 (15%)	905 (11%)	409 (5%)	1932 (23%)	373 (4%)	468 (6%)	4351 (51%)	832 (10%)	692 (8%)	364 (4%)
22 \$100,000 to less than \$150,000	512 (11%)	671 (15%)	690 (15%)	630 (14%)	242 (5%)	1088 (24%)	233 (5%)	291 (6%)	2404 (53%)	501 (11%)	445 (10%)	203 (5%)
23 \$150,000 or more	454 (12%)	590 (16%)	478 (13%)	556 (15%)	239 (6%)	892 (24%)	187 (5%)	221 (6%)	2031 (55%)	501 (14%)	399 (11%)	178 (5%)
<b>Region</b>												
24 Atlantic	500 (12%)	530 (12%)	743 (17%)	424 (10%)	212 (5%)	1081 (25%)	212 (5%)	180 (4%)	2007 (47%)	422 (10%)	322 (8%)	131 (3%)
25 Quebec	527 (12%)	797 (19%)	627 (15%)	431 (10%)	109 (3%)	589 (14%)	81 (2%)	244 (6%)	1643 (38%)	232 (5%)	283 (7%)	281 (7%)
26 Ontario	670 (12%)	742 (13%)	868 (16%)	655 (12%)	342 (6%)	1628 (30%)	322 (6%)	338 (6%)	3139 (57%)	629 (11%)	553 (10%)	235 (4%)
27 Prairies	584 (12%)	737 (14%)	762 (15%)	709 (14%)	301 (7%)	898 (18%)	285 (6%)	317 (6%)	2826 (56%)	545 (11%)	490 (10%)	228 (5%)
28 British Columbia	604 (13%)	622 (14%)	656 (14%)	615 (13%)	318 (7%)	1200 (26%)	236 (5%)	300 (7%)	2392 (52%)	517 (11%)	436 (10%)	207 (5%)
<b>Marital Status</b>												
29 Single (never married/never lived with partner)	284 (14%)	285 (14%)	303 (15%)	295 (15%)	115 (6%)	465 (23%)	113 (6%)	114 (6%)	876 (44%)	157 (8%)	158 (8%)	106 (5%)
30 Married or common law relationship	1932 (12%)	2523 (15%)	2503 (15%)	2009 (12%)	884 (5%)	3837 (23%)	781 (5%)	1016 (6%)	8507 (51%)	1843 (11%)	1547 (9%)	747 (5%)
31 Widowed	272 (12%)	265 (11%)	402 (17%)	127 (6%)	85 (4%)	428 (19%)	91 (4%)	84 (4%)	1141 (50%)	121 (5%)	144 (6%)	78 (3%)
32 Divorced and separated	395 (14%)	354 (13%)	448 (16%)	400 (15%)	198 (7%)	660 (24%)	151 (5%)	164 (6%)	1476 (54%)	224 (8%)	234 (9%)	149 (5%)
<b>Essential worker status</b>												
33 Doesn't work outside the home	2077 (12%)	2394 (14%)	2717 (16%)	1213 (7%)	857 (5%)	3863 (22%)	797 (5%)	896 (5%)	8705 (51%)	1519 (9%)	8705 (51%)	694 (4%)
34 Essential worker	308 (12%)	418 (17%)	371 (15%)	430 (17%)	187 (8%)	595 (24%)	143 (6%)	193 (8%)	1220 (49%)	317 (13%)	1220 (49%)	164 (7%)
35 Not essential worker	404 (12%)	511 (15%)	465 (14%)	1059 (31%)	191 (6%)	780 (23%)	160 (5%)	240 (7%)	1774 (52%)	442 (13%)	1774 (52%)	190 (6%)
<b>Urban/rural status</b>												
36 Urban	2352 (12%)	2832 (15%)	2966 (15%)	2321 (12%)	1056 (5%)	4398 (23%)	925 (5%)	1134 (6%)	9925 (51%)	1920 (10%)	1700 (9%)	884 (5%)
37 Rural	517 (12%)	575 (14%)	671 (16%)	497 (12%)	215 (5%)	966 (23%)	202 (5%)	236 (6%)	1358 (48%)	413 (10%)	374 (9%)	193 (5%)

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**Table A2.** Self-reported perception of the consequences of the COVID-19 pandemic by socioeconomic characteristics among Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September–December 2020)

	Consequences of the COVID-19 pandemic on the study participant and their household		
	Negative/very negative n=14520 N (row %)	Neutral n=6962 N (row %)	Positive/very positive n=1538 N (row %)
Sex			
Male	6937 (63%)	3383 (31%)	615 (6%)
Female	7583 (63%)	3579 (30%)	923 (8%)
Age group			
50-64 years	5183 (64%)	2243 (28%)	616 (8%)
65-74 years	5378 (64%)	2560 (30%)	507 (6%)
75-96 years	3959 (61%)	2159 (33%)	415 (6%)
Racial background			
White	14130 (63%)	6768 (30%)	1465 (7%)
Non-white	374 (59%)	186 (29%)	72 (11%)
Education			
Secondary school graduation or less	1801 (55%)	1218 (38%)	229 (7%)
Some post-secondary education	1046 (63%)	508 (31%)	97 (6%)
Post-secondary degree or diploma	11643 (64%)	5223 (29%)	1211 (7%)
Household income			
Less than \$50,000	3153 (58%)	1855 (34%)	399 (7%)
\$50,000 to less than \$100,000	5203 (63%)	2529 (31%)	499 (6%)
\$100,000 to less than \$150,000	2939 (66%)	1262 (28%)	261 (6%)
\$150,000 or more	2455 (67%)	927 (25%)	281 (8%)
Region			
Atlantic	2350 (57%)	1494 (36%)	315 (8%)
Quebec	2040 (50%)	1717 (42%)	346 (8%)
Ontario	3704 (69%)	1349 (25%)	312 (6%)
Prairies	3410 (70%)	1215 (25%)	283 (6%)
British Columbia	3016 (67%)	1187 (26%)	282 (6%)
Marital Status			
Single (never married/never lived with partner)	1152 (60%)	626 (33%)	130 (7%)
Married or common law relationship	10335 (64%)	4819 (30%)	1100 (7%)
Widowed	1363 (62%)	699 (32%)	128 (6%)
Divorced and separated	1663 (63%)	814 (31%)	177 (7%)
Essential worker status			
Doesn't work outside the home	10555 (63%)	5120 (31%)	998 (6%)
Essential worker	1468 (61%)	748 (31%)	197 (8%)
Not essential worker	2114 (64%)	911 (28%)	288 (9%)
Urban/rural status			
Urban	12105 (64%)	5507 (30%)	1214 (6%)
Rural	2331 (57%)	1424 (35%)	317 (8%)

**Table A3.** The association between socioeconomic characteristics and individual stressors among Canadian adults in the Canadian Longitudinal Study on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Stressors Unadjusted PR (95% CI)											
	Participant was ill	Someone close to participant was ill	Someone close to participant died	Loss of income	Unable to access necessary food or supplies	Unable to access healthcare	Unable to access usual prescriptions	Increased conflict	Separation from family	Increased caregiving	Unable to care for those who require assistance	Breakdown in family relationships
<b>Sex</b>												
10 Male	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
11 Female	1.27 (1.19, 1.37)	1.15 (1.08, 1.22)	1.20 (1.13, 1.27)	0.90 (0.84, 0.97)	1.14 (1.02, 1.27)	1.05 (1.01, 1.11)	1.13 (1.01, 1.27)	1.11 (1.00, 1.23)	1.31 (1.28, 1.34)	1.39 (1.29, 1.51)	1.34 (1.23, 1.46)	1.30 (1.15, 1.46)
<b>Age group</b>												
12 20-64 years	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
13 65-74 years	0.94 (0.87, 1.02)	0.81 (0.76, 0.87)	1.00 (0.93, 1.07)	0.45 (0.42, 0.49)	0.65 (0.58, 0.73)	0.96 (0.91, 1.01)	0.83 (0.73, 0.95)	0.66 (0.59, 0.74)	1.01 (0.98, 1.04)	0.64 (0.59, 0.69)	0.74 (0.68, 0.81)	0.65 (0.57, 0.75)
14 75-96 years	0.77 (0.70, 0.84)	0.74 (0.69, 0.80)	1.13 (1.05, 1.22)	0.19 (0.17, 0.22)	0.40 (0.34, 0.47)	0.70 (0.66, 0.75)	0.64 (0.55, 0.75)	0.56 (0.48, 0.63)	0.86 (0.83, 0.88)	0.43 (0.39, 0.48)	0.48 (0.43, 0.54)	0.49 (0.42, 0.57)
<b>Race/ethnic background</b>												
15 White	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
16 Non-white	0.85 (0.67, 1.05)	0.95 (0.77, 1.14)	1.33 (1.13, 1.54)	1.42 (1.19, 1.68)	1.20 (0.88, 1.59)	0.91 (0.77, 1.05)	0.91 (0.62, 1.28)	0.99 (0.72, 1.33)	0.83 (0.76, 0.91)	0.96 (0.75, 1.20)	1.15 (0.90, 1.44)	1.06 (0.73, 1.46)
<b>Education</b>												
17 Secondary school graduation or less	0.87 (0.79, 0.97)	0.83 (0.76, 0.92)	1.03 (0.95, 1.12)	0.74 (0.66, 0.82)	0.84 (0.71, 0.98)	0.83 (0.77, 0.89)	0.92 (0.78, 1.10)	0.90 (0.77, 1.04)	0.81 (0.78, 0.85)	0.76 (0.67, 0.85)	0.64 (0.56, 0.74)	0.90 (0.76, 1.07)
18 Some post-secondary education	1.04 (0.91, 1.18)	1.03 (0.92, 1.16)	1.09 (0.97, 1.22)	0.93 (0.81, 1.06)	1.19 (0.98, 1.44)	1.03 (0.95, 1.13)	1.25 (1.02, 1.52)	0.98 (0.79, 1.19)	0.99 (0.95, 1.04)	0.89 (0.76, 1.04)	0.98 (0.84, 1.14)	1.05 (0.83, 1.30)
19 Post-secondary degree or diploma	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
<b>Household income</b>												
20 Less than \$50,000	1.21 (1.09, 1.34)	0.92 (0.83, 1.01)	1.13 (1.03, 1.23)	0.75 (0.68, 0.84)	1.06 (0.90, 1.25)	0.89 (0.83, 0.96)	0.94 (0.80, 1.12)	0.87 (0.74, 1.01)	0.86 (0.83, 0.90)	0.61 (0.54, 0.69)	0.79 (0.70, 0.90)	1.09 (0.91, 1.30)
21 \$50,000 to less than \$100,000	1.04 (0.94, 1.15)	0.97 (0.89, 1.06)	1.00 (0.92, 1.09)	0.75 (0.70, 0.85)	0.90 (0.78, 1.06)	0.95 (0.89, 1.01)	0.86 (0.73, 1.01)	0.86 (0.75, 0.99)	0.97 (0.94, 1.00)	0.89 (0.81, 0.99)	0.83 (0.74, 0.93)	0.96 (0.81, 1.14)
22 \$100,000 to less than \$150,000	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
23 \$150,000 or more	1.08 (0.96, 1.22)	1.08 (0.97, 1.19)	0.85 (0.76, 0.94)	1.08 (0.97, 1.20)	1.21 (1.02, 1.44)	1.00 (0.93, 1.08)	0.98 (0.81, 1.18)	0.93 (0.78, 1.10)	1.03 (0.99, 1.08)	1.22 (1.09, 1.37)	1.10 (0.96, 1.25)	1.07 (0.88, 1.30)
<b>Region</b>												
24 Atlantic	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
25 Quebec	1.05 (0.94, 1.18)	1.50 (1.36, 1.67)	0.84 (0.77, 0.93)	1.02 (0.90, 1.15)	0.51 (0.41, 0.64)	0.54 (0.50, 0.60)	0.38 (0.30, 0.49)	1.36 (1.12, 1.64)	0.82 (0.78, 0.86)	0.55 (0.47, 0.64)	0.88 (0.75, 1.03)	2.15 (1.76, 2.64)
26 Ontario	1.05 (0.94, 1.17)	1.09 (0.98, 1.21)	0.91 (0.83, 1.00)	1.21 (1.07, 1.35)	1.26 (1.07, 1.49)	1.17 (1.10, 1.26)	1.18 (1.00, 1.40)	1.46 (1.23, 1.75)	1.22 (1.17, 1.27)	1.16 (1.04, 1.31)	1.34 (1.18, 1.53)	1.40 (1.14, 1.73)
27 Prairies	0.99 (0.88, 1.11)	1.17 (1.06, 1.30)	0.87 (0.79, 0.95)	1.41 (1.26, 1.58)	1.20 (1.01, 1.42)	0.70 (0.65, 0.76)	1.14 (0.96, 1.35)	1.49 (1.25, 1.78)	1.19 (1.14, 1.24)	1.09 (0.97, 1.23)	1.28 (1.12, 1.47)	1.47 (1.19, 1.82)
28 British Columbia	1.13 (1.01, 1.26)	1.10 (0.99, 1.22)	0.83 (0.75, 0.91)	1.36 (1.21, 1.53)	1.40 (1.19, 1.67)	1.04 (0.97, 1.12)	1.04 (0.87, 1.25)	1.56 (1.31, 1.87)	1.12 (1.07, 1.16)	1.15 (1.02, 1.30)	1.27 (1.11, 1.46)	1.48 (1.20, 1.84)
<b>Marital Status</b>												
29 Single (never married/lived with partner)	1.23 (1.10, 1.38)	0.95 (0.84, 1.06)	1.02 (0.91, 1.13)	1.23 (1.10, 1.38)	1.09 (0.90, 1.31)	1.02 (0.93, 1.10)	1.21 (1.00, 1.46)	0.94 (0.78, 1.13)	0.86 (0.82, 0.91)	0.71 (0.61, 0.83)	0.86 (0.73, 1.00)	1.19 (0.97, 1.44)
30 Married or common law relationship	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
31 Widowed	1.02 (0.90, 1.15)	0.76 (0.67, 0.85)	1.16 (1.06, 1.28)	0.46 (0.38, 0.54)	0.70 (0.56, 0.86)	0.81 (0.74, 0.88)	0.84 (0.68, 1.04)	0.60 (0.48, 0.74)	0.97 (0.93, 1.01)	0.48 (0.40, 0.57)	0.67 (0.57, 0.97)	0.76 (0.60, 0.94)
32 Divorced and separated	1.24 (1.12, 1.37)	0.85 (0.77, 0.94)	1.09 (0.99, 1.19)	1.21 (1.09, 1.33)	1.36 (1.17, 1.57)	1.04 (0.97, 1.12)	1.17 (0.99, 1.39)	0.98 (0.83, 1.15)	1.05 (1.01, 1.09)	0.74 (0.64, 0.84)	0.92 (0.80, 1.04)	1.21 (1.02, 1.43)
<b>Essential worker status</b>												
33 Doesn't work outside the home	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
34 Essential worker	1.03 (0.92, 1.15)	1.22 (1.10, 1.33)	0.95 (0.86, 1.05)	2.47 (2.23, 2.73)	1.52 (1.30, 1.76)	1.07 (0.99, 1.15)	1.25 (1.05, 1.48)	1.50 (1.29, 1.74)	0.98 (0.93, 1.02)	1.45 (1.29, 1.62)	1.33 (1.11, 1.50)	1.64 (1.39, 1.93)
35 Not essential worker	0.99 (0.99, 1.09)	1.09 (0.99, 1.18)	0.87 (0.79, 0.95)	4.44 (4.12, 4.78)	1.13 (0.97, 1.32)	1.03 (0.96, 1.10)	1.02 (0.86, 1.20)	1.36 (1.18, 1.56)	1.04 (1.00, 1.08)	1.48 (1.34, 1.63)	1.29 (1.15, 1.43)	1.39 (1.19, 1.62)
<b>Urban/rural status</b>												
36 Urban	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
37 Rural	1.01 (0.93, 1.11)	0.94 (0.86, 1.02)	1.04 (0.97, 1.13)	0.99 (0.90, 1.09)	0.94 (0.81, 1.08)	1.01 (0.95, 1.08)	1.01 (0.87, 1.17)	0.96 (0.84, 1.10)	0.94 (0.90, 0.97)	0.99 (0.90, 1.10)	1.01 (0.91, 1.13)	1.01 (0.86, 1.17)

**Table A4.** The association between socioeconomic characteristics and total number of stressors<sup>1</sup> among Canadian adults in the Canadian Longitudinal Study on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Unadjusted PR (95% CI)
Sex	
Male	1.00
Female	1.20 (1.17, 1.23)
Age group	
50-64 years	1.00
65-74 years	0.83 (0.81, 0.86)
75-96 years	0.67 (0.65, 0.69)
Racial background	
White	1.00
Non-white	0.99 (0.92, 1.06)
Education	
Secondary school graduation or less	0.83 (0.80, 0.86)
Some post-secondary education	1.02 (0.97, 1.06)
Post-secondary degree or diploma	1.00
Household income	
Less than \$50,000	0.90 (0.87, 0.93)
\$50,000 to less than \$100,000	0.94 (0.91, 0.97)
\$100,000 to less than \$150,000	1.00
\$150,000 or more	1.04 (1.00, 1.08)
Region	
Atlantic	1.00
Quebec	0.86 (0.83, 0.90)
Ontario	1.17 (1.13, 1.21)
Prairies	1.08 (1.04, 1.12)
British Columbia	1.12 (1.08, 1.16)
Marital Status	
Single (never married/never lived with partner)	0.98 (0.93, 1.02)
Married or common law relationship	1.00
Widowed	0.83 (0.80, 0.87)
Divorced and separated	1.05 (1.01, 1.08)
Essential worker status	
Doesn't work outside the home	1.00
Essential worker	1.18 (1.14, 1.23)
Not essential worker	1.23 (1.19, 1.27)
Urban/rural status	
Urban	1.00
Rural	0.98 (0.95, 1.00)

1. The total number of stressors was calculated by adding the number of stressors people reported, this ranged from zero to 12.



**Table A5.** Prevalence ratios (PRs) and 95% CI for the association between socioeconomic characteristics and negative/very negative versus neutral/positive/very positive perception of the consequences of the COVID-19 pandemic among Canadian adults in the Canadian Longitudinal Study on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Unadjusted PR (95% CI)
Sex	
Male	1.00
Female	0.99 (0.97, 1.01)
Age group	
50-64 years	1.00
65-74 years	0.99 (0.97, 1.01)
75-96 years	0.94 (0.92, 0.96)
Racial background	
White	1.00
Non-white	0.94 (0.87, 1.00)
Education	
Secondary school graduation or less	0.86 (0.83, 0.89)
Some post-secondary education	0.98 (0.95, 1.02)
Post-secondary degree or diploma	1.00
Household income	
Less than \$50,000	0.89 (0.86, 0.91)
\$50,000 to less than \$100,000	0.96 (0.93, 0.99)
\$100,000 to less than \$150,000	1.00
\$150,000 or more	1.02 (0.99, 1.05)
Region	
Atlantic	1.00
Quebec	0.88 (0.84, 0.92)
Ontario	1.22 (1.18, 1.26)
Prairies	1.23 (1.19, 1.27)
British Columbia	1.19 (1.15, 1.23)
Marital Status	
Single (never married/never lived with partner)	0.95 (0.91, 0.99)
Married or common law relationship	1.00
Widowed	0.98 (0.94, 1.01)
Divorced and separated	0.99 (0.95, 1.02)
Essential worker status	
Doesn't work outside the home	1.00
Essential worker	0.96 (0.93, 0.99)
Not essential worker	1.01 (0.98, 1.04)
Urban/rural status	
Urban	1.00
Rural	0.89 (0.86, 0.92)

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## SUPPLEMENTARY TABLES

**Table A1.** The proportion of Canadian adults reporting stressors by socioeconomic characteristics within the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Stressors N (row %)											
	Participant was ill	Someone close to participant was ill	Someone close to participant died	Loss of income	Unable to access necessary food or supplies	Unable to access healthcare	Unable to access usual prescriptions	Increased conflict	Separation from family	Increased caregiving	Unable to care for those who require assistance	Breakdown in family relationships
<b>Sex</b>												
10 Male	1182 (11%)	1489 (13%)	1552 (14%)	1432 (11%)	558 (5%)	2457 (22%)	498 (4%)	612 (6%)	4832 (43%)	909 (8%)	827 (7%)	438 (4%)
11 Female	1704 (14%)	1939 (15%)	2104 (17%)	1402 (13%)	724 (6%)	2939 (23%)	638 (5%)	767 (6%)	7175 (57%)	1436 (11%)	1257 (10%)	644 (5%)
<b>Age group</b>												
12 13-64 years	1099 (13%)	1388 (17%)	1226 (15%)	1736 (21%)	637(8%)	2085 (25%)	472 (6%)	641 (8%)	4342(53%)	1156 (14%)	957 (12%)	517 (6%)
13 65-74 years	1093 (13%)	1190 (14%)	1286 (15%)	822 (9%)	435 (5%)	2101 (24%)	414 (5%)	446 (5%)	4607 (53%)	776 (9%)	749 (9%)	356 (4%)
14 75-96 years	694 (10%)	850 (13%)	1144 (17%)	276 (4%)	210 (3%)	1210 (18%)	250 (4%)	292 (4%)	3058 (45%)	413 (6%)	378 (6%)	209 (3%)
<b>Racial background</b>												
15 White	2814 (12%)	3332 (14%)	3515 (15%)	2719 (12%)	1239 (5%)	5255 (23%)	1106 (5%)	1340 (6%)	11711 (51%)	2277 (10%)	2015 (9%)	1049 (5%)
16 Non-white	69 (10%)	91 (14%)	135 (20%)	112 (17%)	43 (6%)	138 (21%)	29 (4%)	38 (6%)	281 (42%)	63 (9%)	67 (10%)	32 (5%)
<b>Education</b>												
17 Secondary school graduation or less	369 (11%)	421 (12%)	537 (16%)	314 (9%)	156 (5%)	661 (19%)	150 (4%)	181 (5%)	1447 (42%)	267 (8%)	204 (6%)	142 (4%)
18 Some post-secondary education	219 (13%)	259 (15%)	283 (17%)	197 (12%)	111 (7%)	409 (24%)	101 (6%)	98 (6%)	880 (52%)	157 (9%)	155 (9%)	82 (5%)
19 Post-secondary degree or diploma	2293 (12%)	2740 (15%)	2827 (15%)	2317 (12%)	1014 (5%)	4317 (23%)	882 (5%)	1096 (6%)	9660 (52%)	1917 (10%)	1723 (9%)	854 (5%)
<b>Household income</b>												
20 Less than \$50,000	768 (14%)	763 (14%)	965 (17%)	591 (10%)	319 (6%)	1208 (21%)	273 (5%)	313 (6%)	2570 (45%)	380 (7%)	438 (8%)	274 (5%)
21 \$50,000 to less than \$100,000	993 (12%)	1215 (14%)	1290 (15%)	905 (11%)	409 (5%)	1932 (23%)	373 (4%)	468 (6%)	4351 (51%)	832 (10%)	692 (8%)	364 (4%)
22 \$100,000 to less than \$150,000	512 (11%)	671 (15%)	690 (15%)	630 (14%)	242 (5%)	1088 (24%)	233 (5%)	291 (6%)	2404 (53%)	501 (11%)	445 (10%)	203 (5%)
23 \$150,000 or more	454 (12%)	590 (16%)	478 (13%)	556 (15%)	239 (6%)	892 (24%)	187 (5%)	221 (6%)	2031 (55%)	501 (14%)	399 (11%)	178 (5%)
<b>Region</b>												
24 Atlantic	500 (12%)	530 (12%)	743 (17%)	424 (10%)	212 (5%)	1081 (25%)	212 (5%)	180 (4%)	2007 (47%)	422 (10%)	322 (8%)	131 (3%)
25 Quebec	527 (12%)	797 (19%)	627 (15%)	431 (10%)	109 (3%)	589 (14%)	81 (2%)	244 (6%)	1643 (38%)	232 (5%)	283 (7%)	281 (7%)
26 Ontario	670 (12%)	742 (13%)	868 (16%)	655 (12%)	342 (6%)	1628 (30%)	322 (6%)	338 (6%)	3139 (57%)	629 (11%)	553 (10%)	235 (4%)
27 Prairies	584 (12%)	737 (14%)	762 (15%)	709 (14%)	301 (7%)	898 (18%)	285 (6%)	317 (6%)	2826 (56%)	545 (11%)	490 (10%)	228 (5%)
28 British Columbia	604 (13%)	622 (14%)	656 (14%)	615 (13%)	318 (7%)	1200 (26%)	236 (5%)	300 (7%)	2392 (52%)	517 (11%)	436 (10%)	207 (5%)
<b>Marital Status</b>												
29 Single (never married/never lived with partner)	284 (14%)	285 (14%)	303 (15%)	295 (15%)	115 (6%)	465 (23%)	113 (6%)	114 (6%)	876 (44%)	157 (8%)	158 (8%)	106 (5%)
30 Married or common law relationship	1932 (12%)	2523 (15%)	2503 (15%)	2009 (12%)	884 (5%)	3837 (23%)	781 (5%)	1016 (6%)	8507 (51%)	1843 (11%)	1547 (9%)	747 (5%)
31 Widowed	272 (12%)	265 (11%)	402 (17%)	127 (6%)	85 (4%)	428 (19%)	91 (4%)	84 (4%)	1141 (50%)	121 (5%)	144 (6%)	78 (3%)
32 Divorced and separated	395 (14%)	354 (13%)	448 (16%)	400 (15%)	198 (7%)	660 (24%)	151 (5%)	164 (6%)	1476 (54%)	224 (8%)	234 (9%)	149 (5%)
<b>Essential worker status</b>												
33 Doesn't work outside the home	2077 (12%)	2394 (14%)	2717 (16%)	1213 (7%)	857 (5%)	3863 (22%)	797 (5%)	896 (5%)	8705 (51%)	1519 (9%)	8705 (51%)	694 (4%)
34 Essential worker	308 (12%)	418 (17%)	371 (15%)	430 (17%)	187 (8%)	595 (24%)	143 (6%)	193 (8%)	1220 (49%)	317 (13%)	1220 (49%)	164 (7%)
35 Not essential worker	404 (12%)	511 (15%)	465 (14%)	1059 (31%)	191 (6%)	780 (23%)	160 (5%)	240 (7%)	1774 (52%)	442 (13%)	1774 (52%)	190 (6%)
<b>Urban/rural status</b>												
36 Urban	2352 (12%)	2832 (15%)	2966 (15%)	2321 (12%)	1056 (5%)	4398 (23%)	925 (5%)	1134 (6%)	9925 (51%)	1920 (10%)	1700 (9%)	884 (5%)
37 Rural	517 (12%)	575 (14%)	671 (16%)	497 (12%)	215 (5%)	966 (23%)	202 (5%)	236 (6%)	1358 (48%)	413 (10%)	374 (9%)	193 (5%)

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**Table A2.** Self-reported perception of the consequences of the COVID-19 pandemic by socioeconomic characteristics among Canadian adults within the Canadian Longitudinal Study on Aging (CLSA) at CLSA COVID-19 Questionnaire Exit Survey (September–December 2020)

	Consequences of the COVID-19 pandemic on the study participant and their household		
	Negative/very negative n=14520 N (row %)	Neutral n=6962 N (row %)	Positive/very positive n=1538 N (row %)
Sex			
Male	6937 (63%)	3383 (31%)	615 (6%)
Female	7583 (63%)	3579 (30%)	923 (8%)
Age group			
50-64 years	5183 (64%)	2243 (28%)	616 (8%)
65-74 years	5378 (64%)	2560 (30%)	507 (6%)
75-96 years	3959 (61%)	2159 (33%)	415 (6%)
Racial background			
White	14130 (63%)	6768 (30%)	1465 (7%)
Non-white	374 (59%)	186 (29%)	72 (11%)
Education			
Secondary school graduation or less	1801 (55%)	1218 (38%)	229 (7%)
Some post-secondary education	1046 (63%)	508 (31%)	97 (6%)
Post-secondary degree or diploma	11643 (64%)	5223 (29%)	1211 (7%)
Household income			
Less than \$50,000	3153 (58%)	1855 (34%)	399 (7%)
\$50,000 to less than \$100,000	5203 (63%)	2529 (31%)	499 (6%)
\$100,000 to less than \$150,000	2939 (66%)	1262 (28%)	261 (6%)
\$150,000 or more	2455 (67%)	927 (25%)	281 (8%)
Region			
Atlantic	2350 (57%)	1494 (36%)	315 (8%)
Quebec	2040 (50%)	1717 (42%)	346 (8%)
Ontario	3704 (69%)	1349 (25%)	312 (6%)
Prairies	3410 (70%)	1215 (25%)	283 (6%)
British Columbia	3016 (67%)	1187 (26%)	282 (6%)
Marital Status			
Single (never married/never lived with partner)	1152 (60%)	626 (33%)	130 (7%)
Married or common law relationship	10335 (64%)	4819 (30%)	1100 (7%)
Widowed	1363 (62%)	699 (32%)	128 (6%)
Divorced and separated	1663 (63%)	814 (31%)	177 (7%)
Essential worker status			
Doesn't work outside the home	10555 (63%)	5120 (31%)	998 (6%)
Essential worker	1468 (61%)	748 (31%)	197 (8%)
Not essential worker	2114 (64%)	911 (28%)	288 (9%)
Urban/rural status			
Urban	12105 (64%)	5507 (30%)	1214 (6%)
Rural	2331 (57%)	1424 (35%)	317 (8%)

**Table A3.** The association between socioeconomic characteristics and individual stressors among Canadian adults in the Canadian Longitudinal Study on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Stressors Unadjusted PR (95% CI)											
	Participant was ill	Someone close to participant was ill	Someone close to participant died	Loss of income	Unable to access necessary food or supplies	Unable to access healthcare	Unable to access usual prescriptions	Increased conflict	Separation from family	Increased caregiving	Unable to care for those who require assistance	Breakdown in family relationships
<b>Sex</b>												
10 Male	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
11 Female	1.27 (1.19, 1.37)	1.15 (1.08, 1.22)	1.20 (1.13, 1.27)	0.90 (0.84, 0.97)	1.14 (1.02, 1.27)	1.05 (1.01, 1.11)	1.13 (1.01, 1.27)	1.11 (1.00, 1.23)	1.31 (1.28, 1.34)	1.39 (1.29, 1.51)	1.34 (1.23, 1.46)	1.30 (1.15, 1.46)
<b>Age group</b>												
12 20-64 years	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
13 65-74 years	0.94 (0.87, 1.02)	0.81 (0.76, 0.87)	1.00 (0.93, 1.07)	0.45 (0.42, 0.49)	0.65 (0.58, 0.73)	0.96 (0.91, 1.01)	0.83 (0.73, 0.95)	0.66 (0.59, 0.74)	1.01 (0.98, 1.04)	0.64 (0.59, 0.69)	0.74 (0.68, 0.81)	0.65 (0.57, 0.75)
14 75-96 years	0.77 (0.70, 0.84)	0.74 (0.69, 0.80)	1.13 (1.05, 1.22)	0.19 (0.17, 0.22)	0.40 (0.34, 0.47)	0.70 (0.66, 0.75)	0.64 (0.55, 0.75)	0.56 (0.48, 0.63)	0.86 (0.83, 0.88)	0.43 (0.39, 0.48)	0.48 (0.43, 0.54)	0.49 (0.42, 0.57)
<b>Racial background</b>												
15 White	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
16 Non-white	0.85 (0.67, 1.05)	0.95 (0.77, 1.14)	1.33 (1.13, 1.54)	1.42 (1.19, 1.68)	1.20 (0.88, 1.59)	0.91 (0.77, 1.05)	0.91 (0.62, 1.28)	0.99 (0.72, 1.33)	0.83 (0.76, 0.91)	0.96 (0.75, 1.20)	1.15 (0.90, 1.44)	1.06 (0.73, 1.46)
<b>Education</b>												
17 Secondary school graduation or less	0.87 (0.79, 0.97)	0.83 (0.76, 0.92)	1.03 (0.95, 1.12)	0.74 (0.66, 0.82)	0.84 (0.71, 0.98)	0.83 (0.77, 0.89)	0.92 (0.78, 1.10)	0.90 (0.77, 1.04)	0.81 (0.78, 0.85)	0.76 (0.67, 0.85)	0.64 (0.56, 0.74)	0.90 (0.76, 1.07)
18 Some post-secondary education	1.04 (0.91, 1.18)	1.03 (0.92, 1.16)	1.09 (0.97, 1.22)	0.93 (0.81, 1.06)	1.19 (0.98, 1.44)	1.03 (0.95, 1.13)	1.25 (1.02, 1.52)	0.98 (0.79, 1.19)	0.99 (0.95, 1.04)	0.89 (0.76, 1.04)	0.98 (0.84, 1.14)	1.05 (0.83, 1.30)
19 Post-secondary degree or diploma	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
<b>Household income</b>												
20 Less than \$50,000	1.21 (1.09, 1.34)	0.92 (0.83, 1.01)	1.13 (1.03, 1.23)	0.75 (0.68, 0.84)	1.06 (0.90, 1.25)	0.89 (0.83, 0.96)	0.94 (0.80, 1.12)	0.87 (0.74, 1.01)	0.86 (0.83, 0.90)	0.61 (0.54, 0.69)	0.79 (0.70, 0.90)	1.09 (0.91, 1.30)
21 \$50,000 to less than \$100,000	1.04 (0.94, 1.15)	0.97 (0.89, 1.06)	1.00 (0.92, 1.09)	0.75 (0.70, 0.85)	0.90 (0.78, 1.06)	0.95 (0.89, 1.01)	0.86 (0.73, 1.01)	0.86 (0.75, 0.99)	0.97 (0.94, 1.00)	0.89 (0.81, 0.99)	0.83 (0.74, 0.93)	0.96 (0.81, 1.14)
22 \$100,000 to less than \$150,000	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
23 \$150,000 or more	1.08 (0.96, 1.22)	1.08 (0.97, 1.19)	0.85 (0.76, 0.94)	1.08 (0.97, 1.20)	1.21 (1.02, 1.44)	1.00 (0.93, 1.08)	0.98 (0.81, 1.18)	0.93 (0.78, 1.10)	1.03 (0.99, 1.08)	1.22 (1.09, 1.37)	1.10 (0.96, 1.25)	1.07 (0.88, 1.30)
<b>Region</b>												
24 Atlantic	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
25 Quebec	1.05 (0.94, 1.18)	1.50 (1.36, 1.67)	0.84 (0.77, 0.93)	1.02 (0.90, 1.15)	0.51 (0.41, 0.64)	0.54 (0.50, 0.60)	0.38 (0.30, 0.49)	1.36 (1.12, 1.64)	0.82 (0.78, 0.86)	0.55 (0.47, 0.64)	0.88 (0.75, 1.03)	2.15 (1.76, 2.64)
26 Ontario	1.05 (0.94, 1.17)	1.09 (0.98, 1.21)	0.91 (0.83, 1.00)	1.21 (1.07, 1.35)	1.26 (1.07, 1.49)	1.17 (1.10, 1.26)	1.18 (1.00, 1.40)	1.46 (1.23, 1.75)	1.22 (1.17, 1.27)	1.16 (1.04, 1.31)	1.34 (1.18, 1.53)	1.40 (1.14, 1.73)
27 Prairies	0.99 (0.88, 1.11)	1.17 (1.06, 1.30)	0.87 (0.79, 0.95)	1.41 (1.26, 1.58)	1.20 (1.01, 1.42)	0.70 (0.65, 0.76)	1.14 (0.96, 1.35)	1.49 (1.25, 1.78)	1.19 (1.14, 1.24)	1.09 (0.97, 1.23)	1.28 (1.12, 1.47)	1.47 (1.19, 1.82)
28 British Columbia	1.13 (1.01, 1.26)	1.10 (0.99, 1.22)	0.83 (0.75, 0.91)	1.36 (1.21, 1.53)	1.40 (1.19, 1.67)	1.04 (0.97, 1.12)	1.04 (0.87, 1.25)	1.56 (1.31, 1.87)	1.12 (1.07, 1.16)	1.15 (1.02, 1.30)	1.27 (1.11, 1.46)	1.48 (1.20, 1.84)
<b>Marital Status</b>												
29 Single (never married/lived with partner)	1.23 (1.10, 1.38)	0.95 (0.84, 1.06)	1.02 (0.91, 1.13)	1.23 (1.10, 1.38)	1.09 (0.90, 1.31)	1.02 (0.93, 1.10)	1.21 (1.00, 1.46)	0.94 (0.78, 1.13)	0.86 (0.82, 0.91)	0.71 (0.61, 0.83)	0.86 (0.73, 1.00)	1.19 (0.97, 1.44)
30 Married or common law relationship	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
31 Widowed	1.02 (0.90, 1.15)	0.76 (0.67, 0.85)	1.16 (1.06, 1.28)	0.46 (0.38, 0.54)	0.70 (0.56, 0.86)	0.81 (0.74, 0.88)	0.84 (0.68, 1.04)	0.60 (0.48, 0.74)	0.97 (0.93, 1.01)	0.48 (0.40, 0.57)	0.67 (0.57, 0.97)	0.76 (0.60, 0.94)
32 Divorced and separated	1.24 (1.12, 1.37)	0.85 (0.77, 0.94)	1.09 (0.99, 1.19)	1.21 (1.09, 1.33)	1.36 (1.17, 1.57)	1.04 (0.97, 1.12)	1.17 (0.99, 1.39)	0.98 (0.83, 1.15)	1.05 (1.01, 1.09)	0.74 (0.64, 0.84)	0.92 (0.80, 1.04)	1.21 (1.02, 1.43)
<b>Essential worker status</b>												
33 Doesn't work outside the home	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
34 Essential worker	1.03 (0.92, 1.15)	1.22 (1.10, 1.33)	0.95 (0.86, 1.05)	2.47 (2.23, 2.73)	1.52 (1.30, 1.76)	1.07 (0.99, 1.15)	1.25 (1.05, 1.48)	1.50 (1.29, 1.74)	0.98 (0.93, 1.02)	1.45 (1.29, 1.62)	1.33 (1.11, 1.50)	1.64 (1.39, 1.93)
35 Not essential worker	0.99 (0.99, 1.09)	1.09 (0.99, 1.18)	0.87 (0.79, 0.95)	4.44 (4.12, 4.78)	1.13 (0.97, 1.32)	1.03 (0.96, 1.10)	1.02 (0.86, 1.20)	1.36 (1.18, 1.56)	1.04 (1.00, 1.08)	1.48 (1.34, 1.63)	1.29 (1.15, 1.43)	1.39 (1.19, 1.62)
<b>Urban/rural status</b>												
36 Urban	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
37 Rural	1.01 (0.93, 1.11)	0.94 (0.86, 1.02)	1.04 (0.97, 1.13)	0.99 (0.90, 1.09)	0.94 (0.81, 1.08)	1.01 (0.95, 1.08)	1.01 (0.87, 1.17)	0.96 (0.84, 1.10)	0.94 (0.90, 0.97)	0.99 (0.90, 1.10)	1.01 (0.91, 1.13)	1.01 (0.86, 1.17)

**Table A4.** The association between socioeconomic characteristics and total number of stressors<sup>1</sup> among Canadian adults in the Canadian Longitudinal Study on Aging at CLSA COVID-19 Questionnaire Exit Survey (September-December 2020)

	Unadjusted PR (95% CI)
Sex	
Male	1.00
Female	1.20 (1.17, 1.23)
Age group	
50-64 years	1.00
65-74 years	0.83 (0.81, 0.86)
75-96 years	0.67 (0.65, 0.69)
Racial background	
White	1.00
Non-white	0.99 (0.92, 1.06)
Education	
Secondary school graduation or less	0.83 (0.80, 0.86)
Some post-secondary education	1.02 (0.97, 1.06)
Post-secondary degree or diploma	1.00
Household income	
Less than \$50,000	0.90 (0.87, 0.93)
\$50,000 to less than \$100,000	0.94 (0.91, 0.97)
\$100,000 to less than \$150,000	1.00
\$150,000 or more	1.04 (1.00, 1.08)
Region	
Atlantic	1.00
Quebec	0.86 (0.83, 0.90)
Ontario	1.17 (1.13, 1.21)
Prairies	1.08 (1.04, 1.12)
British Columbia	1.12 (1.08, 1.16)
Marital Status	
Single (never married/never lived with partner)	0.98 (0.93, 1.02)
Married or common law relationship	1.00
Widowed	0.83 (0.80, 0.87)
Divorced and separated	1.05 (1.01, 1.08)
Essential worker status	
Doesn't work outside the home	1.00
Essential worker	1.18 (1.14, 1.23)
Not essential worker	1.23 (1.19, 1.27)
Urban/rural status	
Urban	1.00
Rural	0.98 (0.95, 1.00)

1. The total number of stressors was calculated by adding the number of stressors people reported, this ranged from zero to 12.