

**Appendix 2. Tables portraying the number, percentage,
and percentage distribution of Canadians
by frequency of coping with stress by prayer**

Table 1. The total population aged 15 and over

Table 2. Women

Table 3. Men

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	9,882,080	3,926,718	5,004,911	6,062,409	24,876,118
Newfoundland	156,094	74,466	95,548	111,768	437,876
Prince Edward Island	37,163	18,409	28,907	27,071	111,550
Nova Scotia	309,894	122,957	146,524	170,562	749,937
New Brunswick	208,884	104,418	128,161	164,155	605,618
Québec	2,531,596	1,030,792	1,125,858	1,332,974	6,021,220
Ontario	3,649,605	1,466,103	2,008,147	2,490,650	9,614,505
Manitoba	309,236	139,221	184,766	230,063	863,286
Saskatchewan	254,534	118,092	184,729	194,217	751,572
Alberta	949,795	370,079	495,397	592,643	2,407,914
British Columbia	1,475,279	482,181	606,874	748,306	3,312,640
Atlantic provinces	712,035	320,250	399,140	473,556	1,904,981
Prairie provinces	1,513,565	627,391	864,892	1,016,924	4,022,772
Selected metro areas:					
Montréal	1,256,212	478,564	447,845	671,167	2,853,788
Ottawa-Hull	375,776	145,998	186,443	192,438	900,655
Oshawa	107,719	39,133	45,032	53,680	245,564
Toronto	1,364,849	570,226	846,172	1,088,150	3,869,397
St Catherines	102,144	48,322	59,830	99,575	309,871
Kitchener	138,503	65,452	74,254	86,739	364,948
Winnipeg	207,427	86,243	112,496	147,157	553,323
Calgary	313,269	109,016	135,079	144,645	702,009
Edmonton	312,197	134,950	184,999	222,460	854,606
Vancouver	752,774	239,084	334,585	350,763	1,677,206
Non-metro areas	3,583,152	1,423,707	1,839,132	2,211,844	9,057,835
Urban core areas	6,864,293	2,745,344	3,520,002	4,244,250	17,373,889
Urban fringe areas	261,900	86,556	107,129	131,443	587,028
Rural fringe areas	752,091	297,796	368,344	478,412	1,896,643
Urban areas outside metro areas and large cities	899,704	358,251	438,004	536,550	2,232,509
Rural areas outside metro areas and large cities	1,104,093	438,771	571,432	671,755	2,786,051
Single detached dwelling	5,332,461	2,192,894	2,715,625	3,080,244	13,321,224
Dwelling a double	428,834	179,294	203,152	292,063	1,103,343
Row or terrace	440,306	190,436	237,871	321,612	1,190,225
Duplex	301,936	99,538	129,226	175,589	706,289
Low-rise apartment, under 5 stories	1,085,732	402,131	533,355	716,420	2,737,638
High-rise apartment	475,372	170,244	311,760	478,563	1,435,939
Total dwelling types above listed	8,064,641	3,234,537	4,130,989	5,064,491	20,494,658
Bedrooms: 1	846,294	278,483	395,354	642,686	2,162,817
Bedrooms: 2	2,051,908	761,374	1,058,918	1,338,441	5,210,641
Bedrooms: 3	4,448,623	1,819,331	2,201,417	2,500,272	10,969,643
Bedrooms: 4	1,965,131	815,133	1,038,777	1,135,280	4,954,321
Bedrooms: 5 or more	548,339	243,397	294,888	426,617	1,513,241

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	2,620,993	960,662	1,332,510	1,782,139	6,696,304
Dwelling owned	7,261,087	2,966,056	3,672,401	4,280,270	18,179,814
Household size: 1	1,141,644	410,097	618,510	987,469	3,157,720
Household size: 2	3,172,671	1,204,590	1,595,112	2,018,658	7,991,031
Household size: 3	1,999,633	840,599	987,803	1,003,249	4,831,284
Household size: 4	2,304,916	933,448	1,076,433	1,016,736	5,331,533
Household size: 5	860,001	360,511	475,784	574,654	2,270,950
Household size: 6 or more	403,216	177,473	251,269	461,644	1,293,602
Households: no children under 12	7,361,234	2,887,111	3,682,972	4,561,537	18,492,854
Child(ren) under 6	895,849	356,911	495,775	510,623	2,259,158
Child(ren) 6 to 11	1,134,474	505,129	559,121	626,952	2,825,676
Child(ren) under 6 and 6 to 11	490,523	177,567	267,043	363,298	1,298,431
Parents with children under 12	2,520,846	1,039,607	1,321,939	1,500,873	6,383,265
Age 15-19	1,134,296	443,443	383,710	258,741	2,220,190
20-24	960,931	339,284	338,901	273,430	1,912,546
25-29	865,604	347,700	350,538	283,661	1,847,503
30-34	957,544	385,014	441,202	412,338	2,196,098
35-39	1,052,005	409,522	537,378	567,500	2,566,405
40-44	1,175,025	472,581	592,652	629,763	2,870,021
45-49	813,493	426,370	512,272	623,404	2,375,539
50-54	698,287	310,413	461,339	582,743	2,052,782
55-59	590,641	257,410	388,571	548,112	1,784,734
60-64	505,823	164,657	259,149	451,055	1,380,684
65-69	338,027	134,851	264,753	407,259	1,144,890
70-74	336,209	91,712	194,570	395,868	1,018,359
75-79	233,378	80,984	131,846	308,333	754,541
80 plus	220,819	62,776	148,030	320,203	751,828
Married	4,697,109	1,972,807	2,798,914	3,535,895	13,004,725
Common-law	1,214,742	423,070	403,828	289,657	2,331,297
Widowed	334,617	118,640	267,173	623,433	1,343,863
Separated	240,015	87,801	124,220	187,870	639,906
Divorced	381,190	169,444	258,204	385,596	1,194,434
Single, never married	3,008,415	1,154,139	1,149,481	1,022,786	6,334,821
Females	3,739,602	1,913,496	2,927,831	4,071,982	12,652,911
Males	6,142,478	2,013,222	2,077,080	1,990,427	12,223,207
Converses in English only	5,063,713	1,921,988	2,278,017	2,626,222	11,889,940
Converses in French only	1,083,106	498,040	560,540	673,283	2,814,969
Converses in English and French	1,777,265	700,609	830,880	765,856	4,074,610
Converses in English, French and other language(s)	500,266	220,556	242,515	330,342	1,293,679
Converses in English and other language(s)	1,179,330	515,769	916,525	1,427,070	4,038,694

Notes:

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"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	8,036,420	3,277,901	3,819,031	4,118,288	19,251,640
Immigrant, arrived before 1960	291,172	101,960	170,920	298,420	862,472
Immigrant, arrived from 1960 to 1979	502,548	208,896	283,988	549,264	1,544,696
Immigrant, arrived from 1980 to 2002	975,537	325,186	685,531	1,061,945	3,048,199
Immigrants	1,769,257	636,042	1,140,439	1,909,629	5,455,367
Aboriginal ethnicity, perhaps others	391,006	111,883	193,096	196,385	892,370
"Canadian" ethnicity, perhaps others	3,082,030	1,186,289	1,422,697	1,389,569	7,080,585
"French" ethnicity, perhaps others	2,110,739	887,200	1,070,690	1,156,256	5,224,885
"English" ethnicity, perhaps others	2,393,501	857,670	964,814	1,155,541	5,371,526
"Welsh" ethnicity, perhaps others	146,093	50,688	52,132	60,912	309,825
"Scottish" ethnicity, perhaps others	1,681,439	676,548	673,643	797,990	3,829,620
"Irish" ethnicity, perhaps others	1,303,502	592,616	646,422	800,622	3,343,162
"Italian" ethnicity, perhaps others	331,647	171,114	196,790	200,626	900,177
"Ukrainian" ethnicity, perhaps others	347,167	149,021	169,411	195,730	861,329
"German" ethnicity, perhaps others	856,454	380,796	467,680	608,076	2,313,006
"Dutch" ethnicity, perhaps others	285,048	100,199	137,368	233,754	756,369
"Polish" ethnicity, perhaps others	228,171	101,164	154,750	134,766	618,851
"Norwegian" ethnicity, perhaps others	140,817	52,187	56,609	51,194	300,807
"Chinese" ethnicity, perhaps others	454,811	125,893	213,964	148,641	943,309
"South Asian" ethnicity, perhaps others	140,808	110,659	168,206	385,465	805,138
Not a student	8,198,404	3,273,400	4,312,077	5,461,688	21,245,569
Part-time student	308,545	125,898	141,109	185,040	760,592
Full-time student	1,312,406	516,174	518,987	388,666	2,736,233
Less than secondary diploma	2,550,955	810,210	1,245,561	1,658,600	6,265,326
Secondary school diploma	1,964,996	743,966	920,800	1,044,361	4,674,123
Some post-secondary education	863,297	381,656	374,777	455,282	2,075,012
Post-secondary degree or diploma	4,414,037	1,965,150	2,423,474	2,821,579	11,624,240
Very strong belonging to locality	1,508,242	537,784	923,430	1,597,803	4,567,259
Somewhat strong belonging to locality	3,623,380	1,693,776	2,190,543	2,341,883	9,849,582
Somewhat weak belonging to locality	2,960,855	1,223,522	1,257,422	1,361,837	6,803,636
Very weak belonging to locality	1,745,429	462,484	618,143	750,883	3,576,939
Very satisfied with life in general	3,282,858	1,162,889	1,567,369	2,086,618	8,099,734
Satisfied with life in general	5,155,844	2,226,627	2,676,527	3,073,319	13,132,317
Neither satisfied nor dissatisfied with life	996,757	395,104	544,515	548,177	2,484,553
Dissatisfied with life in general	444,402	141,900	213,837	350,758	1,150,897
Has fewer than 3 close friends	1,513,951	457,048	689,946	985,283	3,646,228
Has 3 to 5 close friends	3,286,628	1,384,846	1,803,680	1,999,090	8,474,244
Has 6 to 9 close friends	1,803,907	806,636	934,496	1,070,847	4,615,886
Has 10 to 15 close friends	2,275,438	956,045	1,138,020	1,402,189	5,771,692
Has more than 15 close friends	883,275	294,955	362,035	539,187	2,079,452

Notes:

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	106,690	54,490	69,556	75,816	306,552
French Catholic	2,064,153	957,830	1,134,436	1,101,577	5,257,996
Other Catholic	1,543,108	900,702	1,219,733	1,360,382	5,023,925
United Church	954,391	438,928	527,177	418,727	2,339,223
Anglican	776,538	327,177	360,741	336,743	1,801,199
Presbyterian	215,155	102,609	135,478	137,363	590,605
Lutheran	179,514	103,859	140,122	129,000	552,495
Baptist	148,438	81,879	145,227	294,565	670,109
Pentecostal	60,882	43,186	59,800	265,286	429,154
Jehovah's Witnesses	na	na	15,895	92,354	133,123
Christian, other	438,208	233,692	429,430	1,016,082	2,117,412
Islam	91,492	41,728	119,323	256,154	508,697
Hindu-Buddhist-Sikh	205,265	133,235	214,384	284,087	836,971
Jewish	110,133	48,508	25,898	na	210,727
No religion: prays	S	411,259	331,319	209,188	951,766
No religion	2,833,484	S	S	S	2,833,484
Religious affiliation not stated	140,620	36,770	76,393	58,897	312,680
No religious affiliation	2,833,484	411,259	331,319	209,188	3,785,250
Roman Catholic	3,607,261	1,858,532	2,354,169	2,461,959	10,281,921
Liberal Protestant	2,125,598	972,573	1,163,518	1,021,832	5,283,521
Conservative Christian	661,538	369,622	650,351	1,668,288	3,349,799
Christian	6,394,397	3,200,727	4,168,038	5,152,079	18,915,241
Non-Christian	406,890	223,471	359,605	566,429	1,556,395
Worshipped weekly or more often past year	536,041	371,678	1,136,155	3,243,707	5,287,581
Worshipped monthly past year	400,870	383,318	839,342	748,852	2,372,382
Worshipped 3 to 4 times past year	1,098,085	991,409	1,097,015	702,926	3,889,435
Worshipped once past year	992,742	511,465	467,814	258,566	2,230,587
Did not worship past year (religiously affiliated)	3,877,086	1,219,136	1,052,738	836,627	6,985,587
Less than monthly worship past year	8,801,397	3,133,269	2,948,885	2,007,308	16,890,859
Worshipped at least weekly or monthly past year	936,912	754,996	1,975,498	3,992,560	7,659,966
Worshipped monthly & prays often	S	S	S	3,992,560	3,992,560
Worshipped monthly & prays sometimes	S	S	1,975,498	S	1,975,498
Worshipped monthly & prays rarely	S	754,996	S	S	754,996
Worshipped monthly & does not pray	936,912	S	S	S	936,912
Worshipped < monthly past year, prays often	S	S	S	961,492	961,492
Worshipped < monthly past year, prays sometimes	S	1,502,874	1,564,829	S	3,067,703
Non-worshipper past year, prays often	S	S	S	1,045,815	1,045,815
Non-worshipper past year, prays sometimes	S	1,630,395	1,384,056	S	3,014,451

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	1,867,444	264,493	163,428	128,465	2,423,830
Not very religious	3,164,054	1,736,620	1,197,396	485,070	6,583,140
Somewhat religious	1,677,119	1,370,016	2,874,178	3,294,174	9,215,487
Very religious	188,501	102,151	349,733	1,849,662	2,490,047
Role of spiritual values in one's life					
Spiritual values are important in my life	3,015,165	2,386,669	4,283,370	5,857,252	15,542,456
Spiritual values are unimportant in my life	6,768,029	1,517,121	659,099	166,782	9,111,031
Sp. values help understand life's difficulties: no	7,043,141	1,605,800	724,579	193,742	9,567,262
Sp. values help understand life's difficulties: a little	818,552	698,890	621,054	208,484	2,346,980
Sp. values help understand life's difficulties: some	1,137,243	1,114,418	2,042,236	1,158,151	5,452,048
Sp. values help understand life's difficulties: a lot	777,765	480,563	1,545,532	4,446,198	7,250,058
Sp. values help with everyday difficulties: no	7,007,378	1,572,000	698,579	191,990	9,469,947
Sp. values help with everyday difficulties: a little	829,472	681,237	484,998	98,180	2,093,887
Sp. values help with everyday difficulties: some	1,114,023	1,151,495	2,081,283	983,352	5,330,153
Sp. values help with everyday difficulties: a lot	827,856	497,573	1,675,973	4,737,091	7,738,493
Sp. values help me find meaning in my life: no	6,862,492	1,540,178	669,993	178,652	9,251,315
Sp. values help me find meaning in my life: a little	706,199	508,127	395,147	92,565	1,702,038
Sp. values help me find meaning in my life: some	1,314,503	1,302,505	2,083,833	895,597	5,596,438
Sp. values help me find meaning in my life: a lot	893,926	550,887	1,791,343	4,853,024	8,089,180
Physical Health					
Physical health is "excellent"	1,987,680	610,815	828,568	986,573	4,413,636
Physical health is "very good"	3,508,124	1,548,903	1,753,321	2,021,221	8,831,569
Physical health is "good"	3,196,434	1,332,838	1,756,351	1,983,644	8,269,267
Physical health is "fair" or "poor"	1,188,838	434,007	666,551	1,070,114	3,359,510
Physically inactive (index)	4,635,842	1,727,785	2,346,051	3,031,522	11,741,200
Moderately active physically (index)	2,522,881	1,129,215	1,359,004	1,625,046	6,636,146
Active physically (index)	2,721,693	1,069,167	1,299,856	1,405,841	6,496,557
Never has an activity limitation	7,345,141	2,865,512	3,521,945	3,840,320	17,572,918
Sometimes has an activity limitation	1,458,360	683,453	895,498	1,170,099	4,207,410
Often has an activity limitation	1,072,829	376,666	574,758	1,044,310	3,068,563
Never physically active > 15 min. / occasion, past mo.	894,857	290,648	473,461	828,901	2,487,867
Physically active >15 minutes, 1 to 5 times a month	1,245,128	421,527	572,228	647,113	2,885,996
Physically active >15 minutes, 6 to 15 times a month	2,040,089	827,721	989,803	1,125,648	4,983,261
Physically active >15 minutes, 16 to 29 times a month	2,225,727	936,210	1,191,040	1,324,447	5,677,424
Physically active >15 minutes, 30 or more times a mo.	3,474,615	1,450,061	1,778,379	2,136,301	8,839,356

Notes:

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	3,419,549	1,255,278	1,530,288	1,440,943	7,646,058
Has a diagnosed chronic health problem	6,462,531	2,671,440	3,474,623	4,621,467	17,230,061
Has food allergies	636,409	343,917	391,725	570,707	1,942,758
Has non-food allergies	2,715,774	1,205,552	1,443,341	1,944,245	7,308,912
Asthma	832,296	332,693	435,735	517,973	2,118,697
Bronchitis	280,269	95,252	178,079	261,749	815,349
Diabetes	374,282	143,771	257,365	424,189	1,199,607
Heart disease	421,720	146,650	248,052	527,896	1,344,318
High blood pressure	1,251,684	452,262	740,660	1,225,473	3,670,079
Diagnosed migraines	910,867	410,342	570,097	783,379	2,674,685
Cancer	145,889	53,256	87,992	199,771	486,908
Stomach/intestinal ulcers	350,496	132,217	232,055	311,899	1,026,667
Bowel disorder/Crohn's/colitis	224,445	107,138	140,320	223,367	695,270
Thyroid	397,154	180,067	326,344	492,483	1,396,048
Arthritis/rheumatism	1,326,206	539,692	900,048	1,584,959	4,350,905
Back problems excluding arthritis	1,873,213	792,248	1,041,538	1,477,429	5,184,428
Mental Health					
Mental health is "excellent"	3,012,173	983,064	1,226,478	1,695,508	6,917,223
Mental health is "very good"	3,768,787	1,682,379	1,998,145	2,312,032	9,761,343
Mental health is "good"	2,468,748	1,044,055	1,423,380	1,542,387	6,478,570
Mental health is "fair" or "poor"	628,859	215,950	353,791	512,198	1,710,798
Rarely felt emotionally balanced past month	493,279	198,501	270,546	361,937	1,324,263
Felt emotionally balanced half the time	1,343,008	648,519	841,105	847,672	3,680,304
Felt emotionally balanced frequently	2,936,993	1,345,829	1,581,061	1,699,905	7,563,788
Felt emotionally balanced almost always past mo.	5,088,561	1,732,144	2,308,822	3,145,783	12,275,310
Most days not stressful at all past month	1,583,176	387,331	514,981	829,589	3,315,077
Most days not very stressful past month	2,321,381	931,605	1,093,607	1,358,693	5,705,286
Most days a bit stressful past month	3,874,265	1,726,958	2,164,856	2,321,191	10,087,270
Most days quite a bit/extremely stressful past mo.	2,102,261	880,823	1,231,126	1,551,232	5,765,442
Most important source of daily stress: time pressure	1,428,385	657,267	742,509	694,700	3,522,861
Most important stress: my physical health	486,694	227,672	346,381	585,711	1,646,458
Most important stress: finances, not enough money	1,245,585	463,165	628,412	705,180	3,042,342
Most important stress: my work situation	2,484,030	970,695	1,019,382	956,571	5,430,678
Most important stress: school	645,043	247,321	233,557	172,655	1,298,576
Most important stress: care for my children	278,408	104,366	191,918	193,454	768,146
Most important stress: care for others	450,532	225,403	399,871	506,078	1,581,884
Most important stress: my relationships with others	496,385	194,606	252,805	293,663	1,237,459
Most important stress: health of my family	335,301	190,860	305,978	499,396	1,331,535
Most important stress: (no day-to-day stress)	1,309,394	337,799	473,153	762,198	2,882,544

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	895,063	318,977	501,814	675,117	2,390,971
"Good" ability to handle difficult problems	2,864,478	1,238,040	1,602,974	1,761,893	7,467,385
"Very good" ability to handle difficult problems	4,059,544	1,778,851	2,105,314	2,474,276	10,417,985
"Excellent" ability to handle difficult problems	2,062,995	590,849	794,809	1,151,123	4,599,776
"Poor/fair" ability to handle day-to-day problems	493,516	155,771	275,681	391,823	1,316,791
"Good" ability to handle day-to-day problems	2,502,651	1,098,304	1,378,469	1,575,852	6,555,276
"Very good" ability to handle day-to-day problems	4,499,538	1,961,588	2,393,473	2,683,028	11,537,627
"Excellent" ability to handle day-to-day problems	2,374,318	709,704	955,050	1,405,212	5,444,284
Rarely copes by trying to solve the problem	509,411	114,807	161,890	205,519	991,627
Sometimes copes by trying to solve the problem	1,973,608	881,723	1,065,238	1,054,333	4,974,902
Often copes by trying to solve the problem	7,364,747	2,926,532	3,770,703	4,768,936	18,830,918
Rarely copes by talking to others	2,434,280	696,954	779,498	1,045,325	4,956,057
Sometimes copes by talking to others	3,084,877	1,397,434	1,789,652	1,629,202	7,901,165
Often copes by talking to others	4,345,633	1,830,322	2,435,186	3,361,949	11,973,090
Never copes by smoking (non-smoker)	6,443,719	2,729,798	3,506,524	4,686,244	17,366,285
Never copes by smoking (a smoker)	1,245,198	325,184	496,106	474,356	2,540,844
Rarely copes by smoking more than usual	432,995	195,254	202,278	142,962	973,489
Sometimes copes by smoking more than usual	858,688	357,376	410,020	300,526	1,926,610
Often copes by smoking more than usual	896,888	318,752	389,449	456,059	2,061,148
Never copes by drinking alcohol	7,168,637	2,608,486	3,696,518	5,096,456	18,570,097
Rarely copes by drinking alcohol	1,428,882	843,557	760,696	539,480	3,572,615
Often/sometimes copes by drinking alcohol	1,283,078	474,432	547,423	425,694	2,730,627
Never copes by eating more/less than usual	5,705,127	1,632,732	2,164,450	2,789,835	12,292,144
Rarely copes by eating more/less than usual	1,795,743	1,175,150	1,125,779	1,161,684	5,258,356
Sometimes copes by eating more/less than usual	1,699,015	853,309	1,279,930	1,488,978	5,321,232
Often copes by eating more/less than usual	667,975	264,858	431,974	611,471	1,976,278
Never copes by jogging/exercise	5,323,011	1,335,650	2,001,439	2,604,121	11,264,221
Rarely copes by jogging/exercise	1,374,832	944,933	724,761	806,131	3,850,657
Sometimes copes by jogging/exercise	2,033,850	1,114,421	1,538,741	1,512,688	6,199,700
Often copes by jogging/exercise	1,144,436	531,226	737,914	1,134,277	3,547,853
Never copes by blaming oneself	2,816,382	568,446	940,258	1,546,210	5,871,296
Rarely copes by blaming oneself	2,780,640	1,301,680	1,359,022	1,490,600	6,931,942
Sometimes copes by blaming oneself	3,307,559	1,631,135	2,121,670	2,191,847	9,252,211
Often copes by blaming oneself	948,635	422,692	576,699	816,605	2,764,631

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	634,649	213,273	502,370	1,056,369	2,406,661
A former drinker, not now	1,043,936	401,200	628,577	1,185,095	3,258,808
Occasional drinker	1,690,581	736,248	1,047,603	1,267,019	4,741,451
Regular drinker	6,502,903	2,573,439	2,820,606	2,549,986	14,446,934
Non-drinker or < 5 drinks per occasion last year	7,410,846	3,150,833	4,328,937	5,681,936	20,572,552
Heavy drinker, never drunk most of 1 mo.	2,197,019	704,724	623,387	319,295	3,844,425
Usually drunk at least 1 mo. last year	204,349	59,569	41,611	51,654	357,183
Never drunk at work/school/child care in life	8,651,031	3,549,544	4,720,714	5,910,350	22,831,639
Drunk 1 to 2 times at work, etc in life	464,659	152,894	106,358	56,316	780,227
Drunk 3 to 10 times in life	427,937	128,343	106,595	42,465	705,340
Drunk over 10 times in life	251,073	79,153	57,018	41,526	428,770
Drunk at least once at work, etc, in life	1,143,669	360,390	269,971	140,307	1,914,337
Non-drinker or < 5 drinks per occasion past year	7,410,846	3,150,833	4,328,937	5,681,936	20,572,552
Heavy drinker, never drunk at work/school/child care	1,732,160	554,019	503,469	286,214	3,075,862
Drunk 1+ times at work/school/child care past year	674,738	210,743	161,662	84,735	1,131,878
Non-drinker or < 5 drinks per occasion past year	7,410,846	3,150,833	4,328,937	5,681,936	20,572,552
Never drank more than promised past year	1,911,407	593,418	513,137	261,797	3,279,759
Drank more, despite promise not to past year	490,712	170,313	149,634	109,028	919,687
Non-drinker or < 5 drinks per occasion past year	7,410,846	3,150,833	4,328,937	5,681,936	20,572,552
Never drank much more than intended past year	1,778,122	550,260	502,594	262,939	3,093,915
Drank much more than intended past year	619,782	214,033	161,815	107,435	1,103,065
Non-drinker or < 5 drinks per occasion past year	7,410,846	3,150,833	4,328,937	5,681,936	20,572,552
Never drank so much to risk getting hurt past year	1,993,291	626,457	561,012	316,200	3,496,960
Drank so as to risk getting hurt past year	409,746	137,836	104,118	54,749	706,449
Never used marijuana in life	4,890,077	2,101,020	3,120,631	4,428,921	14,540,649
Used marijuana once in life	967,617	406,453	484,371	460,298	2,318,739
Used marijuana more than once in life	4,012,505	1,411,457	1,388,680	1,163,998	7,976,640
Has not used illicit drugs in life	4,842,365	2,076,005	3,096,748	4,385,965	14,401,083
Used illicit drugs at least once in life	5,026,077	1,841,570	1,896,935	1,665,383	10,429,965
Has not used illicit drugs in life (excl. marij.)	5,704,869	2,449,122	3,527,464	4,809,869	16,491,324
Used illicit drugs (excl. marij.) at least once in life	4,163,573	1,468,453	1,466,218	1,241,478	8,339,722
Has not used illicit drugs past year	8,140,574	3,313,517	4,497,637	5,723,537	21,675,265
Used illicit drugs at least once past year	1,725,639	604,058	489,835	327,048	3,146,580
Has not used illicit drugs past year (excl. marij.)	8,240,942	3,354,313	4,540,962	5,742,796	21,879,013
Used illicit drugs (excl. marij.) at least once past year	1,625,271	563,262	446,511	307,790	2,942,834

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	4,846,253	2,078,716	3,099,898	4,392,535	14,417,402
Has not used illicit drugs for 1 year in life	3,681,591	1,401,984	1,486,207	1,330,200	7,899,982
Used illicit drugs for 1 year in life	1,338,457	436,075	406,484	327,318	2,508,334
Has used drugs despite promise not to	250,560	83,760	66,409	58,366	459,095
Has used drugs more often than intended	282,248	101,611	73,276	52,303	509,438
Insufficient weight (bmi), age 20-64	391,772	172,297	250,531	251,115	1,065,715
Acceptable weight, age 20-64	2,811,856	1,053,673	1,371,286	1,483,855	6,720,670
Some excess weight, age 20-64	1,183,037	465,287	527,914	595,631	2,771,869
Overweight, age 20-64	2,425,534	956,833	1,096,447	1,311,096	5,789,910
Weight not stated, age 20-64	767,387	434,126	598,708	692,074	2,492,295
Never had fear of being overweight	7,812,377	2,913,921	3,705,703	4,485,378	18,917,379
Never had fear of being overweight past year	932,533	471,583	559,605	700,569	2,664,290
Had fear of being overweight past year	1,135,546	540,360	737,173	871,977	3,285,056
Has not gambled in life	2,384,442	983,756	1,273,944	1,378,507	6,020,649
Non-gambler now	2,165,525	702,477	1,137,357	1,995,040	6,000,399
Non-problem gambler	4,804,454	1,979,175	2,330,853	2,486,835	11,601,317
Low-risk gambler	302,046	155,738	135,664	103,054	696,502
Problem gambler	190,173	99,011	110,358	90,690	490,232
Low-risk or problem gambler	492,219	254,749	246,022	193,744	1,186,734
Non-gambler past year	6,664,423	2,597,597	3,475,524	4,653,887	17,391,431
Never felt gambling guilt past year	2,971,795	1,208,378	1,372,901	1,294,407	6,847,481
Sometimes-always felt gambling guilt past year	211,053	116,594	140,477	106,488	574,612
Never felt gambled too much past year	3,025,840	1,249,139	1,436,412	1,335,717	7,047,108
Sometimes-always gambled too much past year	157,008	73,421	76,966	64,610	372,005
Rarely felt loved and appreciated past month	359,180	113,926	160,492	235,911	869,509
Felt loved and appreciated half the time past mo.	992,784	436,044	580,881	517,460	2,527,169
Often felt loved and appreciated half the time past mo.	2,710,190	1,242,285	1,435,683	1,406,476	6,794,634
Almost always felt loved and appreciated past mo.	5,796,490	2,133,101	2,816,782	3,896,078	14,642,451
Suicide					
Has never seriously considered suicide	9,069,110	3,558,052	4,566,249	5,457,445	22,650,856
Has seriously considered suicide	801,311	365,585	433,193	599,050	2,199,139
Has never attempted suicide	9,543,143	3,783,182	4,804,063	5,752,365	23,882,753
Has attempted suicide	318,701	132,129	191,344	300,465	942,639

Notes:

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	382,798	134,350	187,917	258,985	964,050
Felt at peace half the time past month	1,068,326	508,299	704,252	653,956	2,934,833
Often felt at peace past month	2,899,018	1,419,592	1,569,290	1,526,811	7,414,711
Almost always felt at peace past month	5,514,263	1,863,833	2,541,237	3,616,614	13,535,947
Rarely felt emotionally balanced past month	493,279	198,501	270,546	361,937	1,324,263
Felt balanced half the time past month	1,343,008	648,519	841,105	847,672	3,680,304
Often felt balanced past month	2,936,993	1,345,829	1,581,061	1,699,905	7,563,788
Almost always felt balanced past month	5,088,561	1,732,144	2,308,822	3,145,783	12,275,310
Rarely felt useful past month	379,092	116,174	181,152	312,612	989,030
Felt useful half the time past month	1,045,726	405,337	544,445	532,084	2,527,592
Often felt useful past month	3,132,993	1,535,578	1,717,754	1,677,578	8,063,903
Almost always useful past month	5,308,071	1,868,040	2,552,010	3,534,475	13,262,596
Lowest income adequacy	250,414	95,287	132,458	229,090	707,249
Lower middle income adequacy	553,024	166,757	318,427	540,577	1,578,785
Middle income adequacy	1,664,993	638,420	1,001,392	1,410,744	4,715,549
Upper middle income adequacy	3,185,842	1,333,639	1,631,766	1,927,502	8,078,749
Highest income adequacy	3,280,572	1,381,920	1,451,388	1,349,533	7,463,413
Household income or size not stated	947,236	310,694	469,480	604,964	2,332,374
Household income last year under \$10,000	227,393	92,609	117,318	208,210	645,530
Household income income \$10,000-14,999	368,920	113,900	218,702	400,933	1,102,455
Household income income \$15,000-19,999	347,057	112,367	193,641	357,603	1,010,668
Household income income \$20,000-29,999	834,671	307,307	507,848	708,525	2,358,351
Household income income \$30,000-39,999	1,038,983	370,351	565,286	764,472	2,739,092
Household income income \$40,000-49,999	868,650	367,661	510,008	571,669	2,317,988
Household income income \$50,000-59,999	963,635	400,255	468,387	540,098	2,372,375
Household income income \$60,000-79,999	1,601,634	704,173	741,331	819,446	3,866,584
Household income income \$80,000 or more	2,662,150	1,144,058	1,200,948	1,080,479	6,087,635
Household income not stated	968,989	314,037	481,441	610,974	2,375,441
No welfare income received last year	9,258,772	3,718,886	4,653,614	5,583,818	23,215,090
Welfare income received last year	401,841	151,801	237,042	350,002	1,140,686
Population aged 15 to 75	9,275,991	3,744,815	4,618,976	5,295,192	22,930,810
Not in the labour force	2,020,557	753,261	1,155,529	1,828,745	5,753,928
In the labour force	7,255,434	2,991,554	3,463,447	3,466,447	17,176,882
Employed	6,791,809	2,806,699	3,236,226	3,234,991	16,069,725
Unemployed	463,625	184,855	227,221	231,456	1,107,157
Permanently unable to work (aged 15-75)	152,509	46,934	99,713	190,209	489,365
Population 75 years of age and over	388,840	124,779	254,822	539,642	1,308,083

Notes:

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	459,753	188,024	271,129	396,523	1,315,429
Personal income under \$5,000	664,177	242,857	320,292	364,031	1,591,357
Personal income \$5,000-9,999	699,365	308,485	396,702	628,428	2,032,980
Personal income \$10,000-14,999	849,700	332,022	516,962	806,064	2,504,748
Personal income \$15,000-19,999	668,105	242,489	368,048	508,801	1,787,443
Personal income income \$20,000-29,999	1,388,863	576,517	805,231	876,040	3,646,651
Personal income income \$30,000-39,999	1,358,213	509,484	616,448	734,805	3,218,950
Personal income income \$40,000-49,999	958,057	430,965	451,761	468,253	2,309,036
Personal income income \$50,000-59,999	680,120	281,787	311,876	305,049	1,578,832
Personal income income \$60,000-79,999	779,789	330,289	333,308	274,772	1,718,158
Personal income income \$80,000 or more	606,121	235,561	218,698	170,962	1,231,342
Personal income not stated	769,818	248,237	394,456	528,683	1,941,194
Employee	6,347,482	2,617,847	3,039,159	2,923,313	14,927,801
Self-employed	1,213,041	484,934	541,304	650,767	2,890,046
Occupation: management	819,926	312,507	345,945	354,153	1,832,531
Professional including accountants	946,240	525,270	664,659	608,095	2,744,264
Technologist/technician	686,538	271,696	293,711	216,062	1,468,007
Administrative/financial/clerical	660,480	366,479	438,458	520,720	1,986,137
Sales or service	1,820,374	779,413	839,877	846,708	4,286,372
Trades/transport/equipment operator	1,281,330	363,176	389,966	367,101	2,401,573
Farming/forestry/fishing/mining	250,223	91,782	129,596	107,339	578,940
Processing/manufacturing/utilities	458,858	139,661	205,542	236,457	1,040,518
Other occupation	652,885	254,729	287,193	340,867	1,535,674
Usually works under 30 hours/week main job	1,333,131	569,355	723,090	811,614	3,437,190
Usually works 30-38 hours/week main job	1,315,304	660,978	736,454	796,251	3,508,987
Usually works 39-42 hours/week main job	2,435,499	933,609	1,110,751	973,784	5,453,643
Usually works over 42 hours/week main job	2,481,794	923,784	1,015,847	1,010,951	5,432,376
Usually does not work weekends	4,263,726	1,724,021	2,048,280	2,060,507	10,096,534
Usually works weekends	3,313,328	1,383,311	1,547,906	1,535,834	7,780,379
No work stress, main job, past year	944,956	270,717	319,201	417,431	1,952,305
Not much work stress, past year	1,501,980	578,451	665,830	670,616	3,416,877
A little work stress, past year	2,924,846	1,311,712	1,430,492	1,300,754	6,967,804
Much work stress, past year	1,748,056	798,032	989,476	958,564	4,494,128
Extreme work stress, past year	446,272	130,203	177,598	222,468	976,541
High job skill required: strongly agrees	2,469,512	992,499	1,162,449	1,169,435	5,793,895
High job skill required: agrees	2,943,527	1,346,723	1,487,951	1,389,565	7,167,766
High job skill required: neither agrees/disagrees	835,515	331,184	374,053	413,416	1,954,168
High job skill required: disagrees	1,076,169	350,667	457,687	515,037	2,399,560
High job skill required: strongly disagrees	203,824	64,317	73,031	74,825	415,997

Notes:

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Table 1a. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	1,724,941	681,285	801,766	805,664	4,013,656
Job was very hectic: agrees	2,602,383	1,143,017	1,331,198	1,259,256	6,335,854
Job was very hectic: neither agrees/disagrees	1,283,401	557,865	596,673	594,574	3,032,513
Job was very hectic: disagrees	1,647,091	600,496	723,207	771,000	3,741,794
Job was very hectic: strongly disagrees	258,247	98,944	99,408	129,709	586,308
Job free of conflicting demands: strongly agrees	791,213	242,417	305,937	344,848	1,684,415
Job free of conflicting demands: agrees	2,557,273	992,415	1,232,007	1,259,348	6,041,043
Job free of conflicting demands: neither agrees/disag.	1,093,459	519,131	525,219	539,749	2,677,558
Job free of conflicting demands: disagrees	2,408,648	1,065,070	1,173,815	1,115,603	5,763,136
Job free of conflicting demands: strongly disagrees	660,366	260,991	310,321	294,958	1,526,636
Job security good: strongly agrees	2,491,999	1,004,461	1,058,351	995,351	5,550,162
Job security good: agrees	3,213,713	1,332,973	1,644,074	1,624,592	7,815,352
Job security good: neither agrees/disagrees	692,527	319,215	347,032	392,931	1,751,705
Job security good: disagrees	760,234	321,840	362,505	347,192	1,791,771
Job security good: strongly disagrees	361,876	104,341	142,803	195,260	804,280
Job conflict with co-workers: strongly agrees	454,309	140,119	188,901	216,863	1,000,192
Job conflict with co-workers: agrees	1,739,766	687,708	776,007	734,547	3,938,028
Job conflict with co-workers: neither agrees/disag.	933,636	437,598	496,357	405,719	2,273,310
Job conflict with co-workers: disagrees	3,001,076	1,271,901	1,523,653	1,520,685	7,317,315
Job conflict with co-workers: strongly disagrees	1,392,940	543,771	568,669	676,829	3,182,209
Job supervisor was helpful: strongly agrees	1,393,913	507,339	597,572	711,060	3,209,884
Job supervisor was helpful: agrees	3,250,735	1,416,046	1,683,403	1,638,561	7,988,745
Job supervisor was helpful: neither agrees/disag.	1,425,096	656,290	690,100	638,330	3,409,816
Job supervisor was helpful: disagrees	918,342	337,164	352,971	364,038	1,972,515
Job supervisor was helpful: strongly disagrees	475,213	159,426	207,744	175,363	1,017,746
Job requires repetitive tasks: strongly agrees	1,768,426	649,356	726,563	861,271	4,005,616
Job requires repetitive tasks: agrees	3,206,201	1,289,001	1,637,662	1,644,361	7,777,225
Job requires repetitive tasks: neither agrees/disag.	837,646	477,614	431,286	355,930	2,102,476
Job requires repetitive tasks: disagrees	1,395,406	563,320	656,640	581,413	3,196,779
Job requires repetitive tasks: strongly disagrees	321,779	106,099	103,567	119,304	650,749
Not satisfied at all with job	236,844	63,156	78,084	76,887	454,971
Not too satisfied with job	518,757	213,527	244,525	270,656	1,247,465
Somewhat satisfied with job	3,156,004	1,402,130	1,522,318	1,412,755	7,493,207
Very satisfied with job	3,616,974	1,406,575	1,709,690	1,798,952	8,532,191

Notes:

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"S" = not available or sample under five respondents.

Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	40	16	20	24	100
Newfoundland	36	17	22	26	100
Prince Edward Island	33	17	26	24	100
Nova Scotia	41	16	20	23	100
New Brunswick	34	17	21	27	100
Québec	42	17	19	22	100
Ontario	38	15	21	26	100
Manitoba	36	16	21	27	100
Saskatchewan	34	16	25	26	100
Alberta	39	15	21	25	100
British Columbia	45	15	18	23	100
Atlantic provinces	37	17	21	25	100
Prairie provinces	38	16	21	25	100
Selected metro areas:					
Montréal	44	17	16	24	100
Ottawa-Hull	42	16	21	21	100
Oshawa	44	16	18	22	100
Toronto	35	15	22	28	100
St Catherines	33	16	19	32	100
Kitchener	38	18	20	24	100
Winnipeg	37	16	20	27	100
Calgary	45	16	19	21	100
Edmonton	37	16	22	26	100
Vancouver	45	14	20	21	100
Non-metro areas	40	16	20	24	100
Urban core areas	40	16	20	24	100
Urban fringe areas	45	15	18	22	100
Rural fringe areas	40	16	19	25	100
Urban areas outside metro areas and large cities	40	16	20	24	100
Rural areas outside metro areas and large cities	40	16	21	24	100
Single detached dwelling	40	16	20	23	100
Dwelling a double	39	16	18	26	100
Row or terrace	37	16	20	27	100
Duplex	43	14	18	25	100
Low-rise apartment, under 5 stories	40	15	19	26	100
High-rise apartment	33	12	22	33	100
Total dwelling types above listed	39	16	20	25	100
Bedrooms: 1	39	13	18	30	100
Bedrooms: 2	39	15	20	26	100
Bedrooms: 3	41	17	20	23	100
Bedrooms: 4	40	16	21	23	100
Bedrooms: 5 or more	36	16	19	28	100

Notes:

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	39	14	20	27	100
Dwelling owned	40	16	20	24	100
Household size: 1	36	13	20	31	100
Household size: 2	40	15	20	25	100
Household size: 3	41	17	20	21	100
Household size: 4	43	18	20	19	100
Household size: 5	38	16	21	25	100
Household size: 6 or more	31	14	19	36	100
Households: no children under 12	40	16	20	25	100
Child(ren) under 6	40	16	22	23	100
Child(ren) 6 to 11	40	18	20	22	100
Child(ren) under 6 and 6 to 11	38	14	21	28	100
Parents with children under 12	39	16	21	24	100
Age 15-19	51	20	17	12	100
20-24	50	18	18	14	100
25-29	47	19	19	15	100
30-34	44	18	20	19	100
35-39	41	16	21	22	100
40-44	41	16	21	22	100
45-49	34	18	22	26	100
50-54	34	15	22	28	100
55-59	33	14	22	31	100
60-64	37	12	19	33	100
65-69	30	12	23	36	100
70-74	33	9	19	39	100
75-79	31	11	17	41	100
80 plus	29	8	20	43	100
Married	36	15	22	27	100
Common-law	52	18	17	12	100
Widowed	25	9	20	46	100
Separated	38	14	19	29	100
Divorced	32	14	22	32	100
Single, never married	47	18	18	16	100
Females	30	15	23	32	100
Males	50	16	17	16	100
Converses in English only	43	16	19	22	100
Converses in French only	38	18	20	24	100
Converses in English and French	44	17	20	19	100
Converses in English, French and other language(s)	39	17	19	26	100
Converses in English and other language(s)	29	13	23	35	100

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	42	17	20	21	100
Immigrant, arrived before 1960	34	12	20	35	100
Immigrant, arrived from 1960 to 1979	33	14	18	36	100
Immigrant, arrived from 1980 to 2002	32	11	22	35	100
Immigrants	32	12	21	35	100
Aboriginal ethnicity, perhaps others	44	13	22	22	100
"Canadian" ethnicity, perhaps others	44	17	20	20	100
"French" ethnicity, perhaps others	40	17	20	22	100
"English" ethnicity, perhaps others	45	16	18	22	100
"Welsh" ethnicity, perhaps others	47	16	17	20	100
"Scottish" ethnicity, perhaps others	44	18	18	21	100
"Irish" ethnicity, perhaps others	39	18	19	24	100
"Italian" ethnicity, perhaps others	37	19	22	22	100
"Ukrainian" ethnicity, perhaps others	40	17	20	23	100
"German" ethnicity, perhaps others	37	16	20	26	100
"Dutch" ethnicity, perhaps others	38	13	18	31	100
"Polish" ethnicity, perhaps others	37	16	25	22	100
"Norwegian" ethnicity, perhaps others	47	17	19	17	100
"Chinese" ethnicity, perhaps others	48	13	23	16	100
"South Asian" ethnicity, perhaps others	17	14	21	48	100
Not a student	39	15	20	26	100
Part-time student	41	17	19	24	100
Full-time student	48	19	19	14	100
Less than secondary diploma	41	13	20	26	100
Secondary school diploma	42	16	20	22	100
Some post-secondary education	42	18	18	22	100
Post-secondary degree or diploma	38	17	21	24	100
Very strong belonging to locality	33	12	20	35	100
Somewhat strong belonging to locality	37	17	22	24	100
Somewhat weak belonging to locality	44	18	18	20	100
Very weak belonging to locality	49	13	17	21	100
Very satisfied with life in general	41	14	19	26	100
Satisfied with life in general	39	17	20	23	100
Neither satisfied nor dissatisfied with life	40	16	22	22	100
Dissatisfied with life in general	39	12	19	30	100
Has fewer than 3 close friends	42	13	19	27	100
Has 3 to 5 close friends	39	16	21	24	100
Has 6 to 9 close friends	39	17	20	23	100
Has 10 to 15 close friends	39	17	20	24	100
Has more than 15 close friends	42	14	17	26	100

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	35	18	23	25	100
French Catholic	39	18	22	21	100
Other Catholic	31	18	24	27	100
United Church	41	19	23	18	100
Anglican	43	18	20	19	100
Presbyterian	36	17	23	23	100
Lutheran	32	19	25	23	100
Baptist	22	12	22	44	100
Pentecostal	14	10	14	62	100
Jehovah's Witnesses	na	na	12	69	100
Christian, other	21	11	20	48	100
Islam	18	8	23	50	100
Hindu-Buddhist-Sikh	25	16	26	34	100
Jewish	52	23	12	na	100
No religion: prays	S	43	35	22	100
No religion	100	S	S	S	100
Religious affiliation not stated	45	12	24	19	100
No religious affiliation	75	11	9	6	100
Roman Catholic	35	18	23	24	100
Liberal Protestant	40	18	22	19	100
Conservative Christian	20	11	19	50	100
Christian	34	17	22	27	100
Non-Christian	26	14	23	36	100
Worshipped weekly or more often past year	10	7	21	61	100
Worshipped monthly past year	17	16	35	32	100
Worshipped 3 to 4 times past year	28	25	28	18	100
Worshipped once past year	45	23	21	12	100
Did not worship past year (religiously affiliated)	56	17	15	12	100
Less than monthly worship past year	52	19	17	12	100
Worshipped at least weekly or monthly past year	12	10	26	52	100
Worshipped monthly & prays often	S	S	S	100	100
Worshipped monthly & prays sometimes	S	S	100	S	100
Worshipped monthly & prays rarely	S	100	S	S	100
Worshipped monthly & does not pray	100	S	S	S	100
Worshipped < monthly past year, prays often	S	S	S	100	100
Worshipped < monthly past year, prays sometimes	S	49	51	S	100
Non-worshipper past year, prays often	S	S	S	100	100
Non-worshipper past year, prays sometimes	S	54	46	S	100

Notes:

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	77	11	7	5	100
Not very religious	48	26	18	7	100
Somewhat religious	18	15	31	36	100
Very religious	8	4	14	74	100
Role of spiritual values in one's life					
Spiritual values are important in my life	19	15	28	38	100
Spiritual values are unimportant in my life	74	17	7	2	100
Sp. values help understand life's difficulties: no	74	17	8	2	100
Sp. values help understand life's difficulties: a little	35	30	26	9	100
Sp. values help understand life's difficulties: some	21	20	37	21	100
Sp. values help understand life's difficulties: a lot	11	7	21	61	100
Sp. values help with everyday difficulties: no	74	17	7	2	100
Sp. values help with everyday difficulties: a little	40	33	23	5	100
Sp. values help with everyday difficulties: some	21	22	39	18	100
Sp. values help with everyday difficulties: a lot	11	6	22	61	100
Sp. values help me find meaning in my life: no	74	17	7	2	100
Sp. values help me find meaning in my life: a little	41	30	23	5	100
Sp. values help me find meaning in my life: some	23	23	37	16	100
Sp. values help me find meaning in my life: a lot	11	7	22	60	100
Physical Health					
Physical health is "excellent"	45	14	19	22	100
Physical health is "very good"	40	18	20	23	100
Physical health is "good"	39	16	21	24	100
Physical health is "fair" or "poor"	35	13	20	32	100
Physically inactive (index)	39	15	20	26	100
Moderately active physically (index)	38	17	20	24	100
Active physically (index)	42	16	20	22	100
Never has an activity limitation	42	16	20	22	100
Sometimes has an activity limitation	35	16	21	28	100
Often has an activity limitation	35	12	19	34	100
Never physically active > 15 min. / occasion, past mo.	36	12	19	33	100
Physically active >15 minutes, 1 to 5 times a month	43	15	20	22	100
Physically active >15 minutes, 6 to 15 times a month	41	17	20	23	100
Physically active >15 minutes, 16 to 29 times a month	39	16	21	23	100
Physically active >15 minutes, 30 or more times a mo.	39	16	20	24	100

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	45	16	20	19	100
Has a diagnosed chronic health problem	38	16	20	27	100
Has food allergies	33	18	20	29	100
Has non-food allergies	37	16	20	27	100
Asthma	39	16	21	24	100
Bronchitis	34	12	22	32	100
Diabetes	31	12	21	35	100
Heart disease	31	11	18	39	100
High blood pressure	34	12	20	33	100
Diagnosed migraines	34	15	21	29	100
Cancer	30	11	18	41	100
Stomach/intestinal ulcers	34	13	23	30	100
Bowel disorder/Crohn's/colitis	32	15	20	32	100
Thyroid	28	13	23	35	100
Arthritis/rheumatism	30	12	21	36	100
Back problems excluding arthritis	36	15	20	28	100
Mental Health					
Mental health is "excellent"	44	14	18	25	100
Mental health is "very good"	39	17	20	24	100
Mental health is "good"	38	16	22	24	100
Mental health is "fair" or "poor"	37	13	21	30	100
Rarely felt emotionally balanced past month	37	15	20	27	100
Felt emotionally balanced half the time	36	18	23	23	100
Felt emotionally balanced frequently	39	18	21	22	100
Felt emotionally balanced almost always past mo.	41	14	19	26	100
Most days not stressful at all past month	48	12	16	25	100
Most days not very stressful past month	41	16	19	24	100
Most days a bit stressful past month	38	17	21	23	100
Most days quite a bit/extremely stressful past mo.	36	15	21	27	100
Most important source of daily stress: time pressure	41	19	21	20	100
Most important stress: my physical health	30	14	21	36	100
Most important stress: finances, not enough money	41	15	21	23	100
Most important stress: my work situation	46	18	19	18	100
Most important stress: school	50	19	18	13	100
Most important stress: care for my children	36	14	25	25	100
Most important stress: care for others	28	14	25	32	100
Most important stress: my relationships with others	40	16	20	24	100
Most important stress: health of my family	25	14	23	38	100
Most important stress: (no day-to-day stress)	45	12	16	26	100

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	37	13	21	28	100
"Good" ability to handle difficult problems	38	17	21	24	100
"Very good" ability to handle difficult problems	39	17	20	24	100
"Excellent" ability to handle difficult problems	45	13	17	25	100
"Poor/fair" ability to handle day-to-day problems	37	12	21	30	100
"Good" ability to handle day-to-day problems	38	17	21	24	100
"Very good" ability to handle day-to-day problems	39	17	21	23	100
"Excellent" ability to handle day-to-day problems	44	13	18	26	100
Rarely copes by trying to solve the problem	51	12	16	21	100
Sometimes copes by trying to solve the problem	40	18	21	21	100
Often copes by trying to solve the problem	39	16	20	25	100
Rarely copes by talking to others	49	14	16	21	100
Sometimes copes by talking to others	39	18	23	21	100
Often copes by talking to others	36	15	20	28	100
Never copes by smoking (non-smoker)	37	16	20	27	100
Never copes by smoking (a smoker)	49	13	20	19	100
Rarely copes by smoking more than usual	44	20	21	15	100
Sometimes copes by smoking more than usual	45	19	21	16	100
Often copes by smoking more than usual	44	15	19	22	100
Never copes by drinking alcohol	39	14	20	27	100
Rarely copes by drinking alcohol	40	24	21	15	100
Often/sometimes copes by drinking alcohol	47	17	20	16	100
Never copes by eating more/less than usual	46	13	18	23	100
Rarely copes by eating more/less than usual	34	22	21	22	100
Sometimes copes by eating more/less than usual	32	16	24	28	100
Often copes by eating more/less than usual	34	13	22	31	100
Never copes by jogging/exercise	47	12	18	23	100
Rarely copes by jogging/exercise	36	25	19	21	100
Sometimes copes by jogging/exercise	33	18	25	24	100
Often copes by jogging/exercise	32	15	21	32	100
Never copes by blaming oneself	48	10	16	26	100
Rarely copes by blaming oneself	40	19	20	22	100
Sometimes copes by blaming oneself	36	18	23	24	100
Often copes by blaming oneself	34	15	21	30	100

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**Table 1b. Dealing with stress by praying or seeking spiritual help, women and men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	26	9	21	44	100
A former drinker, not now	32	12	19	36	100
Occasional drinker	36	16	22	27	100
Regular drinker	45	18	20	18	100
Non-drinker or < 5 drinks per occasion last year	36	15	21	28	100
Heavy drinker, never drunk most of 1 mo.	57	18	16	8	100
Usually drunk at least 1 mo. last year	57	17	12	14	100
Never drunk at work/school/child care in life	38	16	21	26	100
Drunk 1 to 2 times at work, etc in life	60	20	14	7	100
Drunk 3 to 10 times in life	61	18	15	6	100
Drunk over 10 times in life	59	18	13	10	100
Drunk at least once at work, etc, in life	60	19	14	7	100
Non-drinker or < 5 drinks per occasion past year	36	15	21	28	100
Heavy drinker, never drunk at work/school/child care	56	18	16	9	100
Drunk 1+ times at work/school/child care past year	60	19	14	7	100
Non-drinker or < 5 drinks per occasion past year	36	15	21	28	100
Never drank more than promised past year	58	18	16	8	100
Drank more, despite promise not to past year	53	19	16	12	100
Non-drinker or < 5 drinks per occasion past year	36	15	21	28	100
Never drank much more than intended past year	57	18	16	8	100
Drank much more than intended past year	56	19	15	10	100
Non-drinker or < 5 drinks per occasion past year	36	15	21	28	100
Never drank so much to risk getting hurt past year	57	18	16	9	100
Drank so as to risk getting hurt past year	58	20	15	8	100
Never used marijuana in life	34	14	21	30	100
Used marijuana once in life	42	18	21	20	100
Used marijuana more than once in life	50	18	17	15	100
Has not used illicit drugs in life	34	14	22	30	100
Used illicit drugs at least once in life	48	18	18	16	100
Has not used illicit drugs in life (excl. marij.)	35	15	21	29	100
Used illicit drugs (excl. marij.) at least once in life	50	18	18	15	100
Has not used illicit drugs past year	38	15	21	26	100
Used illicit drugs at least once past year	55	19	16	10	100
Has not used illicit drugs past year (excl. marij.)	38	15	21	26	100
Used illicit drugs (excl. marij.) at least once past year	55	19	15	10	100

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**Table 1b. Dealing with stress by praying or seeking spiritual help, women and men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	34	14	22	30	100
Has not used illicit drugs for 1 year in life	47	18	19	17	100
Used illicit drugs for 1 year in life	53	17	16	13	100
Has used drugs despite promise not to	55	18	14	13	100
Has used drugs more often than intended	55	20	14	10	100
Insufficient weight (bmi), age 20-64	37	16	24	24	100
Acceptable weight, age 20-64	42	16	20	22	100
Some excess weight, age 20-64	43	17	19	21	100
Overweight, age 20-64	42	17	19	23	100
Weight not stated, age 20-64	31	17	24	28	100
Never had fear of being overweight	41	15	20	24	100
Never had fear of being overweight past year	35	18	21	26	100
Had fear of being overweight past year	35	16	22	27	100
Has not gambled in life	40	16	21	23	100
Non-gambler now	36	12	19	33	100
Non-problem gambler	41	17	20	21	100
Low-risk gambler	43	22	19	15	100
Problem gambler	39	20	23	18	100
Low-risk or problem gambler	41	21	21	16	100
Non-gambler past year	38	15	20	27	100
Never felt gambling guilt past year	43	18	20	19	100
Sometimes-always felt gambling guilt past year	37	20	24	19	100
Never felt gambled too much past year	43	18	20	19	100
Sometimes-always gambled too much past year	42	20	21	17	100
Rarely felt loved and appreciated past month	41	13	18	27	100
Felt loved and appreciated half the time past mo.	39	17	23	20	100
Often felt loved and appreciated half the time past mo.	40	18	21	21	100
Almost always felt loved and appreciated past mo.	40	15	19	27	100
Suicide					
Has never seriously considered suicide	40	16	20	24	100
Has seriously considered suicide	36	17	20	27	100
Has never attempted suicide	40	16	20	24	100
Has attempted suicide	34	14	20	32	100

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	40	14	19	27	100
Felt at peace half the time past month	36	17	24	22	100
Often felt at peace past month	39	19	21	21	100
Almost always felt at peace past month	41	14	19	27	100
Rarely felt emotionally balanced past month	37	15	20	27	100
Felt balanced half the time past month	36	18	23	23	100
Often felt balanced past month	39	18	21	22	100
Almost always felt balanced past month	41	14	19	26	100
Rarely felt useful past month	38	12	18	32	100
Felt useful half the time past month	41	16	22	21	100
Often felt useful past month	39	19	21	21	100
Almost always useful past month	40	14	19	27	100
Lowest income adequacy	35	13	19	32	100
Lower middle income adequacy	35	11	20	34	100
Middle income adequacy	35	14	21	30	100
Upper middle income adequacy	39	17	20	24	100
Highest income adequacy	44	19	19	18	100
Household income or size not stated	41	13	20	26	100
Household income last year under \$10,000	35	14	18	32	100
Household income income \$10,000-14,999	33	10	20	36	100
Household income income \$15,000-19,999	34	11	19	35	100
Household income income \$20,000-29,999	35	13	22	30	100
Household income income \$30,000-39,999	38	14	21	28	100
Household income income \$40,000-49,999	37	16	22	25	100
Household income income \$50,000-59,999	41	17	20	23	100
Household income income \$60,000-79,999	41	18	19	21	100
Household income income \$80,000 or more	44	19	20	18	100
Household income not stated	41	13	20	26	100
No welfare income received last year	40	16	20	24	100
Welfare income received last year	35	13	21	31	100
Population aged 15 to 75	40	16	20	23	100
Not in the labour force	35	13	20	32	100
In the labour force	42	17	20	20	100
Employed	42	17	20	20	100
Unemployed	42	17	21	21	100
Permanently unable to work (aged 15-75)	31	10	20	39	100
Population 75 years of age and over	30	10	19	41	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	35	14	21	30	100
Personal income under \$5,000	42	15	20	23	100
Personal income \$5,000-9,999	34	15	20	31	100
Personal income \$10,000-14,999	34	13	21	32	100
Personal income \$15,000-19,999	37	14	21	28	100
Personal income \$20,000-29,999	38	16	22	24	100
Personal income \$30,000-39,999	42	16	19	23	100
Personal income \$40,000-49,999	41	19	20	20	100
Personal income \$50,000-59,999	43	18	20	19	100
Personal income \$60,000-79,999	45	19	19	16	100
Personal income \$80,000 or more	49	19	18	14	100
Personal income not stated	40	13	20	27	100
Employee	43	18	20	20	100
Self-employed	42	17	19	23	100
Occupation: management	45	17	19	19	100
Professional including accountants	34	19	24	22	100
Technologist/technician	47	19	20	15	100
Administrative/financial/clerical	33	18	22	26	100
Sales or service	42	18	20	20	100
Trades/transport/equipment operator	53	15	16	15	100
Farming/forestry/fishing/mining	43	16	22	19	100
Processing/manufacturing/utilities	44	13	20	23	100
Other occupation	43	17	19	22	100
Usually works under 30 hours/week main job	39	17	21	24	100
Usually works 30-38 hours/week main job	37	19	21	23	100
Usually works 39-42 hours/week main job	45	17	20	18	100
Usually works over 42 hours/week main job	46	17	19	19	100
Usually does not work weekends	42	17	20	20	100
Usually works weekends	43	18	20	20	100
No work stress, main job, past year	48	14	16	21	100
Not much work stress, past year	44	17	19	20	100
A little work stress, past year	42	19	21	19	100
Much work stress, past year	39	18	22	21	100
Extreme work stress, past year	46	13	18	23	100
High job skill required: strongly agrees	43	17	20	20	100
High job skill required: agrees	41	19	21	19	100
High job skill required: neither agrees/disagrees	43	17	19	21	100
High job skill required: disagrees	45	15	19	21	100
High job skill required: strongly disagrees	49	15	18	18	100

Notes:

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Table 1b. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	43	17	20	20	100
Job was very hectic: agrees	41	18	21	20	100
Job was very hectic: neither agrees/disagrees	42	18	20	20	100
Job was very hectic: disagrees	44	16	19	21	100
Job was very hectic: strongly disagrees	44	17	17	22	100
Job free of conflicting demands: strongly agrees	47	14	18	20	100
Job free of conflicting demands: agrees	42	16	20	21	100
Job free of conflicting demands: neither agrees/disag.	41	19	20	20	100
Job free of conflicting demands: disagrees	42	18	20	19	100
Job free of conflicting demands: strongly disagrees	43	17	20	19	100
Job security good: strongly agrees	45	18	19	18	100
Job security good: agrees	41	17	21	21	100
Job security good: neither agrees/disagrees	40	18	20	22	100
Job security good: disagrees	42	18	20	19	100
Job security good: strongly disagrees	45	13	18	24	100
Job conflict with co-workers: strongly agrees	45	14	19	22	100
Job conflict with co-workers: agrees	44	17	20	19	100
Job conflict with co-workers: neither agrees/disag.	41	19	22	18	100
Job conflict with co-workers: disagrees	41	17	21	21	100
Job conflict with co-workers: strongly disagrees	44	17	18	21	100
Job supervisor was helpful: strongly agrees	43	16	19	22	100
Job supervisor was helpful: agrees	41	18	21	21	100
Job supervisor was helpful: neither agrees/disag.	42	19	20	19	100
Job supervisor was helpful: disagrees	47	17	18	18	100
Job supervisor was helpful: strongly disagrees	47	16	20	17	100
Job requires repetitive tasks: strongly agrees	44	16	18	22	100
Job requires repetitive tasks: agrees	41	17	21	21	100
Job requires repetitive tasks: neither agrees/disag.	40	23	21	17	100
Job requires repetitive tasks: disagrees	44	18	21	18	100
Job requires repetitive tasks: strongly disagrees	49	16	16	18	100
Not satisfied at all with job	52	14	17	17	100
Not too satisfied with job	42	17	20	22	100
Somewhat satisfied with job	42	19	20	19	100
Very satisfied with job	42	16	20	21	100

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	100.0	100.0	100.0	100.0	100.0
Newfoundland	1.6	1.9	1.9	1.8	1.8
Prince Edward Island	0.4	0.5	0.6	0.4	0.4
Nova Scotia	3.1	3.1	2.9	2.8	3.0
New Brunswick	2.1	2.7	2.6	2.7	2.4
Québec	25.6	26.3	22.5	22.0	24.2
Ontario	36.9	37.3	40.1	41.1	38.6
Manitoba	3.1	3.5	3.7	3.8	3.5
Saskatchewan	2.6	3.0	3.7	3.2	3.0
Alberta	9.6	9.4	9.9	9.8	9.7
British Columbia	14.9	12.3	12.1	12.3	13.3
Atlantic provinces	7.2	8.2	8.0	7.8	7.7
Prairie provinces	15.3	16.0	17.3	16.8	16.2
Selected metro areas:					
Montréal	12.7	12.2	8.9	11.1	11.5
Ottawa-Hull	3.8	3.7	3.7	3.2	3.6
Oshawa	1.1	1.0	0.9	0.9	1.0
Toronto	13.8	14.5	16.9	17.9	15.6
St Catherines	1.0	1.2	1.2	1.6	1.2
Kitchener	1.4	1.7	1.5	1.4	1.5
Winnipeg	2.1	2.2	2.2	2.4	2.2
Calgary	3.2	2.8	2.7	2.4	2.8
Edmonton	3.2	3.4	3.7	3.7	3.4
Vancouver	7.6	6.1	6.7	5.8	6.7
Non-metro areas	36.3	36.3	36.7	36.5	36.4
Urban core areas	69.5	69.9	70.3	70.0	69.8
Urban fringe areas	2.7	2.2	2.1	2.2	2.4
Rural fringe areas	7.6	7.6	7.4	7.9	7.6
Urban areas outside metro areas and large cities	9.1	9.1	8.8	8.9	9.0
Rural areas outside metro areas and large cities	11.2	11.2	11.4	11.1	11.2
Single detached dwelling	54.0	55.8	54.3	50.8	53.6
Dwelling a double	4.3	4.6	4.1	4.8	4.4
Row or terrace	4.5	4.8	4.8	5.3	4.8
Duplex	3.1	2.5	2.6	2.9	2.8
Low-rise apartment, under 5 stories	11.0	10.2	10.7	11.8	11.0
High-rise apartment	4.8	4.3	6.2	7.9	5.8
Total dwelling types above listed	81.6	82.4	82.5	83.5	82.4
Bedrooms: 1	8.6	7.1	7.9	10.6	8.7
Bedrooms: 2	20.8	19.4	21.2	22.1	20.9
Bedrooms: 3	45.0	46.3	44.0	41.2	44.1
Bedrooms: 4	19.9	20.8	20.8	18.7	19.9
Bedrooms: 5 or more	5.5	6.2	5.9	7.0	6.1

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	26.5	24.5	26.6	29.4	26.9
Dwelling owned	73.5	75.5	73.4	70.6	73.1
Household size: 1	11.6	10.4	12.4	16.3	12.7
Household size: 2	32.1	30.7	31.9	33.3	32.1
Household size: 3	20.2	21.4	19.7	16.5	19.4
Household size: 4	23.3	23.8	21.5	16.8	21.4
Household size: 5	8.7	9.2	9.5	9.5	9.1
Household size: 6 or more	4.1	4.5	5.0	7.6	5.2
Households: no children under 12	74.5	73.5	73.6	75.2	74.3
Child(ren) under 6	9.1	9.1	9.9	8.4	9.1
Child(ren) 6 to 11	11.5	12.9	11.2	10.3	11.4
Child(ren) under 6 and 6 to 11	5.0	4.5	5.3	6.0	5.2
Parents with children under 12	25.5	26.5	26.4	24.8	25.7
Age 15-19	11.5	11.3	7.7	4.3	8.9
20-24	9.7	8.6	6.8	4.5	7.7
25-29	8.8	8.9	7.0	4.7	7.4
30-34	9.7	9.8	8.8	6.8	8.8
35-39	10.6	10.4	10.7	9.4	10.3
40-44	11.9	12.0	11.8	10.4	11.5
45-49	8.2	10.9	10.2	10.3	9.5
50-54	7.1	7.9	9.2	9.6	8.3
55-59	6.0	6.6	7.8	9.0	7.2
60-64	5.1	4.2	5.2	7.4	5.6
65-69	3.4	3.4	5.3	6.7	4.6
70-74	3.4	2.3	3.9	6.5	4.1
75-79	2.4	2.1	2.6	5.1	3.0
80 plus	2.2	1.6	3.0	5.3	3.0
Married	47.5	50.2	55.9	58.3	52.3
Common-law	12.3	10.8	8.1	4.8	9.4
Widowed	3.4	3.0	5.3	10.3	5.4
Separated	2.4	2.2	2.5	3.1	2.6
Divorced	3.9	4.3	5.2	6.4	4.8
Single, never married	30.4	29.4	23.0	16.9	25.5
Females	37.8	48.7	58.5	67.2	50.9
Males	62.2	51.3	41.5	32.8	49.1
Converses in English only	51.2	48.9	45.5	43.3	47.8
Converses in French only	11.0	12.7	11.2	11.1	11.3
Converses in English and French	18.0	17.8	16.6	12.6	16.4
Converses in English, French and other language(s)	5.1	5.6	4.8	5.4	5.2
Converses in English and other language(s)	11.9	13.1	18.3	23.5	16.2

Notes:

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"S" = not available or sample under five respondents.

Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	81.3	83.5	76.3	67.9	77.4
Immigrant, arrived before 1960	2.9	2.6	3.4	4.9	3.5
Immigrant, arrived from 1960 to 1979	5.1	5.3	5.7	9.1	6.2
Immigrant, arrived from 1980 to 2002	9.9	8.3	13.7	17.5	12.3
Immigrants	17.9	16.2	22.8	31.5	21.9
Aboriginal ethnicity, perhaps others	4.0	2.8	3.9	3.2	3.6
"Canadian" ethnicity, perhaps others	31.2	30.2	28.4	22.9	28.5
"French" ethnicity, perhaps others	21.4	22.6	21.4	19.1	21.0
"English" ethnicity, perhaps others	24.2	21.8	19.3	19.1	21.6
"Welsh" ethnicity, perhaps others	1.5	1.3	1.0	1.0	1.2
"Scottish" ethnicity, perhaps others	17.0	17.2	13.5	13.2	15.4
"Irish" ethnicity, perhaps others	13.2	15.1	12.9	13.2	13.4
"Italian" ethnicity, perhaps others	3.4	4.4	3.9	3.3	3.6
"Ukrainian" ethnicity, perhaps others	3.5	3.8	3.4	3.2	3.5
"German" ethnicity, perhaps others	8.7	9.7	9.3	10.0	9.3
"Dutch" ethnicity, perhaps others	2.9	2.6	2.7	3.9	3.0
"Polish" ethnicity, perhaps others	2.3	2.6	3.1	2.2	2.5
"Norwegian" ethnicity, perhaps others	1.4	1.3	1.1	0.8	1.2
"Chinese" ethnicity, perhaps others	4.6	3.2	4.3	2.5	3.8
"South Asian" ethnicity, perhaps others	1.4	2.8	3.4	6.4	3.2
Not a student	83.0	83.4	86.2	90.1	85.4
Part-time student	3.1	3.2	2.8	3.1	3.1
Full-time student	13.3	13.1	10.4	6.4	11.0
Less than secondary diploma	25.8	20.6	24.9	27.4	25.2
Secondary school diploma	19.9	18.9	18.4	17.2	18.8
Some post-secondary education	8.7	9.7	7.5	7.5	8.3
Post-secondary degree or diploma	44.7	50.0	48.4	46.5	46.7
Very strong belonging to locality	15.3	13.7	18.5	26.4	18.4
Somewhat strong belonging to locality	36.7	43.1	43.8	38.6	39.6
Somewhat weak belonging to locality	30.0	31.2	25.1	22.5	27.4
Very weak belonging to locality	17.7	11.8	12.4	12.4	14.4
Very satisfied with life in general	33.2	29.6	31.3	34.4	32.6
Satisfied with life in general	52.2	56.7	53.5	50.7	52.8
Neither satisfied nor dissatisfied with life	10.1	10.1	10.9	9.0	10.0
Dissatisfied with life in general	4.5	3.6	4.3	5.8	4.6
Has fewer than 3 close friends	15.3	11.6	13.8	16.3	14.7
Has 3 to 5 close friends	33.3	35.3	36.0	33.0	34.1
Has 6 to 9 close friends	18.3	20.5	18.7	17.7	18.6
Has 10 to 15 close friends	23.0	24.3	22.7	23.1	23.2
Has more than 15 close friends	8.9	7.5	7.2	8.9	8.4

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	1.1	1.4	1.4	1.3	1.2
French Catholic	20.9	24.4	22.7	18.2	21.1
Other Catholic	15.6	22.9	24.4	22.4	20.2
United Church	9.7	11.2	10.5	6.9	9.4
Anglican	7.9	8.3	7.2	5.6	7.2
Presbyterian	2.2	2.6	2.7	2.3	2.4
Lutheran	1.8	2.6	2.8	2.1	2.2
Baptist	1.5	2.1	2.9	4.9	2.7
Pentecostal	0.6	1.1	1.2	4.4	1.7
Jehovah's Witnesses	na	na	0.3	1.5	0.5
Christian, other	4.4	6.0	8.6	16.8	8.5
Islam	0.9	1.1	2.4	4.2	2.0
Hindu-Buddhist-Sikh	2.1	3.4	4.3	4.7	3.4
Jewish	1.1	1.2	0.5	na	0.8
No religion: prays	S	10.5	6.6	3.5	3.8
No religion	28.7	S	S	S	11.4
Religious affiliation not stated	1.4	0.9	1.5	1.0	1.3
No religious affiliation	28.7	10.5	6.6	3.5	15.2
Roman Catholic	36.5	47.3	47.0	40.6	41.3
Liberal Protestant	21.5	24.8	23.2	16.9	21.2
Conservative Christian	6.7	9.4	13.0	27.5	13.5
Christian	64.7	81.5	83.3	85.0	76.0
Non-Christian	4.1	5.7	7.2	9.3	6.3
Worshipped weekly or more often past year	5.4	9.5	22.7	53.5	21.3
Worshipped monthly past year	4.1	9.8	16.8	12.4	9.5
Worshipped 3 to 4 times past year	11.1	25.2	21.9	11.6	15.6
Worshipped once past year	10.0	13.0	9.3	4.3	9.0
Did not worship past year (religiously affiliated)	39.2	31.0	21.0	13.8	28.1
Less than monthly worship past year	89.1	79.8	58.9	33.1	67.9
Worshipped at least weekly or monthly past year	9.5	19.2	39.5	65.9	30.8
Worshipped monthly & prays often	S	S	S	65.9	16.0
Worshipped monthly & prays sometimes	S	S	39.5	S	7.9
Worshipped monthly & prays rarely	S	19.2	S	S	3.0
Worshipped monthly & does not pray	9.5	S	S	S	3.8
Worshipped < monthly past year, prays often	S	S	S	15.9	3.9
Worshipped < monthly past year, prays sometimes	S	38.3	31.3	S	12.3
Non-worshipper past year, prays often	S	S	S	17.3	4.2
Non-worshipper past year, prays sometimes	S	41.5	27.7	S	12.1

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	18.9	6.7	3.3	2.1	9.7
Not very religious	32.0	44.2	23.9	8.0	26.5
Somewhat religious	17.0	34.9	57.4	54.3	37.0
Very religious	1.9	2.6	7.0	30.5	10.0
Role of spiritual values in one's life					
Spiritual values are important in my life	30.5	60.8	85.6	96.6	62.5
Spiritual values are unimportant in my life	68.5	38.6	13.2	2.8	36.6
Sp. values help understand life's difficulties: no	71.3	40.9	14.5	3.2	38.5
Sp. values help understand life's difficulties: a little	8.3	17.8	12.4	3.4	9.4
Sp. values help understand life's difficulties: some	11.5	28.4	40.8	19.1	21.9
Sp. values help understand life's difficulties: a lot	7.9	12.2	30.9	73.3	29.1
Sp. values help with everyday difficulties: no	70.9	40.0	14.0	3.2	38.1
Sp. values help with everyday difficulties: a little	8.4	17.3	9.7	1.6	8.4
Sp. values help with everyday difficulties: some	11.3	29.3	41.6	16.2	21.4
Sp. values help with everyday difficulties: a lot	8.4	12.7	33.5	78.1	31.1
Sp. values help me find meaning in my life: no	69.4	39.2	13.4	2.9	37.2
Sp. values help me find meaning in my life: a little	7.1	12.9	7.9	1.5	6.8
Sp. values help me find meaning in my life: some	13.3	33.2	41.6	14.8	22.5
Sp. values help me find meaning in my life: a lot	9.0	14.0	35.8	80.1	32.5
Physical Health					
Physical health is "excellent"	20.1	15.6	16.6	16.3	17.7
Physical health is "very good"	35.5	39.4	35.0	33.3	35.5
Physical health is "good"	32.3	33.9	35.1	32.7	33.2
Physical health is "fair" or "poor"	12.0	11.1	13.3	17.7	13.5
Physically inactive (index)	46.9	44.0	46.9	50.0	47.2
Moderately active physically (index)	25.5	28.8	27.2	26.8	26.7
Active physically (index)	27.5	27.2	26.0	23.2	26.1
Never has an activity limitation	74.3	73.0	70.4	63.3	70.6
Sometimes has an activity limitation	14.8	17.4	17.9	19.3	16.9
Often has an activity limitation	10.9	9.6	11.5	17.2	12.3
Never physically active > 15 min. / occasion, past mo.	9.1	7.4	9.5	13.7	10.0
Physically active >15 minutes, 1 to 5 times a month	12.6	10.7	11.4	10.7	11.6
Physically active >15 minutes, 6 to 15 times a month	20.6	21.1	19.8	18.6	20.0
Physically active >15 minutes, 16 to 29 times a month	22.5	23.8	23.8	21.8	22.8
Physically active >15 minutes, 30 or more times a mo.	35.2	36.9	35.5	35.2	35.5

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	34.6	32.0	30.6	23.8	30.7
Has a diagnosed chronic health problem	65.4	68.0	69.4	76.2	69.3
Has food allergies	6.4	8.8	7.8	9.4	7.8
Has non-food allergies	27.5	30.7	28.8	32.1	29.4
Asthma	8.4	8.5	8.7	8.5	8.5
Bronchitis	2.8	2.4	3.6	4.3	3.3
Diabetes	3.8	3.7	5.1	7.0	4.8
Heart disease	4.3	3.7	5.0	8.7	5.4
High blood pressure	12.7	11.5	14.8	20.2	14.8
Diagnosed migraines	9.2	10.4	11.4	12.9	10.8
Cancer	1.5	1.4	1.8	3.3	2.0
Stomach/intestinal ulcers	3.5	3.4	4.6	5.1	4.1
Bowel disorder/Crohn's/colitis	2.3	2.7	2.8	3.7	2.8
Thyroid	4.0	4.6	6.5	8.1	5.6
Arthritis/rheumatism	13.4	13.7	18.0	26.1	17.5
Back problems excluding arthritis	19.0	20.2	20.8	24.4	20.8
Mental Health					
Mental health is "excellent"	30.5	25.0	24.5	28.0	27.8
Mental health is "very good"	38.1	42.8	39.9	38.1	39.2
Mental health is "good"	25.0	26.6	28.4	25.4	26.0
Mental health is "fair" or "poor"	6.4	5.5	7.1	8.4	6.9
Rarely felt emotionally balanced past month	5.0	5.1	5.4	6.0	5.3
Felt emotionally balanced half the time	13.6	16.5	16.8	14.0	14.8
Felt emotionally balanced frequently	29.7	34.3	31.6	28.0	30.4
Felt emotionally balanced almost always past mo.	51.5	44.1	46.1	51.9	49.3
Most days not stressful at all past month	16.0	9.9	10.3	13.7	13.3
Most days not very stressful past month	23.5	23.7	21.9	22.4	22.9
Most days a bit stressful past month	39.2	44.0	43.3	38.3	40.6
Most days quite a bit/extremely stressful past mo.	21.3	22.4	24.6	25.6	23.2
Most important source of daily stress: time pressure	14.5	16.7	14.8	11.5	14.2
Most important stress: my physical health	4.9	5.8	6.9	9.7	6.6
Most important stress: finances, not enough money	12.6	11.8	12.6	11.6	12.2
Most important stress: my work situation	25.1	24.7	20.4	15.8	21.8
Most important stress: school	6.5	6.3	4.7	2.8	5.2
Most important stress: care for my children	2.8	2.7	3.8	3.2	3.1
Most important stress: care for others	4.6	5.7	8.0	8.3	6.4
Most important stress: my relationships with others	5.0	5.0	5.1	4.8	5.0
Most important stress: health of my family	3.4	4.9	6.1	8.2	5.4
Most important stress: (no day-to-day stress)	13.3	8.6	9.5	12.6	11.6

Notes:

See Appendix 1 for variable definitions and notes on the survey.

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"S" = not available or sample under five respondents.

Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	9.1	8.1	10.0	11.1	9.6
"Good" ability to handle difficult problems	29.0	31.5	32.0	29.1	30.0
"Very good" ability to handle difficult problems	41.1	45.3	42.1	40.8	41.9
"Excellent" ability to handle difficult problems	20.9	15.0	15.9	19.0	18.5
"Poor/fair" ability to handle day-to-day problems	5.0	4.0	5.5	6.5	5.3
"Good" ability to handle day-to-day problems	25.3	28.0	27.5	26.0	26.4
"Very good" ability to handle day-to-day problems	45.5	50.0	47.8	44.3	46.4
"Excellent" ability to handle day-to-day problems	24.0	18.1	19.1	23.2	21.9
Rarely copes by trying to solve the problem	5.2	2.9	3.2	3.4	4.0
Sometimes copes by trying to solve the problem	20.0	22.5	21.3	17.4	20.0
Often copes by trying to solve the problem	74.5	74.5	75.3	78.7	75.7
Rarely copes by talking to others	24.6	17.7	15.6	17.2	19.9
Sometimes copes by talking to others	31.2	35.6	35.8	26.9	31.8
Often copes by talking to others	44.0	46.6	48.7	55.5	48.1
Never copes by smoking (non-smoker)	65.2	69.5	70.1	77.3	69.8
Never copes by smoking (a smoker)	12.6	8.3	9.9	7.8	10.2
Rarely copes by smoking more than usual	4.4	5.0	4.0	2.4	3.9
Sometimes copes by smoking more than usual	8.7	9.1	8.2	5.0	7.7
Often copes by smoking more than usual	9.1	8.1	7.8	7.5	8.3
Never copes by drinking alcohol	72.5	66.4	73.9	84.1	74.7
Rarely copes by drinking alcohol	14.5	21.5	15.2	8.9	14.4
Often/sometimes copes by drinking alcohol	13.0	12.1	10.9	7.0	11.0
Never copes by eating more/less than usual	57.7	41.6	43.2	46.0	49.4
Rarely copes by eating more/less than usual	18.2	29.9	22.5	19.2	21.1
Sometimes copes by eating more/less than usual	17.2	21.7	25.6	24.6	21.4
Often copes by eating more/less than usual	6.8	6.7	8.6	10.1	7.9
Never copes by jogging/exercise	53.9	34.0	40.0	43.0	45.3
Rarely copes by jogging/exercise	13.9	24.1	14.5	13.3	15.5
Sometimes copes by jogging/exercise	20.6	28.4	30.7	25.0	24.9
Often copes by jogging/exercise	11.6	13.5	14.7	18.7	14.3
Never copes by blaming oneself	28.5	14.5	18.8	25.5	23.6
Rarely copes by blaming oneself	28.1	33.1	27.2	24.6	27.9
Sometimes copes by blaming oneself	33.5	41.5	42.4	36.2	37.2
Often copes by blaming oneself	9.6	10.8	11.5	13.5	11.1

Notes:

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"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	6.4	5.4	10.0	17.4	9.7
A former drinker, not now	10.6	10.2	12.6	19.5	13.1
Occasional drinker	17.1	18.7	20.9	20.9	19.1
Regular drinker	65.8	65.5	56.4	42.1	58.1
Non-drinker or < 5 drinks per occasion last year	75.0	80.2	86.5	93.7	82.7
Heavy drinker, never drunk most of 1 mo.	22.2	17.9	12.5	5.3	15.5
Usually drunk at least 1 mo. last year	2.1	1.5	0.8	0.9	1.4
Never drunk at work/school/child care in life	87.5	90.4	94.3	97.5	91.8
Drunk 1 to 2 times at work, etc in life	4.7	3.9	2.1	0.9	3.1
Drunk 3 to 10 times in life	4.3	3.3	2.1	0.7	2.8
Drunk over 10 times in life	2.5	2.0	1.1	0.7	1.7
Drunk at least once at work, etc, in life	11.6	9.2	5.4	2.3	7.7
Non-drinker or < 5 drinks per occasion past year	75.0	80.2	86.5	93.7	82.7
Heavy drinker, never drunk at work/school/child care	17.5	14.1	10.1	4.7	12.4
Drunk 1+ times at work/school/child care past year	6.8	5.4	3.2	1.4	4.6
Non-drinker or < 5 drinks per occasion past year	75.0	80.2	86.5	93.7	82.7
Never drank more than promised past year	19.3	15.1	10.3	4.3	13.2
Drank more, despite promise not to past year	5.0	4.3	3.0	1.8	3.7
Non-drinker or < 5 drinks per occasion past year	75.0	80.2	86.5	93.7	82.7
Never drank much more than intended past year	18.0	14.0	10.0	4.3	12.4
Drank much more than intended past year	6.3	5.5	3.2	1.8	4.4
Non-drinker or < 5 drinks per occasion past year	75.0	80.2	86.5	93.7	82.7
Never drank so much to risk getting hurt past year	20.2	16.0	11.2	5.2	14.1
Drank so as to risk getting hurt past year	4.1	3.5	2.1	0.9	2.8
Never used marijuana in life	49.5	53.5	62.4	73.1	58.5
Used marijuana once in life	9.8	10.4	9.7	7.6	9.3
Used marijuana more than once in life	40.6	35.9	27.7	19.2	32.1
Has not used illicit drugs in life	49.0	52.9	61.9	72.3	57.9
Used illicit drugs at least once in life	50.9	46.9	37.9	27.5	41.9
Has not used illicit drugs in life (excl. marij.)	57.7	62.4	70.5	79.3	66.3
Used illicit drugs (excl. marij.) at least once in life	42.1	37.4	29.3	20.5	33.5
Has not used illicit drugs past year	82.4	84.4	89.9	94.4	87.1
Used illicit drugs at least once past year	17.5	15.4	9.8	5.4	12.6
Has not used illicit drugs past year (excl. marij.)	83.4	85.4	90.7	94.7	88.0
Used illicit drugs (excl. marij.) at least once past year	16.4	14.3	8.9	5.1	11.8

Notes:

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"S" = not available or sample under five respondents.

Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	49.0	52.9	61.9	72.5	58.0
Has not used illicit drugs for 1 year in life	37.3	35.7	29.7	21.9	31.8
Used illicit drugs for 1 year in life	13.5	11.1	8.1	5.4	10.1
Has used drugs despite promise not to	2.5	2.1	1.3	1.0	1.8
Has used drugs more often than intended	2.9	2.6	1.5	0.9	2.0
Insufficient weight (bmi), age 20-64	4.0	4.4	5.0	4.1	4.3
Acceptable weight, age 20-64	28.5	26.8	27.4	24.5	27.0
Some excess weight, age 20-64	12.0	11.8	10.5	9.8	11.1
Overweight, age 20-64	24.5	24.4	21.9	21.6	23.3
Weight not stated, age 20-64	7.8	11.1	12.0	11.4	10.0
Never had fear of being overweight	79.1	74.2	74.0	74.0	76.0
Never had fear of being overweight past year	9.4	12.0	11.2	11.6	10.7
Had fear of being overweight past year	11.5	13.8	14.7	14.4	13.2
Has not gambled in life	24.1	25.1	25.5	22.7	24.2
Non-gambler now	21.9	17.9	22.7	32.9	24.1
Non-problem gambler	48.6	50.4	46.6	41.0	46.6
Low-risk gambler	3.1	4.0	2.7	1.7	2.8
Problem gambler	1.9	2.5	2.2	1.5	2.0
Low-risk or problem gambler	5.0	6.5	4.9	3.2	4.8
Non-gambler past year	67.4	66.2	69.4	76.8	69.9
Never felt gambling guilt past year	30.1	30.8	27.4	21.4	27.5
Sometimes-always felt gambling guilt past year	2.1	3.0	2.8	1.8	2.3
Never felt gambled too much past year	30.6	31.8	28.7	22.0	28.3
Sometimes-always gambled too much past year	1.6	1.9	1.5	1.1	1.5
Rarely felt loved and appreciated past month	3.6	2.9	3.2	3.9	3.5
Felt loved and appreciated half the time past mo.	10.0	11.1	11.6	8.5	10.2
Often felt loved and appreciated half the time past mo.	27.4	31.6	28.7	23.2	27.3
Almost always felt loved and appreciated past mo.	58.7	54.3	56.3	64.3	58.9
Suicide					
Has never seriously considered suicide	91.8	90.6	91.2	90.0	91.1
Has seriously considered suicide	8.1	9.3	8.7	9.9	8.8
Has never attempted suicide	96.6	96.3	96.0	94.9	96.0
Has attempted suicide	3.2	3.4	3.8	5.0	3.8

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	3.9	3.4	3.8	4.3	3.9
Felt at peace half the time past month	10.8	12.9	14.1	10.8	11.8
Often felt at peace past month	29.3	36.2	31.4	25.2	29.8
Almost always felt at peace past month	55.8	47.5	50.8	59.7	54.4
Rarely felt emotionally balanced past month	5.0	5.1	5.4	6.0	5.3
Felt balanced half the time past month	13.6	16.5	16.8	14.0	14.8
Often felt balanced past month	29.7	34.3	31.6	28.0	30.4
Almost always felt balanced past month	51.5	44.1	46.1	51.9	49.3
Rarely felt useful past month	3.8	3.0	3.6	5.2	4.0
Felt useful half the time past month	10.6	10.3	10.9	8.8	10.2
Often felt useful past month	31.7	39.1	34.3	27.7	32.4
Almost always useful past month	53.7	47.6	51.0	58.3	53.3
Lowest income adequacy	2.5	2.4	2.6	3.8	2.8
Lower middle income adequacy	5.6	4.2	6.4	8.9	6.3
Middle income adequacy	16.8	16.3	20.0	23.3	19.0
Upper middle income adequacy	32.2	34.0	32.6	31.8	32.5
Highest income adequacy	33.2	35.2	29.0	22.3	30.0
Household income or size not stated	9.6	7.9	9.4	10.0	9.4
Household income last year under \$10,000	2.3	2.4	2.3	3.4	2.6
Household income income \$10,000-14,999	3.7	2.9	4.4	6.6	4.4
Household income income \$15,000-19,999	3.5	2.9	3.9	5.9	4.1
Household income income \$20,000-29,999	8.4	7.8	10.1	11.7	9.5
Household income income \$30,000-39,999	10.5	9.4	11.3	12.6	11.0
Household income income \$40,000-49,999	8.8	9.4	10.2	9.4	9.3
Household income income \$50,000-59,999	9.8	10.2	9.4	8.9	9.5
Household income income \$60,000-79,999	16.2	17.9	14.8	13.5	15.5
Household income income \$80,000 or more	26.9	29.1	24.0	17.8	24.5
Household income not stated	9.8	8.0	9.6	10.1	9.5
No welfare income received last year	93.7	94.7	93.0	92.1	93.3
Welfare income received last year	4.1	3.9	4.7	5.8	4.6
Population aged 15 to 75	93.9	95.4	92.3	87.3	92.2
Not in the labour force	20.4	19.2	23.1	30.2	23.1
In the labour force	73.4	76.2	69.2	57.2	69.0
Employed	68.7	71.5	64.7	53.4	64.6
Unemployed	4.7	4.7	4.5	3.8	4.5
Permanently unable to work (aged 15-75)	1.5	1.2	2.0	3.1	2.0
Population 75 years of age and over	3.9	3.2	5.1	8.9	5.3

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	4.7	4.8	5.4	6.5	5.3
Personal income under \$5,000	6.7	6.2	6.4	6.0	6.4
Personal income \$5,000-9,999	7.1	7.9	7.9	10.4	8.2
Personal income \$10,000-14,999	8.6	8.5	10.3	13.3	10.1
Personal income \$15,000-19,999	6.8	6.2	7.4	8.4	7.2
Personal income \$20,000-29,999	14.1	14.7	16.1	14.5	14.7
Personal income \$30,000-39,999	13.7	13.0	12.3	12.1	12.9
Personal income \$40,000-49,999	9.7	11.0	9.0	7.7	9.3
Personal income \$50,000-59,999	6.9	7.2	6.2	5.0	6.3
Personal income \$60,000-79,999	7.9	8.4	6.7	4.5	6.9
Personal income \$80,000 or more	6.1	6.0	4.4	2.8	4.9
Personal income not stated	7.8	6.3	7.9	8.7	7.8
Employee	64.2	66.7	60.7	48.2	60.0
Self-employed	12.3	12.3	10.8	10.7	11.6
Occupation: management	8.3	8.0	6.9	5.8	7.4
Professional including accountants	9.6	13.4	13.3	10.0	11.0
Technologist/technician	6.9	6.9	5.9	3.6	5.9
Administrative/financial/clerical	6.7	9.3	8.8	8.6	8.0
Sales or service	18.4	19.8	16.8	14.0	17.2
Trades/transport/equipment operator	13.0	9.2	7.8	6.1	9.7
Farming/forestry/fishing/mining	2.5	2.3	2.6	1.8	2.3
Processing/manufacturing/utilities	4.6	3.6	4.1	3.9	4.2
Other occupation	6.6	6.5	5.7	5.6	6.2
Usually works under 30 hours/week main job	13.5	14.5	14.4	13.4	13.8
Usually works 30-38 hours/week main job	13.3	16.8	14.7	13.1	14.1
Usually works 39-42 hours/week main job	24.6	23.8	22.2	16.1	21.9
Usually works over 42 hours/week main job	25.1	23.5	20.3	16.7	21.8
Usually does not work weekends	43.1	43.9	40.9	34.0	40.6
Usually works weekends	33.5	35.2	30.9	25.3	31.3
No work stress, main job, past year	9.6	6.9	6.4	6.9	7.8
Not much work stress, past year	15.2	14.7	13.3	11.1	13.7
A little work stress, past year	29.6	33.4	28.6	21.5	28.0
Much work stress, past year	17.7	20.3	19.8	15.8	18.1
Extreme work stress, past year	4.5	3.3	3.5	3.7	3.9
High job skill required: strongly agrees	25.0	25.3	23.2	19.3	23.3
High job skill required: agrees	29.8	34.3	29.7	22.9	28.8
High job skill required: neither agrees/disagrees	8.5	8.4	7.5	6.8	7.9
High job skill required: disagrees	10.9	8.9	9.1	8.5	9.6
High job skill required: strongly disagrees	2.1	1.6	1.5	1.2	1.7

Notes:

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Table 1c. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	17.5	17.3	16.0	13.3	16.1
Job was very hectic: agrees	26.3	29.1	26.6	20.8	25.5
Job was very hectic: neither agrees/disagrees	13.0	14.2	11.9	9.8	12.2
Job was very hectic: disagrees	16.7	15.3	14.4	12.7	15.0
Job was very hectic: strongly disagrees	2.6	2.5	2.0	2.1	2.4
Job free of conflicting demands: strongly agrees	8.0	6.2	6.1	5.7	6.8
Job free of conflicting demands: agrees	25.9	25.3	24.6	20.8	24.3
Job free of conflicting demands: neither agrees/disag.	11.1	13.2	10.5	8.9	10.8
Job free of conflicting demands: disagrees	24.4	27.1	23.5	18.4	23.2
Job free of conflicting demands: strongly disagrees	6.7	6.6	6.2	4.9	6.1
Job security good: strongly agrees	25.2	25.6	21.1	16.4	22.3
Job security good: agrees	32.5	33.9	32.8	26.8	31.4
Job security good: neither agrees/disagrees	7.0	8.1	6.9	6.5	7.0
Job security good: disagrees	7.7	8.2	7.2	5.7	7.2
Job security good: strongly disagrees	3.7	2.7	2.9	3.2	3.2
Job conflict with co-workers: strongly agrees	4.6	3.6	3.8	3.6	4.0
Job conflict with co-workers: agrees	17.6	17.5	15.5	12.1	15.8
Job conflict with co-workers: neither agrees/disag.	9.4	11.1	9.9	6.7	9.1
Job conflict with co-workers: disagrees	30.4	32.4	30.4	25.1	29.4
Job conflict with co-workers: strongly disagrees	14.1	13.8	11.4	11.2	12.8
Job supervisor was helpful: strongly agrees	14.1	12.9	11.9	11.7	12.9
Job supervisor was helpful: agrees	32.9	36.1	33.6	27.0	32.1
Job supervisor was helpful: neither agrees/disag.	14.4	16.7	13.8	10.5	13.7
Job supervisor was helpful: disagrees	9.3	8.6	7.1	6.0	7.9
Job supervisor was helpful: strongly disagrees	4.8	4.1	4.2	2.9	4.1
Job requires repetitive tasks: strongly agrees	17.9	16.5	14.5	14.2	16.1
Job requires repetitive tasks: agrees	32.4	32.8	32.7	27.1	31.3
Job requires repetitive tasks: neither agrees/disag.	8.5	12.2	8.6	5.9	8.5
Job requires repetitive tasks: disagrees	14.1	14.3	13.1	9.6	12.9
Job requires repetitive tasks: strongly disagrees	3.3	2.7	2.1	2.0	2.6
Not satisfied at all with job	2.4	1.6	1.6	1.3	1.8
Not too satisfied with job	5.2	5.4	4.9	4.5	5.0
Somewhat satisfied with job	31.9	35.7	30.4	23.3	30.1
Very satisfied with job	36.6	35.8	34.2	29.7	34.3

Notes:

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Table 1d. Dealing with stress by praying or seeking spiritual help, women and men by socio-economic characteristics, Canada, 2002

Selected indicators (rates or ratios)	Deal with stress?				Total
	How often do you pray or seek spiritual help to deal with stress?				
	Never	Rarely	Sometimes	Often	
Labour force					
Labour force participation rate	78.2	79.9	75.0	65.5	74.9
Employment rate	93.6	93.8	93.4	93.3	93.6
Unemployment rate	6.4	6.2	6.6	6.7	6.4
Permanently unable to work / labour force (%)	2.1	1.6	2.9	5.5	2.8
Population over 65 per employed (%)	16.6	13.2	22.8	44.3	22.8
Population over 75 per employed (%)	5.7	4.4	7.9	16.7	8.1
Population over 80 per employed (%)	3.3	2.2	4.6	9.9	4.7
Employees per self employed	5.2	5.4	5.6	4.5	5.2
Occupation: management per employed (%)	12.1	11.1	10.7	10.9	11.4
Professional including accountants per employed	13.9	18.7	20.5	18.8	17.1
Technologist/technician per employed	10.1	9.7	9.1	6.7	9.1
Administrative/financial/clerical per employed	9.7	13.1	13.5	16.1	12.4
Sales or service per employed	26.8	27.8	26.0	26.2	26.7
Trades/transport/equipment operator / employed	18.9	12.9	12.1	11.3	14.9
Farming/forestry/fishing/mining per employed	3.7	3.3	4.0	3.3	3.6
Processing/manufacturing/utilities per employed	6.8	5.0	6.4	7.3	6.5
Other occupations per employed	9.6	9.1	8.9	10.5	9.6
Works over 42 hrs/week: per employed (%)	36.5	32.9	31.4	31.3	33.8
Usually works weekends per employed (%)	48.8	49.3	47.8	47.5	48.4
Welfare rate -- welfare recipients, % income recipients	4.2	3.9	4.8	5.9	4.7
Highest household income quintile / Lowest	13.1	14.5	11.0	5.9	10.6
Canadian-born population per immigrant	454	515	335	216	353
Potential worship dropouts per weekly worshipper	1.7	2.0	1.7	1.2	1.4
Potential monthly worshippers per weekly worshipper	S	8.4	2.6	0.6	1.5
"Very religious" population / "Not religious at all"	0.1	0.4	2.1	14.4	1.0
Married / Single never married	1.6	1.7	2.4	3.5	2.1
Married / Widowed	14.0	16.6	10.5	5.7	9.7
Married / Common-law	3.9	4.7	6.9	12.2	5.6
Married / (Separated or divorced)	7.6	7.7	7.3	6.2	7.1
Post-secondary degree/dip / <High school diploma	1.7	2.4	1.9	1.7	1.9
Very satisfied with life in general / Dissatisfied	7.4	8.2	7.3	5.9	7.0
Excellent physical health / Fair or poor health	1.7	1.4	1.2	0.9	1.3
Excellent mental health / Fair or poor health	4.8	4.6	3.5	3.3	4.0
Days very stressful past month / Not at all	1.3	2.3	2.4	1.9	1.7

See Appendix 1 for variable definitions and notes on the survey.
 "na" = not available or smallest sample in ratio or rate is under 30.
 "S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	3,739,601	1,913,495	2,927,831	4,071,984	12,652,911
Newfoundland	48,617	35,351	58,080	80,631	222,679
Prince Edward Island	13,102	9,463	16,645	18,187	57,397
Nova Scotia	110,357	60,089	90,594	127,242	388,282
New Brunswick	73,274	47,804	75,003	113,262	309,343
Québec	958,283	490,882	673,063	943,533	3,065,761
Ontario	1,396,211	732,848	1,148,825	1,624,200	4,902,084
Manitoba	118,335	62,956	105,500	151,789	438,580
Saskatchewan	93,029	50,139	104,406	133,863	381,437
Alberta	338,719	175,183	295,514	388,774	1,198,190
British Columbia	589,674	248,780	360,201	490,503	1,689,158
Atlantic provinces	245,350	152,708	240,321	339,322	977,701
Prairie provinces	550,084	288,277	505,420	674,425	2,018,206
Selected metro areas:					
Montréal	488,391	234,791	267,191	476,518	1,466,891
Ottawa-Hull	138,456	80,438	106,747	131,879	457,520
Oshawa	47,001	23,678	24,610	41,426	136,715
Toronto	531,825	281,762	464,625	685,714	1,963,926
St Catherines	34,118	20,586	32,463	67,910	155,077
Kitchener	47,911	26,008	39,790	62,838	176,547
Winnipeg	81,100	42,570	65,039	93,709	282,418
Calgary	100,486	50,640	81,178	100,522	332,826
Edmonton	122,961	61,238	116,599	141,938	442,736
Vancouver	312,825	121,906	199,239	226,724	860,694
Non-metro areas	1,308,843	678,378	1,102,356	1,487,883	4,577,460
Urban core areas	2,627,591	1,370,240	2,051,048	2,853,907	8,902,786
Urban fringe areas	99,783	49,008	57,886	89,715	296,392
Rural fringe areas	291,614	124,327	220,503	316,916	953,360
Urban areas outside metro areas and large cities	319,809	172,683	261,524	368,866	1,122,882
Rural areas outside metro areas and large cities	400,806	197,238	336,870	442,578	1,377,492
Single detached dwelling	1,937,694	1,031,875	1,597,129	2,064,426	6,631,124
Dwelling a double	186,149	82,241	113,566	174,653	556,609
Row or terrace	199,426	111,561	150,781	222,926	684,694
Duplex	112,166	51,883	65,707	125,559	355,315
Low-rise apartment, under 5 stories	441,103	200,815	316,467	526,750	1,485,135
High-rise apartment	205,720	97,287	188,279	311,969	803,255
Total dwelling types above listed	3,082,258	1,575,662	2,431,929	3,426,283	10,516,132
Bedrooms: 1	334,734	144,794	230,976	446,372	1,156,876
Bedrooms: 2	828,881	390,661	620,267	918,347	2,758,156
Bedrooms: 3	1,664,355	898,361	1,306,735	1,665,492	5,534,943
Bedrooms: 4	690,454	357,243	595,244	738,306	2,381,247
Bedrooms: 5 or more	210,039	115,162	167,184	291,456	783,841

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	1,054,235	508,816	792,493	1,238,283	3,593,827
Dwelling owned	2,685,367	1,404,679	2,135,338	2,833,699	9,059,083
Household size: 1	439,713	199,070	377,593	741,907	1,758,283
Household size: 2	1,233,106	580,278	947,237	1,347,841	4,108,462
Household size: 3	748,082	444,513	579,872	680,090	2,452,557
Household size: 4	864,982	435,984	640,493	633,804	2,575,263
Household size: 5	298,911	162,630	257,901	366,680	1,086,122
Household size: 6 or more	154,808	91,021	124,735	301,661	672,225
Households: no children under 12	2,732,110	1,370,770	2,137,039	3,075,131	9,315,050
Child(ren) under 6	363,242	195,980	303,901	361,800	1,224,923
Child(ren) 6 to 11	438,990	262,360	328,460	404,775	1,434,585
Child(ren) under 6 and 6 to 11	205,259	84,386	158,432	230,276	678,353
Parents with children under 12	1,007,491	542,726	790,793	996,851	3,337,861
Age 15-19	472,462	228,214	213,004	160,008	1,073,688
20-24	385,640	182,957	212,080	168,256	948,933
25-29	352,491	185,831	220,663	190,597	949,582
30-34	343,930	211,025	252,660	287,251	1,094,866
35-39	390,851	190,202	337,680	354,631	1,273,364
40-44	420,914	234,607	337,301	415,031	1,407,853
45-49	291,938	210,029	304,421	391,560	1,197,948
50-54	253,359	135,543	253,864	425,356	1,068,122
55-59	221,043	105,774	215,716	375,721	918,254
60-64	167,603	56,119	138,535	289,393	651,650
65-69	116,596	54,570	158,305	281,817	611,288
70-74	120,432	40,537	104,269	280,510	545,748
75-79	105,103	44,459	82,357	222,345	454,264
80 plus	97,240	33,630	96,976	229,505	457,351
Married	1,674,525	887,561	1,580,682	2,256,682	6,399,450
Common-law	503,192	217,213	251,854	207,357	1,179,616
Widowed	214,016	90,462	220,658	542,479	1,067,615
Separated	95,698	54,766	82,499	133,888	366,851
Divorced	150,388	106,528	165,950	302,799	725,665
Single, never married	1,097,474	556,502	623,543	615,445	2,892,964
Females	3,739,602	1,913,496	2,927,831	4,071,982	12,652,911
Males	S	S	S	S	S
Converses in English only	1,905,685	948,113	1,380,456	1,810,112	6,044,366
Converses in French only	457,486	241,151	349,865	507,359	1,555,861
Converses in English and French	652,924	356,496	480,713	504,876	1,995,009
Converses in English, French and other language(s)	174,899	118,628	124,355	222,405	640,287
Converses in English and other language(s)	432,531	216,278	473,560	854,248	1,976,617

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	3,042,897	1,624,886	2,296,386	2,814,249	9,778,418
Immigrant, arrived before 1960	126,991	48,755	106,007	197,276	479,029
Immigrant, arrived from 1960 to 1979	187,484	78,131	135,965	367,738	769,318
Immigrant, arrived from 1980 to 2002	357,125	154,804	360,153	670,245	1,542,327
Immigrants	671,600	281,690	602,125	1,235,259	2,790,674
Aboriginal ethnicity, perhaps others	185,774	57,238	103,121	134,135	480,268
"Canadian" ethnicity, perhaps others	1,227,273	583,067	892,727	973,712	3,676,779
"French" ethnicity, perhaps others	787,380	449,610	645,291	817,898	2,700,179
"English" ethnicity, perhaps others	932,258	463,656	632,315	799,105	2,827,334
"Welsh" ethnicity, perhaps others	44,214	25,150	36,038	38,193	143,595
"Scottish" ethnicity, perhaps others	634,747	368,423	410,925	549,938	1,964,033
"Irish" ethnicity, perhaps others	506,939	313,557	409,196	571,581	1,801,273
"Italian" ethnicity, perhaps others	124,641	74,901	119,309	127,583	446,434
"Ukrainian" ethnicity, perhaps others	137,579	72,113	102,158	137,468	449,318
"German" ethnicity, perhaps others	313,193	186,474	266,402	411,103	1,177,172
"Dutch" ethnicity, perhaps others	87,563	50,853	78,604	141,189	358,209
"Polish" ethnicity, perhaps others	85,344	48,731	94,138	86,581	314,794
"Norwegian" ethnicity, perhaps others	66,393	32,932	33,277	35,432	168,034
"Chinese" ethnicity, perhaps others	177,108	81,077	121,747	105,525	485,457
"South Asian" ethnicity, perhaps others	35,778	37,667	73,013	222,491	368,949
Not a student	3,006,636	1,551,952	2,494,365	3,680,206	10,733,159
Part-time student	149,431	79,019	96,201	138,539	463,190
Full-time student	563,171	275,923	314,537	237,365	1,390,996
Less than secondary diploma	954,206	378,558	690,223	1,185,311	3,208,298
Secondary school diploma	801,501	373,798	580,635	737,233	2,493,167
Some post-secondary education	334,646	182,667	219,445	291,536	1,028,294
Post-secondary degree or diploma	1,619,515	960,854	1,415,993	1,803,661	5,800,023
Very strong belonging to locality	512,793	233,667	504,427	1,063,340	2,314,227
Somewhat strong belonging to locality	1,372,306	805,275	1,280,373	1,598,306	5,056,260
Somewhat weak belonging to locality	1,139,988	626,429	756,672	903,605	3,426,694
Very weak belonging to locality	691,731	245,779	378,123	502,376	1,818,009
Very satisfied with life in general	1,272,007	564,129	899,477	1,378,976	4,114,589
Satisfied with life in general	1,900,496	1,087,111	1,552,999	2,079,651	6,620,257
Neither satisfied nor dissatisfied with life	406,133	188,225	337,283	380,601	1,312,242
Dissatisfied with life in general	160,297	73,832	137,209	230,974	602,312
Has fewer than 3 close friends	534,603	222,417	372,434	622,663	1,752,117
Has 3 to 5 close friends	1,343,895	712,505	1,131,326	1,463,010	4,650,736
Has 6 to 9 close friends	733,919	416,173	544,737	743,308	2,438,137
Has 10 to 15 close friends	857,132	442,775	663,604	882,905	2,846,416
Has more than 15 close friends	234,705	105,611	173,560	321,342	835,218

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	36,169	na	42,476	48,315	152,108
French Catholic	808,224	456,027	678,675	799,173	2,742,099
Other Catholic	587,768	413,032	682,400	959,196	2,642,396
United Church	407,011	245,060	374,121	323,460	1,349,652
Anglican	300,785	182,541	235,913	238,090	957,329
Presbyterian	75,022	46,295	76,405	103,094	300,816
Lutheran	66,618	47,001	83,073	92,792	289,484
Baptist	53,916	40,222	80,149	206,351	380,638
Pentecostal	22,469	na	27,802	158,640	221,700
Jehovah's Witnesses	na	na	na	54,285	76,690
Christian, other	155,218	109,838	232,029	595,326	1,092,411
Islam	na	na	52,539	157,781	250,586
Hindu-Buddhist-Sikh	69,732	49,026	100,518	157,617	376,893
Jewish	38,889	na	na	na	100,459
No religion: prays	S	222,642	181,475	127,783	531,900
No religion	1,032,864	S	S	S	1,032,864
Religious affiliation not stated	52,242	17,554	50,042	35,044	154,882
No religious affiliation	1,032,864	222,642	181,475	127,783	1,564,764
Roman Catholic	1,395,992	869,059	1,361,075	1,758,369	5,384,495
Liberal Protestant	849,436	520,897	769,512	757,437	2,897,282
Conservative Christian	237,053	168,213	351,573	1,014,603	1,771,442
Christian	2,482,481	1,558,169	2,482,160	3,530,409	10,053,219
Non-Christian	135,847	89,983	171,678	330,430	727,938
Worshipped weekly or more often past year	230,060	150,269	577,530	2,111,906	3,069,765
Worshipped monthly past year	148,596	175,415	490,898	513,506	1,328,415
Worshipped 3 to 4 times past year	389,984	468,346	671,735	499,124	2,029,189
Worshipped once past year	392,274	251,721	285,873	194,223	1,124,091
Did not worship past year (religiously affiliated)	1,492,919	626,278	668,506	586,936	3,374,639
Less than monthly worship past year	3,308,041	1,568,987	1,807,590	1,408,067	8,092,685
Worshipped at least weekly or monthly past year	378,656	325,683	1,068,428	2,625,413	4,398,180
Worshipped monthly & prays often	S	S	S	2,625,413	2,625,413
Worshipped monthly & prays sometimes	S	S	1,068,428	S	1,068,428
Worshipped monthly & prays rarely	S	325,683	S	S	325,683
Worshipped monthly & does not pray	378,656	S	S	S	378,656
Worshipped < monthly past year, prays often	S	S	S	693,348	693,348
Worshipped < monthly past year, prays sometimes	S	720,067	957,609	S	1,677,676
Non-worshipper past year, prays often	S	S	S	714,719	714,719
Non-worshipper past year, prays sometimes	S	848,920	849,981	S	1,698,901

Notes:

See Appendix 1 for variable definitions and notes on the survey.

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"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	697,121	127,753	97,574	84,041	1,006,489
Not very religious	1,224,976	850,392	723,467	349,157	3,147,992
Somewhat religious	659,147	653,212	1,693,104	2,238,835	5,244,298
Very religious	69,635	37,007	174,807	1,212,410	1,493,859
Role of spiritual values in one's life					
Spiritual values are important in my life	1,256,180	1,199,282	2,524,734	3,977,079	8,957,275
Spiritual values are unimportant in my life	2,447,117	700,931	361,144	72,506	3,581,698
Sp. values help understand life's difficulties: no	2,546,588	750,718	398,621	89,368	3,785,295
Sp. values help understand life's difficulties: a little	336,446	350,128	388,239	147,832	1,222,645
Sp. values help understand life's difficulties: some	490,718	578,462	1,214,480	842,902	3,126,562
Sp. values help understand life's difficulties: a lot	325,550	216,919	877,248	2,955,366	4,375,083
Sp. values help with everyday difficulties: no	2,527,786	730,353	383,690	86,623	3,728,452
Sp. values help with everyday difficulties: a little	352,896	336,464	277,780	58,461	1,025,601
Sp. values help with everyday difficulties: some	460,309	584,623	1,247,044	689,230	2,981,206
Sp. values help with everyday difficulties: a lot	361,015	247,578	976,650	3,204,474	4,789,717
Sp. values help me find meaning in my life: no	2,480,303	712,495	368,627	82,076	3,643,501
Sp. values help me find meaning in my life: a little	319,809	254,201	220,463	55,946	850,419
Sp. values help me find meaning in my life: some	523,129	664,068	1,281,277	638,436	3,106,910
Sp. values help me find meaning in my life: a lot	375,576	267,459	1,013,854	3,271,395	4,928,284
Physical Health					
Physical health is "excellent"	712,937	281,637	437,990	608,413	2,040,977
Physical health is "very good"	1,312,852	741,397	1,010,916	1,354,236	4,419,401
Physical health is "good"	1,245,930	643,923	1,071,054	1,385,613	4,346,520
Physical health is "fair" or "poor"	467,710	246,385	407,751	723,721	1,845,567
Physically inactive (index)	1,823,330	876,774	1,434,673	2,122,528	6,257,305
Moderately active physically (index)	971,951	558,746	807,751	1,098,787	3,437,235
Active physically (index)	943,558	477,637	685,406	850,668	2,957,269
Never has an activity limitation	2,775,140	1,398,700	2,043,485	2,520,829	8,738,154
Sometimes has an activity limitation	558,444	325,797	542,487	825,840	2,252,568
Often has an activity limitation	404,421	187,912	330,943	719,665	1,642,941
Never physically active > 15 min. / occasion, past mo.	382,960	154,021	283,284	578,410	1,398,675
Physically active >15 minutes, 1 to 5 times a month	439,241	188,936	331,650	427,809	1,387,636
Physically active >15 minutes, 6 to 15 times a month	720,285	404,306	568,987	750,795	2,444,373
Physically active >15 minutes, 16 to 29 times a month	836,018	455,473	708,331	900,363	2,900,185
Physically active >15 minutes, 30 or more times a mo.	1,360,337	710,420	1,035,578	1,414,604	4,520,939

Notes:

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**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	1,107,127	554,008	802,478	890,674	3,354,287
Has a diagnosed chronic health problem	2,632,476	1,359,488	2,125,353	3,181,308	9,298,625
Has food allergies	327,500	208,087	259,033	428,804	1,223,424
Has non-food allergies	1,203,603	688,419	955,357	1,413,192	4,260,571
Asthma	380,188	194,283	277,555	401,251	1,253,277
Bronchitis	128,728	55,272	115,641	199,179	498,820
Diabetes	121,891	56,510	130,083	267,721	576,205
Heart disease	119,854	58,716	123,677	345,283	647,530
High blood pressure	472,524	192,424	427,327	875,338	1,967,613
Diagnosed migraines	548,476	280,503	459,439	639,662	1,928,080
Cancer	55,377	24,861	46,492	148,589	275,319
Stomach/intestinal ulcers	118,721	54,297	129,240	211,144	513,402
Bowel disorder/Crohn's/colitis	127,067	62,003	108,088	175,957	473,115
Thyroid	288,524	141,983	272,531	428,209	1,131,247
Arthritis/rheumatism	585,839	309,295	604,841	1,211,002	2,710,977
Back problems excluding arthritis	704,095	356,722	624,336	992,855	2,678,008
Mental Health					
Mental health is "excellent"	1,073,760	434,002	670,417	1,070,725	3,248,904
Mental health is "very good"	1,437,143	833,274	1,144,737	1,573,981	4,989,135
Mental health is "good"	949,064	524,450	894,500	1,071,739	3,439,753
Mental health is "fair" or "poor"	278,419	121,396	216,253	355,380	971,448
Rarely felt emotionally balanced past month	248,497	114,152	177,912	251,592	792,153
Felt emotionally balanced half the time	587,677	399,313	542,630	637,847	2,167,467
Felt emotionally balanced frequently	1,091,597	655,093	951,019	1,121,232	3,818,941
Felt emotionally balanced almost always past mo.	1,806,866	743,965	1,254,035	2,055,353	5,860,219
Most days not stressful at all past month	502,523	163,598	268,182	525,380	1,459,683
Most days not very stressful past month	867,355	455,515	620,101	936,130	2,879,101
Most days a bit stressful past month	1,528,204	848,199	1,277,707	1,562,583	5,216,693
Most days quite a bit/extremely stressful past mo.	841,381	446,183	761,501	1,047,129	3,096,194
Most important source of daily stress: time pressure	550,571	360,926	480,121	497,348	1,888,966
Most important stress: my physical health	204,934	127,660	193,330	408,834	934,758
Most important stress: finances, not enough money	435,685	214,660	329,423	455,264	1,435,032
Most important stress: my work situation	725,626	367,975	488,231	516,514	2,098,346
Most important stress: school	285,914	138,355	145,114	101,121	670,504
Most important stress: care for my children	187,451	80,904	145,736	168,141	582,232
Most important stress: care for others	250,129	129,236	278,764	369,645	1,027,774
Most important stress: my relationships with others	205,088	104,696	151,050	214,553	675,387
Most important stress: health of my family	176,515	104,414	216,957	396,611	894,497
Most important stress: (no day-to-day stress)	428,647	147,873	257,953	481,581	1,316,054

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	409,871	174,866	317,314	489,292	1,391,343
"Good" ability to handle difficult problems	1,168,259	647,158	991,407	1,273,816	4,080,640
"Very good" ability to handle difficult problems	1,494,901	843,844	1,211,833	1,628,355	5,178,933
"Excellent" ability to handle difficult problems	666,571	247,627	407,276	680,518	2,001,992
"Poor/fair" ability to handle day-to-day problems	200,281	67,357	150,988	269,702	688,328
"Good" ability to handle day-to-day problems	977,521	570,476	835,422	1,121,104	3,504,523
"Very good" ability to handle day-to-day problems	1,720,531	963,859	1,407,656	1,793,099	5,885,145
"Excellent" ability to handle day-to-day problems	839,066	310,855	531,615	882,965	2,564,501
Rarely copes by trying to solve the problem	185,880	59,224	99,408	123,985	468,497
Sometimes copes by trying to solve the problem	797,489	417,185	601,427	732,660	2,548,761
Often copes by trying to solve the problem	2,739,518	1,434,573	2,223,039	3,189,139	9,586,269
Rarely copes by talking to others	642,599	222,625	353,271	630,161	1,848,656
Sometimes copes by talking to others	1,033,118	592,960	950,558	1,016,137	3,592,773
Often copes by talking to others	2,059,556	1,096,364	1,623,638	2,404,282	7,183,840
Never copes by smoking (non-smoker)	2,509,845	1,344,472	2,093,295	3,178,652	9,126,264
Never copes by smoking (a smoker)	385,821	153,295	272,545	290,615	1,102,276
Rarely copes by smoking more than usual	142,597	78,537	119,669	88,205	429,008
Sometimes copes by smoking more than usual	313,054	155,008	218,032	191,939	878,033
Often copes by smoking more than usual	387,845	182,184	223,913	321,118	1,115,060
Never copes by drinking alcohol	2,872,454	1,366,743	2,297,382	3,510,557	10,047,136
Rarely copes by drinking alcohol	490,481	366,454	388,023	328,656	1,573,614
Often/sometimes copes by drinking alcohol	376,666	180,298	242,425	232,148	1,031,537
Never copes by eating more/less than usual	1,707,609	642,984	1,093,502	1,653,604	5,097,699
Rarely copes by eating more/less than usual	720,453	551,411	635,453	765,956	2,673,273
Sometimes copes by eating more/less than usual	905,971	530,692	877,938	1,137,045	3,451,646
Often copes by eating more/less than usual	403,198	188,094	319,259	510,068	1,420,619
Never copes by jogging/exercise	1,934,456	598,649	1,219,209	1,731,735	5,484,049
Rarely copes by jogging/exercise	513,671	426,462	419,965	518,145	1,878,243
Sometimes copes by jogging/exercise	800,291	599,632	852,399	1,037,883	3,290,205
Often copes by jogging/exercise	488,577	288,753	435,507	780,530	1,993,367
Never copes by blaming oneself	991,456	240,882	530,637	1,001,626	2,764,601
Rarely copes by blaming oneself	956,799	623,229	769,741	996,612	3,346,381
Sometimes copes by blaming oneself	1,342,813	825,632	1,228,139	1,494,411	4,890,995
Often copes by blaming oneself	437,548	222,978	394,939	571,752	1,627,217

Notes:

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"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	351,203	134,423	356,351	778,797	1,620,774
A former drinker, not now	462,025	222,372	380,676	786,118	1,851,191
Occasional drinker	832,096	485,402	730,577	971,883	3,019,958
Regular drinker	2,092,460	1,070,445	1,457,264	1,534,032	6,154,201
Non-drinker or < 5 drinks per occasion last year	3,224,007	1,690,910	2,699,659	3,932,471	11,547,047
Heavy drinker, never drunk most of 1 mo.	450,340	200,651	209,950	119,061	980,002
Usually drunk at least 1 mo. last year	49,254	17,239	13,445	16,719	96,657
Never drunk at work/school/child care in life	3,482,903	1,803,908	2,830,135	4,015,847	12,132,793
Drunk 1 to 2 times at work, etc in life	115,210	42,507	40,077	21,387	219,181
Drunk 3 to 10 times in life	89,292	42,812	33,140	18,572	183,816
Drunk over 10 times in life	35,587	17,400	na	na	82,930
Drunk at least once at work, etc, in life	240,089	102,719	91,121	51,998	485,927
Non-drinker or < 5 drinks per occasion past year	3,224,007	1,690,910	2,699,659	3,932,471	11,547,047
Heavy drinker, never drunk at work/school/child care	342,240	150,382	167,211	101,181	761,014
Drunk 1+ times at work/school/child care past year	158,209	67,508	56,184	34,599	316,500
Non-drinker or < 5 drinks per occasion past year	3,224,007	1,690,910	2,699,659	3,932,471	11,547,047
Never drank more than promised past year	389,368	164,264	176,301	101,662	831,595
Drank more, despite promise not to past year	110,226	53,626	47,094	34,118	245,064
Non-drinker or < 5 drinks per occasion past year	3,224,007	1,690,910	2,699,659	3,932,471	11,547,047
Never drank much more than intended past year	367,981	159,972	172,902	95,057	795,912
Drank much more than intended past year	131,613	57,918	50,494	40,148	280,173
Non-drinker or < 5 drinks per occasion past year	3,224,007	1,690,910	2,699,659	3,932,471	11,547,047
Never drank so much to risk getting hurt past year	444,554	193,060	206,080	122,994	966,688
Drank so as to risk getting hurt past year	55,040	24,831	17,316	12,786	109,973
Never used marijuana in life	2,037,812	1,086,610	1,910,687	3,056,481	8,091,590
Used marijuana once in life	352,048	200,745	294,784	310,347	1,157,924
Used marijuana more than once in life	1,348,247	623,582	718,350	700,971	3,391,150
Has not used illicit drugs in life	2,022,980	1,079,047	1,896,762	3,033,977	8,032,766
Used illicit drugs at least once in life	1,714,599	831,035	1,027,059	1,033,456	4,606,149
Has not used illicit drugs in life (excl. marij.)	2,348,596	1,265,264	2,164,391	3,324,668	9,102,919
Used illicit drugs (excl. marij.) at least once in life	1,388,983	644,819	759,430	742,766	3,535,998
Has not used illicit drugs past year	3,196,313	1,657,896	2,704,100	3,887,139	11,445,448
Used illicit drugs at least once past year	539,977	252,186	218,373	180,295	1,190,831
Has not used illicit drugs past year (excl. marij.)	3,246,710	1,675,607	2,724,698	3,900,690	11,547,705
Used illicit drugs (excl. marij.) at least once past year	489,580	234,475	197,776	166,743	1,088,574

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	2,023,880	1,079,277	1,898,647	3,035,744	8,037,548
Has not used illicit drugs for 1 year in life	1,359,854	673,452	845,335	857,978	3,736,619
Used illicit drugs for 1 year in life	353,845	156,915	179,839	173,711	864,310
Has used drugs despite promise not to	55,919	na	23,460	20,817	115,014
Has used drugs more often than intended	63,077	19,912	23,331	20,396	126,716
Insufficient weight (bmi), age 20-64	227,395	124,566	189,737	212,135	753,833
Acceptable weight, age 20-64	1,028,538	486,104	772,212	891,113	3,177,967
Some excess weight, age 20-64	219,831	143,288	212,199	314,967	890,285
Overweight, age 20-64	557,772	296,574	467,181	755,285	2,076,812
Weight not stated, age 20-64	757,925	430,818	595,321	686,064	2,470,128
Never had fear of being overweight	2,542,582	1,228,850	1,981,387	2,806,397	8,559,216
Never had fear of being overweight past year	495,888	304,859	406,809	536,052	1,743,608
Had fear of being overweight past year	699,774	378,933	539,128	725,546	2,343,381
Has not gambled in life	890,718	471,023	720,182	901,126	2,983,049
Non-gambler now	945,922	388,850	687,791	1,368,441	3,391,004
Non-problem gambler	1,766,427	963,935	1,395,240	1,688,464	5,814,066
Low-risk gambler	83,897	57,098	66,668	63,483	271,146
Problem gambler	45,672	30,252	51,264	44,503	171,691
Low-risk or problem gambler	129,569	87,350	117,932	107,986	442,837
Non-gambler past year	2,720,796	1,378,017	2,096,666	3,155,471	9,350,950
Never felt gambling guilt past year	951,796	492,484	751,381	849,989	3,045,650
Sometimes-always felt gambling guilt past year	60,676	40,656	73,394	61,038	235,764
Never felt gambled too much past year	968,718	505,705	782,066	873,339	3,129,828
Sometimes-always gambled too much past year	43,755	27,436	42,709	37,294	151,194
Rarely felt loved and appreciated past month	145,584	67,942	95,610	162,887	472,023
Felt loved and appreciated half the time past mo.	408,995	224,711	362,401	383,835	1,379,942
Often felt loved and appreciated half the time past mo.	947,806	602,516	867,686	922,469	3,340,477
Almost always felt loved and appreciated past mo.	2,233,133	1,016,965	1,593,466	2,598,041	7,441,605
Suicide					
Has never seriously considered suicide	3,439,260	1,723,957	2,673,573	3,656,483	11,493,273
Has seriously considered suicide	297,012	189,023	252,351	412,232	1,150,618
Has never attempted suicide	3,579,091	1,842,322	2,794,661	3,851,544	12,067,618
Has attempted suicide	152,922	68,723	129,622	216,158	567,425

Notes:

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**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	169,415	79,030	128,438	187,030	563,913
Felt at peace half the time past month	466,724	299,952	439,806	479,255	1,685,737
Often felt at peace past month	1,095,087	705,077	949,568	1,016,193	3,765,925
Almost always felt at peace past month	2,000,672	828,985	1,408,467	2,385,493	6,623,617
Rarely felt emotionally balanced past month	248,497	114,152	177,912	251,592	792,153
Felt balanced half the time past month	587,677	399,313	542,630	637,847	2,167,467
Often felt balanced past month	1,091,597	655,093	951,019	1,121,232	3,818,941
Almost always felt balanced past month	1,806,866	743,965	1,254,035	2,055,353	5,860,219
Rarely felt useful past month	157,891	63,846	108,424	209,610	539,771
Felt useful half the time past month	432,886	218,656	352,761	369,187	1,373,490
Often felt useful past month	1,148,651	734,564	1,018,142	1,105,197	4,006,554
Almost always useful past month	1,996,740	895,978	1,439,864	2,382,431	6,715,013
Lowest income adequacy	103,726	46,482	74,370	161,626	386,204
Lower middle income adequacy	281,807	100,734	200,556	414,046	997,143
Middle income adequacy	674,417	353,307	592,270	968,075	2,588,069
Upper middle income adequacy	1,154,703	639,595	939,092	1,256,908	3,990,298
Highest income adequacy	1,114,127	608,329	812,706	822,645	3,357,807
Household income or size not stated	410,821	165,048	308,837	448,682	1,333,388
Household income last year under \$10,000	97,082	44,550	66,130	144,954	352,716
Household income income \$10,000-14,999	193,897	74,771	150,455	313,200	732,323
Household income income \$15,000-19,999	171,534	60,728	121,737	257,434	611,433
Household income income \$20,000-29,999	318,991	163,201	302,365	508,089	1,292,646
Household income income \$30,000-39,999	418,937	189,822	307,667	512,585	1,429,011
Household income income \$40,000-49,999	307,174	173,584	303,120	365,917	1,149,795
Household income income \$50,000-59,999	351,119	191,476	254,018	363,606	1,160,219
Household income income \$60,000-79,999	558,525	345,769	435,497	512,739	1,852,530
Household income income \$80,000 or more	899,256	502,195	667,512	639,603	2,708,566
Household income not stated	423,087	167,400	319,329	453,856	1,363,672
No welfare income received last year	3,458,752	1,792,069	2,715,607	3,741,542	11,707,970
Welfare income received last year	198,443	92,788	144,162	247,615	683,008
Population aged 15 to 75	3,490,297	1,827,560	2,695,523	3,535,806	11,545,022
Not in the labour force	1,004,079	457,646	786,046	1,422,019	3,665,626
In the labour force	2,486,218	1,369,914	1,909,477	2,113,787	7,879,396
Employed	2,313,805	1,287,309	1,791,663	1,972,335	7,365,112
Unemployed	172,413	82,605	117,814	141,452	514,284
Permanently unable to work (aged 15-75)	53,315	15,713	48,090	130,431	247,549
Population 75 years of age and over	176,361	65,010	163,096	380,423	784,890

Notes:

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**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	283,651	133,464	205,055	344,947	967,117
Personal income under \$5,000	347,360	140,969	240,609	284,596	1,013,534
Personal income \$5,000-9,999	364,507	212,772	277,107	503,404	1,357,790
Personal income \$10,000-14,999	432,300	220,793	366,567	626,525	1,646,185
Personal income \$15,000-19,999	332,859	133,475	240,884	357,043	1,064,261
Personal income income \$20,000-29,999	550,993	311,534	492,414	582,790	1,937,731
Personal income income \$30,000-39,999	479,719	244,643	330,285	460,827	1,515,474
Personal income income \$40,000-49,999	243,234	161,190	212,825	230,645	847,894
Personal income income \$50,000-59,999	139,269	95,992	140,695	135,615	511,571
Personal income income \$60,000-79,999	151,526	86,138	119,934	113,090	470,688
Personal income income \$80,000 or more	94,200	35,089	55,692	41,994	226,975
Personal income not stated	319,985	137,436	245,764	390,507	1,093,692
Employee	2,332,190	1,275,218	1,741,102	1,859,370	7,207,880
Self-employed	307,114	166,523	234,449	350,477	1,058,563
Occupation: management	237,672	102,179	144,337	184,678	668,866
Professional including accountants	397,054	282,618	432,135	411,748	1,523,555
Technologist/technician	142,763	86,601	111,937	103,826	445,127
Administrative/financial/clerical	498,057	294,572	383,578	432,353	1,608,560
Sales or service	833,764	424,886	554,634	602,397	2,415,681
Trades/transport/equipment operator	94,793	40,125	63,146	77,744	275,808
Farming/forestry/fishing/mining	41,995	13,064	25,598	47,333	127,990
Processing/manufacturing/utilities	122,728	45,323	88,623	123,269	379,943
Other occupation	286,019	151,867	184,168	244,844	866,898
Usually works under 30 hours/week main job	749,319	370,605	559,567	635,605	2,315,096
Usually works 30-38 hours/week main job	727,337	438,613	533,432	639,163	2,338,545
Usually works 39-42 hours/week main job	735,365	390,294	556,332	556,679	2,238,670
Usually works over 42 hours/week main job	436,349	230,893	335,331	393,792	1,396,365
Usually does not work weekends	1,486,972	809,434	1,151,426	1,285,556	4,733,388
Usually works weekends	1,167,874	635,033	839,251	942,735	3,584,893
No work stress, main job, past year	295,238	114,601	169,306	228,451	807,596
Not much work stress, past year	523,958	268,075	347,201	428,192	1,567,426
A little work stress, past year	985,476	593,237	769,257	812,054	3,160,024
Much work stress, past year	653,644	389,300	582,116	590,845	2,215,905
Extreme work stress, past year	169,880	63,881	115,785	140,152	489,698
High job skill required: strongly agrees	713,349	386,371	592,849	673,721	2,366,290
High job skill required: agrees	1,005,836	639,658	806,600	842,196	3,294,290
High job skill required: neither agrees/disagrees	376,378	189,302	242,764	278,717	1,087,161
High job skill required: disagrees	451,728	179,222	277,715	356,640	1,265,305
High job skill required: strongly disagrees	82,961	32,100	45,854	48,184	209,099

Notes:

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**Table 2a. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	641,807	353,024	489,071	501,647	1,985,549
Job was very hectic: agrees	892,294	523,949	758,615	808,533	2,983,391
Job was very hectic: neither agrees/disagrees	420,933	241,235	304,384	360,459	1,327,011
Job was very hectic: disagrees	570,874	274,386	365,279	455,555	1,666,094
Job was very hectic: strongly disagrees	97,611	32,173	46,826	71,679	248,289
Job free of conflicting demands: strongly agrees	259,740	101,631	163,077	215,628	740,076
Job free of conflicting demands: agrees	883,801	408,572	654,323	753,741	2,700,437
Job free of conflicting demands: neither agrees/disag.	381,864	268,945	302,403	326,274	1,279,486
Job free of conflicting demands: disagrees	837,852	524,131	662,898	717,626	2,742,507
Job free of conflicting demands: strongly disagrees	264,081	121,563	180,614	179,287	745,545
Job security good: strongly agrees	863,093	466,396	586,892	608,596	2,524,977
Job security good: agrees	1,108,357	632,997	911,562	1,011,850	3,664,766
Job security good: neither agrees/disagrees	251,783	133,626	191,622	238,157	815,188
Job security good: disagrees	272,108	142,108	200,016	207,803	822,035
Job security good: strongly disagrees	131,923	49,598	76,093	125,987	383,601
Job conflict with co-workers: strongly agrees	176,559	63,641	104,742	140,902	485,844
Job conflict with co-workers: agrees	602,567	300,713	413,010	440,147	1,756,437
Job conflict with co-workers: neither agrees/disag.	310,482	208,089	262,293	252,446	1,033,310
Job conflict with co-workers: disagrees	1,047,431	575,225	855,370	931,959	3,409,985
Job conflict with co-workers: strongly disagrees	488,782	275,224	328,913	428,143	1,521,062
Job supervisor was helpful: strongly agrees	523,984	231,190	325,603	427,613	1,508,390
Job supervisor was helpful: agrees	1,121,759	671,084	946,016	1,033,084	3,771,943
Job supervisor was helpful: neither agrees/disag.	486,580	284,431	370,007	368,303	1,509,321
Job supervisor was helpful: disagrees	328,448	150,073	213,871	237,027	929,419
Job supervisor was helpful: strongly disagrees	155,154	87,660	100,909	111,685	455,408
Job requires repetitive tasks: strongly agrees	670,072	314,921	406,212	528,649	1,919,854
Job requires repetitive tasks: agrees	1,154,655	614,726	942,352	1,066,686	3,778,419
Job requires repetitive tasks: neither agrees/disag.	260,509	216,962	243,971	203,303	924,745
Job requires repetitive tasks: disagrees	439,688	227,945	330,706	333,667	1,332,006
Job requires repetitive tasks: strongly disagrees	105,586	52,101	42,944	67,153	267,784
Not satisfied at all with job	81,992	37,542	47,815	39,581	206,930
Not too satisfied with job	187,771	110,532	121,678	179,656	599,637
Somewhat satisfied with job	1,092,647	658,962	864,119	885,523	3,501,251
Very satisfied with job	1,268,343	619,618	932,574	1,094,025	3,914,560

Notes:

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"S" = not available or sample under five respondents.

**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	30	15	23	32	100
Newfoundland	22	16	26	36	100
Prince Edward Island	23	16	29	32	100
Nova Scotia	28	15	23	33	100
New Brunswick	24	15	24	37	100
Québec	31	16	22	31	100
Ontario	28	15	23	33	100
Manitoba	27	14	24	35	100
Saskatchewan	24	13	27	35	100
Alberta	28	15	25	32	100
British Columbia	35	15	21	29	100
Atlantic provinces	25	16	25	35	100
Prairie provinces	27	14	25	33	100
Selected metro areas:					
Montréal	33	16	18	32	100
Ottawa-Hull	30	18	23	29	100
Oshawa	34	17	18	30	100
Toronto	27	14	24	35	100
St Catherines	22	13	21	44	100
Kitchener	27	15	23	36	100
Winnipeg	29	15	23	33	100
Calgary	30	15	24	30	100
Edmonton	28	14	26	32	100
Vancouver	36	14	23	26	100
Non-metro areas	29	15	24	33	100
Urban core areas	30	15	23	32	100
Urban fringe areas	34	17	20	30	100
Rural fringe areas	31	13	23	33	100
Urban areas outside metro areas and large cities	28	15	23	33	100
Rural areas outside metro areas and large cities	29	14	24	32	100
Single detached dwelling	29	16	24	31	100
Dwelling a double	33	15	20	31	100
Row or terrace	29	16	22	33	100
Duplex	32	15	18	35	100
Low-rise apartment, under 5 stories	30	14	21	35	100
High-rise apartment	26	12	23	39	100
Total dwelling types above listed	29	15	23	33	100
Bedrooms: 1	29	13	20	39	100
Bedrooms: 2	30	14	22	33	100
Bedrooms: 3	30	16	24	30	100
Bedrooms: 4	29	15	25	31	100
Bedrooms: 5 or more	27	15	21	37	100

Notes:

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	29	14	22	34	100
Dwelling owned	30	16	24	31	100
Household size: 1	25	11	21	42	100
Household size: 2	30	14	23	33	100
Household size: 3	31	18	24	28	100
Household size: 4	34	17	25	25	100
Household size: 5	28	15	24	34	100
Household size: 6 or more	23	14	19	45	100
Households: no children under 12	29	15	23	33	100
Child(ren) under 6	30	16	25	30	100
Child(ren) 6 to 11	31	18	23	28	100
Child(ren) under 6 and 6 to 11	30	12	23	34	100
Parents with children under 12	30	16	24	30	100
Age 15-19	44	21	20	15	100
20-24	41	19	22	18	100
25-29	37	20	23	20	100
30-34	31	19	23	26	100
35-39	31	15	27	28	100
40-44	30	17	24	29	100
45-49	24	18	25	33	100
50-54	24	13	24	40	100
55-59	24	12	23	41	100
60-64	26	9	21	44	100
65-69	19	9	26	46	100
70-74	22	7	19	51	100
75-79	23	10	18	49	100
80 plus	21	7	21	50	100
Married	26	14	25	35	100
Common-law	43	18	21	18	100
Widowed	20	8	21	51	100
Separated	26	15	22	36	100
Divorced	21	15	23	42	100
Single, never married	38	19	22	21	100
Females	30	15	23	32	100
Males	S	S	S	S	S
Converses in English only	32	16	23	30	100
Converses in French only	29	15	22	33	100
Converses in English and French	33	18	24	25	100
Converses in English, French and other language(s)	27	19	19	35	100
Converses in English and other language(s)	22	11	24	43	100

Notes:

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	31	17	23	29	100
Immigrant, arrived before 1960	27	10	22	41	100
Immigrant, arrived from 1960 to 1979	24	10	18	48	100
Immigrant, arrived from 1980 to 2002	23	10	23	43	100
Immigrants	24	10	22	44	100
Aboriginal ethnicity, perhaps others	39	12	21	28	100
"Canadian" ethnicity, perhaps others	33	16	24	26	100
"French" ethnicity, perhaps others	29	17	24	30	100
"English" ethnicity, perhaps others	33	16	22	28	100
"Welsh" ethnicity, perhaps others	31	18	25	27	100
"Scottish" ethnicity, perhaps others	32	19	21	28	100
"Irish" ethnicity, perhaps others	28	17	23	32	100
"Italian" ethnicity, perhaps others	28	17	27	29	100
"Ukrainian" ethnicity, perhaps others	31	16	23	31	100
"German" ethnicity, perhaps others	27	16	23	35	100
"Dutch" ethnicity, perhaps others	24	14	22	39	100
"Polish" ethnicity, perhaps others	27	15	30	28	100
"Norwegian" ethnicity, perhaps others	40	20	20	21	100
"Chinese" ethnicity, perhaps others	36	17	25	22	100
"South Asian" ethnicity, perhaps others	10	10	20	60	100
Not a student	28	14	23	34	100
Part-time student	32	17	21	30	100
Full-time student	40	20	23	17	100
Less than secondary diploma	30	12	22	37	100
Secondary school diploma	32	15	23	30	100
Some post-secondary education	33	18	21	28	100
Post-secondary degree or diploma	28	17	24	31	100
Very strong belonging to locality	22	10	22	46	100
Somewhat strong belonging to locality	27	16	25	32	100
Somewhat weak belonging to locality	33	18	22	26	100
Very weak belonging to locality	38	14	21	28	100
Very satisfied with life in general	31	14	22	34	100
Satisfied with life in general	29	16	23	31	100
Neither satisfied nor dissatisfied with life	31	14	26	29	100
Dissatisfied with life in general	27	12	23	38	100
Has fewer than 3 close friends	31	13	21	36	100
Has 3 to 5 close friends	29	15	24	31	100
Has 6 to 9 close friends	30	17	22	30	100
Has 10 to 15 close friends	30	16	23	31	100
Has more than 15 close friends	28	13	21	38	100

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	24	na	28	32	100
French Catholic	29	17	25	29	100
Other Catholic	22	16	26	36	100
United Church	30	18	28	24	100
Anglican	31	19	25	25	100
Presbyterian	25	15	25	34	100
Lutheran	23	16	29	32	100
Baptist	14	11	21	54	100
Pentecostal	10	na	13	72	100
Jehovah's Witnesses	na	na	na	71	100
Christian, other	14	10	21	54	100
Islam	na	na	21	63	100
Hindu-Buddhist-Sikh	19	13	27	42	100
Jewish	39	na	na	na	100
No religion: prays	S	42	34	24	100
No religion	100	S	S	S	100
Religious affiliation not stated	34	11	32	23	100
No religious affiliation	66	14	12	8	100
Roman Catholic	26	16	25	33	100
Liberal Protestant	29	18	27	26	100
Conservative Christian	13	9	20	57	100
Christian	25	15	25	35	100
Non-Christian	19	12	24	45	100
Worshipped weekly or more often past year	7	5	19	69	100
Worshipped monthly past year	11	13	37	39	100
Worshipped 3 to 4 times past year	19	23	33	25	100
Worshipped once past year	35	22	25	17	100
Did not worship past year (religiously affiliated)	44	19	20	17	100
Less than monthly worship past year	41	19	22	17	100
Worshipped at least weekly or monthly past year	9	7	24	60	100
Worshipped monthly & prays often	S	S	S	100	100
Worshipped monthly & prays sometimes	S	S	100	S	100
Worshipped monthly & prays rarely	S	100	S	S	100
Worshipped monthly & does not pray	100	S	S	S	100
Worshipped < monthly past year, prays often	S	S	S	100	100
Worshipped < monthly past year, prays sometimes	S	43	57	S	100
Non-worshipper past year, prays often	S	S	S	100	100
Non-worshipper past year, prays sometimes	S	50	50	S	100

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	69	13	10	8	100
Not very religious	39	27	23	11	100
Somewhat religious	13	12	32	43	100
Very religious	5	2	12	81	100
Role of spiritual values in one's life					
Spiritual values are important in my life	14	13	28	44	100
Spiritual values are unimportant in my life	68	20	10	2	100
Sp. values help understand life's difficulties: no	67	20	11	2	100
Sp. values help understand life's difficulties: a little	28	29	32	12	100
Sp. values help understand life's difficulties: some	16	19	39	27	100
Sp. values help understand life's difficulties: a lot	7	5	20	68	100
Sp. values help with everyday difficulties: no	68	20	10	2	100
Sp. values help with everyday difficulties: a little	34	33	27	6	100
Sp. values help with everyday difficulties: some	15	20	42	23	100
Sp. values help with everyday difficulties: a lot	8	5	20	67	100
Sp. values help me find meaning in my life: no	68	20	10	2	100
Sp. values help me find meaning in my life: a little	38	30	26	7	100
Sp. values help me find meaning in my life: some	17	21	41	21	100
Sp. values help me find meaning in my life: a lot	8	5	21	66	100
Physical Health					
Physical health is "excellent"	35	14	21	30	100
Physical health is "very good"	30	17	23	31	100
Physical health is "good"	29	15	25	32	100
Physical health is "fair" or "poor"	25	13	22	39	100
Physically inactive (index)	29	14	23	34	100
Moderately active physically (index)	28	16	24	32	100
Active physically (index)	32	16	23	29	100
Never has an activity limitation	32	16	23	29	100
Sometimes has an activity limitation	25	14	24	37	100
Often has an activity limitation	25	11	20	44	100
Never physically active > 15 min. / occasion, past mo.	27	11	20	41	100
Physically active >15 minutes, 1 to 5 times a month	32	14	24	31	100
Physically active >15 minutes, 6 to 15 times a month	29	17	23	31	100
Physically active >15 minutes, 16 to 29 times a month	29	16	24	31	100
Physically active >15 minutes, 30 or more times a mo.	30	16	23	31	100

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Table 2b. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	33	17	24	27	100
Has a diagnosed chronic health problem	28	15	23	34	100
Has food allergies	27	17	21	35	100
Has non-food allergies	28	16	22	33	100
Asthma	30	16	22	32	100
Bronchitis	26	11	23	40	100
Diabetes	21	10	23	46	100
Heart disease	19	9	19	53	100
High blood pressure	24	10	22	44	100
Diagnosed migraines	28	15	24	33	100
Cancer	20	9	17	54	100
Stomach/intestinal ulcers	23	11	25	41	100
Bowel disorder/Crohn's/colitis	27	13	23	37	100
Thyroid	26	13	24	38	100
Arthritis/rheumatism	22	11	22	45	100
Back problems excluding arthritis	26	13	23	37	100
Mental Health					
Mental health is "excellent"	33	13	21	33	100
Mental health is "very good"	29	17	23	32	100
Mental health is "good"	28	15	26	31	100
Mental health is "fair" or "poor"	29	12	22	37	100
Rarely felt emotionally balanced past month	31	14	22	32	100
Felt emotionally balanced half the time	27	18	25	29	100
Felt emotionally balanced frequently	29	17	25	29	100
Felt emotionally balanced almost always past mo.	31	13	21	35	100
Most days not stressful at all past month	34	11	18	36	100
Most days not very stressful past month	30	16	22	33	100
Most days a bit stressful past month	29	16	24	30	100
Most days quite a bit/extremely stressful past mo.	27	14	25	34	100
Most important source of daily stress: time pressure	29	19	25	26	100
Most important stress: my physical health	22	14	21	44	100
Most important stress: finances, not enough money	30	15	23	32	100
Most important stress: my work situation	35	18	23	25	100
Most important stress: school	43	21	22	15	100
Most important stress: care for my children	32	14	25	29	100
Most important stress: care for others	24	13	27	36	100
Most important stress: my relationships with others	30	16	22	32	100
Most important stress: health of my family	20	12	24	44	100
Most important stress: (no day-to-day stress)	33	11	20	37	100

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Table 2b. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	29	13	23	35	100
"Good" ability to handle difficult problems	29	16	24	31	100
"Very good" ability to handle difficult problems	29	16	23	31	100
"Excellent" ability to handle difficult problems	33	12	20	34	100
"Poor/fair" ability to handle day-to-day problems	29	10	22	39	100
"Good" ability to handle day-to-day problems	28	16	24	32	100
"Very good" ability to handle day-to-day problems	29	16	24	30	100
"Excellent" ability to handle day-to-day problems	33	12	21	34	100
Rarely copes by trying to solve the problem	40	13	21	26	100
Sometimes copes by trying to solve the problem	31	16	24	29	100
Often copes by trying to solve the problem	29	15	23	33	100
Rarely copes by talking to others	35	12	19	34	100
Sometimes copes by talking to others	29	17	26	28	100
Often copes by talking to others	29	15	23	33	100
Never copes by smoking (non-smoker)	28	15	23	35	100
Never copes by smoking (a smoker)	35	14	25	26	100
Rarely copes by smoking more than usual	33	18	28	21	100
Sometimes copes by smoking more than usual	36	18	25	22	100
Often copes by smoking more than usual	35	16	20	29	100
Never copes by drinking alcohol	29	14	23	35	100
Rarely copes by drinking alcohol	31	23	25	21	100
Often/sometimes copes by drinking alcohol	37	17	24	23	100
Never copes by eating more/less than usual	33	13	21	32	100
Rarely copes by eating more/less than usual	27	21	24	29	100
Sometimes copes by eating more/less than usual	26	15	25	33	100
Often copes by eating more/less than usual	28	13	22	36	100
Never copes by jogging/exercise	35	11	22	32	100
Rarely copes by jogging/exercise	27	23	22	28	100
Sometimes copes by jogging/exercise	24	18	26	32	100
Often copes by jogging/exercise	25	14	22	39	100
Never copes by blaming oneself	36	9	19	36	100
Rarely copes by blaming oneself	29	19	23	30	100
Sometimes copes by blaming oneself	27	17	25	31	100
Often copes by blaming oneself	27	14	24	35	100

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	22	8	22	48	100
A former drinker, not now	25	12	21	42	100
Occasional drinker	28	16	24	32	100
Regular drinker	34	17	24	25	100
Non-drinker or < 5 drinks per occasion last year	28	15	23	34	100
Heavy drinker, never drunk most of 1 mo.	46	20	21	12	100
Usually drunk at least 1 mo. last year	51	18	14	17	100
Never drunk at work/school/child care in life	29	15	23	33	100
Drunk 1 to 2 times at work, etc in life	53	19	18	10	100
Drunk 3 to 10 times in life	49	23	18	10	100
Drunk over 10 times in life	43	21	na	na	100
Drunk at least once at work, etc, in life	49	21	19	11	100
Non-drinker or < 5 drinks per occasion past year	28	15	23	34	100
Heavy drinker, never drunk at work/school/child care	45	20	22	13	100
Drunk 1+ times at work/school/child care past year	50	21	18	11	100
Non-drinker or < 5 drinks per occasion past year	28	15	23	34	100
Never drank more than promised past year	47	20	21	12	100
Drank more, despite promise not to past year	45	22	19	14	100
Non-drinker or < 5 drinks per occasion past year	28	15	23	34	100
Never drank much more than intended past year	46	20	22	12	100
Drank much more than intended past year	47	21	18	14	100
Non-drinker or < 5 drinks per occasion past year	28	15	23	34	100
Never drank so much to risk getting hurt past year	46	20	21	13	100
Drank so as to risk getting hurt past year	50	23	16	12	100
Never used marijuana in life	25	13	24	38	100
Used marijuana once in life	30	17	25	27	100
Used marijuana more than once in life	40	18	21	21	100
Has not used illicit drugs in life	25	13	24	38	100
Used illicit drugs at least once in life	37	18	22	22	100
Has not used illicit drugs in life (excl. marij.)	26	14	24	37	100
Used illicit drugs (excl. marij.) at least once in life	39	18	21	21	100
Has not used illicit drugs past year	28	14	24	34	100
Used illicit drugs at least once past year	45	21	18	15	100
Has not used illicit drugs past year (excl. marij.)	28	15	24	34	100
Used illicit drugs (excl. marij.) at least once past year	45	22	18	15	100

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	25	13	24	38	100
Has not used illicit drugs for 1 year in life	36	18	23	23	100
Used illicit drugs for 1 year in life	41	18	21	20	100
Has used drugs despite promise not to	49	na	20	18	100
Has used drugs more often than intended	50	16	18	16	100
Insufficient weight (bmi), age 20-64	30	17	25	28	100
Acceptable weight, age 20-64	32	15	24	28	100
Some excess weight, age 20-64	25	16	24	35	100
Overweight, age 20-64	27	14	22	36	100
Weight not stated, age 20-64	31	17	24	28	100
Never had fear of being overweight	30	14	23	33	100
Never had fear of being overweight past year	28	17	23	31	100
Had fear of being overweight past year	30	16	23	31	100
Has not gambled in life	30	16	24	30	100
Non-gambler now	28	11	20	40	100
Non-problem gambler	30	17	24	29	100
Low-risk gambler	31	21	25	23	100
Problem gambler	27	18	30	26	100
Low-risk or problem gambler	29	20	27	24	100
Non-gambler past year	29	15	22	34	100
Never felt gambling guilt past year	31	16	25	28	100
Sometimes-always felt gambling guilt past year	26	17	31	26	100
Never felt gambled too much past year	31	16	25	28	100
Sometimes-always gambled too much past year	29	18	28	25	100
Rarely felt loved and appreciated past month	31	14	20	35	100
Felt loved and appreciated half the time past mo.	30	16	26	28	100
Often felt loved and appreciated half the time past mo.	28	18	26	28	100
Almost always felt loved and appreciated past mo.	30	14	21	35	100
Suicide					
Has never seriously considered suicide	30	15	23	32	100
Has seriously considered suicide	26	16	22	36	100
Has never attempted suicide	30	15	23	32	100
Has attempted suicide	27	12	23	38	100

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**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	30	14	23	33	100
Felt at peace half the time past month	28	18	26	28	100
Often felt at peace past month	29	19	25	27	100
Almost always felt at peace past month	30	13	21	36	100
Rarely felt emotionally balanced past month	31	14	22	32	100
Felt balanced half the time past month	27	18	25	29	100
Often felt balanced past month	29	17	25	29	100
Almost always felt balanced past month	31	13	21	35	100
Rarely felt useful past month	29	12	20	39	100
Felt useful half the time past month	32	16	26	27	100
Often felt useful past month	29	18	25	28	100
Almost always useful past month	30	13	21	35	100
Lowest income adequacy	27	12	19	42	100
Lower middle income adequacy	28	10	20	42	100
Middle income adequacy	26	14	23	37	100
Upper middle income adequacy	29	16	24	31	100
Highest income adequacy	33	18	24	24	100
Household income or size not stated	31	12	23	34	100
Household income last year under \$10,000	28	13	19	41	100
Household income income \$10,000-14,999	26	10	21	43	100
Household income income \$15,000-19,999	28	10	20	42	100
Household income income \$20,000-29,999	25	13	23	39	100
Household income income \$30,000-39,999	29	13	22	36	100
Household income income \$40,000-49,999	27	15	26	32	100
Household income income \$50,000-59,999	30	17	22	31	100
Household income income \$60,000-79,999	30	19	24	28	100
Household income income \$80,000 or more	33	19	25	24	100
Household income not stated	31	12	23	33	100
No welfare income received last year	30	15	23	32	100
Welfare income received last year	29	14	21	36	100
Population aged 15 to 75	30	16	23	31	100
Not in the labour force	27	12	21	39	100
In the labour force	32	17	24	27	100
Employed	31	17	24	27	100
Unemployed	34	16	23	28	100
Permanently unable to work (aged 15-75)	22	6	19	53	100
Population 75 years of age and over	22	8	21	48	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2b. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	29	14	21	36	100
Personal income under \$5,000	34	14	24	28	100
Personal income \$5,000-9,999	27	16	20	37	100
Personal income \$10,000-14,999	26	13	22	38	100
Personal income \$15,000-19,999	31	13	23	34	100
Personal income \$20,000-29,999	28	16	25	30	100
Personal income \$30,000-39,999	32	16	22	30	100
Personal income \$40,000-49,999	29	19	25	27	100
Personal income \$50,000-59,999	27	19	28	27	100
Personal income \$60,000-79,999	32	18	25	24	100
Personal income \$80,000 or more	42	15	25	19	100
Personal income not stated	29	13	22	36	100
Employee	32	18	24	26	100
Self-employed	29	16	22	33	100
Occupation: management	36	15	22	28	100
Professional including accountants	26	19	28	27	100
Technologist/technician	32	19	25	23	100
Administrative/financial/clerical	31	18	24	27	100
Sales or service	35	18	23	25	100
Trades/transport/equipment operator	34	15	23	28	100
Farming/forestry/fishing/mining	33	10	20	37	100
Processing/manufacturing/utilities	32	12	23	32	100
Other occupation	33	18	21	28	100
Usually works under 30 hours/week main job	32	16	24	27	100
Usually works 30-38 hours/week main job	31	19	23	27	100
Usually works 39-42 hours/week main job	33	17	25	25	100
Usually works over 42 hours/week main job	31	17	24	28	100
Usually does not work weekends	31	17	24	27	100
Usually works weekends	33	18	23	26	100
No work stress, main job, past year	37	14	21	28	100
Not much work stress, past year	33	17	22	27	100
A little work stress, past year	31	19	24	26	100
Much work stress, past year	29	18	26	27	100
Extreme work stress, past year	35	13	24	29	100
High job skill required: strongly agrees	30	16	25	28	100
High job skill required: agrees	31	19	24	26	100
High job skill required: neither agrees/disagrees	35	17	22	26	100
High job skill required: disagrees	36	14	22	28	100
High job skill required: strongly disagrees	40	15	22	23	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

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Table 2b. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	32	18	25	25	100
Job was very hectic: agrees	30	18	25	27	100
Job was very hectic: neither agrees/disagrees	32	18	23	27	100
Job was very hectic: disagrees	34	16	22	27	100
Job was very hectic: strongly disagrees	39	13	19	29	100
Job free of conflicting demands: strongly agrees	35	14	22	29	100
Job free of conflicting demands: agrees	33	15	24	28	100
Job free of conflicting demands: neither agrees/disag.	30	21	24	26	100
Job free of conflicting demands: disagrees	31	19	24	26	100
Job free of conflicting demands: strongly disagrees	35	16	24	24	100
Job security good: strongly agrees	34	18	23	24	100
Job security good: agrees	30	17	25	28	100
Job security good: neither agrees/disagrees	31	16	24	29	100
Job security good: disagrees	33	17	24	25	100
Job security good: strongly disagrees	34	13	20	33	100
Job conflict with co-workers: strongly agrees	36	13	22	29	100
Job conflict with co-workers: agrees	34	17	24	25	100
Job conflict with co-workers: neither agrees/disag.	30	20	25	24	100
Job conflict with co-workers: disagrees	31	17	25	27	100
Job conflict with co-workers: strongly disagrees	32	18	22	28	100
Job supervisor was helpful: strongly agrees	35	15	22	28	100
Job supervisor was helpful: agrees	30	18	25	27	100
Job supervisor was helpful: neither agrees/disag.	32	19	25	24	100
Job supervisor was helpful: disagrees	35	16	23	26	100
Job supervisor was helpful: strongly disagrees	34	19	22	25	100
Job requires repetitive tasks: strongly agrees	35	16	21	28	100
Job requires repetitive tasks: agrees	31	16	25	28	100
Job requires repetitive tasks: neither agrees/disag.	28	23	26	22	100
Job requires repetitive tasks: disagrees	33	17	25	25	100
Job requires repetitive tasks: strongly disagrees	39	19	16	25	100
Not satisfied at all with job	40	18	23	19	100
Not too satisfied with job	31	18	20	30	100
Somewhat satisfied with job	31	19	25	25	100
Very satisfied with job	32	16	24	28	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

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"S" = not available or sample under five respondents.

**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	100.0	100.0	100.0	100.0	100.0
Newfoundland	1.3	1.8	2.0	2.0	1.8
Prince Edward Island	0.4	0.5	0.6	0.4	0.5
Nova Scotia	3.0	3.1	3.1	3.1	3.1
New Brunswick	2.0	2.5	2.6	2.8	2.4
Québec	25.6	25.7	23.0	23.2	24.2
Ontario	37.3	38.3	39.2	39.9	38.7
Manitoba	3.2	3.3	3.6	3.7	3.5
Saskatchewan	2.5	2.6	3.6	3.3	3.0
Alberta	9.1	9.2	10.1	9.5	9.5
British Columbia	15.8	13.0	12.3	12.0	13.3
Atlantic provinces	6.6	8.0	8.2	8.3	7.7
Prairie provinces	14.7	15.1	17.3	16.6	16.0
Selected metro areas:					
Montréal	13.1	12.3	9.1	11.7	11.6
Ottawa-Hull	3.7	4.2	3.6	3.2	3.6
Oshawa	1.3	1.2	0.8	1.0	1.1
Toronto	14.2	14.7	15.9	16.8	15.5
St Catherines	0.9	1.1	1.1	1.7	1.2
Kitchener	1.3	1.4	1.4	1.5	1.4
Winnipeg	2.2	2.2	2.2	2.3	2.2
Calgary	2.7	2.6	2.8	2.5	2.6
Edmonton	3.3	3.2	4.0	3.5	3.5
Vancouver	8.4	6.4	6.8	5.6	6.8
Non-metro areas	35.0	35.5	37.7	36.5	36.2
Urban core areas	70.3	71.6	70.1	70.1	70.4
Urban fringe areas	2.7	2.6	2.0	2.2	2.3
Rural fringe areas	7.8	6.5	7.5	7.8	7.5
Urban areas outside metro areas and large cities	8.6	9.0	8.9	9.1	8.9
Rural areas outside metro areas and large cities	10.7	10.3	11.5	10.9	10.9
Single detached dwelling	51.8	53.9	54.5	50.7	52.4
Dwelling a double	5.0	4.3	3.9	4.3	4.4
Row or terrace	5.3	5.8	5.1	5.5	5.4
Duplex	3.0	2.7	2.2	3.1	2.8
Low-rise apartment, under 5 stories	11.8	10.5	10.8	12.9	11.7
High-rise apartment	5.5	5.1	6.4	7.7	6.3
Total dwelling types above listed	82.4	82.3	83.1	84.1	83.1
Bedrooms: 1	9.0	7.6	7.9	11.0	9.1
Bedrooms: 2	22.2	20.4	21.2	22.6	21.8
Bedrooms: 3	44.5	46.9	44.6	40.9	43.7
Bedrooms: 4	18.5	18.7	20.3	18.1	18.8
Bedrooms: 5 or more	5.6	6.0	5.7	7.2	6.2

Notes:

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	28.2	26.6	27.1	30.4	28.4
Dwelling owned	71.8	73.4	72.9	69.6	71.6
Household size: 1	11.8	10.4	12.9	18.2	13.9
Household size: 2	33.0	30.3	32.4	33.1	32.5
Household size: 3	20.0	23.2	19.8	16.7	19.4
Household size: 4	23.1	22.8	21.9	15.6	20.4
Household size: 5	8.0	8.5	8.8	9.0	8.6
Household size: 6 or more	4.1	4.8	4.3	7.4	5.3
Households: no children under 12	73.1	71.6	73.0	75.5	73.6
Child(ren) under 6	9.7	10.2	10.4	8.9	9.7
Child(ren) 6 to 11	11.7	13.7	11.2	9.9	11.3
Child(ren) under 6 and 6 to 11	5.5	4.4	5.4	5.7	5.4
Parents with children under 12	26.9	28.4	27.0	24.5	26.4
Age 15-19	12.6	11.9	7.3	3.9	8.5
20-24	10.3	9.6	7.2	4.1	7.5
25-29	9.4	9.7	7.5	4.7	7.5
30-34	9.2	11.0	8.6	7.1	8.7
35-39	10.5	9.9	11.5	8.7	10.1
40-44	11.3	12.3	11.5	10.2	11.1
45-49	7.8	11.0	10.4	9.6	9.5
50-54	6.8	7.1	8.7	10.4	8.4
55-59	5.9	5.5	7.4	9.2	7.3
60-64	4.5	2.9	4.7	7.1	5.2
65-69	3.1	2.9	5.4	6.9	4.8
70-74	3.2	2.1	3.6	6.9	4.3
75-79	2.8	2.3	2.8	5.5	3.6
80 plus	2.6	1.8	3.3	5.6	3.6
Married	44.8	46.4	54.0	55.4	50.6
Common-law	13.5	11.4	8.6	5.1	9.3
Widowed	5.7	4.7	7.5	13.3	8.4
Separated	2.6	2.9	2.8	3.3	2.9
Divorced	4.0	5.6	5.7	7.4	5.7
Single, never married	29.3	29.1	21.3	15.1	22.9
Females	100.0	100.0	100.0	100.0	100.0
Males	S	S	S	S	S
Converses in English only	51.0	49.5	47.1	44.5	47.8
Converses in French only	12.2	12.6	11.9	12.5	12.3
Converses in English and French	17.5	18.6	16.4	12.4	15.8
Converses in English, French and other language(s)	4.7	6.2	4.2	5.5	5.1
Converses in English and other language(s)	11.6	11.3	16.2	21.0	15.6

Notes:

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	81.4	84.9	78.4	69.1	77.3
Immigrant, arrived before 1960	3.4	2.5	3.6	4.8	3.8
Immigrant, arrived from 1960 to 1979	5.0	4.1	4.6	9.0	6.1
Immigrant, arrived from 1980 to 2002	9.5	8.1	12.3	16.5	12.2
Immigrants	18.0	14.7	20.6	30.3	22.1
Aboriginal ethnicity, perhaps others	5.0	3.0	3.5	3.3	3.8
"Canadian" ethnicity, perhaps others	32.8	30.5	30.5	23.9	29.1
"French" ethnicity, perhaps others	21.1	23.5	22.0	20.1	21.3
"English" ethnicity, perhaps others	24.9	24.2	21.6	19.6	22.3
"Welsh" ethnicity, perhaps others	1.2	1.3	1.2	0.9	1.1
"Scottish" ethnicity, perhaps others	17.0	19.3	14.0	13.5	15.5
"Irish" ethnicity, perhaps others	13.6	16.4	14.0	14.0	14.2
"Italian" ethnicity, perhaps others	3.3	3.9	4.1	3.1	3.5
"Ukrainian" ethnicity, perhaps others	3.7	3.8	3.5	3.4	3.6
"German" ethnicity, perhaps others	8.4	9.7	9.1	10.1	9.3
"Dutch" ethnicity, perhaps others	2.3	2.7	2.7	3.5	2.8
"Polish" ethnicity, perhaps others	2.3	2.5	3.2	2.1	2.5
"Norwegian" ethnicity, perhaps others	1.8	1.7	1.1	0.9	1.3
"Chinese" ethnicity, perhaps others	4.7	4.2	4.2	2.6	3.8
"South Asian" ethnicity, perhaps others	1.0	2.0	2.5	5.5	2.9
Not a student	80.4	81.1	85.2	90.4	84.8
Part-time student	4.0	4.1	3.3	3.4	3.7
Full-time student	15.1	14.4	10.7	5.8	11.0
Less than secondary diploma	25.5	19.8	23.6	29.1	25.4
Secondary school diploma	21.4	19.5	19.8	18.1	19.7
Some post-secondary education	8.9	9.5	7.5	7.2	8.1
Post-secondary degree or diploma	43.3	50.2	48.4	44.3	45.8
Very strong belonging to locality	13.7	12.2	17.2	26.1	18.3
Somewhat strong belonging to locality	36.7	42.1	43.7	39.3	40.0
Somewhat weak belonging to locality	30.5	32.7	25.8	22.2	27.1
Very weak belonging to locality	18.5	12.8	12.9	12.3	14.4
Very satisfied with life in general	34.0	29.5	30.7	33.9	32.5
Satisfied with life in general	50.8	56.8	53.0	51.1	52.3
Neither satisfied nor dissatisfied with life	10.9	9.8	11.5	9.3	10.4
Dissatisfied with life in general	4.3	3.9	4.7	5.7	4.8
Has fewer than 3 close friends	14.3	11.6	12.7	15.3	13.8
Has 3 to 5 close friends	35.9	37.2	38.6	35.9	36.8
Has 6 to 9 close friends	19.6	21.7	18.6	18.3	19.3
Has 10 to 15 close friends	22.9	23.1	22.7	21.7	22.5
Has more than 15 close friends	6.3	5.5	5.9	7.9	6.6

Notes:

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Table 2c. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	1.0	na	1.5	1.2	1.2
French Catholic	21.6	23.8	23.2	19.6	21.7
Other Catholic	15.7	21.6	23.3	23.6	20.9
United Church	10.9	12.8	12.8	7.9	10.7
Anglican	8.0	9.5	8.1	5.8	7.6
Presbyterian	2.0	2.4	2.6	2.5	2.4
Lutheran	1.8	2.5	2.8	2.3	2.3
Baptist	1.4	2.1	2.7	5.1	3.0
Pentecostal	0.6	na	0.9	3.9	1.8
Jehovah's Witnesses	na	na	na	1.3	0.6
Christian, other	4.2	5.7	7.9	14.6	8.6
Islam	na	na	1.8	3.9	2.0
Hindu-Buddhist-Sikh	1.9	2.6	3.4	3.9	3.0
Jewish	1.0	na	na	na	0.8
No religion: prays	S	11.6	6.2	3.1	4.2
No religion	27.6	S	S	S	8.2
Religious affiliation not stated	1.4	0.9	1.7	0.9	1.2
No religious affiliation	27.6	11.6	6.2	3.1	12.4
Roman Catholic	37.3	45.4	46.5	43.2	42.6
Liberal Protestant	22.7	27.2	26.3	18.6	22.9
Conservative Christian	6.3	8.8	12.0	24.9	14.0
Christian	66.4	81.4	84.8	86.7	79.5
Non-Christian	3.6	4.7	5.9	8.1	5.8
Worshipped weekly or more often past year	6.2	7.9	19.7	51.9	24.3
Worshipped monthly past year	4.0	9.2	16.8	12.6	10.5
Worshipped 3 to 4 times past year	10.4	24.5	22.9	12.3	16.0
Worshipped once past year	10.5	13.2	9.8	4.8	8.9
Did not worship past year (religiously affiliated)	39.9	32.7	22.8	14.4	26.7
Less than monthly worship past year	88.5	82.0	61.7	34.6	64.0
Worshipped at least weekly or monthly past year	10.1	17.0	36.5	64.5	34.8
Worshipped monthly & prays often	S	S	S	64.5	20.7
Worshipped monthly & prays sometimes	S	S	36.5	S	8.4
Worshipped monthly & prays rarely	S	17.0	S	S	2.6
Worshipped monthly & does not pray	10.1	S	S	S	3.0
Worshipped < monthly past year, prays often	S	S	S	17.0	5.5
Worshipped < monthly past year, prays sometimes	S	37.6	32.7	S	13.3
Non-worshipper past year, prays often	S	S	S	17.6	5.6
Non-worshipper past year, prays sometimes	S	44.4	29.0	S	13.4

Notes:

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	18.6	6.7	3.3	2.1	8.0
Not very religious	32.8	44.4	24.7	8.6	24.9
Somewhat religious	17.6	34.1	57.8	55.0	41.4
Very religious	1.9	1.9	6.0	29.8	11.8
Role of spiritual values in one's life					
Spiritual values are important in my life	33.6	62.7	86.2	97.7	70.8
Spiritual values are unimportant in my life	65.4	36.6	12.3	1.8	28.3
Sp. values help understand life's difficulties: no	68.1	39.2	13.6	2.2	29.9
Sp. values help understand life's difficulties: a little	9.0	18.3	13.3	3.6	9.7
Sp. values help understand life's difficulties: some	13.1	30.2	41.5	20.7	24.7
Sp. values help understand life's difficulties: a lot	8.7	11.3	30.0	72.6	34.6
Sp. values help with everyday difficulties: no	67.6	38.2	13.1	2.1	29.5
Sp. values help with everyday difficulties: a little	9.4	17.6	9.5	1.4	8.1
Sp. values help with everyday difficulties: some	12.3	30.6	42.6	16.9	23.6
Sp. values help with everyday difficulties: a lot	9.7	12.9	33.4	78.7	37.9
Sp. values help me find meaning in my life: no	66.3	37.2	12.6	2.0	28.8
Sp. values help me find meaning in my life: a little	8.6	13.3	7.5	1.4	6.7
Sp. values help me find meaning in my life: some	14.0	34.7	43.8	15.7	24.6
Sp. values help me find meaning in my life: a lot	10.0	14.0	34.6	80.3	38.9
Physical Health					
Physical health is "excellent"	19.1	14.7	15.0	14.9	16.1
Physical health is "very good"	35.1	38.7	34.5	33.3	34.9
Physical health is "good"	33.3	33.7	36.6	34.0	34.4
Physical health is "fair" or "poor"	12.5	12.9	13.9	17.8	14.6
Physically inactive (index)	48.8	45.8	49.0	52.1	49.5
Moderately active physically (index)	26.0	29.2	27.6	27.0	27.2
Active physically (index)	25.2	25.0	23.4	20.9	23.4
Never has an activity limitation	74.2	73.1	69.8	61.9	69.1
Sometimes has an activity limitation	14.9	17.0	18.5	20.3	17.8
Often has an activity limitation	10.8	9.8	11.3	17.7	13.0
Never physically active > 15 min. / occasion, past mo.	10.2	8.0	9.7	14.2	11.1
Physically active >15 minutes, 1 to 5 times a month	11.7	9.9	11.3	10.5	11.0
Physically active >15 minutes, 6 to 15 times a month	19.3	21.1	19.4	18.4	19.3
Physically active >15 minutes, 16 to 29 times a month	22.4	23.8	24.2	22.1	22.9
Physically active >15 minutes, 30 or more times a mo.	36.4	37.1	35.4	34.7	35.7

Notes:

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	29.6	29.0	27.4	21.9	26.5
Has a diagnosed chronic health problem	70.4	71.0	72.6	78.1	73.5
Has food allergies	8.8	10.9	8.8	10.5	9.7
Has non-food allergies	32.2	36.0	32.6	34.7	33.7
Asthma	10.2	10.2	9.5	9.9	9.9
Bronchitis	3.4	2.9	3.9	4.9	3.9
Diabetes	3.3	3.0	4.4	6.6	4.6
Heart disease	3.2	3.1	4.2	8.5	5.1
High blood pressure	12.6	10.1	14.6	21.5	15.6
Diagnosed migraines	14.7	14.7	15.7	15.7	15.2
Cancer	1.5	1.3	1.6	3.6	2.2
Stomach/intestinal ulcers	3.2	2.8	4.4	5.2	4.1
Bowel disorder/Crohn's/colitis	3.4	3.2	3.7	4.3	3.7
Thyroid	7.7	7.4	9.3	10.5	8.9
Arthritis/rheumatism	15.7	16.2	20.7	29.7	21.4
Back problems excluding arthritis	18.8	18.6	21.3	24.4	21.2
Mental Health					
Mental health is "excellent"	28.7	22.7	22.9	26.3	25.7
Mental health is "very good"	38.4	43.5	39.1	38.7	39.4
Mental health is "good"	25.4	27.4	30.6	26.3	27.2
Mental health is "fair" or "poor"	7.4	6.3	7.4	8.7	7.7
Rarely felt emotionally balanced past month	6.6	6.0	6.1	6.2	6.3
Felt emotionally balanced half the time	15.7	20.9	18.5	15.7	17.1
Felt emotionally balanced frequently	29.2	34.2	32.5	27.5	30.2
Felt emotionally balanced almost always past mo.	48.3	38.9	42.8	50.5	46.3
Most days not stressful at all past month	13.4	8.5	9.2	12.9	11.5
Most days not very stressful past month	23.2	23.8	21.2	23.0	22.8
Most days a bit stressful past month	40.9	44.3	43.6	38.4	41.2
Most days quite a bit/extremely stressful past mo.	22.5	23.3	26.0	25.7	24.5
Most important source of daily stress: time pressure	14.7	18.9	16.4	12.2	14.9
Most important stress: my physical health	5.5	6.7	6.6	10.0	7.4
Most important stress: finances, not enough money	11.7	11.2	11.3	11.2	11.3
Most important stress: my work situation	19.4	19.2	16.7	12.7	16.6
Most important stress: school	7.6	7.2	5.0	2.5	5.3
Most important stress: care for my children	5.0	4.2	5.0	4.1	4.6
Most important stress: care for others	6.7	6.8	9.5	9.1	8.1
Most important stress: my relationships with others	5.5	5.5	5.2	5.3	5.3
Most important stress: health of my family	4.7	5.5	7.4	9.7	7.1
Most important stress: (no day-to-day stress)	11.5	7.7	8.8	11.8	10.4

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

Table 2c. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	11.0	9.1	10.8	12.0	11.0
"Good" ability to handle difficult problems	31.2	33.8	33.9	31.3	32.3
"Very good" ability to handle difficult problems	40.0	44.1	41.4	40.0	40.9
"Excellent" ability to handle difficult problems	17.8	12.9	13.9	16.7	15.8
"Poor/fair" ability to handle day-to-day problems	5.4	3.5	5.2	6.6	5.4
"Good" ability to handle day-to-day problems	26.1	29.8	28.5	27.5	27.7
"Very good" ability to handle day-to-day problems	46.0	50.4	48.1	44.0	46.5
"Excellent" ability to handle day-to-day problems	22.4	16.2	18.2	21.7	20.3
Rarely copes by trying to solve the problem	5.0	3.1	3.4	3.0	3.7
Sometimes copes by trying to solve the problem	21.3	21.8	20.5	18.0	20.1
Often copes by trying to solve the problem	73.3	75.0	75.9	78.3	75.8
Rarely copes by talking to others	17.2	11.6	12.1	15.5	14.6
Sometimes copes by talking to others	27.6	31.0	32.5	25.0	28.4
Often copes by talking to others	55.1	57.3	55.5	59.0	56.8
Never copes by smoking (non-smoker)	67.1	70.3	71.5	78.1	72.1
Never copes by smoking (a smoker)	10.3	8.0	9.3	7.1	8.7
Rarely copes by smoking more than usual	3.8	4.1	4.1	2.2	3.4
Sometimes copes by smoking more than usual	8.4	8.1	7.4	4.7	6.9
Often copes by smoking more than usual	10.4	9.5	7.6	7.9	8.8
Never copes by drinking alcohol	76.8	71.4	78.5	86.2	79.4
Rarely copes by drinking alcohol	13.1	19.2	13.3	8.1	12.4
Often/sometimes copes by drinking alcohol	10.1	9.4	8.3	5.7	8.2
Never copes by eating more/less than usual	45.7	33.6	37.3	40.6	40.3
Rarely copes by eating more/less than usual	19.3	28.8	21.7	18.8	21.1
Sometimes copes by eating more/less than usual	24.2	27.7	30.0	27.9	27.3
Often copes by eating more/less than usual	10.8	9.8	10.9	12.5	11.2
Never copes by jogging/exercise	51.7	31.3	41.6	42.5	43.3
Rarely copes by jogging/exercise	13.7	22.3	14.3	12.7	14.8
Sometimes copes by jogging/exercise	21.4	31.3	29.1	25.5	26.0
Often copes by jogging/exercise	13.1	15.1	14.9	19.2	15.8
Never copes by blaming oneself	26.5	12.6	18.1	24.6	21.8
Rarely copes by blaming oneself	25.6	32.6	26.3	24.5	26.4
Sometimes copes by blaming oneself	35.9	43.1	41.9	36.7	38.7
Often copes by blaming oneself	11.7	11.7	13.5	14.0	12.9

Notes:

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"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	9.4	7.0	12.2	19.1	12.8
A former drinker, not now	12.4	11.6	13.0	19.3	14.6
Occasional drinker	22.3	25.4	25.0	23.9	23.9
Regular drinker	56.0	55.9	49.8	37.7	48.6
Non-drinker or < 5 drinks per occasion last year	86.2	88.4	92.2	96.6	91.3
Heavy drinker, never drunk most of 1 mo.	12.0	10.5	7.2	2.9	7.7
Usually drunk at least 1 mo. last year	1.3	0.9	0.5	0.4	0.8
Never drunk at work/school/child care in life	93.1	94.3	96.7	98.6	95.9
Drunk 1 to 2 times at work, etc in life	3.1	2.2	1.4	0.5	1.7
Drunk 3 to 10 times in life	2.4	2.2	1.1	0.5	1.5
Drunk over 10 times in life	1.0	0.9	na	na	0.7
Drunk at least once at work, etc, in life	6.4	5.4	3.1	1.3	3.8
Non-drinker or < 5 drinks per occasion past year	86.2	88.4	92.2	96.6	91.3
Heavy drinker, never drunk at work/school/child care	9.2	7.9	5.7	2.5	6.0
Drunk 1+ times at work/school/child care past year	4.2	3.5	1.9	0.8	2.5
Non-drinker or < 5 drinks per occasion past year	86.2	88.4	92.2	96.6	91.3
Never drank more than promised past year	10.4	8.6	6.0	2.5	6.6
Drank more, despite promise not to past year	2.9	2.8	1.6	0.8	1.9
Non-drinker or < 5 drinks per occasion past year	86.2	88.4	92.2	96.6	91.3
Never drank much more than intended past year	9.8	8.4	5.9	2.3	6.3
Drank much more than intended past year	3.5	3.0	1.7	1.0	2.2
Non-drinker or < 5 drinks per occasion past year	86.2	88.4	92.2	96.6	91.3
Never drank so much to risk getting hurt past year	11.9	10.1	7.0	3.0	7.6
Drank so as to risk getting hurt past year	1.5	1.3	0.6	0.3	0.9
Never used marijuana in life	54.5	56.8	65.3	75.1	64.0
Used marijuana once in life	9.4	10.5	10.1	7.6	9.2
Used marijuana more than once in life	36.1	32.6	24.5	17.2	26.8
Has not used illicit drugs in life	54.1	56.4	64.8	74.5	63.5
Used illicit drugs at least once in life	45.8	43.4	35.1	25.4	36.4
Has not used illicit drugs in life (excl. marij.)	62.8	66.1	73.9	81.6	71.9
Used illicit drugs (excl. marij.) at least once in life	37.1	33.7	25.9	18.2	27.9
Has not used illicit drugs past year	85.5	86.6	92.4	95.5	90.5
Used illicit drugs at least once past year	14.4	13.2	7.5	4.4	9.4
Has not used illicit drugs past year (excl. marij.)	86.8	87.6	93.1	95.8	91.3
Used illicit drugs (excl. marij.) at least once past year	13.1	12.3	6.8	4.1	8.6

Notes:

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	54.1	56.4	64.8	74.6	63.5
Has not used illicit drugs for 1 year in life	36.4	35.2	28.9	21.1	29.5
Used illicit drugs for 1 year in life	9.5	8.2	6.1	4.3	6.8
Has used drugs despite promise not to	1.5	na	0.8	0.5	0.9
Has used drugs more often than intended	1.7	1.0	0.8	0.5	1.0
Insufficient weight (bmi), age 20-64	6.1	6.5	6.5	5.2	6.0
Acceptable weight, age 20-64	27.5	25.4	26.4	21.9	25.1
Some excess weight, age 20-64	5.9	7.5	7.2	7.7	7.0
Overweight, age 20-64	14.9	15.5	16.0	18.5	16.4
Weight not stated, age 20-64	20.3	22.5	20.3	16.8	19.5
Never had fear of being overweight	68.0	64.2	67.7	68.9	67.6
Never had fear of being overweight past year	13.3	15.9	13.9	13.2	13.8
Had fear of being overweight past year	18.7	19.8	18.4	17.8	18.5
Has not gambled in life	23.8	24.6	24.6	22.1	23.6
Non-gambler now	25.3	20.3	23.5	33.6	26.8
Non-problem gambler	47.2	50.4	47.7	41.5	46.0
Low-risk gambler	2.2	3.0	2.3	1.6	2.1
Problem gambler	1.2	1.6	1.8	1.1	1.4
Low-risk or problem gambler	3.5	4.6	4.0	2.7	3.5
Non-gambler past year	72.8	72.0	71.6	77.5	73.9
Never felt gambling guilt past year	25.5	25.7	25.7	20.9	24.1
Sometimes-always felt gambling guilt past year	1.6	2.1	2.5	1.5	1.9
Never felt gambled too much past year	25.9	26.4	26.7	21.4	24.7
Sometimes-always gambled too much past year	1.2	1.4	1.5	0.9	1.2
Rarely felt loved and appreciated past month	3.9	3.6	3.3	4.0	3.7
Felt loved and appreciated half the time past mo.	10.9	11.7	12.4	9.4	10.9
Often felt loved and appreciated half the time past mo.	25.3	31.5	29.6	22.7	26.4
Almost always felt loved and appreciated past mo.	59.7	53.1	54.4	63.8	58.8
Suicide					
Has never seriously considered suicide	92.0	90.1	91.3	89.8	90.8
Has seriously considered suicide	7.9	9.9	8.6	10.1	9.1
Has never attempted suicide	95.7	96.3	95.5	94.6	95.4
Has attempted suicide	4.1	3.6	4.4	5.3	4.5

Notes:

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"S" = not available or sample under five respondents.

**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	4.5	4.1	4.4	4.6	4.5
Felt at peace half the time past month	12.5	15.7	15.0	11.8	13.3
Often felt at peace past month	29.3	36.8	32.4	25.0	29.8
Almost always felt at peace past month	53.5	43.3	48.1	58.6	52.3
Rarely felt emotionally balanced past month	6.6	6.0	6.1	6.2	6.3
Felt balanced half the time past month	15.7	20.9	18.5	15.7	17.1
Often felt balanced past month	29.2	34.2	32.5	27.5	30.2
Almost always felt balanced past month	48.3	38.9	42.8	50.5	46.3
Rarely felt useful past month	4.2	3.3	3.7	5.1	4.3
Felt useful half the time past month	11.6	11.4	12.0	9.1	10.9
Often felt useful past month	30.7	38.4	34.8	27.1	31.7
Almost always useful past month	53.4	46.8	49.2	58.5	53.1
Lowest income adequacy	2.8	2.4	2.5	4.0	3.1
Lower middle income adequacy	7.5	5.3	6.8	10.2	7.9
Middle income adequacy	18.0	18.5	20.2	23.8	20.5
Upper middle income adequacy	30.9	33.4	32.1	30.9	31.5
Highest income adequacy	29.8	31.8	27.8	20.2	26.5
Household income or size not stated	11.0	8.6	10.5	11.0	10.5
Household income last year under \$10,000	2.6	2.3	2.3	3.6	2.8
Household income income \$10,000-14,999	5.2	3.9	5.1	7.7	5.8
Household income income \$15,000-19,999	4.6	3.2	4.2	6.3	4.8
Household income income \$20,000-29,999	8.5	8.5	10.3	12.5	10.2
Household income income \$30,000-39,999	11.2	9.9	10.5	12.6	11.3
Household income income \$40,000-49,999	8.2	9.1	10.4	9.0	9.1
Household income income \$50,000-59,999	9.4	10.0	8.7	8.9	9.2
Household income income \$60,000-79,999	14.9	18.1	14.9	12.6	14.6
Household income income \$80,000 or more	24.0	26.2	22.8	15.7	21.4
Household income not stated	11.3	8.7	10.9	11.1	10.8
No welfare income received last year	92.5	93.7	92.8	91.9	92.5
Welfare income received last year	5.3	4.8	4.9	6.1	5.4
Population aged 15 to 75	93.3	95.5	92.1	86.8	91.2
Not in the labour force	26.8	23.9	26.8	34.9	29.0
In the labour force	66.5	71.6	65.2	51.9	62.3
Employed	61.9	67.3	61.2	48.4	58.2
Unemployed	4.6	4.3	4.0	3.5	4.1
Permanently unable to work (aged 15-75)	1.4	0.8	1.6	3.2	2.0
Population 75 years of age and over	4.7	3.4	5.6	9.3	6.2

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**Table 2c. Dealing with stress by praying or seeking spiritual help, women
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	7.6	7.0	7.0	8.5	7.6
Personal income under \$5,000	9.3	7.4	8.2	7.0	8.0
Personal income \$5,000-9,999	9.7	11.1	9.5	12.4	10.7
Personal income \$10,000-14,999	11.6	11.5	12.5	15.4	13.0
Personal income \$15,000-19,999	8.9	7.0	8.2	8.8	8.4
Personal income \$20,000-29,999	14.7	16.3	16.8	14.3	15.3
Personal income \$30,000-39,999	12.8	12.8	11.3	11.3	12.0
Personal income \$40,000-49,999	6.5	8.4	7.3	5.7	6.7
Personal income \$50,000-59,999	3.7	5.0	4.8	3.3	4.0
Personal income \$60,000-79,999	4.1	4.5	4.1	2.8	3.7
Personal income \$80,000 or more	2.5	1.8	1.9	1.0	1.8
Personal income not stated	8.6	7.2	8.4	9.6	8.6
Employee	62.4	66.6	59.5	45.7	57.0
Self-employed	8.2	8.7	8.0	8.6	8.4
Occupation: management	6.4	5.3	4.9	4.5	5.3
Professional including accountants	10.6	14.8	14.8	10.1	12.0
Technologist/technician	3.8	4.5	3.8	2.5	3.5
Administrative/financial/clerical	13.3	15.4	13.1	10.6	12.7
Sales or service	22.3	22.2	18.9	14.8	19.1
Trades/transport/equipment operator	2.5	2.1	2.2	1.9	2.2
Farming/forestry/fishing/mining	1.1	0.7	0.9	1.2	1.0
Processing/manufacturing/utilities	3.3	2.4	3.0	3.0	3.0
Other occupation	7.6	7.9	6.3	6.0	6.9
Usually works under 30 hours/week main job	20.0	19.4	19.1	15.6	18.3
Usually works 30-38 hours/week main job	19.4	22.9	18.2	15.7	18.5
Usually works 39-42 hours/week main job	19.7	20.4	19.0	13.7	17.7
Usually works over 42 hours/week main job	11.7	12.1	11.5	9.7	11.0
Usually does not work weekends	39.8	42.3	39.3	31.6	37.4
Usually works weekends	31.2	33.2	28.7	23.2	28.3
No work stress, main job, past year	7.9	6.0	5.8	5.6	6.4
Not much work stress, past year	14.0	14.0	11.9	10.5	12.4
A little work stress, past year	26.4	31.0	26.3	19.9	25.0
Much work stress, past year	17.5	20.3	19.9	14.5	17.5
Extreme work stress, past year	4.5	3.3	4.0	3.4	3.9
High job skill required: strongly agrees	19.1	20.2	20.2	16.5	18.7
High job skill required: agrees	26.9	33.4	27.5	20.7	26.0
High job skill required: neither agrees/disagrees	10.1	9.9	8.3	6.8	8.6
High job skill required: disagrees	12.1	9.4	9.5	8.8	10.0
High job skill required: strongly disagrees	2.2	1.7	1.6	1.2	1.7

Notes:

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Table 2c. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	17.2	18.4	16.7	12.3	15.7
Job was very hectic: agrees	23.9	27.4	25.9	19.9	23.6
Job was very hectic: neither agrees/disagrees	11.3	12.6	10.4	8.9	10.5
Job was very hectic: disagrees	15.3	14.3	12.5	11.2	13.2
Job was very hectic: strongly disagrees	2.6	1.7	1.6	1.8	2.0
Job free of conflicting demands: strongly agrees	6.9	5.3	5.6	5.3	5.8
Job free of conflicting demands: agrees	23.6	21.4	22.3	18.5	21.3
Job free of conflicting demands: neither agrees/disag.	10.2	14.1	10.3	8.0	10.1
Job free of conflicting demands: disagrees	22.4	27.4	22.6	17.6	21.7
Job free of conflicting demands: strongly disagrees	7.1	6.4	6.2	4.4	5.9
Job security good: strongly agrees	23.1	24.4	20.0	14.9	20.0
Job security good: agrees	29.6	33.1	31.1	24.8	29.0
Job security good: neither agrees/disagrees	6.7	7.0	6.5	5.8	6.4
Job security good: disagrees	7.3	7.4	6.8	5.1	6.5
Job security good: strongly disagrees	3.5	2.6	2.6	3.1	3.0
Job conflict with co-workers: strongly agrees	4.7	3.3	3.6	3.5	3.8
Job conflict with co-workers: agrees	16.1	15.7	14.1	10.8	13.9
Job conflict with co-workers: neither agrees/disag.	8.3	10.9	9.0	6.2	8.2
Job conflict with co-workers: disagrees	28.0	30.1	29.2	22.9	27.0
Job conflict with co-workers: strongly disagrees	13.1	14.4	11.2	10.5	12.0
Job supervisor was helpful: strongly agrees	14.0	12.1	11.1	10.5	11.9
Job supervisor was helpful: agrees	30.0	35.1	32.3	25.4	29.8
Job supervisor was helpful: neither agrees/disag.	13.0	14.9	12.6	9.0	11.9
Job supervisor was helpful: disagrees	8.8	7.8	7.3	5.8	7.3
Job supervisor was helpful: strongly disagrees	4.1	4.6	3.4	2.7	3.6
Job requires repetitive tasks: strongly agrees	17.9	16.5	13.9	13.0	15.2
Job requires repetitive tasks: agrees	30.9	32.1	32.2	26.2	29.9
Job requires repetitive tasks: neither agrees/disag.	7.0	11.3	8.3	5.0	7.3
Job requires repetitive tasks: disagrees	11.8	11.9	11.3	8.2	10.5
Job requires repetitive tasks: strongly disagrees	2.8	2.7	1.5	1.6	2.1
Not satisfied at all with job	2.2	2.0	1.6	1.0	1.6
Not too satisfied with job	5.0	5.8	4.2	4.4	4.7
Somewhat satisfied with job	29.2	34.4	29.5	21.7	27.7
Very satisfied with job	33.9	32.4	31.9	26.9	30.9

Notes:

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Table 2d. Dealing with stress by praying or seeking spiritual help, women by socio-economic characteristics, Canada, 2002

Selected indicators (rates or ratios)	Deal with stress?				Total
	How often do you pray or seek spiritual help to deal with stress?				
	Never	Rarely	Sometimes	Often	
Labour force					
Labour force participation rate	71.2	75.0	70.8	59.8	68.2
Employment rate	93.1	94.0	93.8	93.3	93.5
Unemployment rate	6.9	6.0	6.2	6.7	6.5
Permanently unable to work / labour force (%)	2.1	1.1	2.5	6.2	3.1
Population over 65 per employed (%)	19.0	13.5	24.7	51.4	28.1
Population over 75 per employed (%)	7.6	5.1	9.1	19.3	10.7
Population over 80 per employed (%)	4.2	2.6	5.4	11.6	6.2
Employees per self employed	7.6	7.7	7.4	5.3	6.8
Occupation: management per employed (%)	10.3	7.9	8.1	9.4	9.1
Professional including accountants per employed	17.2	22.0	24.1	20.9	20.7
Technologist/technician per employed	6.2	6.7	6.2	5.3	6.0
Administrative/financial/clerical per employed	21.5	22.9	21.4	21.9	21.8
Sales or service per employed	36.0	33.0	31.0	30.5	32.8
Trades/transport/equipment operator / employed	4.1	3.1	3.5	3.9	3.7
Farming/forestry/fishing/mining per employed	1.8	1.0	1.4	2.4	1.7
Processing/manufacturing/utilities per employed	5.3	3.5	4.9	6.2	5.2
Other occupations per employed	12.4	11.8	10.3	12.4	11.8
Works over 42 hrs/week: per employed (%)	18.9	17.9	18.7	20.0	19.0
Usually works weekends per employed (%)	50.5	49.3	46.8	47.8	48.7
Welfare rate -- welfare recipients, % income recipients	5.4	4.9	5.0	6.2	5.5
Highest household income quintile / Lowest	10.7	13.1	10.9	5.1	8.7
Canadian-born population per immigrant	453	577	381	228	350
Potential worship dropouts per weekly worshipper	1.6	2.2	1.8	1.2	1.4
Potential monthly worshippers per weekly worshipper	S	10.4	3.1	0.7	1.6
"Very religious" population / "Not religious at all"	0.1	0.3	1.8	14.4	1.5
Married / Single never married	1.5	1.6	2.5	3.7	2.2
Married / Widowed	7.8	9.8	7.2	4.2	6.0
Married / Common-law	3.3	4.1	6.3	10.9	5.4
Married / (Separated or divorced)	6.8	5.5	6.4	5.2	5.9
Post-secondary degree/dip / <High school diploma	1.7	2.5	2.1	1.5	1.8
Very satisfied with life in general / Dissatisfied	7.9	7.6	6.6	6.0	6.8
Excellent physical health / Fair or poor health	1.5	1.1	1.1	0.8	1.1
Excellent mental health / Fair or poor health	3.9	3.6	3.1	3.0	3.3
Days very stressful past month / Not at all	1.7	2.7	2.8	2.0	2.1

See Appendix 1 for variable definitions and notes on the survey.
 "na" = not available or smallest sample in ratio or rate is under 30.
 "S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	6,142,480	2,013,221	2,077,080	1,990,427	12,223,208
Newfoundland	107,477	39,115	37,468	31,137	215,197
Prince Edward Island	24,061	8,946	12,262	8,884	54,153
Nova Scotia	199,538	62,867	55,931	43,320	361,656
New Brunswick	135,611	56,614	53,158	50,893	296,276
Québec	1,573,313	539,910	452,794	389,441	2,955,458
Ontario	2,253,394	733,254	859,322	866,451	4,712,421
Manitoba	190,901	76,265	79,266	78,274	424,706
Saskatchewan	161,505	67,953	80,323	60,355	370,136
Alberta	611,076	194,896	199,883	203,869	1,209,724
British Columbia	885,604	233,401	246,673	257,803	1,623,481
Atlantic provinces	466,686	167,542	158,819	134,234	927,281
Prairie provinces	963,481	339,114	359,472	342,498	2,004,565
Selected metro areas:					
Montréal	767,821	243,773	180,654	194,649	1,386,897
Ottawa-Hull	237,321	65,560	79,696	60,560	443,137
Oshawa	60,717	15,455	20,422	12,254	108,848
Toronto	833,024	288,464	381,547	402,436	1,905,471
St Catherines	68,026	27,736	27,367	31,666	154,795
Kitchener	90,592	39,444	34,464	23,901	188,401
Winnipeg	126,328	43,673	47,457	53,448	270,906
Calgary	212,783	58,376	53,900	44,122	369,181
Edmonton	189,235	73,711	68,399	80,522	411,867
Vancouver	439,949	117,178	135,347	124,039	816,513
Non-metro areas	2,274,308	745,330	736,776	723,961	4,480,375
Urban core areas	4,236,702	1,375,104	1,468,954	1,390,343	8,471,103
Urban fringe areas	162,117	37,548	49,243	41,728	290,636
Rural fringe areas	460,477	173,469	147,841	161,496	943,283
Urban areas outside metro areas and large cities	579,895	185,568	176,480	167,684	1,109,627
Rural areas outside metro areas and large cities	703,288	241,533	234,562	229,176	1,408,559
Single detached dwelling	3,394,767	1,161,019	1,118,496	1,015,818	6,690,100
Dwelling a double	242,685	97,053	89,586	117,410	546,734
Row or terrace	240,880	78,874	87,090	98,686	505,530
Duplex	189,770	47,655	63,519	50,029	350,973
Low-rise apartment, under 5 stories	644,629	201,317	216,888	189,670	1,252,504
High-rise apartment	269,651	72,957	123,481	166,594	632,683
Total dwelling types above listed	4,982,382	1,658,875	1,699,060	1,638,207	9,978,524
Bedrooms: 1	511,560	133,689	164,379	196,314	1,005,942
Bedrooms: 2	1,223,027	370,713	438,651	420,093	2,452,484
Bedrooms: 3	2,784,268	920,970	894,682	834,780	5,434,700
Bedrooms: 4	1,274,677	457,889	443,533	396,975	2,573,074
Bedrooms: 5 or more	338,300	128,235	127,704	135,161	729,400

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	1,566,759	451,845	540,017	543,856	3,102,477
Dwelling owned	4,575,720	1,561,377	1,537,063	1,446,571	9,120,731
Household size: 1	701,931	211,027	240,916	245,561	1,399,435
Household size: 2	1,939,566	624,312	647,875	670,818	3,882,571
Household size: 3	1,251,551	396,086	407,931	323,159	2,378,727
Household size: 4	1,439,934	497,463	435,940	382,933	2,756,270
Household size: 5	561,090	197,881	217,883	207,974	1,184,828
Household size: 6 or more	248,407	86,452	126,534	159,983	621,376
Households: no children under 12	4,629,124	1,516,341	1,545,933	1,486,405	9,177,803
Child(ren) under 6	532,607	160,932	191,874	148,823	1,034,236
Child(ren) 6 to 11	695,484	242,769	230,662	222,177	1,391,092
Child(ren) under 6 and 6 to 11	285,264	93,180	108,611	133,023	620,078
Parents with children under 12	1,513,355	496,881	531,147	504,023	3,045,406
Age 15-19	661,834	215,229	170,706	98,733	1,146,502
20-24	575,290	156,328	126,821	105,174	963,613
25-29	513,113	161,870	129,875	93,064	897,922
30-34	613,614	173,989	188,543	125,086	1,101,232
35-39	661,154	219,320	199,699	212,869	1,293,042
40-44	754,112	237,975	255,350	214,732	1,462,169
45-49	521,554	216,341	207,851	231,844	1,177,590
50-54	444,928	174,870	207,475	157,387	984,660
55-59	369,598	151,636	172,855	172,391	866,480
60-64	338,221	108,538	120,614	161,662	729,035
65-69	221,430	80,281	106,449	125,442	533,602
70-74	215,777	51,175	90,300	115,357	472,609
75-79	128,274	36,525	49,489	85,988	300,276
80 plus	123,579	29,146	51,054	90,698	294,477
Married	3,022,584	1,085,245	1,218,232	1,279,214	6,605,275
Common-law	711,550	205,856	151,975	82,300	1,151,681
Widowed	120,601	28,178	46,516	80,954	276,249
Separated	144,317	33,035	41,721	53,982	273,055
Divorced	230,802	62,916	92,255	82,798	468,771
Single, never married	1,910,941	597,637	525,938	407,341	3,441,857
Females	S	S	S	S	S
Males	6,142,478	2,013,222	2,077,080	1,990,427	12,223,207
Converses in English only	3,158,028	973,875	897,561	816,110	5,845,574
Converses in French only	625,620	256,888	210,675	165,924	1,259,107
Converses in English and French	1,124,341	344,113	350,167	260,980	2,079,601
Converses in English, French and other language(s)	325,368	101,928	118,160	107,936	653,392
Converses in English and other language(s)	746,799	299,491	442,965	572,822	2,062,077

Notes:

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"S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	4,993,523	1,653,015	1,522,644	1,304,039	9,473,221
Immigrant, arrived before 1960	164,181	53,205	64,913	101,144	383,443
Immigrant, arrived from 1960 to 1979	315,064	130,765	148,023	181,526	775,378
Immigrant, arrived from 1980 to 2002	618,412	170,382	325,378	391,699	1,505,871
Immigrants	1,097,657	354,352	538,314	674,369	2,664,692
Aboriginal ethnicity, perhaps others	205,233	54,645	89,975	62,250	412,103
"Canadian" ethnicity, perhaps others	1,854,757	603,222	529,970	415,857	3,403,806
"French" ethnicity, perhaps others	1,323,359	437,590	425,399	338,358	2,524,706
"English" ethnicity, perhaps others	1,461,243	394,014	332,499	356,436	2,544,192
"Welsh" ethnicity, perhaps others	101,880	25,538	16,094	22,718	166,230
"Scottish" ethnicity, perhaps others	1,046,692	308,125	262,718	248,052	1,865,587
"Irish" ethnicity, perhaps others	796,563	279,059	237,226	229,041	1,541,889
"Italian" ethnicity, perhaps others	207,006	96,213	77,480	73,043	453,742
"Ukrainian" ethnicity, perhaps others	209,588	76,908	67,253	58,261	412,010
"German" ethnicity, perhaps others	543,261	194,322	201,278	196,973	1,135,834
"Dutch" ethnicity, perhaps others	197,486	49,347	58,763	92,565	398,161
"Polish" ethnicity, perhaps others	142,828	52,433	60,611	48,185	304,057
"Norwegian" ethnicity, perhaps others	74,424	19,254	23,331	na	132,771
"Chinese" ethnicity, perhaps others	277,704	44,816	92,217	43,116	457,853
"South Asian" ethnicity, perhaps others	105,030	72,992	95,193	162,974	436,189
Not a student	5,191,768	1,721,448	1,817,711	1,781,482	10,512,409
Part-time student	159,115	46,879	44,908	46,501	297,403
Full-time student	749,235	240,251	204,450	151,301	1,345,237
Less than secondary diploma	1,596,750	431,652	555,338	473,289	3,057,029
Secondary school diploma	1,163,495	370,168	340,165	307,128	2,180,956
Some post-secondary education	528,651	198,989	155,332	163,747	1,046,719
Post-secondary degree or diploma	2,794,522	1,004,297	1,007,480	1,017,918	5,824,217
Very strong belonging to locality	995,449	304,118	419,003	534,463	2,253,033
Somewhat strong belonging to locality	2,251,074	888,501	910,169	743,577	4,793,321
Somewhat weak belonging to locality	1,820,867	597,093	500,750	458,232	3,376,942
Very weak belonging to locality	1,053,698	216,705	240,020	248,507	1,758,930
Very satisfied with life in general	2,010,851	598,760	667,892	707,642	3,985,145
Satisfied with life in general	3,255,348	1,139,515	1,123,528	993,668	6,512,059
Neither satisfied nor dissatisfied with life	590,624	206,879	207,232	167,576	1,172,311
Dissatisfied with life in general	284,105	68,068	76,628	119,784	548,585
Has fewer than 3 close friends	979,348	234,631	317,512	362,619	1,894,110
Has 3 to 5 close friends	1,942,733	672,341	672,354	536,080	3,823,508
Has 6 to 9 close friends	1,069,988	390,463	389,759	327,538	2,177,748
Has 10 to 15 close friends	1,418,306	513,269	474,416	519,284	2,925,275
Has more than 15 close friends	648,570	189,344	188,475	217,845	1,244,234

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	70,521	29,342	27,080	27,501	154,444
French Catholic	1,255,929	501,803	455,762	302,404	2,515,898
Other Catholic	955,340	487,669	537,333	401,186	2,381,528
United Church	547,381	193,867	153,056	95,266	989,570
Anglican	475,753	144,636	124,829	98,652	843,870
Presbyterian	140,133	56,314	59,073	34,269	289,789
Lutheran	112,896	56,858	57,049	36,208	263,011
Baptist	94,521	41,658	65,078	88,214	289,471
Pentecostal	38,414	30,397	31,997	106,646	207,454
Jehovah's Witnesses	na	na	na	38,069	56,434
Christian, other	282,990	123,854	197,400	420,756	1,025,000
Islam	64,266	na	66,784	98,373	258,111
Hindu-Buddhist-Sikh	135,533	84,209	113,865	126,470	460,077
Jewish	71,244	na	na	na	110,268
No religion: prays	S	188,618	149,843	81,405	419,866
No religion	1,800,620	S	S	S	1,800,620
Religious affiliation not stated	88,378	19,216	26,351	23,853	157,798
No religious affiliation	1,800,620	188,618	149,843	81,405	2,220,486
Roman Catholic	2,211,269	989,472	993,095	703,590	4,897,426
Liberal Protestant	1,276,162	451,676	394,006	264,395	2,386,239
Conservative Christian	424,485	201,409	298,778	653,685	1,578,357
Christian	3,911,916	1,642,557	1,685,879	1,621,670	8,862,022
Non-Christian	271,043	133,488	187,926	235,999	828,456
Worshipped weekly or more often past year	305,982	221,410	558,625	1,131,801	2,217,818
Worshipped monthly past year	252,274	207,903	348,444	235,346	1,043,967
Worshipped 3 to 4 times past year	708,101	523,063	425,280	203,802	1,860,246
Worshipped once past year	600,468	259,744	181,941	64,343	1,106,496
Did not worship past year (religiously affiliated)	2,384,167	592,858	384,232	249,691	3,610,948
Less than monthly worship past year	5,493,356	1,564,282	1,141,295	599,240	8,798,173
Worshipped at least weekly or monthly past year	558,256	429,313	907,070	1,367,147	3,261,786
Worshipped monthly & prays often	S	S	S	1,367,147	1,367,147
Worshipped monthly & prays sometimes	S	S	907,070	S	907,070
Worshipped monthly & prays rarely	S	429,313	S	S	429,313
Worshipped monthly & does not pray	558,256	S	S	S	558,256
Worshipped < monthly past year, prays often	S	S	S	268,145	268,145
Worshipped < monthly past year, prays sometimes	S	782,807	607,220	S	1,390,027
Non-worshipper past year, prays often	S	S	S	331,096	331,096
Non-worshipper past year, prays sometimes	S	781,475	534,075	S	1,315,550

Notes:

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	1,170,323	136,740	65,854	44,424	1,417,341
Not very religious	1,939,078	886,228	473,930	135,913	3,435,149
Somewhat religious	1,017,972	716,804	1,181,074	1,055,339	3,971,189
Very religious	118,866	65,144	174,927	637,252	996,189
Role of spiritual values in one's life					
Spiritual values are important in my life	1,758,985	1,187,388	1,758,636	1,880,172	6,585,181
Spiritual values are unimportant in my life	4,320,912	816,191	297,955	94,276	5,529,334
Sp. values help understand life's difficulties: no	4,496,553	855,081	325,959	104,374	5,781,967
Sp. values help understand life's difficulties: a little	482,105	348,762	232,815	60,652	1,124,334
Sp. values help understand life's difficulties: some	646,525	535,957	827,756	315,249	2,325,487
Sp. values help understand life's difficulties: a lot	452,215	263,644	668,284	1,490,833	2,874,976
Sp. values help with everyday difficulties: no	4,479,591	841,647	314,889	105,366	5,741,493
Sp. values help with everyday difficulties: a little	476,576	344,773	207,218	39,719	1,068,286
Sp. values help with everyday difficulties: some	653,714	566,872	834,238	294,121	2,348,945
Sp. values help with everyday difficulties: a lot	466,841	249,995	699,323	1,532,617	2,948,776
Sp. values help me find meaning in my life: no	4,382,188	827,683	301,366	96,576	5,607,813
Sp. values help me find meaning in my life: a little	386,390	253,927	174,684	36,619	851,620
Sp. values help me find meaning in my life: some	791,374	638,438	802,556	257,160	2,489,528
Sp. values help me find meaning in my life: a lot	518,350	283,428	777,489	1,581,628	3,160,895
Physical Health					
Physical health is "excellent"	1,274,743	329,178	390,577	378,161	2,372,659
Physical health is "very good"	2,195,272	807,507	742,405	666,985	4,412,169
Physical health is "good"	1,950,504	688,915	685,298	598,031	3,922,748
Physical health is "fair" or "poor"	721,128	187,623	258,800	346,393	1,513,944
Physically inactive (index)	2,812,511	851,011	911,377	908,994	5,483,893
Moderately active physically (index)	1,550,930	570,469	551,253	526,260	3,198,912
Active physically (index)	1,778,135	591,530	614,450	555,173	3,539,288
Never has an activity limitation	4,570,000	1,466,812	1,478,460	1,319,491	8,834,763
Sometimes has an activity limitation	899,916	357,656	353,011	344,259	1,954,842
Often has an activity limitation	668,408	188,754	243,815	324,645	1,425,622
Never physically active > 15 min. / occasion, past mo.	511,897	136,627	190,177	250,491	1,089,192
Physically active >15 minutes, 1 to 5 times a month	805,887	232,591	240,578	219,304	1,498,360
Physically active >15 minutes, 6 to 15 times a month	1,319,804	423,414	420,816	374,852	2,538,886
Physically active >15 minutes, 16 to 29 times a month	1,389,709	480,737	482,709	424,084	2,777,239
Physically active >15 minutes, 30 or more times a mo.	2,114,278	739,641	742,800	721,697	4,318,416

Notes:

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	2,312,423	701,270	727,810	550,269	4,291,772
Has a diagnosed chronic health problem	3,830,055	1,311,953	1,349,270	1,440,158	7,931,436
Has food allergies	308,909	135,830	132,692	141,903	719,334
Has non-food allergies	1,512,171	517,132	487,984	531,053	3,048,340
Asthma	452,108	138,410	158,180	116,722	865,420
Bronchitis	151,542	39,979	62,438	62,570	316,529
Diabetes	252,391	87,261	127,282	156,469	623,403
Heart disease	301,866	87,933	124,375	182,613	696,787
High blood pressure	779,159	259,838	313,333	350,135	1,702,465
Diagnosed migraines	362,392	129,839	110,658	143,717	746,606
Cancer	90,512	28,395	41,499	51,182	211,588
Stomach/intestinal ulcers	231,775	77,920	102,815	100,755	513,265
Bowel disorder/Crohn's/colitis	97,378	45,135	32,232	47,410	222,155
Thyroid	108,629	38,084	53,814	64,275	264,802
Arthritis/rheumatism	740,367	230,396	295,208	373,956	1,639,927
Back problems excluding arthritis	1,169,119	435,527	417,203	484,574	2,506,423
Mental Health					
Mental health is "excellent"	1,938,413	549,062	556,061	624,783	3,668,319
Mental health is "very good"	2,331,644	849,105	853,408	738,051	4,772,208
Mental health is "good"	1,519,684	519,605	528,880	470,648	3,038,817
Mental health is "fair" or "poor"	350,440	94,554	137,538	156,818	739,350
Rarely felt emotionally balanced past month	244,782	84,349	92,634	110,345	532,110
Felt emotionally balanced half the time	755,331	249,207	298,475	209,825	1,512,838
Felt emotionally balanced frequently	1,845,396	690,737	630,042	578,673	3,744,848
Felt emotionally balanced almost always past mo.	3,281,695	988,179	1,054,787	1,090,430	6,415,091
Most days not stressful at all past month	1,080,652	223,733	246,799	304,208	1,855,392
Most days not very stressful past month	1,454,025	476,091	473,506	422,562	2,826,184
Most days a bit stressful past month	2,346,061	878,759	887,149	758,608	4,870,577
Most days quite a bit/extremely stressful past mo.	1,260,880	434,639	469,625	504,103	2,669,247
Most important source of daily stress: time pressure	877,814	296,341	262,388	197,352	1,633,895
Most important stress: my physical health	281,761	100,012	153,051	176,877	711,701
Most important stress: finances, not enough money	809,901	248,505	298,990	249,917	1,607,313
Most important stress: my work situation	1,758,403	602,720	531,151	440,058	3,332,332
Most important stress: school	359,129	108,966	88,443	71,534	628,072
Most important stress: care for my children	90,957	23,462	46,182	25,313	185,914
Most important stress: care for others	200,403	96,166	121,107	136,433	554,109
Most important stress: my relationships with others	291,297	89,910	101,755	79,110	562,072
Most important stress: health of my family	158,786	86,446	89,021	102,785	437,038
Most important stress: (no day-to-day stress)	880,746	189,927	215,200	280,618	1,566,491

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	485,193	144,110	184,500	185,824	999,627
"Good" ability to handle difficult problems	1,696,218	590,882	611,567	488,076	3,386,743
"Very good" ability to handle difficult problems	2,564,643	935,007	893,481	845,921	5,239,052
"Excellent" ability to handle difficult problems	1,396,425	343,222	387,533	470,605	2,597,785
"Poor/fair" ability to handle day-to-day problems	293,236	88,412	124,692	122,120	628,460
"Good" ability to handle day-to-day problems	1,525,130	527,827	543,047	454,747	3,050,751
"Very good" ability to handle day-to-day problems	2,779,007	997,729	985,817	889,929	5,652,482
"Excellent" ability to handle day-to-day problems	1,535,252	398,848	423,435	522,247	2,879,782
Rarely copes by trying to solve the problem	323,531	55,584	62,482	81,534	523,131
Sometimes copes by trying to solve the problem	1,176,119	464,538	463,811	321,673	2,426,141
Often copes by trying to solve the problem	4,625,229	1,491,959	1,547,665	1,579,798	9,244,651
Rarely copes by talking to others	1,791,681	474,328	426,226	415,164	3,107,399
Sometimes copes by talking to others	2,051,759	804,474	839,093	613,065	4,308,391
Often copes by talking to others	2,286,077	733,958	811,548	957,667	4,789,250
Never copes by smoking (non-smoker)	3,933,874	1,385,326	1,413,229	1,507,592	8,240,021
Never copes by smoking (a smoker)	859,377	171,889	223,561	183,741	1,438,568
Rarely copes by smoking more than usual	290,398	116,717	82,609	54,757	544,481
Sometimes copes by smoking more than usual	545,634	202,369	191,988	108,587	1,048,578
Often copes by smoking more than usual	509,043	136,568	165,536	134,941	946,088
Never copes by drinking alcohol	4,296,183	1,241,742	1,399,135	1,585,900	8,522,960
Rarely copes by drinking alcohol	938,401	477,103	372,673	210,825	1,999,002
Often/sometimes copes by drinking alcohol	906,412	294,133	304,998	193,545	1,699,088
Never copes by eating more/less than usual	3,997,518	989,748	1,070,948	1,136,231	7,194,445
Rarely copes by eating more/less than usual	1,075,290	623,739	490,326	395,729	2,585,084
Sometimes copes by eating more/less than usual	793,044	322,617	401,991	351,934	1,869,586
Often copes by eating more/less than usual	264,776	76,764	112,716	101,403	555,659
Never copes by jogging/exercise	3,388,555	737,001	782,230	872,386	5,780,172
Rarely copes by jogging/exercise	861,161	518,471	304,796	287,985	1,972,413
Sometimes copes by jogging/exercise	1,233,558	514,789	686,341	474,804	2,909,492
Often copes by jogging/exercise	655,859	242,474	302,407	353,747	1,554,487
Never copes by blaming oneself	1,824,925	327,565	409,621	544,584	3,106,695
Rarely copes by blaming oneself	1,823,842	678,451	589,282	493,987	3,585,562
Sometimes copes by blaming oneself	1,964,745	805,502	893,531	697,436	4,361,214
Often copes by blaming oneself	511,087	199,714	181,760	244,853	1,137,414

Notes:

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"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	283,447	78,850	146,020	277,573	785,890
A former drinker, not now	581,912	178,828	247,901	398,977	1,407,618
Occasional drinker	858,486	250,846	317,026	295,136	1,721,494
Regular drinker	4,410,444	1,502,994	1,363,342	1,015,954	8,292,734
Non-drinker or < 5 drinks per occasion last year	4,186,839	1,459,923	1,629,278	1,749,465	9,025,505
Heavy drinker, never drunk most of 1 mo.	1,746,680	504,073	413,437	200,233	2,864,423
Usually drunk at least 1 mo. last year	155,094	42,330	28,166	34,935	260,525
Never drunk at work/school/child care in life	5,168,128	1,745,636	1,890,579	1,894,502	10,698,845
Drunk 1 to 2 times at work, etc in life	349,448	110,387	66,280	34,929	561,044
Drunk 3 to 10 times in life	338,645	85,531	73,455	23,893	521,524
Drunk over 10 times in life	215,486	61,752	39,114	29,487	345,839
Drunk at least once at work, etc, in life	903,579	257,670	178,849	88,309	1,428,407
Non-drinker or < 5 drinks per occasion past year	4,186,839	1,459,923	1,629,278	1,749,465	9,025,505
Heavy drinker, never drunk at work/school/child care	1,389,920	403,637	336,258	185,033	2,314,848
Drunk 1+ times at work/school/child care past year	516,528	143,235	105,477	50,136	815,376
Non-drinker or < 5 drinks per occasion past year	4,186,839	1,459,923	1,629,278	1,749,465	9,025,505
Never drank more than promised past year	1,522,038	429,154	336,836	160,134	2,448,162
Drank more, despite promise not to past year	380,486	116,687	102,540	74,910	674,623
Non-drinker or < 5 drinks per occasion past year	4,186,839	1,459,923	1,629,278	1,749,465	9,025,505
Never drank much more than intended past year	1,410,141	390,288	329,692	167,882	2,298,003
Drank much more than intended past year	488,169	156,115	111,321	67,287	822,892
Non-drinker or < 5 drinks per occasion past year	4,186,839	1,459,923	1,629,278	1,749,465	9,025,505
Never drank so much to risk getting hurt past year	1,548,737	433,397	354,932	193,205	2,530,271
Drank so as to risk getting hurt past year	354,705	113,006	86,803	41,963	596,477
Never used marijuana in life	2,852,265	1,014,411	1,209,943	1,372,440	6,449,059
Used marijuana once in life	615,569	205,708	189,588	149,951	1,160,816
Used marijuana more than once in life	2,664,258	787,876	670,330	463,027	4,585,491
Has not used illicit drugs in life	2,819,385	996,958	1,199,986	1,351,988	6,368,317
Used illicit drugs at least once in life	3,311,478	1,010,535	869,875	631,926	5,823,814
Has not used illicit drugs in life (excl. marij.)	3,356,273	1,183,858	1,363,073	1,485,201	7,388,405
Used illicit drugs (excl. marij.) at least once in life	2,774,590	823,634	706,789	498,713	4,803,726
Has not used illicit drugs past year	4,944,261	1,655,621	1,793,537	1,836,399	10,229,818
Used illicit drugs at least once past year	1,185,663	351,872	271,462	146,753	1,955,750
Has not used illicit drugs past year (excl. marij.)	4,994,232	1,678,706	1,816,264	1,842,105	10,331,307
Used illicit drugs (excl. marij.) at least once past year	1,135,691	328,786	248,735	141,047	1,854,259

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	2,822,373	999,439	1,201,250	1,356,791	6,379,853
Has not used illicit drugs for 1 year in life	2,321,737	728,532	640,872	472,222	4,163,363
Used illicit drugs for 1 year in life	984,612	279,160	226,645	153,607	1,644,024
Has used drugs despite promise not to	194,642	68,943	42,949	37,549	344,083
Has used drugs more often than intended	219,171	81,699	49,945	31,906	382,721
Insufficient weight (bmi), age 20-64	164,378	47,731	60,794	38,980	311,883
Acceptable weight, age 20-64	1,783,319	567,569	599,073	592,743	3,542,704
Some excess weight, age 20-64	963,206	321,999	315,715	280,663	1,881,583
Overweight, age 20-64	1,867,761	660,260	629,266	555,812	3,713,099
Weight not stated, age 20-64	na	S	na	na	22,166
Never had fear of being overweight	5,269,796	1,685,071	1,724,316	1,678,981	10,358,164
Never had fear of being overweight past year	436,644	166,724	152,796	164,517	920,681
Had fear of being overweight past year	435,771	161,427	198,044	146,430	941,672
Has not gambled in life	1,493,724	512,733	553,762	477,382	3,037,601
Non-gambler now	1,219,603	313,628	449,566	626,599	2,609,396
Non-problem gambler	3,038,027	1,015,240	935,613	798,370	5,787,250
Low-risk gambler	218,149	98,640	68,995	39,571	425,355
Problem gambler	144,500	68,759	59,094	46,187	318,540
Low-risk or problem gambler	362,649	167,399	128,089	85,758	743,895
Non-gambler past year	3,943,627	1,219,579	1,378,858	1,498,416	8,040,480
Never felt gambling guilt past year	2,019,999	715,894	621,520	444,418	3,801,831
Sometimes-always felt gambling guilt past year	150,377	75,938	67,083	45,449	338,847
Never felt gambled too much past year	2,057,123	743,434	654,347	462,378	3,917,282
Sometimes-always gambled too much past year	113,253	45,986	34,257	27,316	220,812
Rarely felt loved and appreciated past month	213,597	45,984	64,882	73,025	397,488
Felt loved and appreciated half the time past mo.	583,790	211,334	218,479	133,625	1,147,228
Often felt loved and appreciated half the time past mo.	1,762,384	639,770	567,997	484,007	3,454,158
Almost always felt loved and appreciated past mo.	3,563,357	1,116,135	1,223,316	1,298,036	7,200,844
Suicide					
Has never seriously considered suicide	5,629,850	1,834,095	1,892,676	1,800,962	11,157,583
Has seriously considered suicide	504,299	176,563	180,842	186,818	1,048,522
Has never attempted suicide	5,964,052	1,940,860	2,009,403	1,900,821	11,815,136
Has attempted suicide	165,779	63,406	61,722	84,307	375,214

Notes:

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	213,383	55,319	59,478	71,955	400,135
Felt at peace half the time past month	601,602	208,347	264,446	174,702	1,249,097
Often felt at peace past month	1,803,931	714,514	619,722	510,617	3,648,784
Almost always felt at peace past month	3,513,591	1,034,848	1,132,770	1,231,121	6,912,330
Rarely felt emotionally balanced past month	244,782	84,349	92,634	110,345	532,110
Felt balanced half the time past month	755,331	249,207	298,475	209,825	1,512,838
Often felt balanced past month	1,845,396	690,737	630,042	578,673	3,744,848
Almost always felt balanced past month	3,281,695	988,179	1,054,787	1,090,430	6,415,091
Rarely felt useful past month	221,201	52,328	72,728	103,002	449,259
Felt useful half the time past month	612,839	186,680	191,683	162,897	1,154,099
Often felt useful past month	1,984,342	801,014	699,612	572,381	4,057,349
Almost always useful past month	3,311,331	972,062	1,112,146	1,152,044	6,547,583
Lowest income adequacy	146,688	48,805	58,088	67,464	321,045
Lower middle income adequacy	271,216	66,023	117,870	126,531	581,640
Middle income adequacy	990,575	285,114	409,122	442,669	2,127,480
Upper middle income adequacy	2,031,139	694,044	692,674	670,594	4,088,451
Highest income adequacy	2,166,445	773,591	638,682	526,888	4,105,606
Household income or size not stated	536,414	145,645	160,643	156,282	998,984
Household income last year under \$10,000	130,311	48,059	51,188	63,256	292,814
Household income income \$10,000-14,999	175,023	39,129	68,247	87,733	370,132
Household income income \$15,000-19,999	175,523	51,640	71,904	100,169	399,236
Household income income \$20,000-29,999	515,679	144,106	205,482	200,436	1,065,703
Household income income \$30,000-39,999	620,046	180,529	257,619	251,887	1,310,081
Household income income \$40,000-49,999	561,476	194,077	206,889	205,752	1,168,194
Household income income \$50,000-59,999	612,516	208,779	214,369	176,492	1,212,156
Household income income \$60,000-79,999	1,043,109	358,404	305,834	306,707	2,014,054
Household income income \$80,000 or more	1,762,894	641,863	533,436	440,876	3,379,069
Household income not stated	545,902	146,637	162,112	157,118	1,011,769
No welfare income received last year	5,800,020	1,926,816	1,938,006	1,842,275	11,507,117
Welfare income received last year	203,398	59,013	92,879	102,387	457,677
Population aged 15 to 75	5,787,083	1,918,643	1,924,839	1,760,776	11,387,177
Not in the labour force	1,017,866	297,003	370,870	408,115	2,089,690
In the labour force	4,769,217	1,621,640	1,553,969	1,352,661	9,297,487
Employed	4,478,004	1,519,390	1,444,562	1,262,657	8,704,613
Unemployed	291,213	102,250	109,407	90,004	592,874
Permanently unable to work (aged 15-75)	99,194	31,221	51,623	59,778	241,816
Population 75 years of age and over	212,479	59,769	91,725	159,219	523,192

Notes:

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	176,102	54,560	66,074	51,576	348,312
Personal income under \$5,000	316,817	101,889	79,682	79,435	577,823
Personal income \$5,000-9,999	334,858	95,713	119,595	125,024	675,190
Personal income \$10,000-14,999	417,400	111,229	150,395	179,539	858,563
Personal income \$15,000-19,999	335,246	109,014	127,163	151,758	723,181
Personal income \$20,000-29,999	837,869	264,983	312,817	293,249	1,708,918
Personal income \$30,000-39,999	878,494	264,841	286,163	273,979	1,703,477
Personal income \$40,000-49,999	714,823	269,775	238,936	237,608	1,461,142
Personal income \$50,000-59,999	540,851	185,795	171,181	169,434	1,067,261
Personal income \$60,000-79,999	628,262	244,151	213,374	161,682	1,247,469
Personal income \$80,000 or more	511,921	200,472	163,006	128,968	1,004,367
Personal income not stated	449,833	110,801	148,692	138,175	847,501
Employee	4,015,292	1,342,629	1,298,056	1,063,943	7,719,920
Self-employed	905,927	318,411	306,855	300,290	1,831,483
Occupation: management	582,254	210,328	201,608	169,475	1,163,665
Professional including accountants	549,186	242,652	232,524	196,348	1,220,710
Technologist/technician	543,774	185,095	181,774	112,236	1,022,879
Administrative/financial/clerical	162,423	71,908	54,880	88,367	377,578
Sales or service	986,610	354,527	285,243	244,311	1,870,691
Trades/transport/equipment operator	1,186,537	323,051	326,820	289,357	2,125,765
Farming/forestry/fishing/mining	208,227	78,718	103,998	60,006	450,949
Processing/manufacturing/utilities	336,130	94,339	116,919	113,188	660,576
Other occupation	366,866	102,863	103,024	96,023	668,776
Usually works under 30 hours/week main job	583,812	198,750	163,523	176,009	1,122,094
Usually works 30-38 hours/week main job	587,966	222,365	203,022	157,088	1,170,441
Usually works 39-42 hours/week main job	1,700,134	543,315	554,419	417,104	3,214,972
Usually works over 42 hours/week main job	2,045,445	692,890	680,516	617,159	4,036,010
Usually does not work weekends	2,776,754	914,587	896,854	774,951	5,363,146
Usually works weekends	2,145,454	748,277	708,655	593,099	4,195,485
No work stress, main job, past year	649,717	156,116	149,895	188,980	1,144,708
Not much work stress, past year	978,022	310,375	318,629	242,424	1,849,450
A little work stress, past year	1,939,370	718,475	661,235	488,700	3,807,780
Much work stress, past year	1,094,412	408,732	407,360	367,719	2,278,223
Extreme work stress, past year	276,392	66,321	61,813	82,316	486,842
High job skill required: strongly agrees	1,756,163	606,128	569,600	495,715	3,427,606
High job skill required: agrees	1,937,691	707,065	681,351	547,369	3,873,476
High job skill required: neither agrees/disagrees	459,137	141,881	131,289	134,699	867,006
High job skill required: disagrees	624,441	171,444	179,973	158,396	1,134,254
High job skill required: strongly disagrees	120,863	32,217	na	na	206,899

Notes:

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**Table 3a. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	1,083,134	328,261	312,694	304,017	2,028,106
Job was very hectic: agrees	1,710,089	619,068	572,582	450,723	3,352,462
Job was very hectic: neither agrees/disagrees	862,468	316,630	292,289	234,115	1,705,502
Job was very hectic: disagrees	1,076,217	326,110	357,928	315,445	2,075,700
Job was very hectic: strongly disagrees	160,636	66,772	52,581	58,030	338,019
Job free of conflicting demands: strongly agrees	531,473	140,785	142,860	129,221	944,339
Job free of conflicting demands: agrees	1,673,472	583,843	577,684	505,607	3,340,606
Job free of conflicting demands: neither agrees/disag.	711,595	250,186	222,816	213,475	1,398,072
Job free of conflicting demands: disagrees	1,570,796	540,939	510,917	397,977	3,020,629
Job free of conflicting demands: strongly disagrees	396,284	139,428	129,707	115,671	781,090
Job security good: strongly agrees	1,628,906	538,065	471,459	386,755	3,025,185
Job security good: agrees	2,105,357	699,976	732,512	612,742	4,150,587
Job security good: neither agrees/disagrees	440,743	185,590	155,410	154,774	936,517
Job security good: disagrees	488,125	179,732	162,489	139,389	969,735
Job security good: strongly disagrees	229,953	54,744	66,710	69,272	420,679
Job conflict with co-workers: strongly agrees	277,751	76,478	84,159	75,961	514,349
Job conflict with co-workers: agrees	1,137,199	386,995	362,997	294,400	2,181,591
Job conflict with co-workers: neither agrees/disag.	623,154	229,510	234,064	153,272	1,240,000
Job conflict with co-workers: disagrees	1,953,645	696,677	668,283	588,727	3,907,332
Job conflict with co-workers: strongly disagrees	904,157	268,547	239,756	248,686	1,661,146
Job supervisor was helpful: strongly agrees	869,929	276,149	271,969	283,448	1,701,495
Job supervisor was helpful: agrees	2,128,976	744,962	737,387	605,477	4,216,802
Job supervisor was helpful: neither agrees/disag.	938,517	371,858	320,093	270,028	1,900,496
Job supervisor was helpful: disagrees	589,894	187,091	139,100	127,011	1,043,096
Job supervisor was helpful: strongly disagrees	320,059	71,766	106,835	63,678	562,338
Job requires repetitive tasks: strongly agrees	1,098,354	334,435	320,351	332,622	2,085,762
Job requires repetitive tasks: agrees	2,051,547	674,275	695,309	577,674	3,998,805
Job requires repetitive tasks: neither agrees/disag.	577,138	260,652	187,315	152,627	1,177,732
Job requires repetitive tasks: disagrees	955,718	335,375	325,934	247,746	1,864,773
Job requires repetitive tasks: strongly disagrees	216,193	53,998	60,623	52,151	382,965
Not satisfied at all with job	154,852	25,615	30,269	37,306	248,042
Not too satisfied with job	330,986	102,996	122,847	91,000	647,829
Somewhat satisfied with job	2,063,357	743,168	658,199	527,232	3,991,956
Very satisfied with job	2,348,630	786,956	777,116	704,927	4,617,629

Notes:

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"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	50	16	17	16	100
Newfoundland	50	18	17	14	100
Prince Edward Island	44	17	23	16	100
Nova Scotia	55	17	15	12	100
New Brunswick	46	19	18	17	100
Québec	53	18	15	13	100
Ontario	48	16	18	18	100
Manitoba	45	18	19	18	100
Saskatchewan	44	18	22	16	100
Alberta	51	16	17	17	100
British Columbia	55	14	15	16	100
Atlantic provinces	50	18	17	14	100
Prairie provinces	48	17	18	17	100
Selected metro areas:					
Montréal	55	18	13	14	100
Ottawa-Hull	54	15	18	14	100
Oshawa	56	14	19	11	100
Toronto	44	15	20	21	100
St Catherines	44	18	18	20	100
Kitchener	48	21	18	13	100
Winnipeg	47	16	18	20	100
Calgary	58	16	15	12	100
Edmonton	46	18	17	20	100
Vancouver	54	14	17	15	100
Non-metro areas	51	17	16	16	100
Urban core areas	50	16	17	16	100
Urban fringe areas	56	13	17	14	100
Rural fringe areas	49	18	16	17	100
Urban areas outside metro areas and large cities	52	17	16	15	100
Rural areas outside metro areas and large cities	50	17	17	16	100
Single detached dwelling	51	17	17	15	100
Dwelling a double	44	18	16	21	100
Row or terrace	48	16	17	20	100
Duplex	54	14	18	14	100
Low-rise apartment, under 5 stories	51	16	17	15	100
High-rise apartment	43	12	20	26	100
Total dwelling types above listed	50	17	17	16	100
Bedrooms: 1	51	13	16	20	100
Bedrooms: 2	50	15	18	17	100
Bedrooms: 3	51	17	16	15	100
Bedrooms: 4	50	18	17	15	100
Bedrooms: 5 or more	46	18	18	19	100

Notes:

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	51	15	17	18	100
Dwelling owned	50	17	17	16	100
Household size: 1	50	15	17	18	100
Household size: 2	50	16	17	17	100
Household size: 3	53	17	17	14	100
Household size: 4	52	18	16	14	100
Household size: 5	47	17	18	18	100
Household size: 6 or more	40	14	20	26	100
Households: no children under 12	50	17	17	16	100
Child(ren) under 6	51	16	19	14	100
Child(ren) 6 to 11	50	17	17	16	100
Child(ren) under 6 and 6 to 11	46	15	18	21	100
Parents with children under 12	50	16	17	17	100
Age 15-19	58	19	15	9	100
20-24	60	16	13	11	100
25-29	57	18	14	10	100
30-34	56	16	17	11	100
35-39	51	17	15	16	100
40-44	52	16	17	15	100
45-49	44	18	18	20	100
50-54	45	18	21	16	100
55-59	43	18	20	20	100
60-64	46	15	17	22	100
65-69	41	15	20	24	100
70-74	46	11	19	24	100
75-79	43	12	16	29	100
80 plus	42	10	17	31	100
Married	46	16	18	19	100
Common-law	62	18	13	7	100
Widowed	44	10	17	29	100
Separated	53	12	15	20	100
Divorced	49	13	20	18	100
Single, never married	56	17	15	12	100
Females	S	S	S	S	S
Males	50	16	17	16	100
Converses in English only	54	17	15	14	100
Converses in French only	50	20	17	13	100
Converses in English and French	54	17	17	13	100
Converses in English, French and other language(s)	50	16	18	17	100
Converses in English and other language(s)	36	15	21	28	100

Notes:

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	53	17	16	14	100
Immigrant, arrived before 1960	43	14	17	26	100
Immigrant, arrived from 1960 to 1979	41	17	19	23	100
Immigrant, arrived from 1980 to 2002	41	11	22	26	100
Immigrants	41	13	20	25	100
Aboriginal ethnicity, perhaps others	50	13	22	15	100
"Canadian" ethnicity, perhaps others	54	18	16	12	100
"French" ethnicity, perhaps others	52	17	17	13	100
"English" ethnicity, perhaps others	57	15	13	14	100
"Welsh" ethnicity, perhaps others	61	15	10	14	100
"Scottish" ethnicity, perhaps others	56	17	14	13	100
"Irish" ethnicity, perhaps others	52	18	15	15	100
"Italian" ethnicity, perhaps others	46	21	17	16	100
"Ukrainian" ethnicity, perhaps others	51	19	16	14	100
"German" ethnicity, perhaps others	48	17	18	17	100
"Dutch" ethnicity, perhaps others	50	12	15	23	100
"Polish" ethnicity, perhaps others	47	17	20	16	100
"Norwegian" ethnicity, perhaps others	56	15	18	na	100
"Chinese" ethnicity, perhaps others	61	10	20	9	100
"South Asian" ethnicity, perhaps others	24	17	22	37	100
Not a student	49	16	17	17	100
Part-time student	54	16	15	16	100
Full-time student	56	18	15	11	100
Less than secondary diploma	52	14	18	15	100
Secondary school diploma	53	17	16	14	100
Some post-secondary education	51	19	15	16	100
Post-secondary degree or diploma	48	17	17	17	100
Very strong belonging to locality	44	13	19	24	100
Somewhat strong belonging to locality	47	19	19	16	100
Somewhat weak belonging to locality	54	18	15	14	100
Very weak belonging to locality	60	12	14	14	100
Very satisfied with life in general	50	15	17	18	100
Satisfied with life in general	50	17	17	15	100
Neither satisfied nor dissatisfied with life	50	18	18	14	100
Dissatisfied with life in general	52	12	14	22	100
Has fewer than 3 close friends	52	12	17	19	100
Has 3 to 5 close friends	51	18	18	14	100
Has 6 to 9 close friends	49	18	18	15	100
Has 10 to 15 close friends	48	18	16	18	100
Has more than 15 close friends	52	15	15	18	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	46	19	18	18	100
French Catholic	50	20	18	12	100
Other Catholic	40	20	23	17	100
United Church	55	20	15	10	100
Anglican	56	17	15	12	100
Presbyterian	48	19	20	12	100
Lutheran	43	22	22	14	100
Baptist	33	14	22	30	100
Pentecostal	19	15	15	51	100
Jehovah's Witnesses	na	na	na	67	100
Christian, other	28	12	19	41	100
Islam	25	na	26	38	100
Hindu-Buddhist-Sikh	29	18	25	27	100
Jewish	65	na	na	na	100
No religion: prays	S	45	36	19	100
No religion	100	S	S	S	100
Religious affiliation not stated	56	12	17	15	100
No religious affiliation	81	8	7	4	100
Roman Catholic	45	20	20	14	100
Liberal Protestant	53	19	17	11	100
Conservative Christian	27	13	19	41	100
Christian	44	19	19	18	100
Non-Christian	33	16	23	28	100
Worshipped weekly or more often past year	14	10	25	51	100
Worshipped monthly past year	24	20	33	23	100
Worshipped 3 to 4 times past year	38	28	23	11	100
Worshipped once past year	54	23	16	6	100
Did not worship past year (religiously affiliated)	66	16	11	7	100
Less than monthly worship past year	62	18	13	7	100
Worshipped at least weekly or monthly past year	17	13	28	42	100
Worshipped monthly & prays often	S	S	S	100	100
Worshipped monthly & prays sometimes	S	S	100	S	100
Worshipped monthly & prays rarely	S	100	S	S	100
Worshipped monthly & does not pray	100	S	S	S	100
Worshipped < monthly past year, prays often	S	S	S	100	100
Worshipped < monthly past year, prays sometimes	S	56	44	S	100
Non-worshipper past year, prays often	S	S	S	100	100
Non-worshipper past year, prays sometimes	S	59	41	S	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	83	10	5	3	100
Not very religious	56	26	14	4	100
Somewhat religious	26	18	30	27	100
Very religious	12	7	18	64	100
Role of spiritual values in one's life					
Spiritual values are important in my life	27	18	27	29	100
Spiritual values are unimportant in my life	78	15	5	2	100
Sp. values help understand life's difficulties: no	78	15	6	2	100
Sp. values help understand life's difficulties: a little	43	31	21	5	100
Sp. values help understand life's difficulties: some	28	23	36	14	100
Sp. values help understand life's difficulties: a lot	16	9	23	52	100
Sp. values help with everyday difficulties: no	78	15	5	2	100
Sp. values help with everyday difficulties: a little	45	32	19	4	100
Sp. values help with everyday difficulties: some	28	24	36	13	100
Sp. values help with everyday difficulties: a lot	16	8	24	52	100
Sp. values help me find meaning in my life: no	78	15	5	2	100
Sp. values help me find meaning in my life: a little	45	30	21	4	100
Sp. values help me find meaning in my life: some	32	26	32	10	100
Sp. values help me find meaning in my life: a lot	16	9	25	50	100
Physical Health					
Physical health is "excellent"	54	14	16	16	100
Physical health is "very good"	50	18	17	15	100
Physical health is "good"	50	18	17	15	100
Physical health is "fair" or "poor"	48	12	17	23	100
Physically inactive (index)	51	16	17	17	100
Moderately active physically (index)	48	18	17	16	100
Active physically (index)	50	17	17	16	100
Never has an activity limitation	52	17	17	15	100
Sometimes has an activity limitation	46	18	18	18	100
Often has an activity limitation	47	13	17	23	100
Never physically active > 15 min. / occasion, past mo.	47	13	17	23	100
Physically active >15 minutes, 1 to 5 times a month	54	16	16	15	100
Physically active >15 minutes, 6 to 15 times a month	52	17	17	15	100
Physically active >15 minutes, 16 to 29 times a month	50	17	17	15	100
Physically active >15 minutes, 30 or more times a mo.	49	17	17	17	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	54	16	17	13	100
Has a diagnosed chronic health problem	48	17	17	18	100
Has food allergies	43	19	18	20	100
Has non-food allergies	50	17	16	17	100
Asthma	52	16	18	13	100
Bronchitis	48	13	20	20	100
Diabetes	40	14	20	25	100
Heart disease	43	13	18	26	100
High blood pressure	46	15	18	21	100
Diagnosed migraines	49	17	15	19	100
Cancer	43	13	20	24	100
Stomach/intestinal ulcers	45	15	20	20	100
Bowel disorder/Crohn's/colitis	44	20	15	21	100
Thyroid	41	14	20	24	100
Arthritis/rheumatism	45	14	18	23	100
Back problems excluding arthritis	47	17	17	19	100
Mental Health					
Mental health is "excellent"	53	15	15	17	100
Mental health is "very good"	49	18	18	15	100
Mental health is "good"	50	17	17	15	100
Mental health is "fair" or "poor"	47	13	19	21	100
Rarely felt emotionally balanced past month	46	16	17	21	100
Felt emotionally balanced half the time	50	16	20	14	100
Felt emotionally balanced frequently	49	18	17	15	100
Felt emotionally balanced almost always past mo.	51	15	16	17	100
Most days not stressful at all past month	58	12	13	16	100
Most days not very stressful past month	51	17	17	15	100
Most days a bit stressful past month	48	18	18	16	100
Most days quite a bit/extremely stressful past mo.	47	16	18	19	100
Most important source of daily stress: time pressure	54	18	16	12	100
Most important stress: my physical health	40	14	22	25	100
Most important stress: finances, not enough money	50	15	19	16	100
Most important stress: my work situation	53	18	16	13	100
Most important stress: school	57	17	14	11	100
Most important stress: care for my children	49	13	25	14	100
Most important stress: care for others	36	17	22	25	100
Most important stress: my relationships with others	52	16	18	14	100
Most important stress: health of my family	36	20	20	24	100
Most important stress: (no day-to-day stress)	56	12	14	18	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	49	14	18	19	100
"Good" ability to handle difficult problems	50	17	18	14	100
"Very good" ability to handle difficult problems	49	18	17	16	100
"Excellent" ability to handle difficult problems	54	13	15	18	100
"Poor/fair" ability to handle day-to-day problems	47	14	20	19	100
"Good" ability to handle day-to-day problems	50	17	18	15	100
"Very good" ability to handle day-to-day problems	49	18	17	16	100
"Excellent" ability to handle day-to-day problems	53	14	15	18	100
Rarely copes by trying to solve the problem	62	11	12	16	100
Sometimes copes by trying to solve the problem	48	19	19	13	100
Often copes by trying to solve the problem	50	16	17	17	100
Rarely copes by talking to others	58	15	14	13	100
Sometimes copes by talking to others	48	19	19	14	100
Often copes by talking to others	48	15	17	20	100
Never copes by smoking (non-smoker)	48	17	17	18	100
Never copes by smoking (a smoker)	60	12	16	13	100
Rarely copes by smoking more than usual	53	21	15	10	100
Sometimes copes by smoking more than usual	52	19	18	10	100
Often copes by smoking more than usual	54	14	17	14	100
Never copes by drinking alcohol	50	15	16	19	100
Rarely copes by drinking alcohol	47	24	19	11	100
Often/sometimes copes by drinking alcohol	53	17	18	11	100
Never copes by eating more/less than usual	56	14	15	16	100
Rarely copes by eating more/less than usual	42	24	19	15	100
Sometimes copes by eating more/less than usual	42	17	22	19	100
Often copes by eating more/less than usual	48	14	20	18	100
Never copes by jogging/exercise	59	13	14	15	100
Rarely copes by jogging/exercise	44	26	15	15	100
Sometimes copes by jogging/exercise	42	18	24	16	100
Often copes by jogging/exercise	42	16	19	23	100
Never copes by blaming oneself	59	11	13	18	100
Rarely copes by blaming oneself	51	19	16	14	100
Sometimes copes by blaming oneself	45	18	20	16	100
Often copes by blaming oneself	45	18	16	22	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	36	10	19	35	100
A former drinker, not now	41	13	18	28	100
Occasional drinker	50	15	18	17	100
Regular drinker	53	18	16	12	100
Non-drinker or < 5 drinks per occasion last year	46	16	18	19	100
Heavy drinker, never drunk most of 1 mo.	61	18	14	7	100
Usually drunk at least 1 mo. last year	60	16	11	13	100
Never drunk at work/school/child care in life	48	16	18	18	100
Drunk 1 to 2 times at work, etc in life	62	20	12	6	100
Drunk 3 to 10 times in life	65	16	14	5	100
Drunk over 10 times in life	62	18	11	9	100
Drunk at least once at work, etc, in life	63	18	13	6	100
Non-drinker or < 5 drinks per occasion past year	46	16	18	19	100
Heavy drinker, never drunk at work/school/child care	60	17	15	8	100
Drunk 1+ times at work/school/child care past year	63	18	13	6	100
Non-drinker or < 5 drinks per occasion past year	46	16	18	19	100
Never drank more than promised past year	62	18	14	7	100
Drank more, despite promise not to past year	56	17	15	11	100
Non-drinker or < 5 drinks per occasion past year	46	16	18	19	100
Never drank much more than intended past year	61	17	14	7	100
Drank much more than intended past year	59	19	14	8	100
Non-drinker or < 5 drinks per occasion past year	46	16	18	19	100
Never drank so much to risk getting hurt past year	61	17	14	8	100
Drank so as to risk getting hurt past year	59	19	15	7	100
Never used marijuana in life	44	16	19	21	100
Used marijuana once in life	53	18	16	13	100
Used marijuana more than once in life	58	17	15	10	100
Has not used illicit drugs in life	44	16	19	21	100
Used illicit drugs at least once in life	57	17	15	11	100
Has not used illicit drugs in life (excl. marij.)	45	16	18	20	100
Used illicit drugs (excl. marij.) at least once in life	58	17	15	10	100
Has not used illicit drugs past year	48	16	18	18	100
Used illicit drugs at least once past year	61	18	14	8	100
Has not used illicit drugs past year (excl. marij.)	48	16	18	18	100
Used illicit drugs (excl. marij.) at least once past year	61	18	13	8	100

Notes:

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	44	16	19	21	100
Has not used illicit drugs for 1 year in life	56	17	15	11	100
Used illicit drugs for 1 year in life	60	17	14	9	100
Has used drugs despite promise not to	57	20	12	11	100
Has used drugs more often than intended	57	21	13	8	100
Insufficient weight (bmi), age 20-64	53	15	19	12	100
Acceptable weight, age 20-64	50	16	17	17	100
Some excess weight, age 20-64	51	17	17	15	100
Overweight, age 20-64	50	18	17	15	100
Weight not stated, age 20-64	na	S	na	na	100
Never had fear of being overweight	51	16	17	16	100
Never had fear of being overweight past year	47	18	17	18	100
Had fear of being overweight past year	46	17	21	16	100
Has not gambled in life	49	17	18	16	100
Non-gambler now	47	12	17	24	100
Non-problem gambler	52	18	16	14	100
Low-risk gambler	51	23	16	9	100
Problem gambler	45	22	19	14	100
Low-risk or problem gambler	49	23	17	12	100
Non-gambler past year	49	15	17	19	100
Never felt gambling guilt past year	53	19	16	12	100
Sometimes-always felt gambling guilt past year	44	22	20	13	100
Never felt gambled too much past year	53	19	17	12	100
Sometimes-always gambled too much past year	51	21	16	12	100
Rarely felt loved and appreciated past month	54	12	16	18	100
Felt loved and appreciated half the time past mo.	51	18	19	12	100
Often felt loved and appreciated half the time past mo.	51	19	16	14	100
Almost always felt loved and appreciated past mo.	49	16	17	18	100
Suicide					
Has never seriously considered suicide	50	16	17	16	100
Has seriously considered suicide	48	17	17	18	100
Has never attempted suicide	50	16	17	16	100
Has attempted suicide	44	17	16	22	100

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	53	14	15	18	100
Felt at peace half the time past month	48	17	21	14	100
Often felt at peace past month	49	20	17	14	100
Almost always felt at peace past month	51	15	16	18	100
Rarely felt emotionally balanced past month	46	16	17	21	100
Felt balanced half the time past month	50	16	20	14	100
Often felt balanced past month	49	18	17	15	100
Almost always felt balanced past month	51	15	16	17	100
Rarely felt useful past month	49	12	16	23	100
Felt useful half the time past month	53	16	17	14	100
Often felt useful past month	49	20	17	14	100
Almost always useful past month	51	15	17	18	100
Lowest income adequacy	46	15	18	21	100
Lower middle income adequacy	47	11	20	22	100
Middle income adequacy	47	13	19	21	100
Upper middle income adequacy	50	17	17	16	100
Highest income adequacy	53	19	16	13	100
Household income or size not stated	54	15	16	16	100
Household income last year under \$10,000	45	16	17	22	100
Household income income \$10,000-14,999	47	11	18	24	100
Household income income \$15,000-19,999	44	13	18	25	100
Household income income \$20,000-29,999	48	14	19	19	100
Household income income \$30,000-39,999	47	14	20	19	100
Household income income \$40,000-49,999	48	17	18	18	100
Household income income \$50,000-59,999	51	17	18	15	100
Household income income \$60,000-79,999	52	18	15	15	100
Household income income \$80,000 or more	52	19	16	13	100
Household income not stated	54	14	16	16	100
No welfare income received last year	50	17	17	16	100
Welfare income received last year	44	13	20	22	100
Population aged 15 to 75	51	17	17	15	100
Not in the labour force	49	14	18	20	100
In the labour force	51	17	17	15	100
Employed	51	17	17	15	100
Unemployed	49	17	18	15	100
Permanently unable to work (aged 15-75)	41	13	21	25	100
Population 75 years of age and over	41	11	18	30	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	51	16	19	15	100
Personal income under \$5,000	55	18	14	14	100
Personal income \$5,000-9,999	50	14	18	19	100
Personal income \$10,000-14,999	49	13	18	21	100
Personal income \$15,000-19,999	46	15	18	21	100
Personal income \$20,000-29,999	49	16	18	17	100
Personal income \$30,000-39,999	52	16	17	16	100
Personal income \$40,000-49,999	49	18	16	16	100
Personal income \$50,000-59,999	51	17	16	16	100
Personal income \$60,000-79,999	50	20	17	13	100
Personal income \$80,000 or more	51	20	16	13	100
Personal income not stated	53	13	18	16	100
Employee	52	17	17	14	100
Self-employed	49	17	17	16	100
Occupation: management	50	18	17	15	100
Professional including accountants	45	20	19	16	100
Technologist/technician	53	18	18	11	100
Administrative/financial/clerical	43	19	15	23	100
Sales or service	53	19	15	13	100
Trades/transport/equipment operator	56	15	15	14	100
Farming/forestry/fishing/mining	46	17	23	13	100
Processing/manufacturing/utilities	51	14	18	17	100
Other occupation	55	15	15	14	100
Usually works under 30 hours/week main job	52	18	15	16	100
Usually works 30-38 hours/week main job	50	19	17	13	100
Usually works 39-42 hours/week main job	53	17	17	13	100
Usually works over 42 hours/week main job	51	17	17	15	100
Usually does not work weekends	52	17	17	14	100
Usually works weekends	51	18	17	14	100
No work stress, main job, past year	57	14	13	17	100
Not much work stress, past year	53	17	17	13	100
A little work stress, past year	51	19	17	13	100
Much work stress, past year	48	18	18	16	100
Extreme work stress, past year	57	14	13	17	100
High job skill required: strongly agrees	51	18	17	14	100
High job skill required: agrees	50	18	18	14	100
High job skill required: neither agrees/disagrees	53	16	15	16	100
High job skill required: disagrees	55	15	16	14	100
High job skill required: strongly disagrees	58	16	na	na	100

Notes:

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**Table 3b. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage of total	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	53	16	15	15	100
Job was very hectic: agrees	51	18	17	13	100
Job was very hectic: neither agrees/disagrees	51	19	17	14	100
Job was very hectic: disagrees	52	16	17	15	100
Job was very hectic: strongly disagrees	48	20	16	17	100
Job free of conflicting demands: strongly agrees	56	15	15	14	100
Job free of conflicting demands: agrees	50	17	17	15	100
Job free of conflicting demands: neither agrees/disag.	51	18	16	15	100
Job free of conflicting demands: disagrees	52	18	17	13	100
Job free of conflicting demands: strongly disagrees	51	18	17	15	100
Job security good: strongly agrees	54	18	16	13	100
Job security good: agrees	51	17	18	15	100
Job security good: neither agrees/disagrees	47	20	17	17	100
Job security good: disagrees	50	19	17	14	100
Job security good: strongly disagrees	55	13	16	16	100
Job conflict with co-workers: strongly agrees	54	15	16	15	100
Job conflict with co-workers: agrees	52	18	17	13	100
Job conflict with co-workers: neither agrees/disag.	50	19	19	12	100
Job conflict with co-workers: disagrees	50	18	17	15	100
Job conflict with co-workers: strongly disagrees	54	16	14	15	100
Job supervisor was helpful: strongly agrees	51	16	16	17	100
Job supervisor was helpful: agrees	50	18	17	14	100
Job supervisor was helpful: neither agrees/disag.	49	20	17	14	100
Job supervisor was helpful: disagrees	57	18	13	12	100
Job supervisor was helpful: strongly disagrees	57	13	19	11	100
Job requires repetitive tasks: strongly agrees	53	16	15	16	100
Job requires repetitive tasks: agrees	51	17	17	14	100
Job requires repetitive tasks: neither agrees/disag.	49	22	16	13	100
Job requires repetitive tasks: disagrees	51	18	17	13	100
Job requires repetitive tasks: strongly disagrees	56	14	16	14	100
Not satisfied at all with job	62	10	12	15	100
Not too satisfied with job	51	16	19	14	100
Somewhat satisfied with job	52	19	16	13	100
Very satisfied with job	51	17	17	15	100

Notes:

See Appendix 1 for variable definitions and notes on the survey.

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"S" = not available or sample under five respondents.

**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canada	100.0	100.0	100.0	100.0	100.0
Newfoundland	1.7	1.9	1.8	1.6	1.8
Prince Edward Island	0.4	0.4	0.6	0.4	0.4
Nova Scotia	3.2	3.1	2.7	2.2	3.0
New Brunswick	2.2	2.8	2.6	2.6	2.4
Québec	25.6	26.8	21.8	19.6	24.2
Ontario	36.7	36.4	41.4	43.5	38.6
Manitoba	3.1	3.8	3.8	3.9	3.5
Saskatchewan	2.6	3.4	3.9	3.0	3.0
Alberta	9.9	9.7	9.6	10.2	9.9
British Columbia	14.4	11.6	11.9	13.0	13.3
Atlantic provinces	7.6	8.3	7.6	6.7	7.6
Prairie provinces	15.7	16.8	17.3	17.2	16.4
Selected metro areas:					
Montréal	12.5	12.1	8.7	9.8	11.3
Ottawa-Hull	3.9	3.3	3.8	3.0	3.6
Oshawa	1.0	0.8	1.0	0.6	0.9
Toronto	13.6	14.3	18.4	20.2	15.6
St Catherines	1.1	1.4	1.3	1.6	1.3
Kitchener	1.5	2.0	1.7	1.2	1.5
Winnipeg	2.1	2.2	2.3	2.7	2.2
Calgary	3.5	2.9	2.6	2.2	3.0
Edmonton	3.1	3.7	3.3	4.0	3.4
Vancouver	7.2	5.8	6.5	6.2	6.7
Non-metro areas	37.0	37.0	35.5	36.4	36.7
Urban core areas	69.0	68.3	70.7	69.9	69.3
Urban fringe areas	2.6	1.9	2.4	2.1	2.4
Rural fringe areas	7.5	8.6	7.1	8.1	7.7
Urban areas outside metro areas and large cities	9.4	9.2	8.5	8.4	9.1
Rural areas outside metro areas and large cities	11.4	12.0	11.3	11.5	11.5
Single detached dwelling	55.3	57.7	53.8	51.0	54.7
Dwelling a double	4.0	4.8	4.3	5.9	4.5
Row or terrace	3.9	3.9	4.2	5.0	4.1
Duplex	3.1	2.4	3.1	2.5	2.9
Low-rise apartment, under 5 stories	10.5	10.0	10.4	9.5	10.2
High-rise apartment	4.4	3.6	5.9	8.4	5.2
Total dwelling types above listed	81.1	82.4	81.8	82.3	81.6
Bedrooms: 1	8.3	6.6	7.9	9.9	8.2
Bedrooms: 2	19.9	18.4	21.1	21.1	20.1
Bedrooms: 3	45.3	45.7	43.1	41.9	44.5
Bedrooms: 4	20.8	22.7	21.4	19.9	21.1
Bedrooms: 5 or more	5.5	6.4	6.1	6.8	6.0

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Dwelling unowned	25.5	22.4	26.0	27.3	25.4
Dwelling owned	74.5	77.6	74.0	72.7	74.6
Household size: 1	11.4	10.5	11.6	12.3	11.4
Household size: 2	31.6	31.0	31.2	33.7	31.8
Household size: 3	20.4	19.7	19.6	16.2	19.5
Household size: 4	23.4	24.7	21.0	19.2	22.5
Household size: 5	9.1	9.8	10.5	10.4	9.7
Household size: 6 or more	4.0	4.3	6.1	8.0	5.1
Households: no children under 12	75.4	75.3	74.4	74.7	75.1
Child(ren) under 6	8.7	8.0	9.2	7.5	8.5
Child(ren) 6 to 11	11.3	12.1	11.1	11.2	11.4
Child(ren) under 6 and 6 to 11	4.6	4.6	5.2	6.7	5.1
Parents with children under 12	24.6	24.7	25.6	25.3	24.9
Age 15-19	10.8	10.7	8.2	5.0	9.4
20-24	9.4	7.8	6.1	5.3	7.9
25-29	8.4	8.0	6.3	4.7	7.3
30-34	10.0	8.6	9.1	6.3	9.0
35-39	10.8	10.9	9.6	10.7	10.6
40-44	12.3	11.8	12.3	10.8	12.0
45-49	8.5	10.7	10.0	11.6	9.6
50-54	7.2	8.7	10.0	7.9	8.1
55-59	6.0	7.5	8.3	8.7	7.1
60-64	5.5	5.4	5.8	8.1	6.0
65-69	3.6	4.0	5.1	6.3	4.4
70-74	3.5	2.5	4.3	5.8	3.9
75-79	2.1	1.8	2.4	4.3	2.5
80 plus	2.0	1.4	2.5	4.6	2.4
Married	49.2	53.9	58.7	64.3	54.0
Common-law	11.6	10.2	7.3	4.1	9.4
Widowed	2.0	1.4	2.2	4.1	2.3
Separated	2.3	1.6	2.0	2.7	2.2
Divorced	3.8	3.1	4.4	4.2	3.8
Single, never married	31.1	29.7	25.3	20.5	28.2
Females	S	S	S	S	S
Males	100.0	100.0	100.0	100.0	100.0
Converses in English only	51.4	48.4	43.2	41.0	47.8
Converses in French only	10.2	12.8	10.1	8.3	10.3
Converses in English and French	18.3	17.1	16.9	13.1	17.0
Converses in English, French and other language(s)	5.3	5.1	5.7	5.4	5.3
Converses in English and other language(s)	12.2	14.9	21.3	28.8	16.9

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Canadian-born	81.3	82.1	73.3	65.5	77.5
Immigrant, arrived before 1960	2.7	2.6	3.1	5.1	3.1
Immigrant, arrived from 1960 to 1979	5.1	6.5	7.1	9.1	6.3
Immigrant, arrived from 1980 to 2002	10.1	8.5	15.7	19.7	12.3
Immigrants	17.9	17.6	25.9	33.9	21.8
Aboriginal ethnicity, perhaps others	3.3	2.7	4.3	3.1	3.4
"Canadian" ethnicity, perhaps others	30.2	30.0	25.5	20.9	27.8
"French" ethnicity, perhaps others	21.5	21.7	20.5	17.0	20.7
"English" ethnicity, perhaps others	23.8	19.6	16.0	17.9	20.8
"Welsh" ethnicity, perhaps others	1.7	1.3	0.8	1.1	1.4
"Scottish" ethnicity, perhaps others	17.0	15.3	12.6	12.5	15.3
"Irish" ethnicity, perhaps others	13.0	13.9	11.4	11.5	12.6
"Italian" ethnicity, perhaps others	3.4	4.8	3.7	3.7	3.7
"Ukrainian" ethnicity, perhaps others	3.4	3.8	3.2	2.9	3.4
"German" ethnicity, perhaps others	8.8	9.7	9.7	9.9	9.3
"Dutch" ethnicity, perhaps others	3.2	2.5	2.8	4.7	3.3
"Polish" ethnicity, perhaps others	2.3	2.6	2.9	2.4	2.5
"Norwegian" ethnicity, perhaps others	1.2	1.0	1.1	na	1.1
"Chinese" ethnicity, perhaps others	4.5	2.2	4.4	2.2	3.7
"South Asian" ethnicity, perhaps others	1.7	3.6	4.6	8.2	3.6
Not a student	84.5	85.5	87.5	89.5	86.0
Part-time student	2.6	2.3	2.2	2.3	2.4
Full-time student	12.2	11.9	9.8	7.6	11.0
Less than secondary diploma	26.0	21.4	26.7	23.8	25.0
Secondary school diploma	18.9	18.4	16.4	15.4	17.8
Some post-secondary education	8.6	9.9	7.5	8.2	8.6
Post-secondary degree or diploma	45.5	49.9	48.5	51.1	47.6
Very strong belonging to locality	16.2	15.1	20.2	26.9	18.4
Somewhat strong belonging to locality	36.6	44.1	43.8	37.4	39.2
Somewhat weak belonging to locality	29.6	29.7	24.1	23.0	27.6
Very weak belonging to locality	17.2	10.8	11.6	12.5	14.4
Very satisfied with life in general	32.7	29.7	32.2	35.6	32.6
Satisfied with life in general	53.0	56.6	54.1	49.9	53.3
Neither satisfied nor dissatisfied with life	9.6	10.3	10.0	8.4	9.6
Dissatisfied with life in general	4.6	3.4	3.7	6.0	4.5
Has fewer than 3 close friends	15.9	11.7	15.3	18.2	15.5
Has 3 to 5 close friends	31.6	33.4	32.4	26.9	31.3
Has 6 to 9 close friends	17.4	19.4	18.8	16.5	17.8
Has 10 to 15 close friends	23.1	25.5	22.8	26.1	23.9
Has more than 15 close friends	10.6	9.4	9.1	10.9	10.2

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Eastern Orthodox or Ukrainian Catholic	1.1	1.5	1.3	1.4	1.3
French Catholic	20.4	24.9	21.9	15.2	20.6
Other Catholic	15.6	24.2	25.9	20.2	19.5
United Church	8.9	9.6	7.4	4.8	8.1
Anglican	7.7	7.2	6.0	5.0	6.9
Presbyterian	2.3	2.8	2.8	1.7	2.4
Lutheran	1.8	2.8	2.7	1.8	2.2
Baptist	1.5	2.1	3.1	4.4	2.4
Pentecostal	0.6	1.5	1.5	5.4	1.7
Jehovah's Witnesses	na	na	na	1.9	0.5
Christian, other	4.6	6.2	9.5	21.1	8.4
Islam	1.0	na	3.2	4.9	2.1
Hindu-Buddhist-Sikh	2.2	4.2	5.5	6.4	3.8
Jewish	1.2	na	na	na	0.9
No religion: prays	S	9.4	7.2	4.1	3.4
No religion	29.3	S	S	S	14.7
Religious affiliation not stated	1.4	1.0	1.3	1.2	1.3
No religious affiliation	29.3	9.4	7.2	4.1	18.2
Roman Catholic	36.0	49.1	47.8	35.3	40.1
Liberal Protestant	20.8	22.4	19.0	13.3	19.5
Conservative Christian	6.9	10.0	14.4	32.8	12.9
Christian	63.7	81.6	81.2	81.5	72.5
Non-Christian	4.4	6.6	9.0	11.9	6.8
Worshipped weekly or more often past year	5.0	11.0	26.9	56.9	18.1
Worshipped monthly past year	4.1	10.3	16.8	11.8	8.5
Worshipped 3 to 4 times past year	11.5	26.0	20.5	10.2	15.2
Worshipped once past year	9.8	12.9	8.8	3.2	9.1
Did not worship past year (religiously affiliated)	38.8	29.4	18.5	12.5	29.5
Less than monthly worship past year	89.4	77.7	54.9	30.1	72.0
Worshipped at least weekly or monthly past year	9.1	21.3	43.7	68.7	26.7
Worshipped monthly & prays often	S	S	S	68.7	11.2
Worshipped monthly & prays sometimes	S	S	43.7	S	7.4
Worshipped monthly & prays rarely	S	21.3	S	S	3.5
Worshipped monthly & does not pray	9.1	S	S	S	4.6
Worshipped < monthly past year, prays often	S	S	S	13.5	2.2
Worshipped < monthly past year, prays sometimes	S	38.9	29.2	S	11.4
Non-worshipper past year, prays often	S	S	S	16.6	2.7
Non-worshipper past year, prays sometimes	S	38.8	25.7	S	10.8

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Not "religious" at all	19.1	6.8	3.2	2.2	11.6
Not very religious	31.6	44.0	22.8	6.8	28.1
Somewhat religious	16.6	35.6	56.9	53.0	32.5
Very religious	1.9	3.2	8.4	32.0	8.1
Role of spiritual values in one's life					
Spiritual values are important in my life	28.6	59.0	84.7	94.5	53.9
Spiritual values are unimportant in my life	70.3	40.5	14.3	4.7	45.2
Sp. values help understand life's difficulties: no	73.2	42.5	15.7	5.2	47.3
Sp. values help understand life's difficulties: a little	7.8	17.3	11.2	3.0	9.2
Sp. values help understand life's difficulties: some	10.5	26.6	39.9	15.8	19.0
Sp. values help understand life's difficulties: a lot	7.4	13.1	32.2	74.9	23.5
Sp. values help with everyday difficulties: no	72.9	41.8	15.2	5.3	47.0
Sp. values help with everyday difficulties: a little	7.8	17.1	10.0	2.0	8.7
Sp. values help with everyday difficulties: some	10.6	28.2	40.2	14.8	19.2
Sp. values help with everyday difficulties: a lot	7.6	12.4	33.7	77.0	24.1
Sp. values help me find meaning in my life: no	71.3	41.1	14.5	4.9	45.9
Sp. values help me find meaning in my life: a little	6.3	12.6	8.4	1.8	7.0
Sp. values help me find meaning in my life: some	12.9	31.7	38.6	12.9	20.4
Sp. values help me find meaning in my life: a lot	8.4	14.1	37.4	79.5	25.9
Physical Health					
Physical health is "excellent"	20.8	16.4	18.8	19.0	19.4
Physical health is "very good"	35.7	40.1	35.7	33.5	36.1
Physical health is "good"	31.8	34.2	33.0	30.0	32.1
Physical health is "fair" or "poor"	11.7	9.3	12.5	17.4	12.4
Physically inactive (index)	45.8	42.3	43.9	45.7	44.9
Moderately active physically (index)	25.2	28.3	26.5	26.4	26.2
Active physically (index)	28.9	29.4	29.6	27.9	29.0
Never has an activity limitation	74.4	72.9	71.2	66.3	72.3
Sometimes has an activity limitation	14.7	17.8	17.0	17.3	16.0
Often has an activity limitation	10.9	9.4	11.7	16.3	11.7
Never physically active > 15 min. / occasion, past mo.	8.3	6.8	9.2	12.6	8.9
Physically active >15 minutes, 1 to 5 times a month	13.1	11.6	11.6	11.0	12.3
Physically active >15 minutes, 6 to 15 times a month	21.5	21.0	20.3	18.8	20.8
Physically active >15 minutes, 16 to 29 times a month	22.6	23.9	23.2	21.3	22.7
Physically active >15 minutes, 30 or more times a mo.	34.4	36.7	35.8	36.3	35.3

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has no chronic health problem	37.6	34.8	35.0	27.6	35.1
Has a diagnosed chronic health problem	62.4	65.2	65.0	72.4	64.9
Has food allergies	5.0	6.7	6.4	7.1	5.9
Has non-food allergies	24.6	25.7	23.5	26.7	24.9
Asthma	7.4	6.9	7.6	5.9	7.1
Bronchitis	2.5	2.0	3.0	3.1	2.6
Diabetes	4.1	4.3	6.1	7.9	5.1
Heart disease	4.9	4.4	6.0	9.2	5.7
High blood pressure	12.7	12.9	15.1	17.6	13.9
Diagnosed migraines	5.9	6.4	5.3	7.2	6.1
Cancer	1.5	1.4	2.0	2.6	1.7
Stomach/intestinal ulcers	3.8	3.9	4.9	5.1	4.2
Bowel disorder/Crohn's/colitis	1.6	2.2	1.6	2.4	1.8
Thyroid	1.8	1.9	2.6	3.2	2.2
Arthritis/rheumatism	12.1	11.4	14.2	18.8	13.4
Back problems excluding arthritis	19.0	21.6	20.1	24.3	20.5
Mental Health					
Mental health is "excellent"	31.6	27.3	26.8	31.4	30.0
Mental health is "very good"	38.0	42.2	41.1	37.1	39.0
Mental health is "good"	24.7	25.8	25.5	23.6	24.9
Mental health is "fair" or "poor"	5.7	4.7	6.6	7.9	6.0
Rarely felt emotionally balanced past month	4.0	4.2	4.5	5.5	4.4
Felt emotionally balanced half the time	12.3	12.4	14.4	10.5	12.4
Felt emotionally balanced frequently	30.0	34.3	30.3	29.1	30.6
Felt emotionally balanced almost always past mo.	53.4	49.1	50.8	54.8	52.5
Most days not stressful at all past month	17.6	11.1	11.9	15.3	15.2
Most days not very stressful past month	23.7	23.6	22.8	21.2	23.1
Most days a bit stressful past month	38.2	43.6	42.7	38.1	39.8
Most days quite a bit/extremely stressful past mo.	20.5	21.6	22.6	25.3	21.8
Most important source of daily stress: time pressure	14.3	14.7	12.6	9.9	13.4
Most important stress: my physical health	4.6	5.0	7.4	8.9	5.8
Most important stress: finances, not enough money	13.2	12.3	14.4	12.6	13.1
Most important stress: my work situation	28.6	29.9	25.6	22.1	27.3
Most important stress: school	5.8	5.4	4.3	3.6	5.1
Most important stress: care for my children	1.5	1.2	2.2	1.3	1.5
Most important stress: care for others	3.3	4.8	5.8	6.9	4.5
Most important stress: my relationships with others	4.7	4.5	4.9	4.0	4.6
Most important stress: health of my family	2.6	4.3	4.3	5.2	3.6
Most important stress: (no day-to-day stress)	14.3	9.4	10.4	14.1	12.8

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
"Poor/fair" ability to handle difficult problems	7.9	7.2	8.9	9.3	8.2
"Good" ability to handle difficult problems	27.6	29.4	29.4	24.5	27.7
"Very good" ability to handle difficult problems	41.8	46.4	43.0	42.5	42.9
"Excellent" ability to handle difficult problems	22.7	17.0	18.7	23.6	21.3
"Poor/fair" ability to handle day-to-day problems	4.8	4.4	6.0	6.1	5.1
"Good" ability to handle day-to-day problems	24.8	26.2	26.1	22.8	25.0
"Very good" ability to handle day-to-day problems	45.2	49.6	47.5	44.7	46.2
"Excellent" ability to handle day-to-day problems	25.0	19.8	20.4	26.2	23.6
Rarely copes by trying to solve the problem	5.3	2.8	3.0	4.1	4.3
Sometimes copes by trying to solve the problem	19.1	23.1	22.3	16.2	19.8
Often copes by trying to solve the problem	75.3	74.1	74.5	79.4	75.6
Rarely copes by talking to others	29.2	23.6	20.5	20.9	25.4
Sometimes copes by talking to others	33.4	40.0	40.4	30.8	35.2
Often copes by talking to others	37.2	36.5	39.1	48.1	39.2
Never copes by smoking (non-smoker)	64.0	68.8	68.0	75.7	67.4
Never copes by smoking (a smoker)	14.0	8.5	10.8	9.2	11.8
Rarely copes by smoking more than usual	4.7	5.8	4.0	2.8	4.5
Sometimes copes by smoking more than usual	8.9	10.1	9.2	5.5	8.6
Often copes by smoking more than usual	8.3	6.8	8.0	6.8	7.7
Never copes by drinking alcohol	69.9	61.7	67.4	79.7	69.7
Rarely copes by drinking alcohol	15.3	23.7	17.9	10.6	16.4
Often/sometimes copes by drinking alcohol	14.8	14.6	14.7	9.7	13.9
Never copes by eating more/less than usual	65.1	49.2	51.6	57.1	58.9
Rarely copes by eating more/less than usual	17.5	31.0	23.6	19.9	21.1
Sometimes copes by eating more/less than usual	12.9	16.0	19.4	17.7	15.3
Often copes by eating more/less than usual	4.3	3.8	5.4	5.1	4.5
Never copes by jogging/exercise	55.2	36.6	37.7	43.8	47.3
Rarely copes by jogging/exercise	14.0	25.8	14.7	14.5	16.1
Sometimes copes by jogging/exercise	20.1	25.6	33.0	23.9	23.8
Often copes by jogging/exercise	10.7	12.0	14.6	17.8	12.7
Never copes by blaming oneself	29.7	16.3	19.7	27.4	25.4
Rarely copes by blaming oneself	29.7	33.7	28.4	24.8	29.3
Sometimes copes by blaming oneself	32.0	40.0	43.0	35.0	35.7
Often copes by blaming oneself	8.3	9.9	8.8	12.3	9.3

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has never drunk alcohol	4.6	3.9	7.0	13.9	6.4
A former drinker, not now	9.5	8.9	11.9	20.0	11.5
Occasional drinker	14.0	12.5	15.3	14.8	14.1
Regular drinker	71.8	74.7	65.6	51.0	67.8
Non-drinker or < 5 drinks per occasion last year	68.2	72.5	78.4	87.9	73.8
Heavy drinker, never drunk most of 1 mo.	28.4	25.0	19.9	10.1	23.4
Usually drunk at least 1 mo. last year	2.5	2.1	1.4	1.8	2.1
Never drunk at work/school/child care in life	84.1	86.7	91.0	95.2	87.5
Drunk 1 to 2 times at work, etc in life	5.7	5.5	3.2	1.8	4.6
Drunk 3 to 10 times in life	5.5	4.2	3.5	1.2	4.3
Drunk over 10 times in life	3.5	3.1	1.9	1.5	2.8
Drunk at least once at work, etc, in life	14.7	12.8	8.6	4.4	11.7
Non-drinker or < 5 drinks per occasion past year	68.2	72.5	78.4	87.9	73.8
Heavy drinker, never drunk at work/school/child care	22.6	20.0	16.2	9.3	18.9
Drunk 1+ times at work/school/child care past year	8.4	7.1	5.1	2.5	6.7
Non-drinker or < 5 drinks per occasion past year	68.2	72.5	78.4	87.9	73.8
Never drank more than promised past year	24.8	21.3	16.2	8.0	20.0
Drank more, despite promise not to past year	6.2	5.8	4.9	3.8	5.5
Non-drinker or < 5 drinks per occasion past year	68.2	72.5	78.4	87.9	73.8
Never drank much more than intended past year	23.0	19.4	15.9	8.4	18.8
Drank much more than intended past year	7.9	7.8	5.4	3.4	6.7
Non-drinker or < 5 drinks per occasion past year	68.2	72.5	78.4	87.9	73.8
Never drank so much to risk getting hurt past year	25.2	21.5	17.1	9.7	20.7
Drank so as to risk getting hurt past year	5.8	5.6	4.2	2.1	4.9
Never used marijuana in life	46.4	50.4	58.3	69.0	52.8
Used marijuana once in life	10.0	10.2	9.1	7.5	9.5
Used marijuana more than once in life	43.4	39.1	32.3	23.3	37.5
Has not used illicit drugs in life	45.9	49.5	57.8	67.9	52.1
Used illicit drugs at least once in life	53.9	50.2	41.9	31.7	47.6
Has not used illicit drugs in life (excl. marij.)	54.6	58.8	65.6	74.6	60.4
Used illicit drugs (excl. marij.) at least once in life	45.2	40.9	34.0	25.1	39.3
Has not used illicit drugs past year	80.5	82.2	86.3	92.3	83.7
Used illicit drugs at least once past year	19.3	17.5	13.1	7.4	16.0
Has not used illicit drugs past year (excl. marij.)	81.3	83.4	87.4	92.5	84.5
Used illicit drugs (excl. marij.) at least once past year	18.5	16.3	12.0	7.1	15.2

Notes:

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Has not used illicit drugs in life	45.9	49.6	57.8	68.2	52.2
Has not used illicit drugs for 1 year in life	37.8	36.2	30.9	23.7	34.1
Used illicit drugs for 1 year in life	16.0	13.9	10.9	7.7	13.5
Has used drugs despite promise not to	3.2	3.4	2.1	1.9	2.8
Has used drugs more often than intended	3.6	4.1	2.4	1.6	3.1
Insufficient weight (bmi), age 20-64	2.7	2.4	2.9	2.0	2.6
Acceptable weight, age 20-64	29.0	28.2	28.8	29.8	29.0
Some excess weight, age 20-64	15.7	16.0	15.2	14.1	15.4
Overweight, age 20-64	30.4	32.8	30.3	27.9	30.4
Weight not stated, age 20-64	na	S	na	na	0.2
Never had fear of being overweight	85.8	83.7	83.0	84.4	84.7
Never had fear of being overweight past year	7.1	8.3	7.4	8.3	7.5
Had fear of being overweight past year	7.1	8.0	9.5	7.4	7.7
Has not gambled in life	24.3	25.5	26.7	24.0	24.9
Non-gambler now	19.9	15.6	21.6	31.5	21.3
Non-problem gambler	49.5	50.4	45.0	40.1	47.3
Low-risk gambler	3.6	4.9	3.3	2.0	3.5
Problem gambler	2.4	3.4	2.8	2.3	2.6
Low-risk or problem gambler	5.9	8.3	6.2	4.3	6.1
Non-gambler past year	64.2	60.6	66.4	75.3	65.8
Never felt gambling guilt past year	32.9	35.6	29.9	22.3	31.1
Sometimes-always felt gambling guilt past year	2.4	3.8	3.2	2.3	2.8
Never felt gambled too much past year	33.5	36.9	31.5	23.2	32.0
Sometimes-always gambled too much past year	1.8	2.3	1.6	1.4	1.8
Rarely felt loved and appreciated past month	3.5	2.3	3.1	3.7	3.3
Felt loved and appreciated half the time past mo.	9.5	10.5	10.5	6.7	9.4
Often felt loved and appreciated half the time past mo.	28.7	31.8	27.3	24.3	28.3
Almost always felt loved and appreciated past mo.	58.0	55.4	58.9	65.2	58.9
Suicide					
Has never seriously considered suicide	91.7	91.1	91.1	90.5	91.3
Has seriously considered suicide	8.2	8.8	8.7	9.4	8.6
Has never attempted suicide	97.1	96.4	96.7	95.5	96.7
Has attempted suicide	2.7	3.1	3.0	4.2	3.1

Notes:

See Appendix 1 for variable definitions and notes on the survey.

"na" = sample under 30 respondents.

"S" = not available or sample under five respondents.

**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Rarely felt at peace with myself past month	3.5	2.7	2.9	3.6	3.3
Felt at peace half the time past month	9.8	10.3	12.7	8.8	10.2
Often felt at peace past month	29.4	35.5	29.8	25.7	29.9
Almost always felt at peace past month	57.2	51.4	54.5	61.9	56.6
Rarely felt emotionally balanced past month	4.0	4.2	4.5	5.5	4.4
Felt balanced half the time past month	12.3	12.4	14.4	10.5	12.4
Often felt balanced past month	30.0	34.3	30.3	29.1	30.6
Almost always felt balanced past month	53.4	49.1	50.8	54.8	52.5
Rarely felt useful past month	3.6	2.6	3.5	5.2	3.7
Felt useful half the time past month	10.0	9.3	9.2	8.2	9.4
Often felt useful past month	32.3	39.8	33.7	28.8	33.2
Almost always useful past month	53.9	48.3	53.5	57.9	53.6
Lowest income adequacy	2.4	2.4	2.8	3.4	2.6
Lower middle income adequacy	4.4	3.3	5.7	6.4	4.8
Middle income adequacy	16.1	14.2	19.7	22.2	17.4
Upper middle income adequacy	33.1	34.5	33.3	33.7	33.4
Highest income adequacy	35.3	38.4	30.7	26.5	33.6
Household income or size not stated	8.7	7.2	7.7	7.9	8.2
Household income last year under \$10,000	2.1	2.4	2.5	3.2	2.4
Household income income \$10,000-14,999	2.8	1.9	3.3	4.4	3.0
Household income income \$15,000-19,999	2.9	2.6	3.5	5.0	3.3
Household income income \$20,000-29,999	8.4	7.2	9.9	10.1	8.7
Household income income \$30,000-39,999	10.1	9.0	12.4	12.7	10.7
Household income income \$40,000-49,999	9.1	9.6	10.0	10.3	9.6
Household income income \$50,000-59,999	10.0	10.4	10.3	8.9	9.9
Household income income \$60,000-79,999	17.0	17.8	14.7	15.4	16.5
Household income income \$80,000 or more	28.7	31.9	25.7	22.1	27.6
Household income not stated	8.9	7.3	7.8	7.9	8.3
No welfare income received last year	94.4	95.7	93.3	92.6	94.1
Welfare income received last year	3.3	2.9	4.5	5.1	3.7
Population aged 15 to 75	94.2	95.3	92.7	88.5	93.2
Not in the labour force	16.6	14.8	17.9	20.5	17.1
In the labour force	77.6	80.5	74.8	68.0	76.1
Employed	72.9	75.5	69.5	63.4	71.2
Unemployed	4.7	5.1	5.3	4.5	4.9
Permanently unable to work (aged 15-75)	1.6	1.6	2.5	3.0	2.0
Population 75 years of age and over	3.5	3.0	4.4	8.0	4.3

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**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
No personal income past year	2.9	2.7	3.2	2.6	2.8
Personal income under \$5,000	5.2	5.1	3.8	4.0	4.7
Personal income \$5,000-9,999	5.5	4.8	5.8	6.3	5.5
Personal income \$10,000-14,999	6.8	5.5	7.2	9.0	7.0
Personal income \$15,000-19,999	5.5	5.4	6.1	7.6	5.9
Personal income \$20,000-29,999	13.6	13.2	15.1	14.7	14.0
Personal income \$30,000-39,999	14.3	13.2	13.8	13.8	13.9
Personal income \$40,000-49,999	11.6	13.4	11.5	11.9	12.0
Personal income \$50,000-59,999	8.8	9.2	8.2	8.5	8.7
Personal income \$60,000-79,999	10.2	12.1	10.3	8.1	10.2
Personal income \$80,000 or more	8.3	10.0	7.8	6.5	8.2
Personal income not stated	7.3	5.5	7.2	6.9	6.9
Employee	65.4	66.7	62.5	53.5	63.2
Self-employed	14.7	15.8	14.8	15.1	15.0
Occupation: management	9.5	10.4	9.7	8.5	9.5
Professional including accountants	8.9	12.1	11.2	9.9	10.0
Technologist/technician	8.9	9.2	8.8	5.6	8.4
Administrative/financial/clerical	2.6	3.6	2.6	4.4	3.1
Sales or service	16.1	17.6	13.7	12.3	15.3
Trades/transport/equipment operator	19.3	16.0	15.7	14.5	17.4
Farming/forestry/fishing/mining	3.4	3.9	5.0	3.0	3.7
Processing/manufacturing/utilities	5.5	4.7	5.6	5.7	5.4
Other occupation	6.0	5.1	5.0	4.8	5.5
Usually works under 30 hours/week main job	9.5	9.9	7.9	8.8	9.2
Usually works 30-38 hours/week main job	9.6	11.0	9.8	7.9	9.6
Usually works 39-42 hours/week main job	27.7	27.0	26.7	21.0	26.3
Usually works over 42 hours/week main job	33.3	34.4	32.8	31.0	33.0
Usually does not work weekends	45.2	45.4	43.2	38.9	43.9
Usually works weekends	34.9	37.2	34.1	29.8	34.3
No work stress, main job, past year	10.6	7.8	7.2	9.5	9.4
Not much work stress, past year	15.9	15.4	15.3	12.2	15.1
A little work stress, past year	31.6	35.7	31.8	24.6	31.2
Much work stress, past year	17.8	20.3	19.6	18.5	18.6
Extreme work stress, past year	4.5	3.3	3.0	4.1	4.0
High job skill required: strongly agrees	28.6	30.1	27.4	24.9	28.0
High job skill required: agrees	31.5	35.1	32.8	27.5	31.7
High job skill required: neither agrees/disagrees	7.5	7.0	6.3	6.8	7.1
High job skill required: disagrees	10.2	8.5	8.7	8.0	9.3
High job skill required: strongly disagrees	2.0	1.6	na	na	1.7

Notes:

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"S" = not available or sample under five respondents.

**Table 3c. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Percentage distribution (column %)	How often do you pray or seek spiritual help to deal with stress?				Total
	Never	Rarely	Sometimes	Often	
Job was very hectic: strongly agrees	17.6	16.3	15.1	15.3	16.6
Job was very hectic: agrees	27.8	30.8	27.6	22.6	27.4
Job was very hectic: neither agrees/disagrees	14.0	15.7	14.1	11.8	14.0
Job was very hectic: disagrees	17.5	16.2	17.2	15.8	17.0
Job was very hectic: strongly disagrees	2.6	3.3	2.5	2.9	2.8
Job free of conflicting demands: strongly agrees	8.7	7.0	6.9	6.5	7.7
Job free of conflicting demands: agrees	27.2	29.0	27.8	25.4	27.3
Job free of conflicting demands: neither agrees/disag.	11.6	12.4	10.7	10.7	11.4
Job free of conflicting demands: disagrees	25.6	26.9	24.6	20.0	24.7
Job free of conflicting demands: strongly disagrees	6.5	6.9	6.2	5.8	6.4
Job security good: strongly agrees	26.5	26.7	22.7	19.4	24.7
Job security good: agrees	34.3	34.8	35.3	30.8	34.0
Job security good: neither agrees/disagrees	7.2	9.2	7.5	7.8	7.7
Job security good: disagrees	7.9	8.9	7.8	7.0	7.9
Job security good: strongly disagrees	3.7	2.7	3.2	3.5	3.4
Job conflict with co-workers: strongly agrees	4.5	3.8	4.1	3.8	4.2
Job conflict with co-workers: agrees	18.5	19.2	17.5	14.8	17.8
Job conflict with co-workers: neither agrees/disag.	10.1	11.4	11.3	7.7	10.1
Job conflict with co-workers: disagrees	31.8	34.6	32.2	29.6	32.0
Job conflict with co-workers: strongly disagrees	14.7	13.3	11.5	12.5	13.6
Job supervisor was helpful: strongly agrees	14.2	13.7	13.1	14.2	13.9
Job supervisor was helpful: agrees	34.7	37.0	35.5	30.4	34.5
Job supervisor was helpful: neither agrees/disag.	15.3	18.5	15.4	13.6	15.5
Job supervisor was helpful: disagrees	9.6	9.3	6.7	6.4	8.5
Job supervisor was helpful: strongly disagrees	5.2	3.6	5.1	3.2	4.6
Job requires repetitive tasks: strongly agrees	17.9	16.6	15.4	16.7	17.1
Job requires repetitive tasks: agrees	33.4	33.5	33.5	29.0	32.7
Job requires repetitive tasks: neither agrees/disag.	9.4	12.9	9.0	7.7	9.6
Job requires repetitive tasks: disagrees	15.6	16.7	15.7	12.4	15.3
Job requires repetitive tasks: strongly disagrees	3.5	2.7	2.9	2.6	3.1
Not satisfied at all with job	2.5	1.3	1.5	1.9	2.0
Not too satisfied with job	5.4	5.1	5.9	4.6	5.3
Somewhat satisfied with job	33.6	36.9	31.7	26.5	32.7
Very satisfied with job	38.2	39.1	37.4	35.4	37.8

Notes:

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**Table 3d. Dealing with stress by praying or seeking spiritual help, men
by socio-economic characteristics, Canada, 2002**

Selected indicators (rates or ratios)	Deal with stress?				Total
	How often do you pray or seek spiritual help to deal with stress?				
	Never	Rarely	Sometimes	Often	
Labour force					
Labour force participation rate	82.4	84.5	80.7	76.8	81.6
Employment rate	93.9	93.7	93.0	93.3	93.6
Unemployment rate	6.1	6.3	7.0	6.7	6.4
Permanently unable to work / labour force (%)	2.1	1.9	3.3	4.4	2.6
Population over 65 per employed (%)	15.4	13.0	20.6	33.1	18.4
Population over 75 per employed (%)	4.7	3.9	6.3	12.6	6.0
Population over 80 per employed (%)	2.8	1.9	3.5	7.2	3.4
Employees per self employed	4.4	4.2	4.2	3.5	4.2
Occupation: management per employed (%)	13.0	13.8	14.0	13.4	13.4
Professional including accountants per employed	12.3	16.0	16.1	15.6	14.0
Technologist/technician per employed	12.1	12.2	12.6	8.9	11.8
Administrative/financial/clerical per employed	3.6	4.7	3.8	7.0	4.3
Sales or service per employed	22.0	23.3	19.7	19.3	21.5
Trades/transport/equipment operator / employed	26.5	21.3	22.6	22.9	24.4
Farming/forestry/fishing/mining per employed	4.6	5.2	7.2	4.8	5.2
Processing/manufacturing/utilities per employed	7.5	6.2	8.1	9.0	7.6
Other occupations per employed	8.2	6.8	7.1	7.6	7.7
Works over 42 hrs/week: per employed (%)	45.7	45.6	47.1	48.9	46.4
Usually works weekends per employed (%)	47.9	49.2	49.1	47.0	48.2
Welfare rate -- welfare recipients, % income recipients	3.4	3.0	4.6	5.3	3.8
Highest household income quintile / Lowest	14.8	15.9	11.0	7.8	12.8
Canadian-born population per immigrant	455	466	283	193	356
Potential worship dropouts per weekly worshipper	1.8	1.9	1.6	1.2	1.5
Potential monthly worshippers per weekly worshipper	S	7.1	2.0	0.5	1.5
"Very religious" population / "Not religious at all"	0.1	0.5	2.7	14.3	0.7
Married / Single never married	1.6	1.8	2.3	3.1	1.9
Married / Widowed	25.1	38.5	26.2	15.8	23.9
Married / Common-law	4.2	5.3	8.0	15.5	5.7
Married / (Separated or divorced)	8.1	11.3	9.1	9.4	8.9
Post-secondary degree/dip / <High school diploma	1.8	2.3	1.8	2.2	1.9
Very satisfied with life in general / Dissatisfied	7.1	8.8	8.7	5.9	7.3
Excellent physical health / Fair or poor health	1.8	1.8	1.5	1.1	1.6
Excellent mental health / Fair or poor health	5.5	5.8	4.0	4.0	5.0
Days very stressful past month / Not at all	1.2	1.9	1.9	1.7	1.4

See Appendix 1 for variable definitions and notes on the survey.
"na" = not available or smallest sample in ratio or rate is under 30.
"S" = not available or sample under five respondents.