

**Canadians feeling good and at peace in 2002:
Profiles of women and men, mothers and fathers, main
faith communities, and marital statuses; including
analyses of 40 groups in the variation of feeling good
and at peace in relation to education, worship
frequency, marijuana use, sleep, region, age and sex**

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Summary: This study provides profiles (numbers, rates, and percentage distributions) of women and men, mothers and fathers, and several other subpopulations, by their frequency of feeling good and at peace during the preceding month. Charts display relationships of many subpopulations of women and men, mothers and fathers, faith groups and marital status groups. Analytical results explore the relationship between the frequency of feeling good and at peace, and the adult's age and sex, educational attainment, worship frequency, use of marijuana, sleep, and region of residence for 40 groups, including women, men, mothers, fathers, parental sub-groups, marital status groups, occupation groups, psychological groups, immigrants, and faith communities.

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Abstract

Like feeling loved and appreciated, analysed in our last monograph, feeling good and at peace is highly valued by persons too, yet rarely studied. These are key parts of strong families, associations, organizations and even nations committed to peace, order and good government.

Both similarities and differences with feeling loved are revealed. A major similarity is the increase in frequency of feeling at peace with age, though this levels off at about age 60 in most groups. One difference is the much greater negative association with formal education in most groups examined.

Overall, 13.6 million Canadians in 2002 felt at peace almost always in the preceding month, 7.4 million often, 2.9 million half the time, and one million, rarely or never. A few other results follow.

The percentage of adults feeling at peace almost always during the past month increases west to east from 50% in British Columbia to 65% in Newfoundland – a rare west to east pattern. The percentage rarely or never feeling at peace is fairly constant, three to four percent.

Some 78% of parents with no day-to-day stress feel at peace almost always, compared with a low of only 35% of those who say their main source is their relationship with others.

This percentage is also 50% or less among parents who identify their main source of stress as their physical health (42%), their lack of finances (43%), care of children (50%) and care of others (50%).

Mother-father differences in feeling at peace almost always are small, given the main source of stress, except when this source is relationships with others (mothers, 30%; fathers, 43%), or finances (mothers 38%; fathers 48%).

Of the 40 sets of analytical results, those for parents, may serve as an example. Feeling at peace is more frequent for fathers than mothers, increases with age, with worship frequency, and with hours of sleep, and decreases with educational attainment and consumption of marijuana.

Similar results apply to parents in two-parent families, except that the education factor is insignificant. The results for working mothers are also similar to those for all parents. There are inter-regional differences in most analyses.

The analytical results in sum demonstrate the positive effects on the frequency of feeling at peace with worship frequency, and this tends to offset in many subpopulations the negative effects of formal education and the lifetime experience with smoking marijuana.

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List of regression results tables

Note all tables present four sets of estimates of the frequency of feeling good and at peace during the past month.

Regression Table 1. Women, men, mothers, and fathers

Regression Table 2. Living common-law, married, widow/widower, and separated/divorced

Regression Table 3. All parents, two parent families, single mothers, and working mothers

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Guide to Appendix 2 Tables: Frequency of feeling good and at peace:	Table and sub-table page:		
	a. Number	b. Rate, %	c. % distribution
1. Women and men	127	139	151
2. Women	164	176	188
3. Men	201	213	225
4. Parents	238	250	262
5. Mothers	275	287	299
6. Fathers	312	324	336
7. French Roman Catholics	349	361	373
8. Non-French Roman Catholics	386	398	410
10. United Church	423	435	447
11. Anglicans	460	472	484
12. Lutherans	497	509	521
13. Baptists	534	546	558
14. Pentecostals	571	583	595
15. Liberal Protestants	608	620	632
16. Conservative Christians	645	657	669
17. Non-Christians	682	694	706
18. No religious affiliation	719	731	743
19. Christians	756	768	780
20. Married persons	793	805	817
21. Persons living common-law	830	842	854
22. Widows and widowers	867	879	891
23. Never married population	904	916	928
24. Separated and divorced population	941	953	965

Introduction and summary of results

Our last study focused on the population feeling loved and appreciated and this one examines a related perception people have of themselves, feeling good and at peace (*at peace* for short). One might expect the two populations to be almost identical until one remembers that it is possible to feel loved almost all the time and still feel worried or concerned, or alternatively, to feel at peace even while feeling unloved or ignored.

There is much overlap, at least among those at peace and feeling loved almost all the time. Overall, 13.6 million Canadians in 2002 felt at peace almost always in the preceding month, 7.4 million often, 2.9 million half the time, and one million rarely or never. Of those feeling at peace almost always, 79% felt loved and appreciated almost always, 16% often, 4% half the time, and 1% rarely. The overlap is much weaker though among those who felt at peace rarely or never: of this group of one million persons, 28% felt loved rarely or never, another 28% half the time, 24% often, and 21% almost always. This unexpected difference suggests that a separate study is warranted, especially when it is recognized that feeling at peace is of primary importance for persons in different circumstances and stages of life. In fact it is an indicator of social peace, which along with order and good government, are traditional objectives of public policy in most western countries.

The question asked in Statistics Canada's *Community Health Survey*, cycle 2.1, seems straightforward and quite specific: *Now I'm going to read you a series of statements that people might use to describe themselves. Please tell me if you had these feelings almost always, frequently, half the time, rarely or never... (During the past month,) you felt good, at peace with yourself.* Details on the survey design and questions appear in Appendix 1. Our tables and charts suppress any estimates based on a sample fewer than 30, and our regression results are marked statistically significant only if significant at the 1% level. The survey respondents are aged 15 and over in the provinces.

The estimates of feeling at peace appear in tables and charts, and in most detailed form in the 24 tables in Appendix 2. The charts display some of the statistics in the appendix tables. The tables in Appendix 2 array the frequency of feeling at peace in the past month by a wide range of regional,

personal, family, and work-related factors, many of which are strongly related to the frequency of feeling at peace.

In our estimation model we assumed a feeling at peace would be more frequent, the older one was, the higher the education attained, the more frequent the attendance at worship, the less one had smoked marijuana over the lifetime, and the longer on average one slept each night – we had no expectations regarding the role of sex or region of residence but included these factors in the model as well. The expectation of the importance of age and educational attainment was based on the assumption that one gains personal and interpersonal skills that help one feel good and at peace both directly in the lessons learned in school and life, and also indirectly by observing the behaviour of teachers, friends, family, and other role models, and by monitoring one's own interactions with the teachers and others.

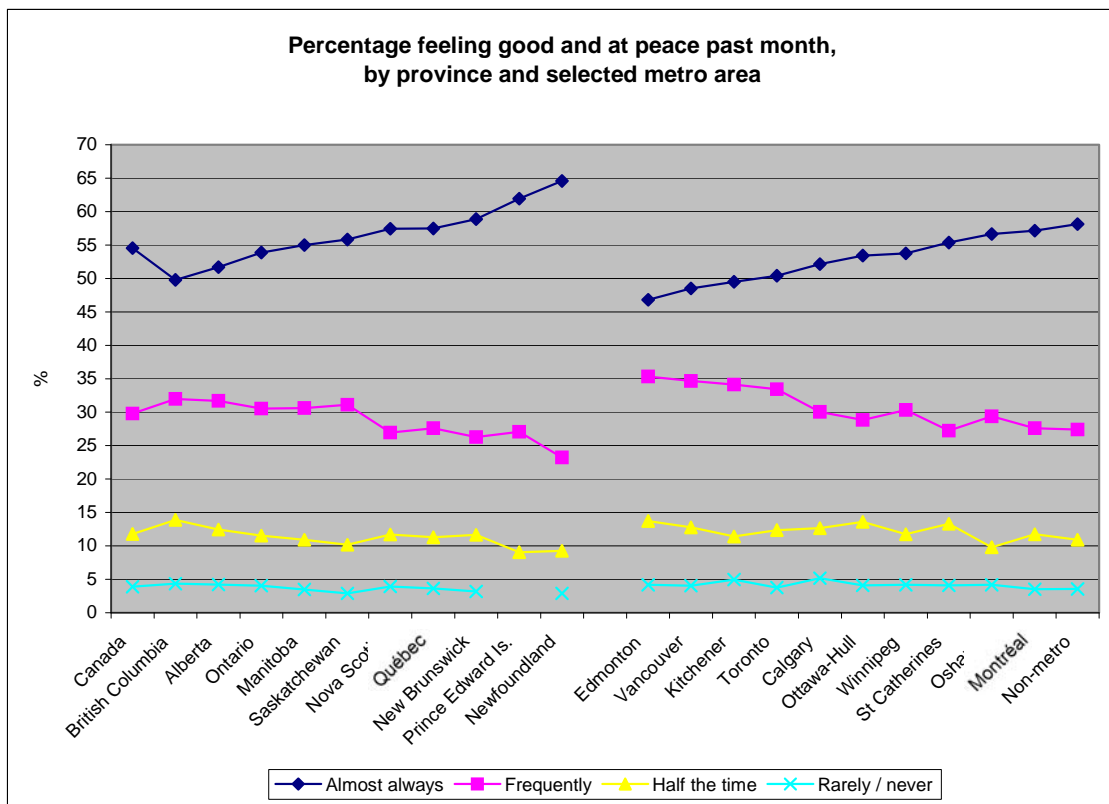
Judeo-Christian scripture teaches that people search for peace in relationships and possessions, which can lead to greed, suffering and bondage. *Better a handful with quietness/ Than both hands full, together with toil and grasping for the wind* – Ecclesiastes 4:6. People search for peace in God, and sleep is important: *I will both lie down in peace, and sleep;/ For You alone, O LORD, make me dwell in safety* – Psalm 4:8. Peace comes by obeying God's laws: *Great peace have those who love Your law, And nothing causes them to stumble* – Psalm 119:165. God gives peace during suffering: *This is my comfort in my affliction,/ For Your word has given me life* – Psalm 119:50. *When a man's ways please the LORD, He makes even his enemies to be at peace with him* – Proverbs 16:7. Sin and selfishness destroy peace: *"There is no peace," Says my God, "for the wicked."* – Isaiah 57:21. [New King James Version]

Because techniques of feeling at peace are not normally a part of formal education, these techniques are acquired through the informal process of learning from the experience of self and others. The influence of worship frequency was thought to be more direct, a type of non-formal education as distinct from informal, as the importance of feeling at peace and how it is attained is taught in the Judeo-Christian and eastern religions, which emphasize meditation, contemplation, and prayer. Adults who had sampled marijuana in their lifetime were assumed to reflect a disposition to resort to unhealthy means of attaining peace, by becoming focused on short-cut solutions, distractions rather than facing problems directly, individualistic thrills and like-minded friends. Sleep was considered to be a positive way of

attaining peace and a cure for any agitations, stress, hurt or anger experienced in work and life. As noted below, the results confirmed our expectations and our hypotheses were rarely rejected, except in the important case of educational attainment, for which a tentative explanation is offered.

Variations in the frequency of feeling good and at peace

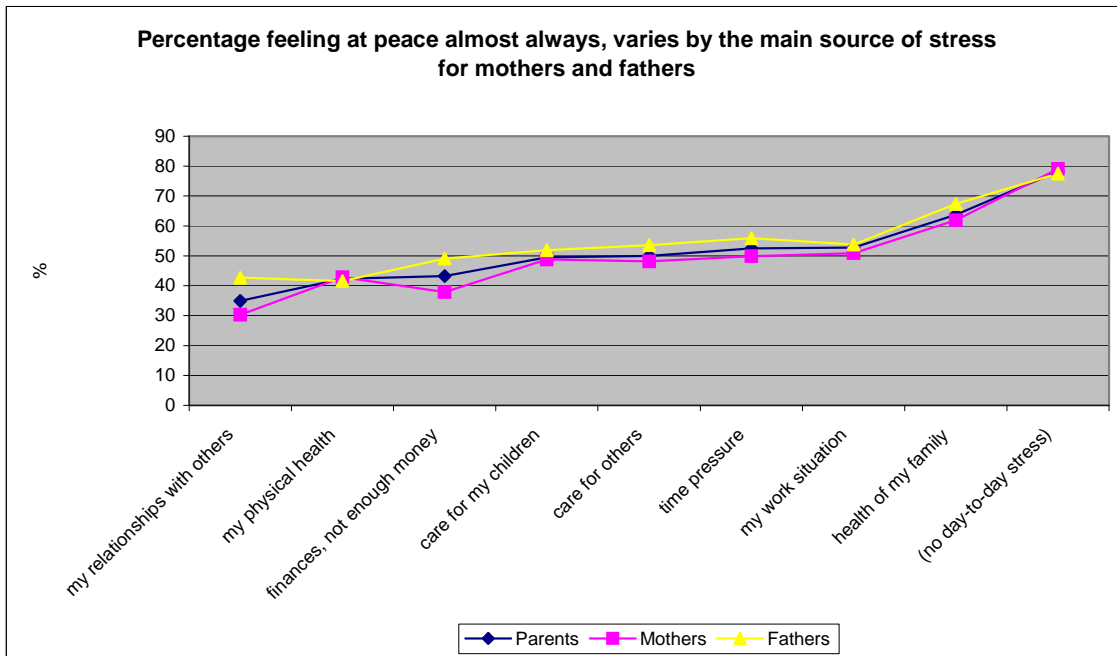
Of the many patterns that appear in the tables and charts, one may note first the variation in the frequency of feeling at peace by province and selected metro area – this variation is portrayed in the chart below. The percentage of adults feeling at peace almost always during the past month increases west to east from 50% in British Columbia to 65% in Newfoundland – it is rare to see such a consistent provincial trend. The percentage rarely or never feeling at peace is fairly constant, three to four percent.



Source: Appendix 2, Table 1b.

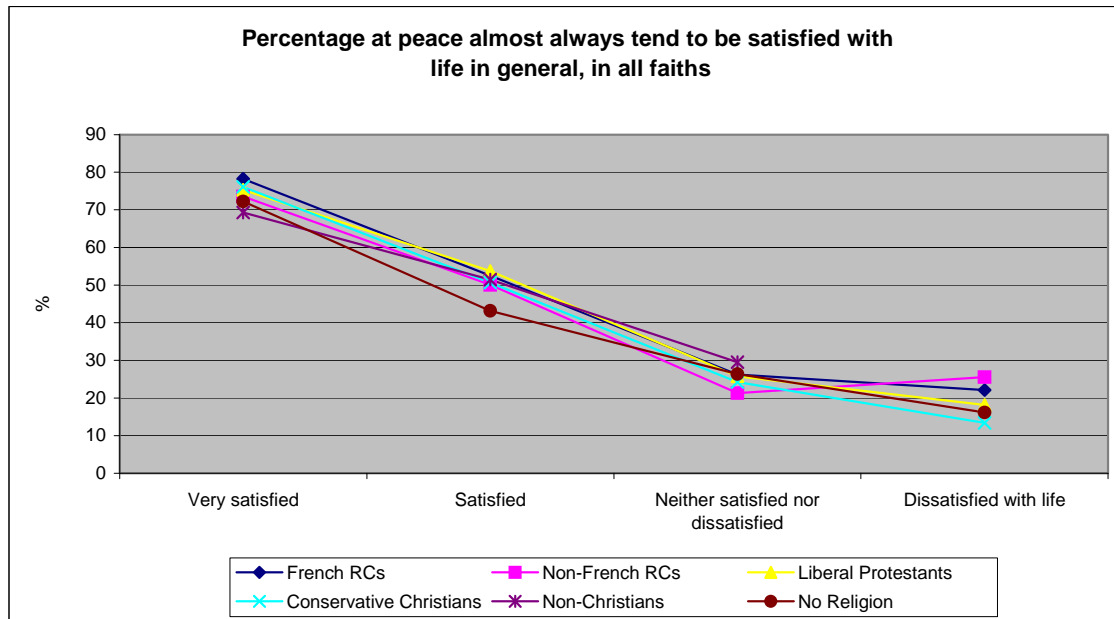
Of the detailed profile of parents, mothers and fathers arrayed by their frequency of feeling at peace, attention is drawn in the chart below to the relationship with the main source of tension experienced. Some 78% of

parents with no day-to-day stress feel at peace almost always, compared with a low of only 35% of those who say their main source is their relationship with others. This percentage, feeling at peace almost always, is also 50% or less among parents who identify their main source of stress as their physical health (42%), their lack of finances (43%), care of children (50%) and care of others (50%); but higher in the case of time pressures (53%), the work situation (53%), and the health of the family (64%). Mother-father differences are small, except if the main stress is relationships with others (mothers, 30% almost always at peace; and fathers, 43%), and finances (mothers 38%; fathers 49%).



Source: Appendix 2 tables 4b, 5b, and 6b.

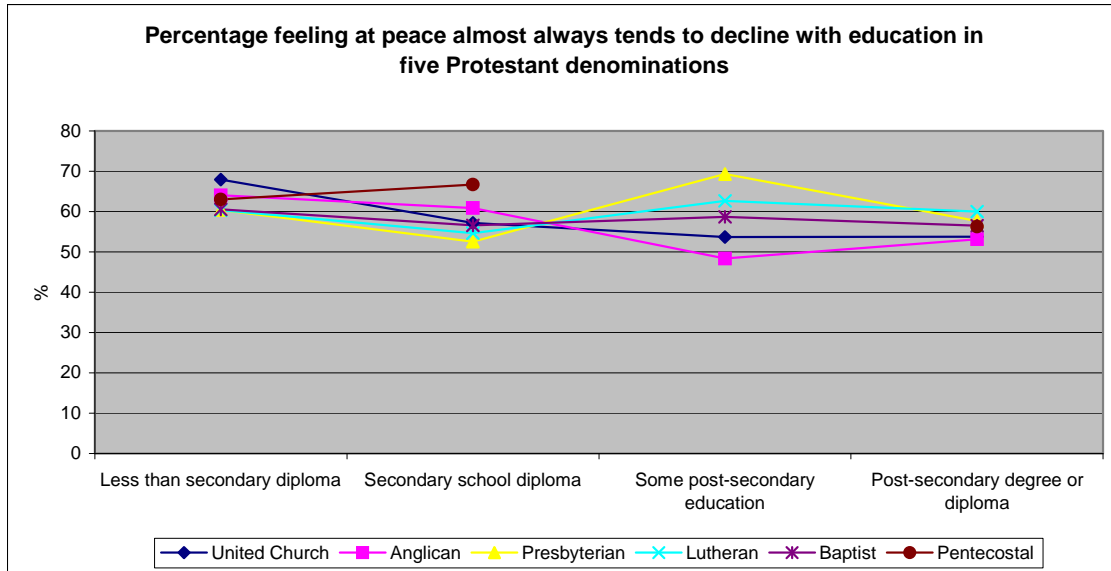
It might be expected that those satisfied with life in general would also feel good and at peace with themselves almost always, and this is certainly the case, as revealed in the chart below, which portrays the variation by main faith community. The highest percentage at peace almost always among those very satisfied with life is found among French Roman Catholics, 78%, followed by conservative Christians, liberal Protestants and non-French Roman Catholics (mid 70s), and the religiously unaffiliated, 72% and non-Christians, 69%. The feeling at peace falls consistently in all faiths with the degree of satisfaction with life, though the fall is least steep between the groups who say they are neither satisfied nor dissatisfied with life, and those who say they are dissatisfied with life.



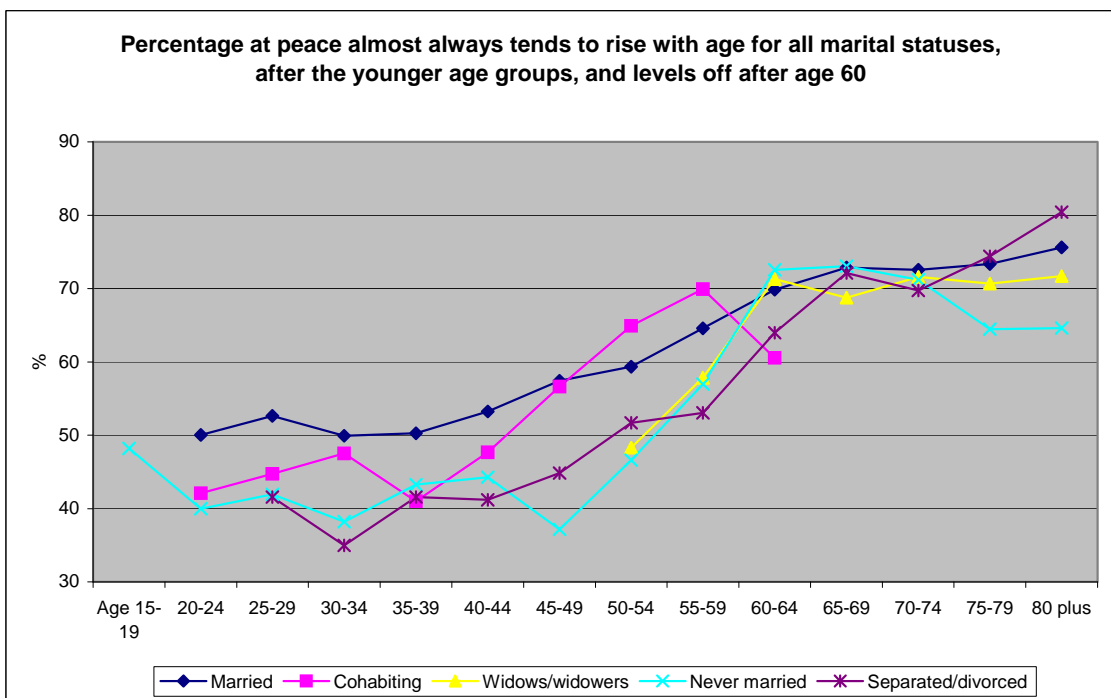
Source: Appendix 2 tables 7b, 8b, and 15b to 19b.

One surprise in the tables is the lack of positive relationship between level of formal education and the frequency of feeling at peace. In fact, there appears to be a negative association, though it is not strong. This shows up in the chart below which displays data for the main Protestant denominations, but also in many other subpopulations as well, as is clear in the tables of Appendix 2, and especially in many of the results of analyses described below, where possible reasons for such a result are given. The widest denominational difference appearing in the chart is between those with some post-secondary education: 48% of Anglicans feel at peace almost always, compared with 69% of Presbyterians.

Our final example concerns the variation in feeling at peace with marital status, and age group. This relationship, summarized in the chart below, clearly shows an increase in the percentage feeling at peace almost always, with age, especially in the middle age groups, no matter what the marital status. There is a tendency for the percentage to level off after age 60. Also, the single never married group has the lowest percentage at peace almost always in most age groups, along with the separated/divorced group.



Source: Appendix 2 tables 9b to 14b.



Source: Appendix 2 tables 20b to 24b.

Results of analyses of the frequency of feeling good and at peace

Detailed results of our analyses appear in Chapter 5, and summaries of some of the key results appear below in charts and tables 1 to 4. The aim of this summary is to identify some important associations with the frequency of

feeling at peace, after holding constant the effect of other key factors. As explained above, we expected feeling at peace to be more frequent, the older the person, the higher the education, the more frequent the attendance at worship, the less one had smoked marijuana over one's lifetime, and the longer on average one slept each night.

We had no views on the association of feeling loved with sex or region of residence, though these results are summarized below as well. The estimates allow for a more in-depth analysis of relationships than do those in the tables and charts, by revealing statistically significant associations, ones that hold constant the effect of the other variables in the model. The footnotes to the table provide basic information on the methods and definition of variables, and Appendix 1 provides more detail.

Looking at Regression Summary Table 1, for example, it is clear that feelings at peace are more frequent among men than women in most subpopulations analyzed. The separated or divorced group is an interesting exception, especially when it is noted that married and cohabiting men feel at peace more often on average than their partners. Men feel loved more often than women in five of the eight occupation groups analyzed (plus all of the employed and employed parents): professional/accounting; administrative/financial/clerical, sales/service, trades/transport/equipment operators, and manufacturing/processing/utilities. Men feel loved more often than women in all of the faith communities, except Presbyterians, where the advantage lies with neither sex.

As expected age is positively associated with feeling at peace in most groups. Cohabiting adults is the only exception – feeling at peace decreases strongly with age for members of this group, perhaps because of increasing tension arising from growing awareness of differences, combined with relatively inadequate skills to resolve differences – feelings of love and appreciation were also found in our last study to decrease with age among the cohabiting population. And the age effect is statistically insignificant in four groups: fathers, technologists/technicians, manufacturing/processing/utilities, and farming/forestry/fishing/mining.

Not only our hypothesis regarding a positive association of the frequency of feeling at peace with educational attainment is rejected, but a significant negative association is found in the case of over a third of the groups examined. No significant positive associations were found. Given the lack of

association of feeling loved with education found in the last monograph, and in fact a negative association in the case of three groups, a revision of the hypothesis is in order. Chart a below compares the results from the two sets of analysis, felt loved, and felt peace, revealing the groups in which the association is significantly negative; there is only one significant positive association. Increased formal education does not seem to bring with it increased ability to form meaningful relationships with self or others that bring a feeling of being at peace or loved and appreciated. Any tendencies in this direction may be offset by encouragements to be overly dedicated to work and study, overconfident in one's ability to solve relationships or other problems on one's own, to be competitive rather than nurturing in work and life circumstances, or perhaps more frustrated over what is unknown and more aware of the unknown. Here perhaps is a hidden cost of education that has been ignored in the literature to date.

Regression Summary Table 2 displays the results for worship frequency, lifetime marijuana use, and hours of sleep. The associations of frequency of

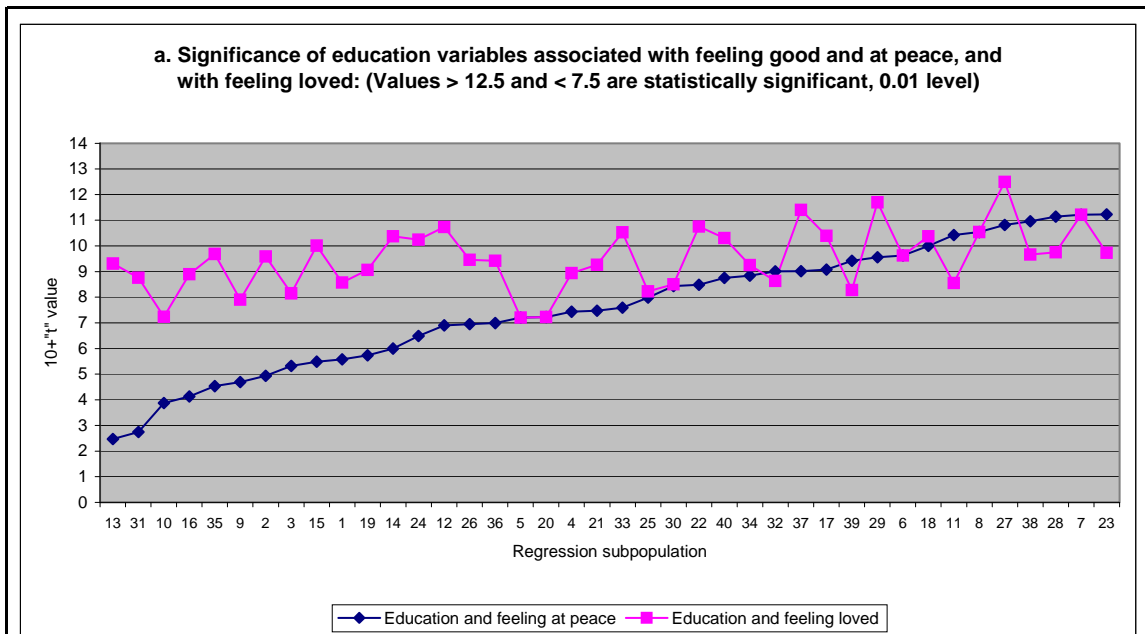


Chart a. Subpopulation legend

- | | |
|---------------------------------------|--|
| 1. Women | 21. Sales/service occupations |
| 2. Men | 22. Trades/transport/equip. operators |
| 3. Mothers | 23. Manufacturing/processing/utilities |
| 4. Fathers | 24. Farming/forestry/fishing/mining |
| 5. Common-law | 25. Strong fear of robbery or assault |
| 6. Married | 26. Strong fear of being in crowds |
| 7. Widow/widower | 27. Strong fear of halls, church, theatres |
| 8. Separated/divorced | 28. Strong fear of something terrible |
| 9. All parents | 29. Received psychological counseling |
| 10. Two parent families | 30. Immigrants |
| 11. Single mothers | 31. Christians |
| 12. Working mothers | 32. Non-Christian faiths |
| 13. The employed | 33. French Roman Catholics |
| 14. Employed parents | 34. Non-French Roman Catholics |
| 15. Employed women | 35. United Church affiliates |
| 16. Employed men | 36. Anglicans |
| 17. Managers | 37. Presbyterians |
| 18. Professional/accounting | 38. Lutherans |
| 19. Technologists/technicians | 39. Baptists |
| 20. Administrative/financial/clerical | 40. Pentecostals |

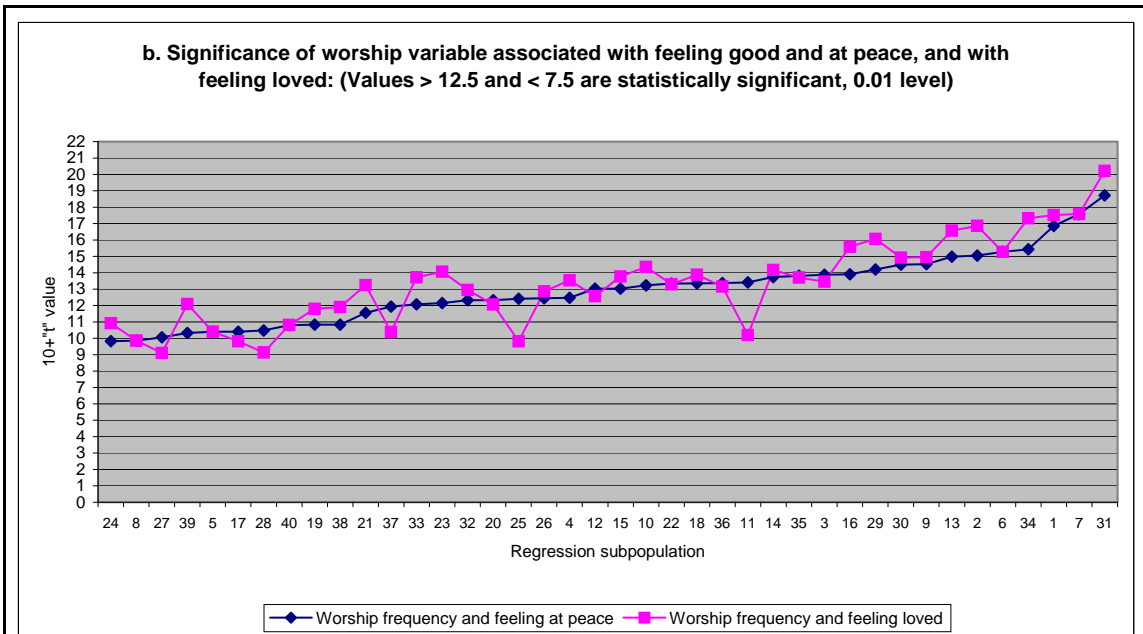


Chart b. Subpopulation legend

- | | |
|---------------------------------------|--|
| 1. Women | 21. Sales/service occupations |
| 2. Men | 22. Trades/transport/equip. operators |
| 3. Mothers | 23. Manufacturing/processing/utilities |
| 4. Fathers | 24. Farming/forestry/fishing/mining |
| 5. Common-law | 25. Strong fear of robbery or assault |
| 6. Married | 26. Strong fear of being in crowds |
| 7. Widow/widower | 27. Strong fear of halls, church, theatres |
| 8. Separated/divorced | 28. Strong fear of something terrible |
| 9. All parents | 29. Received psychological counseling |
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| 18. Professional/accounting | 38. Lutherans |
| 19. Technologists/technicians | 39. Baptists |
| 20. Administrative/financial/clerical | 40. Pentecostals |

being at peace with the variable frequency of worship, are positive in over half the subgroups, as expected. There are no statistically significant negative associations. Some of the associations that were expected to be significant though are not: those for the non-Christian faiths, French Roman Catholics, and the faiths with relatively small samples, Presbyterians, Lutherans, Baptists and Pentecostals for example. Some of the statistically insignificant associations may reflect weak religious commitment: cohabiting adults, the separated or divorced adults, for example, though the associations are significant for single mothers, working mothers, and immigrants, for example. Worship frequency is positively associated feeling at peace and feeling loved and appreciated in many of the same

subpopulations, as is clearly revealed in Chart b, below. Worship appears to provide a non-formal type of education that influences both sentiments with similar force, and with greatest force in similar subpopulations. It tends to offset the negative effect of formal education on the frequency of feeling at peace.

The associations of the frequency of feeling at peace with lifetime marijuana use are also as expected for most groups: negative. There are no statistically significant positive associations, in fact no positive associations at all, as in the case of feeling loved. As in the case of the analysis of feeling loved, examined in our last monograph, there are a couple of subpopulations where one would have expected to see significant associations but they are insignificant: the separated or divorced population, and those who had received psychological counseling. The widow/widower group is another exception, perhaps because older people are less likely to have ever used marijuana. These associations are the strongest and most consistent of all over the subpopulations, together with the positive associations of feeling at peace with hours of sleep, as expected, and there are no exceptions, and no negative associations at all. The results for marijuana use and hours of sleep are portrayed in Chart c, below. The opposite effects on the frequency of feeling at peace stand out clearly in this chart.

The last two summary tables, below, present the key results by province and region, all in relation to the reference province, Ontario. Few of the regional differences in frequency of feeling at peace are statistically significant, except in the case of Quebec, where 15 of the 40 subpopulations feel at peace more often than their counterparts in Ontario, and only one, Pentecostals, feel less at peace than their counterparts in Ontario. The 15 groups who feel more at peace include those living common-law, the separated or divorced, widows or widowers, the employed, working mothers, immigrants, Christians, Anglicans, Baptists and non-French Roman Catholics. In the last summary table below it may be noted that nine subpopulations in British Columbia feel at peace less often than their counterparts in Ontario, including men, fathers, parents, the employed, employed parents, employed men, and Christians.

The analytical results for each of the 40 subpopulations are displayed in tables 1 to 10 appearing in Chapter 5. Regression Table 3, for example, presents results for parents, parents in two-parent families, single mothers,

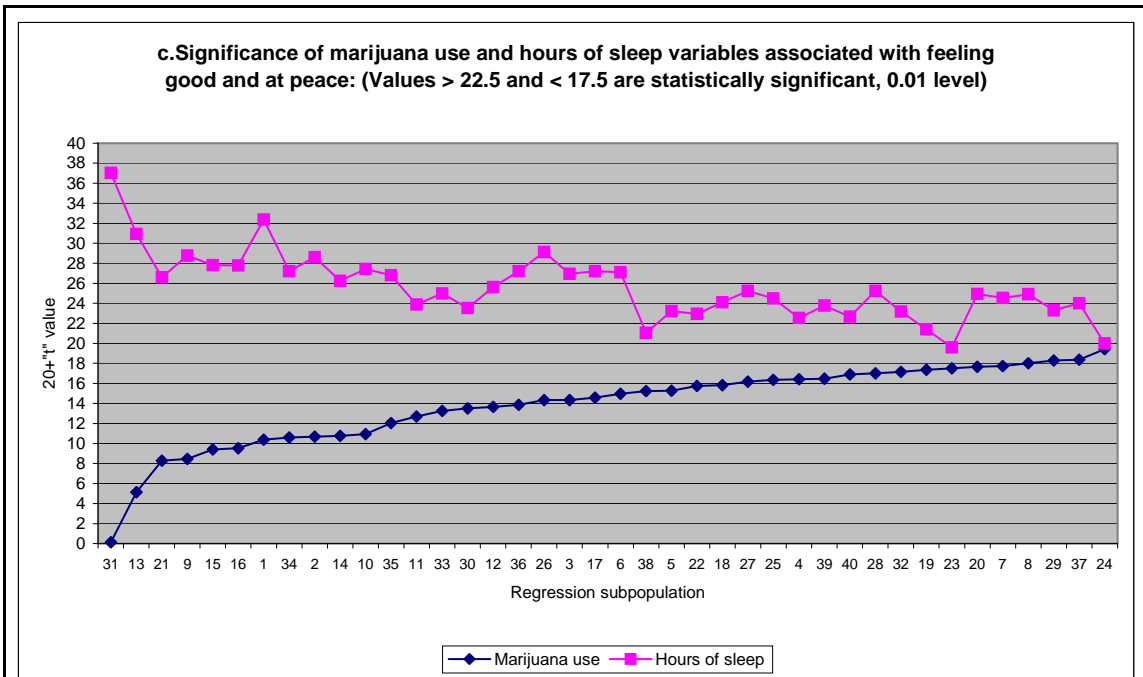


Chart c. Subpopulation legend

- | | |
|---------------------------------------|--|
| 1. Women | 21. Sales/service occupations |
| 2. Men | 22. Trades/transport/equip. operators |
| 3. Mothers | 23. Manufacturing/processing/utilities |
| 4. Fathers | 24. Farming/forestry/fishing/mining |
| 5. Common-law | 25. Strong fear of robbery or assault |
| 6. Married | 26. Strong fear of being in crowds |
| 7. Widow/widower | 27. Strong fear of halls, church, theatres |
| 8. Separated/divorced | 28. Strong fear of something terrible |
| 9. All parents | 29. Received psychological counseling |
| 10. Two parent families | 30. Immigrants |
| 11. Single mothers | 31. Christians |
| 12. Working mothers | 32. Non-Christian faiths |
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| 15. Employed women | 35. United Church affiliates |
| 16. Employed men | 36. Anglicans |
| 17. Managers | 37. Presbyterians |
| 18. Professional/accounting | 38. Lutherans |
| 19. Technologists/technicians | 39. Baptists |
| 20. Administrative/financial/clerical | 40. Pentecostals |

and working mothers. In the results for parents, it may be noted that there are over 9,000 respondents in the analysis, that feeling at peace is more frequent for fathers than mothers, increases with age, with worship frequency, and with hours of sleep, and decreases with educational attainment and consumption of marijuana over the lifetime. Feeling at peace is less frequent in British Columbia than in any of the other regions: Atlantic Canada, Quebec, Manitoba/Saskatchewan or Alberta. Similar results apply to parents in two-parent families, with the addition that parents in Quebec feel at peace more often than their counterparts in Ontario. Similar results also apply to single mothers except that the education and regional factors are insignificant. The results for working mothers are also similar to those

for all parents, except for the regional effects: working mothers in Quebec are more often at peace than their counterparts in both Ontario and British Columbia.

Regression Summary Table 1. Statistical significance of age, sex, and education in estimating the frequency of feeling good, and at peace past month, 2002

Sub-population	Independent variable:					
	Male (=1, female=0)		Age (natural log)		Education (natural log)	
	"b"	"t"	"b"	"t"	"b"	"t"
1. Women			0.0203	18.3 **	-0.0118	-4.4 **
Men			0.0111	9.9 **	-0.0137	-5.1 **
Mothers			0.0162	4.7 **	-0.0249	-4.7 **
Fathers			0.0050	1.1	-0.0156	-2.6 **
2. Common-law	0.0134	6.2 **	-0.0115	-3.3 **	-0.0188	-2.8 **
Married	0.0056	6.5 **	0.0114	7.3 **	-0.0010	-0.4
Widow/widower	-0.0056	-2.2	0.0491	7.6 **	0.0069	1.2
Separated/divorced	-0.0110	-4.1 **	0.0196	3.7 **	0.0041	0.5
3. All parents	0.0114	8.9 **	0.0115	4.3 **	-0.0212	-5.3 **
Two parent families	0.0095	6.8 **	0.0098	3.2 **	-0.0270	-6.1 **
Single mothers			0.0242	4.1 **	0.0043	0.4
Working mothers			0.0173	3.5 **	-0.0213	-3.1 **
4. The employed	0.0127	15.1 **	0.0141	11.7 **	-0.0201	-7.5 **
Employed parents	0.0121	8.4 **	0.0093	2.7 **	-0.0190	-4.0 **
Employed women			0.0197	11.0 **	-0.0185	-4.5 **
Employed men			0.0093	5.8 **	-0.0207	-5.9 **
5. Managers	0.0124	4.7 **	0.0179	3.8 **	-0.0082	-0.9
Professional/accounting	0.0114	5.5 **	0.0193	5.1 **	0.0000	0.0
Technologists/technicians	0.0065	2.0	0.0050	1.0	-0.0532	-4.3 **
Administrative/financial/clerical	0.0148	4.4 **	0.0248	5.9 **	-0.0286	-2.8 **
6. Sales/service occupations	0.0117	6.5 **	0.0107	4.9 **	-0.0163	-2.5 **
Trades/transport/equip. operators	0.0144	4.3 **	0.0140	4.2 **	-0.0119	-1.5
Manufacturing/processing/utilities	0.0105	2.7 **	0.0018	0.3	0.0157	1.2
Farming/forestry/fishing/mining	0.0046	0.9	0.0031	0.6	-0.0430	-3.5 **
7. Strong fear of robbery or assault	0.0024	0.5	0.0166	3.5 **	-0.0244	-2.0
Strong fear of being in crowds	0.0095	3.6 **	0.0273	8.5 **	-0.0242	-3.1 **
Strong fear of halls, church, theatres	0.0070	1.4	0.0337	5.3 **	0.0123	0.8
Strong fear of something terrible	-0.0003	-0.1	0.0162	3.5 **	0.0132	1.1
8. Received psychological counseling	-0.0031	-1.0	0.0301	7.3 **	-0.0040	-0.4
Immigrants	0.0097	6.0 **	0.0176	9.0 **	-0.0068	-1.6
Christians	0.0108	16.5 **	0.0158	20.1 **	-0.0137	-7.3 **
Non-Christian faiths	0.0146	4.3 **	0.0148	3.6 **	-0.0092	-1.0
9. French Roman Catholics	0.0149	9.6 **	0.0148	7.0 **	-0.0104	-2.4
Non-French Roman Catholics	0.0121	8.7 **	0.0136	8.1 **	-0.0048	-1.2
United Church affiliates	0.0088	4.7 **	0.0105	4.2 **	-0.0310	-5.5 **
Anglicans	0.0071	3.3 **	0.0148	5.1 **	-0.0205	-3.0 **
10. Presbyterians	-0.0033	-0.9	0.0175	4.2 **	-0.0102	-1.0
Lutherans	0.0167	4.5 **	0.0168	3.8 **	0.0114	1.0
Baptists	0.0098	2.9 **	0.0150	3.7 **	-0.0059	-0.6
Pentecostals	0.0120	2.8 **	0.0235	4.5 **	-0.0172	-1.2

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Summary Table 2. Statistical significance of worship frequency, lifetime smoking of marijuana, and hours of sleep in estimating in estimating the frequency of feeling at peace

Sub-population:	Independent variable:					
	Worship frequency		Smoked marijuana in lifetime		Sleep (natural log of hours)	
	"b"	"t"	"b"	"t"	"b"	"t"
1. Women	0.0044	6.9 **	-0.0033	-14.6 **	0.0287	13.4 **
Men	0.0036	5.0 **	-0.0028	-13.6 **	0.0242	10.8 **
Mothers	0.0047	3.9 **	-0.0035	-9.1 **	0.0357	9.0 **
Fathers	0.0035	2.5 **	-0.0030	-7.2 **	0.0159	3.3 **
2. Common-law	0.0011	0.4	-0.0022	-4.7 **	0.0156	3.2 **
Married	0.0030	5.3 **	-0.0011	-5.0 **	0.0149	7.1 **
Widow/widower	0.0094	7.6 **	-0.0022	-2.3	0.0168	4.5 **
Separated/divorced	-0.0003	-0.1	-0.0012	-2.0	0.0256	4.9 **
3. All parents	0.0041	4.5 **	-0.0033	-11.5 **	0.0269	8.8 **
Two parent families	0.0032	3.2 **	-0.0028	-9.1 **	0.0255	7.4 **
Single mothers	0.0088	3.4 **	-0.0060	-7.3 **	0.0276	3.9 **
Working mothers	0.0045	3.0 **	-0.0029	-6.4 **	0.0297	5.6 **
4. The employed	0.0032	5.0 **	-0.0027	-14.9 **	0.0241	10.9 **
Employed parents	0.0039	3.7 **	-0.0029	-9.3 **	0.0237	6.3 **
Employed women	0.0028	3.0 **	-0.0030	-10.6 **	0.0255	7.8 **
Employed men	0.0034	3.9 **	-0.0025	-10.5 **	0.0232	7.8 **
5. Managers	0.0008	0.4	-0.0030	-5.4 **	0.0521	7.2 **
Professional/accounting	0.0051	3.4 **	-0.0019	-4.2 **	0.0239	4.1 **
Technologists/technicians	0.0021	0.8	-0.0017	-2.6 **	0.0125	1.4
Administrative/financial/clerical	0.0044	2.3	-0.0013	-2.3	0.0387	4.9 **
6. Sales/service occupations	0.0022	1.6	-0.0046	-11.7 **	0.0302	6.6 **
Trades/transport/equip. operators	0.0057	3.3 **	-0.0019	-4.2 **	0.0154	2.9 **
Manufacturing/processing/utilities	0.0060	2.2	-0.0021	-2.5 **	-0.0035	-0.4
Farming/forestry/fishing/mining	-0.0005	-0.2	-0.0005	-0.6	0.0000	0.0
7. Strong fear of robbery or assault	0.0075	2.4	-0.0034	-3.7 **	0.0378	4.5 **
Strong fear of being in crowds	0.0048	2.5 **	-0.0033	-5.7 **	0.0474	9.1 **
Strong fear of halls, church, theatres	0.0002	0.1	-0.0042	-3.8 **	0.0453	5.2 **
Strong fear of something terrible	0.0014	0.5	-0.0026	-3.0 **	0.0421	5.2 **
8. Received psychological counseling	0.0094	4.2 **	-0.0011	-1.7	0.0182	3.3 **
Immigrants	0.0046	4.5 **	-0.0032	-6.5 **	0.0138	3.5 **
Christians	0.0042	8.7 **	-0.0030	-19.9 **	0.0263	17.0 **
Non-Christian faiths	0.0054	2.3	-0.0030	-2.8 **	0.0266	3.2 **
9. French Roman Catholics	0.0028	2.1	-0.0025	-6.7 **	0.0187	5.0 **
Non-French Roman Catholics	0.0052	5.4 **	-0.0030	-9.4 **	0.0234	7.2 **
United Church affiliates	0.0057	3.8 **	-0.0036	-8.0 **	0.0280	6.8 **
Anglicans	0.0061	3.4 **	-0.0032	-6.1 **	0.0361	7.2 **
10. Presbyterians	0.0050	1.9	-0.0014	-1.6	0.0324	4.0 **
Lutherans	0.0024	0.8	-0.0045	-4.8 **	0.0090	1.1
Baptists	0.0007	0.3	-0.0028	-3.5 **	0.0273	3.8 **
Pentecostals	0.0022	0.8	-0.0033	-3.1 **	0.0241	2.7 **

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Summary Table 3. Statistical significance of the Atlantic region and Québecin estimating in estimating the frequency of feeling at peace

Sub-population:	Independent variable:			
	Atlantic region		Québec	
	"b"	"t"	"b"	"t"
1. Women	0.0052	2.9 **	0.0010	0.8
Men	0.0049	2.7 **	0.0053	4.4 **
Mothers	0.0012	0.4	0.0027	1.2
Fathers	0.0069	1.8	0.0057	2.3
2. Common-law	0.0046	1.0	0.0068	2.6 **
Married	0.0037	2.3	0.0006	0.5
Widow/widower	0.0073	2.0	0.0141	5.7 **
Separated/divorced	0.0107	2.0	0.0132	3.9 **
3. All parents	0.0038	1.5	0.0040	2.4
Two parent families	0.0027	1.0	0.0047	2.6 **
Single mothers	0.0073	1.1	-0.0022	-0.5
Working mothers	0.0035	0.9	0.0070	2.6 **
4. The employed	0.0048	2.8 **	0.0043	3.9 **
Employed parents	0.0051	1.8	0.0064	3.4 **
Employed women	0.0054	2.2	0.0028	1.7
Employed men	0.0041	1.8	0.0056	3.8 **
5. Managers	0.0037	0.7	0.0135	3.6 **
Professional/accounting	0.0055	1.3	0.0061	2.1
Technologists/technicians	0.0086	1.3	-0.0004	-0.1
Administrative/financial/clerical	0.0042	0.7	0.0045	1.4
6. Sales/service occupations	0.0035	1.0	-0.0020	-0.9
Trades/transport/equip. operators	0.0020	0.4	0.0042	1.5
Manufacturing/processing/utilities	0.0011	0.1	0.0070	1.6
Farming/forestry/fishing/mining	0.0091	1.5	0.0125	2.2
7. Strong fear of robbery or assault	-0.0004	0.0	-0.0048	-0.9
Strong fear of being in crowds	0.0043	0.9	0.0050	1.4
Strong fear of halls, church, theatres	0.0021	0.2	-0.0036	-0.6
Strong fear of something terrible	-0.0021	-0.3	-0.0085	-1.6
8. Received psychological counseling	0.0026	0.5	0.0014	0.3
Immigrants	0.0035	0.5	0.0083	3.5 **
Christians	0.0051	3.9 **	0.0031	3.7 **
Non-Christian faiths	-0.0078	-0.4	0.0021	0.4
9. French Roman Catholics	0.0023	0.5	-0.0009	-0.3
Non-French Roman Catholics	0.0073	3.2 **	0.0120	5.0 **
United Church affiliates	0.0035	1.2	-0.0039	-0.5
Anglicans	0.0099	3.1 **	0.0331	5.5 **
10. Presbyterians	0.0027	0.4	0.0138	1.2
Lutherans	0.0287	2.0	-0.0124	-0.6
Baptists	0.0042	1.0	0.0217	2.9 **
Pentecostals	-0.0104	-1.6	-0.0255	-3.1 **

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Summary Table 4. Statistical significance of Manitoba/Saskatchewan, Alberta, and British Columbia in estimating in estimating the frequency of feeling at peace

Sub-population:	Independent variable:					
	Manitoba/Saskatchewan		Alberta		British Columbia	
	"b"	"t"	"b"	"t"	"b"	"t"
1. Women	0.0042	2.2	0.0024	1.4	-0.0024	-1.6
Men	0.0010	0.5	-0.0027	-1.7	-0.0046	-3.1 **
Mothers	0.0026	0.7	0.0030	1.0	-0.0033	-1.2
Fathers	0.0040	1.0	0.0007	0.2	-0.0088	-2.8 **
2. Common-law	0.0085	1.6	0.0048	1.1	0.0055	1.4
Married	0.0004	0.2	0.0001	0.1	-0.0017	-1.3
Widow/widower	0.0010	0.2	0.0090	2.3	-0.0009	-0.3
Separated/divorced	0.0021	0.4	-0.0017	-0.4	-0.0061	-1.5
3. All parents	0.0032	1.2	0.0018	0.8	-0.0059	-2.8 **
Two parent families	0.0045	1.5	0.0013	0.5	-0.0057	-2.5 **
Single mothers	-0.0040	-0.6	0.0006	0.1	-0.0060	-1.0
Working mothers	0.0062	1.5	0.0042	1.2	-0.0043	-1.3
4. The employed	0.0034	1.9	-0.0008	-0.6	-0.0060	-4.5 **
Employed parents	0.0055	1.8	0.0033	1.3	-0.0077	-3.3 **
Employed women	0.0050	1.9	0.0018	0.8	-0.0045	-2.3
Employed men	0.0018	0.8	-0.0030	-1.6	-0.0073	-4.0 **
5. Managers	0.0084	1.5	0.0108	2.7 **	-0.0039	-1.0
Professional/accounting	0.0056	1.3	0.0010	0.3	-0.0045	-1.4
Technologists/technicians	0.0004	0.1	-0.0005	-0.1	-0.0074	-1.5
Administrative/financial/clerical	0.0020	0.3	0.0011	0.2	-0.0066	-1.5
6. Sales/service occupations	0.0023	0.6	-0.0073	-2.3	-0.0051	-1.8
Trades/transport/equip. operators	0.0007	0.1	-0.0061	-1.8	-0.0077	-2.2
Manufacturing/processing/utilities	0.0064	0.7	-0.0013	-0.2	-0.0216	-3.0 **
Farming/forestry/fishing/mining	0.0112	1.8	0.0130	1.8	0.0043	0.6
7. Strong fear of robbery or assault	0.0018	0.2	-0.0102	-1.5	-0.0144	-2.2
Strong fear of being in crowds	0.0067	1.3	-0.0027	-0.6	0.0001	0.0
Strong fear of halls, church, theatres	-0.0006	-0.1	0.0158	1.7	-0.0089	-1.2
Strong fear of something terrible	0.0052	0.6	-0.0145	-2.2	-0.0034	-0.6
8. Received psychological counseling	0.0035	0.6	-0.0157	-2.9 **	-0.0027	-0.6
Immigrants	0.0094	2.1	0.0030	1.0	0.0015	0.7
Christians	0.0026	1.9	-0.0002	-0.1	-0.0034	-3.3 **
Non-Christian faiths	0.0022	0.2	0.0097	1.6	0.0062	1.3
9. French Roman Catholics	-0.0014	-0.2	0.0063	0.7	0.0091	1.1
Non-French Roman Catholics	0.0088	3.4 **	0.0017	0.7	-0.0036	-1.5
United Church affiliates	0.0022	0.8	-0.0008	-0.3	-0.0002	-0.1
Anglicans	0.0046	1.0	0.0011	0.3	-0.0035	-1.1
10. Presbyterians	-0.0198	-2.0	-0.0003	-0.1	-0.0072	-1.2
Lutherans	0.0053	1.0	0.0134	2.7 **	0.0085	1.6
Baptists	-0.0034	-0.5	-0.0037	-0.7	0.0012	0.2
Pentecostals	-0.0059	-0.7	-0.0042	-0.6	-0.0047	-0.7

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

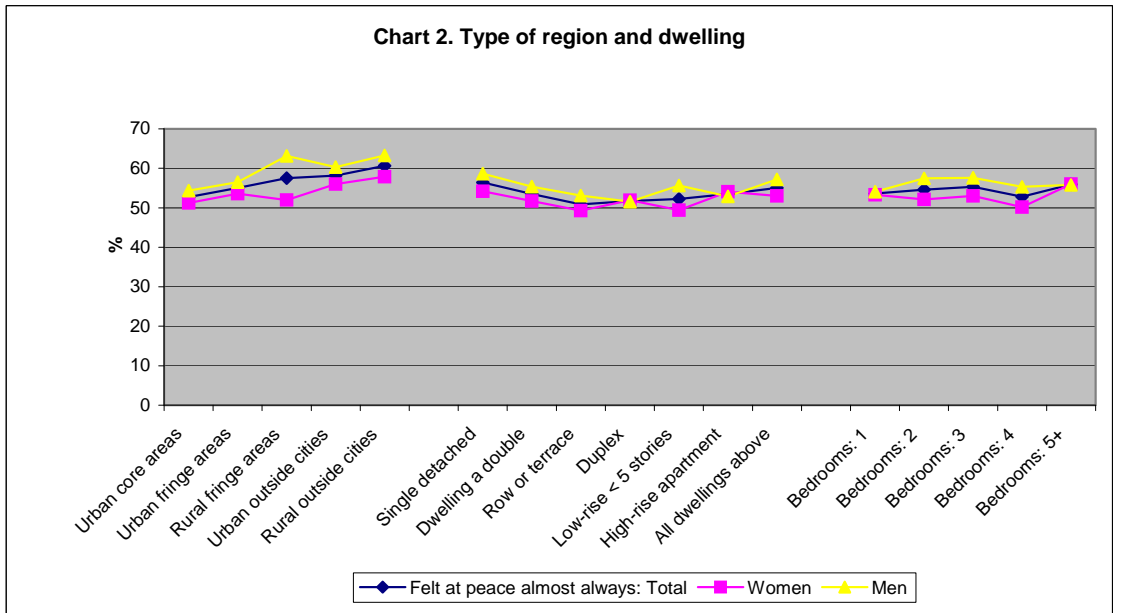
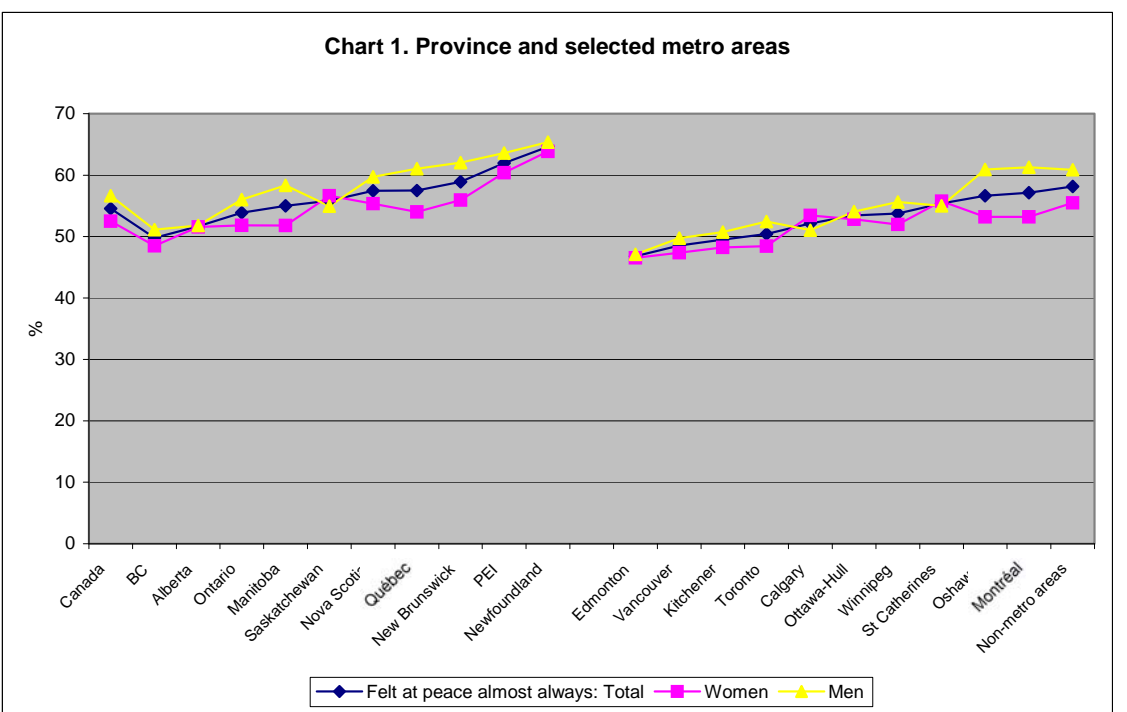
Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002.**

**Chapter 1. Charts: Frequency of women and men
feeling good and at peace almost all the time past month**



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 12 in the household

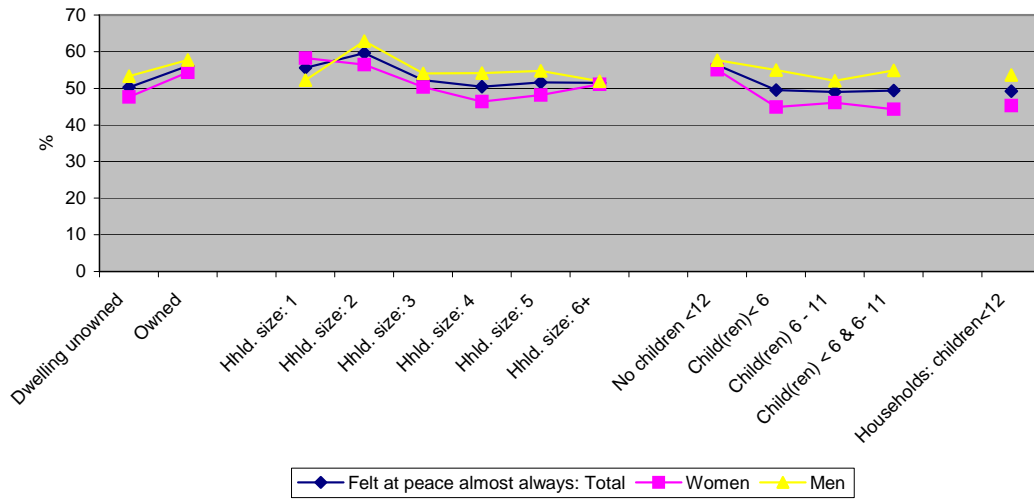
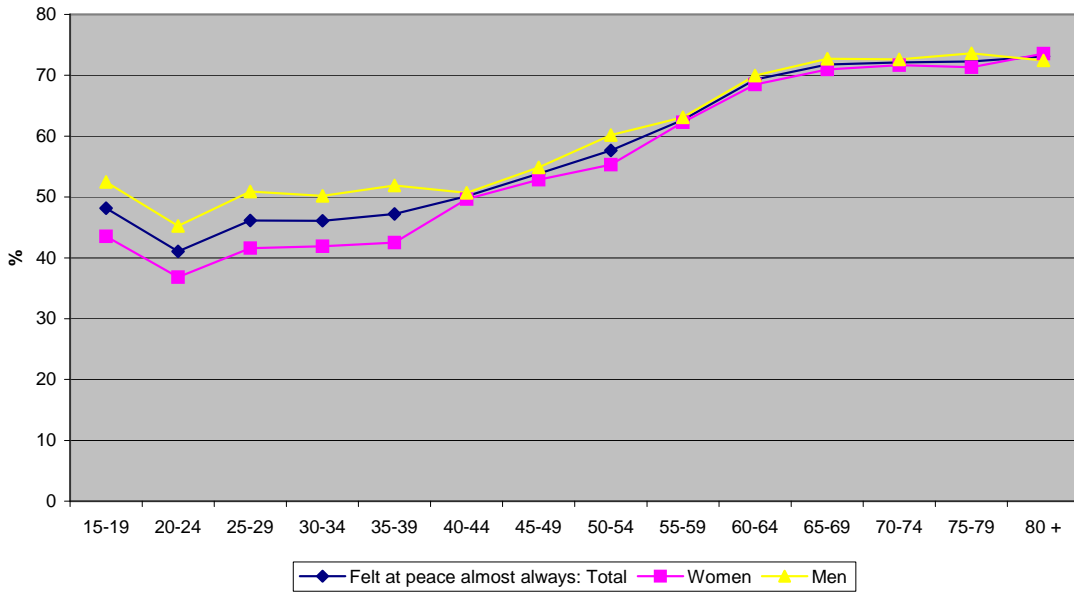


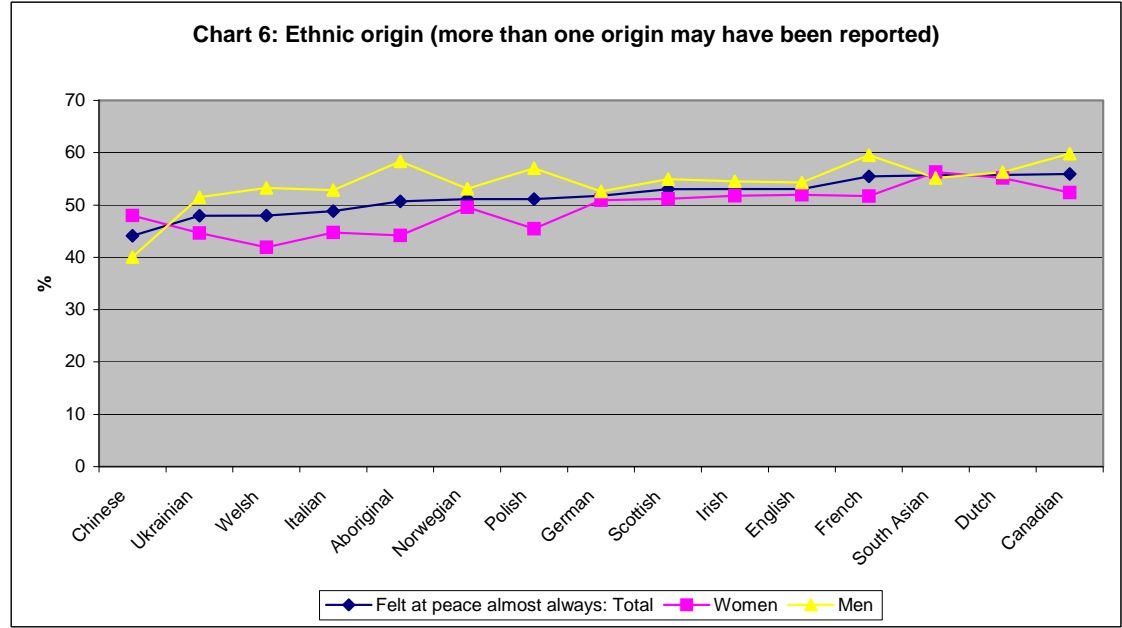
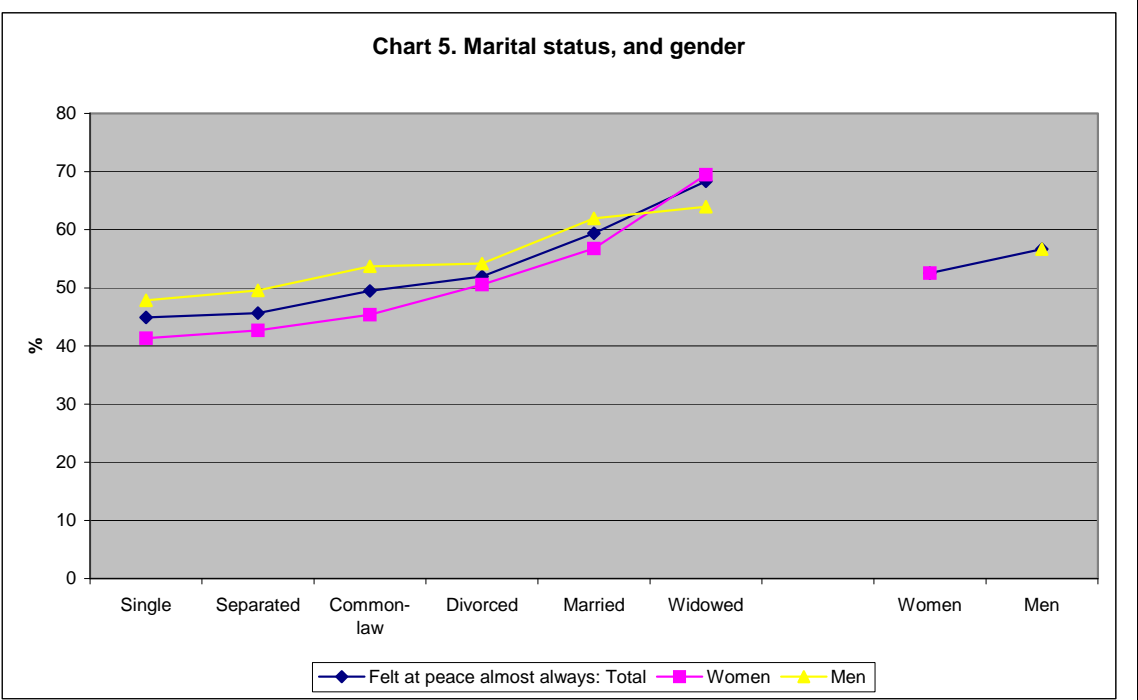
Chart 4. Age groups



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 7. Student status; and level of education

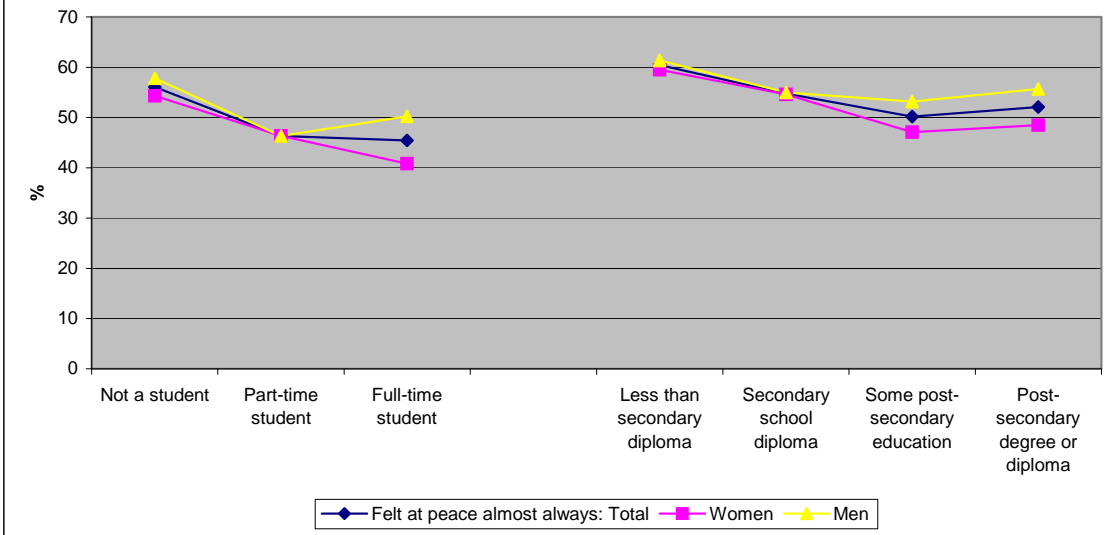
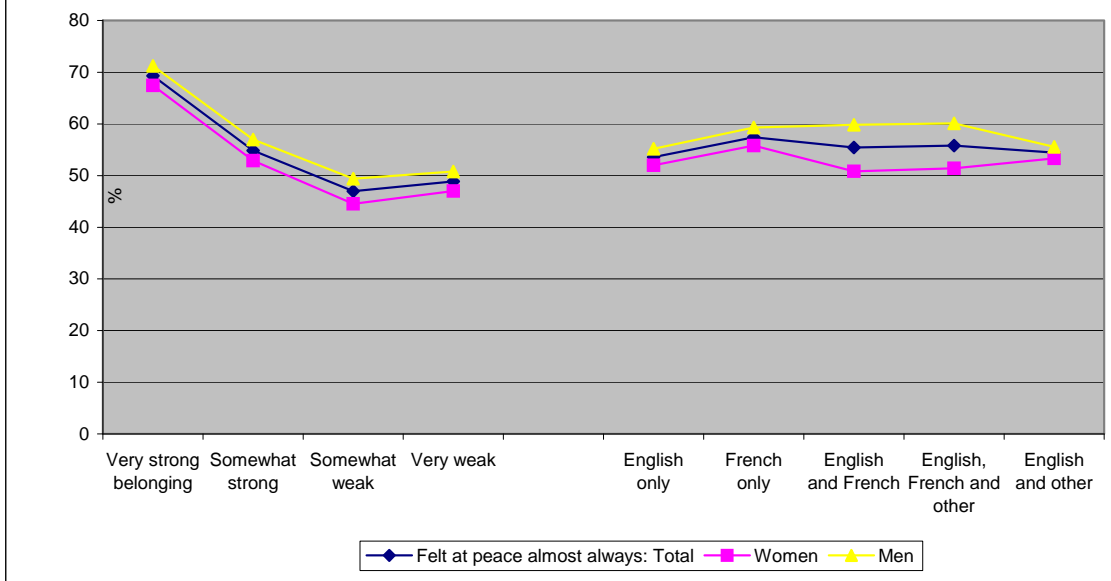


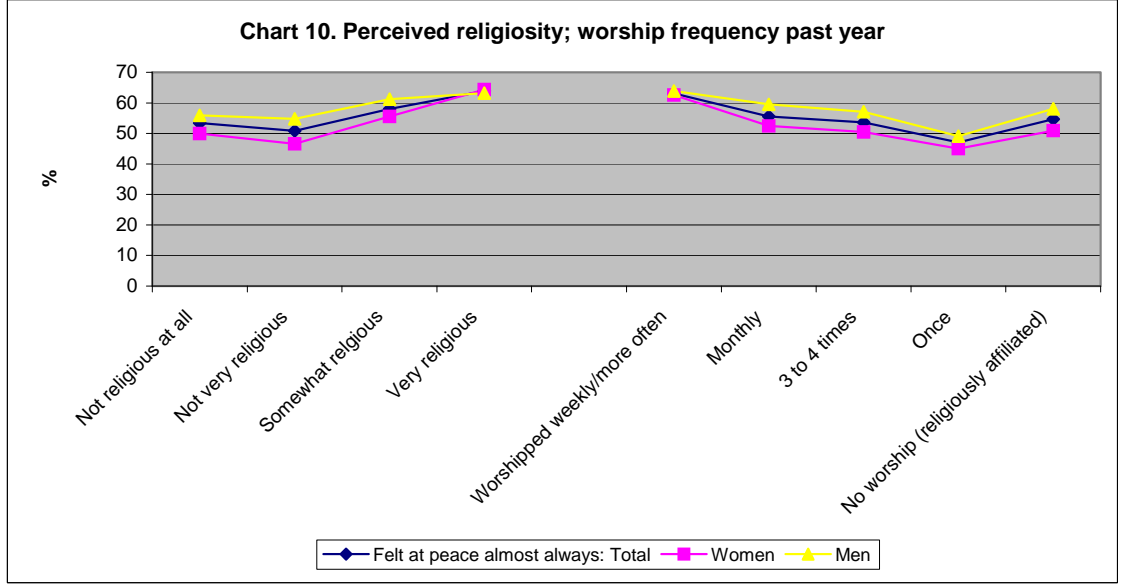
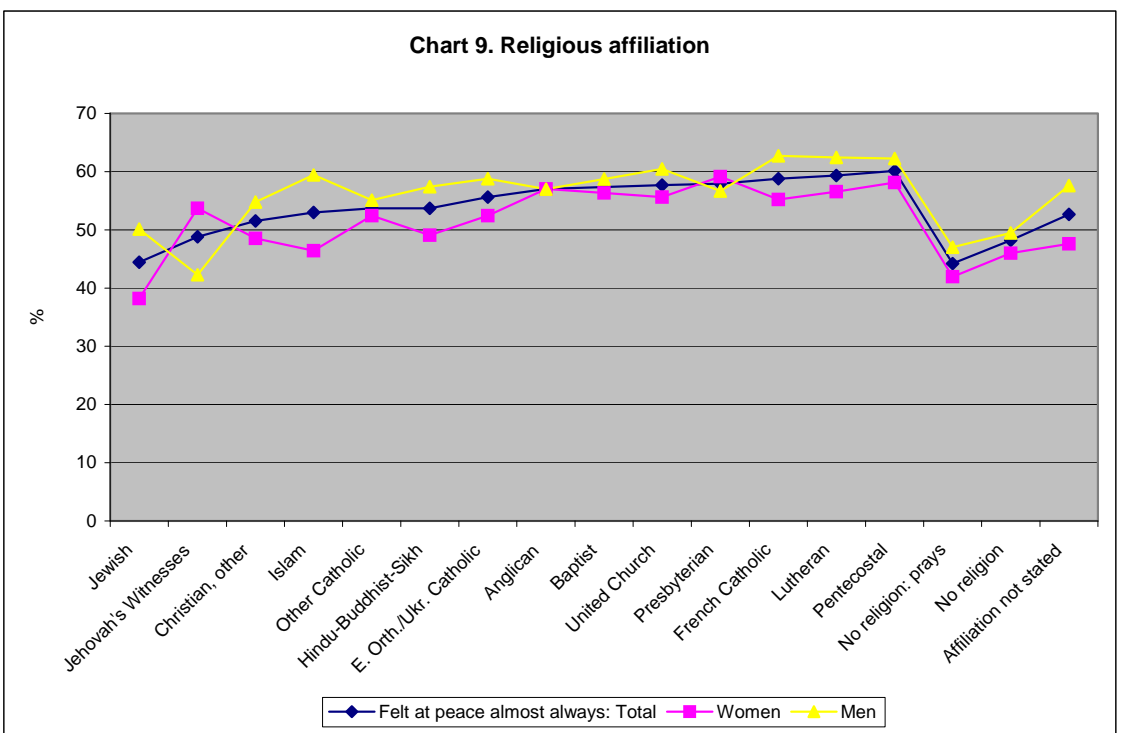
Chart 8. Strength of belonging to the community of residence; and language



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 11. The role of spiritual values in providing understanding of life's difficulties; and period of immigration

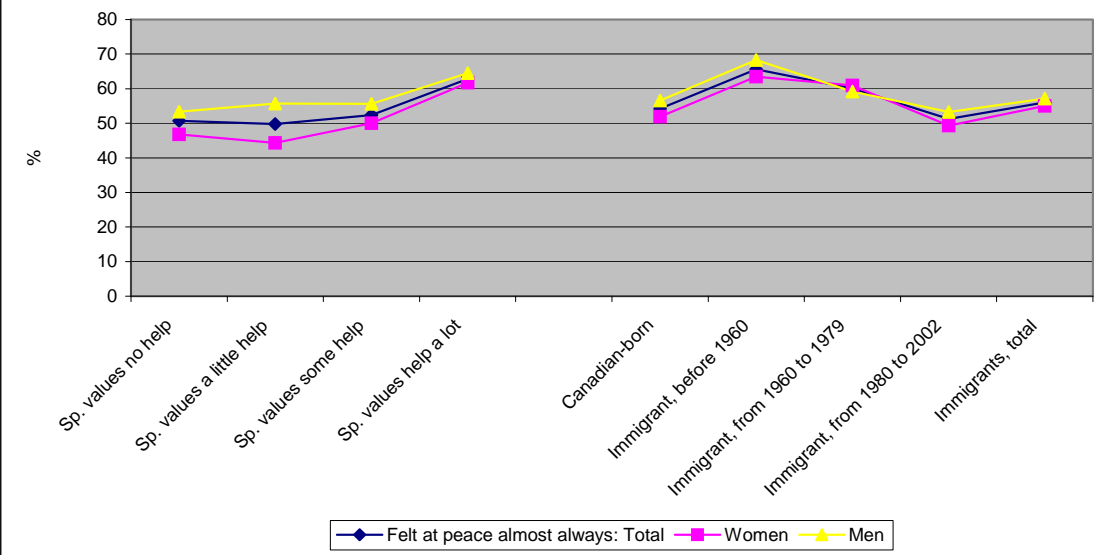
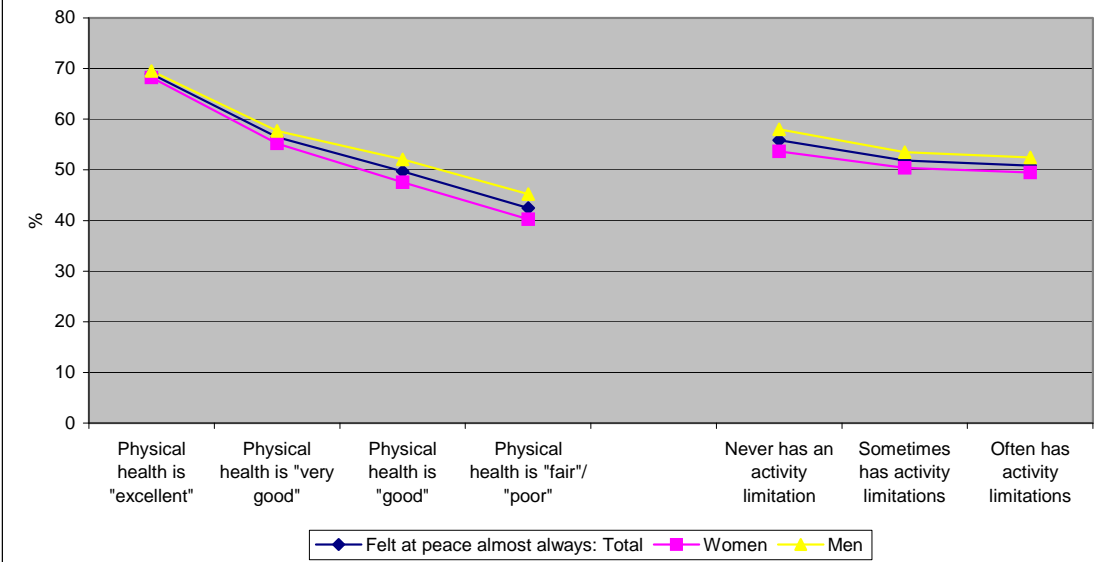


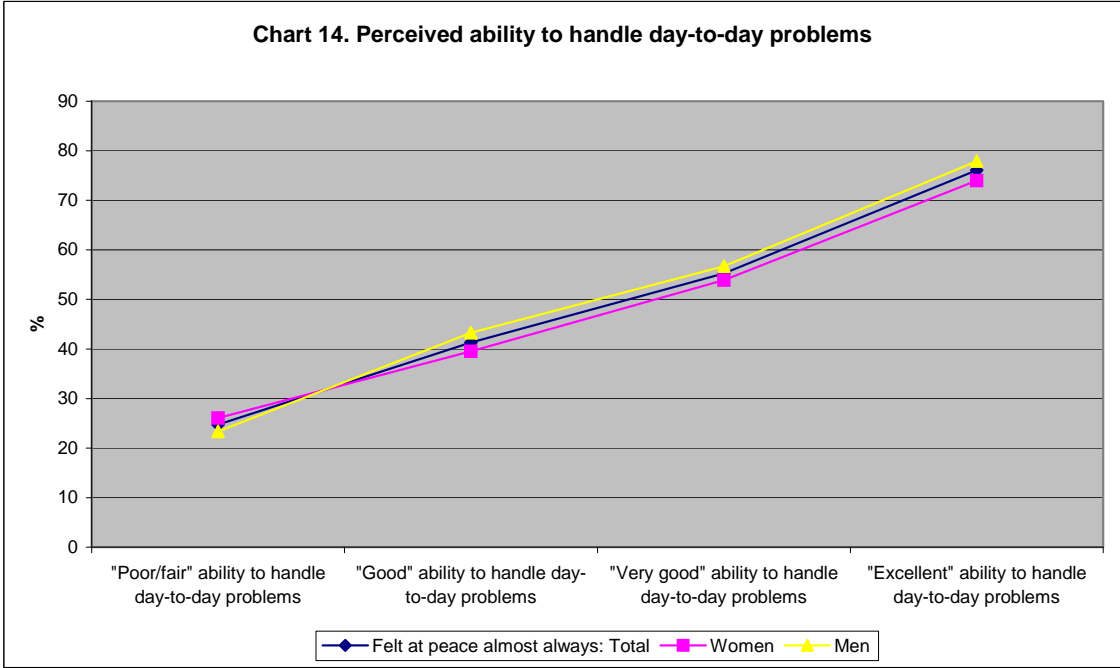
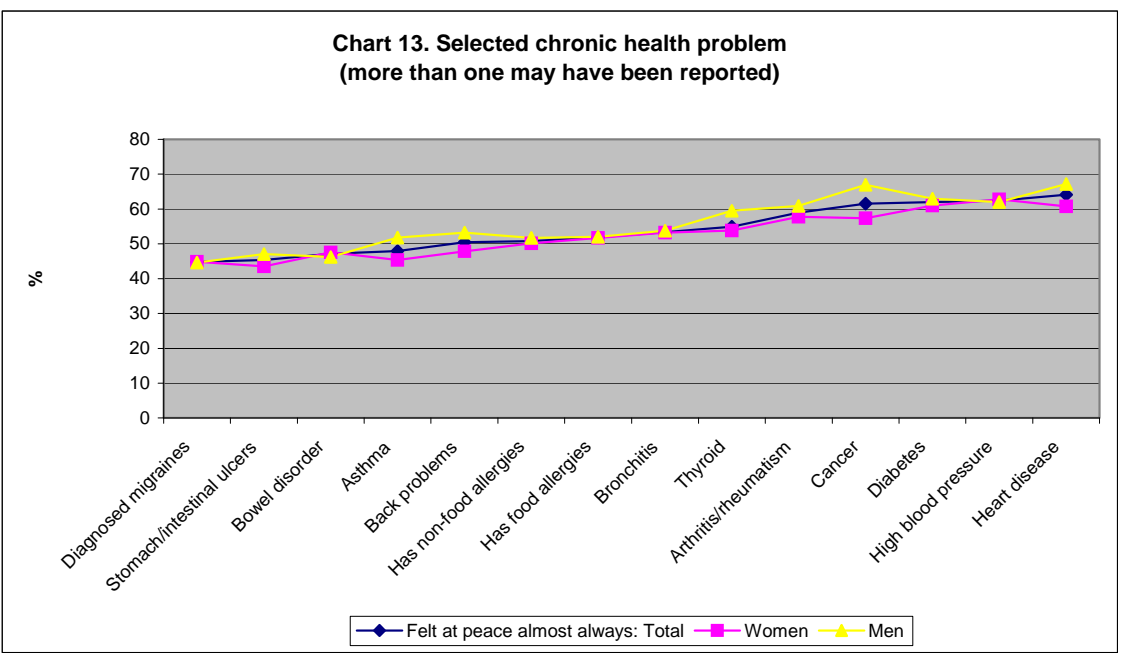
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 15. Stress level most days; and perceived quality of mental health

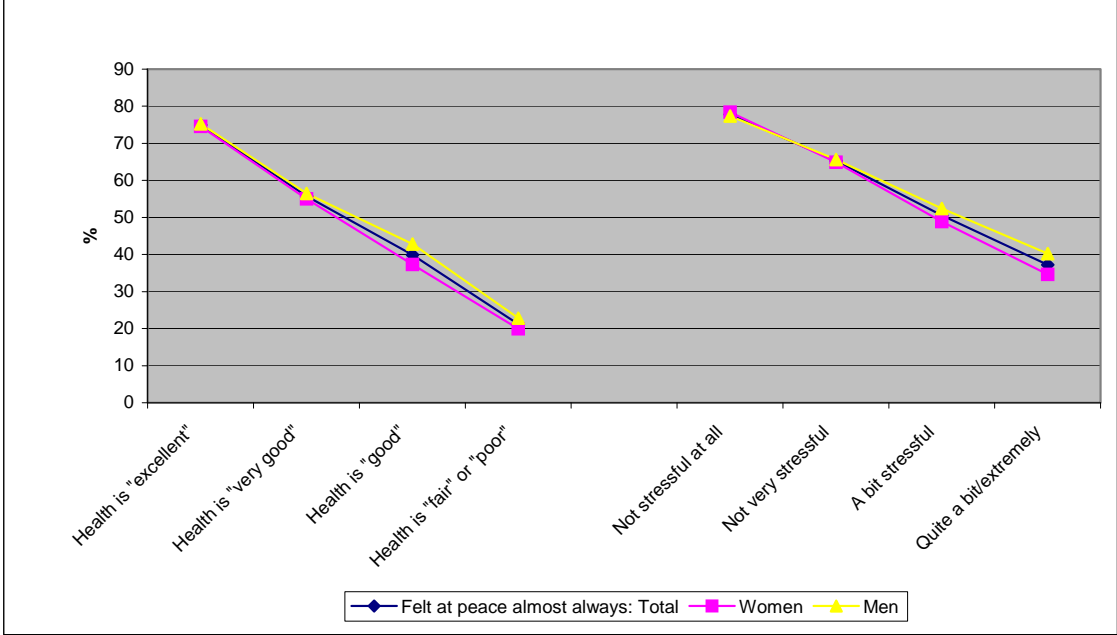
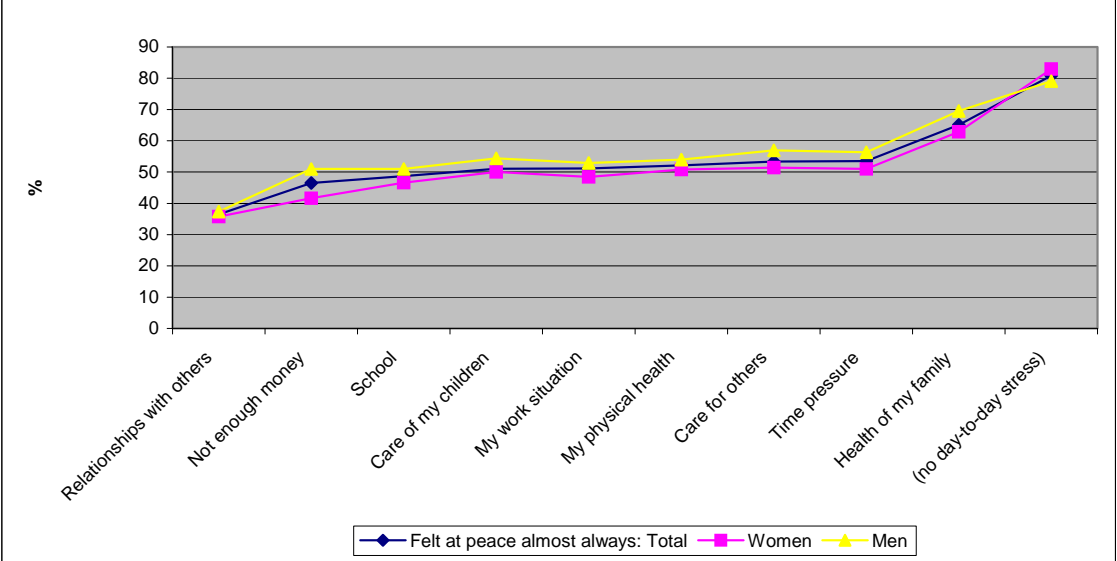


Chart 16. Most important source of daily stress



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 17. Coping with stress by drinking or smoking more than usual

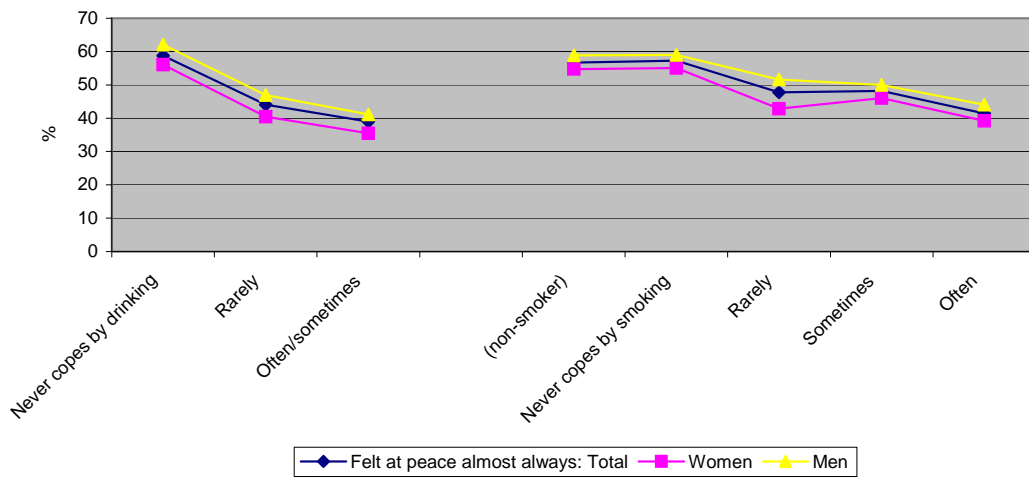
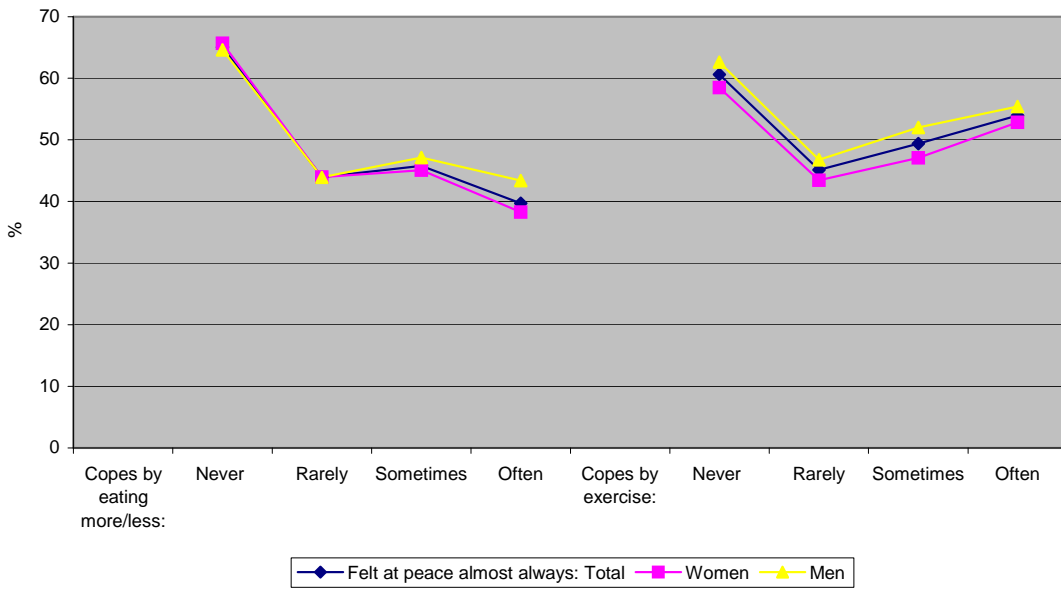


Chart 18. Coping by eating more or less than usual; by jogging or exercise



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 19. Coping by praying/spiritual help; and by blaming oneself

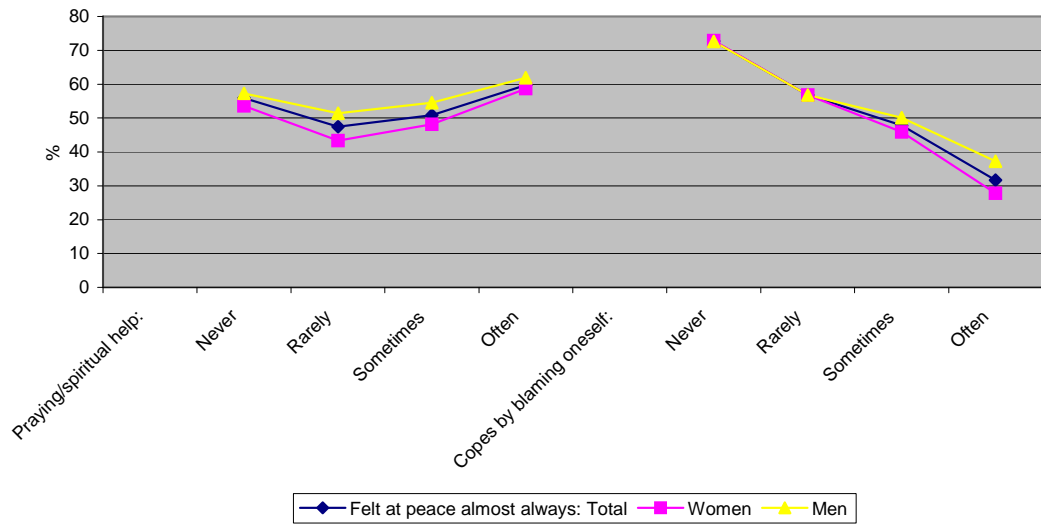
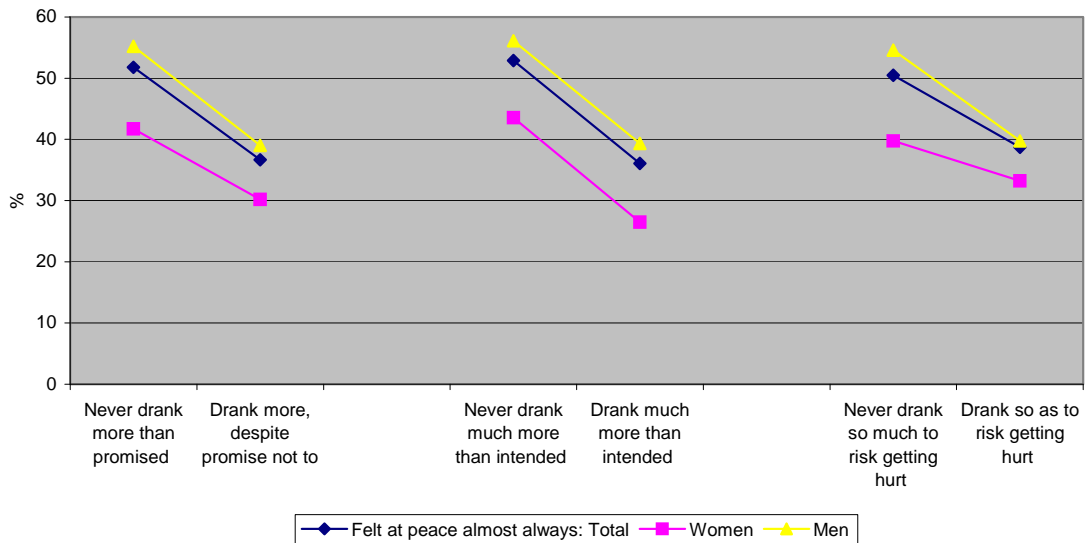


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage: Women and men who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

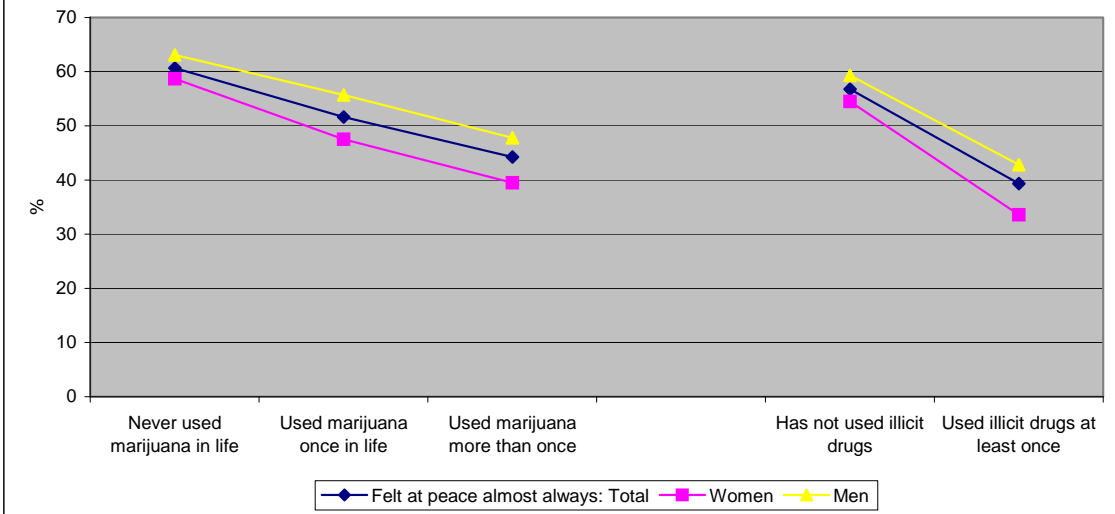
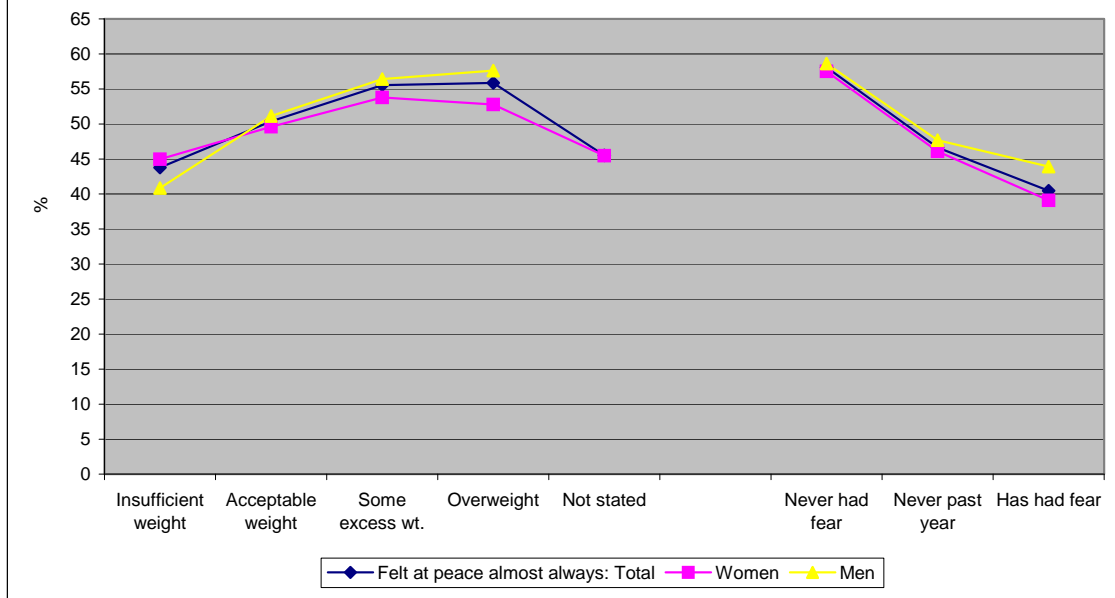


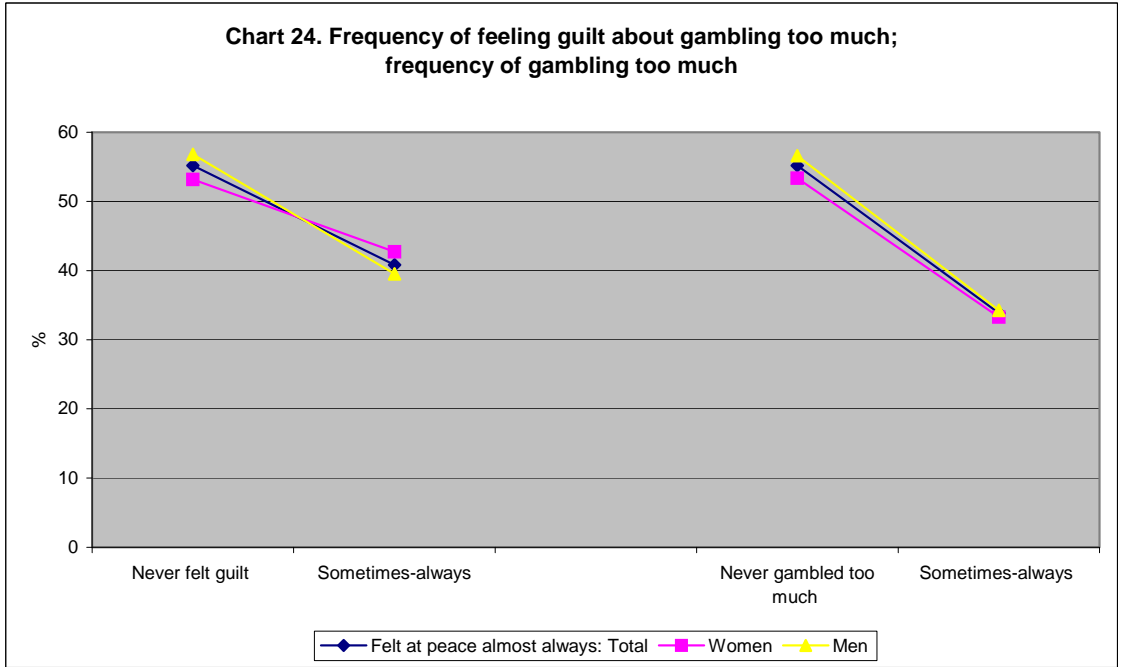
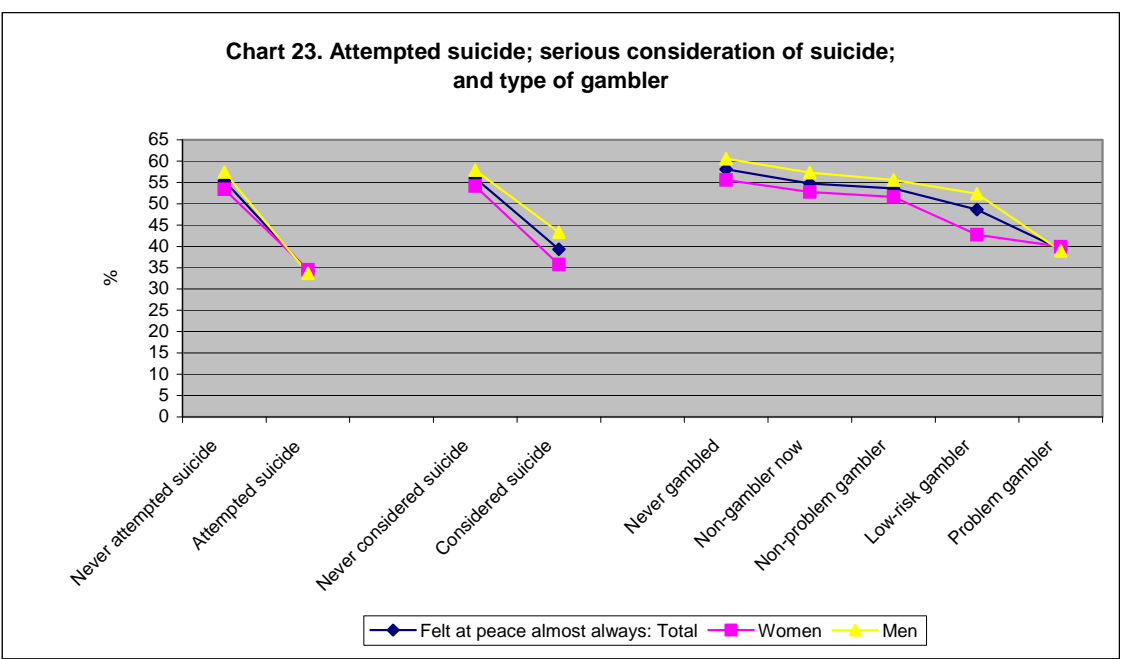
Chart 22. Weight acceptability (according to the body mass index, ages 20 to 64); and fear of being overweight past year



Percentage: Women and men who felt good and at peace almost always past month

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

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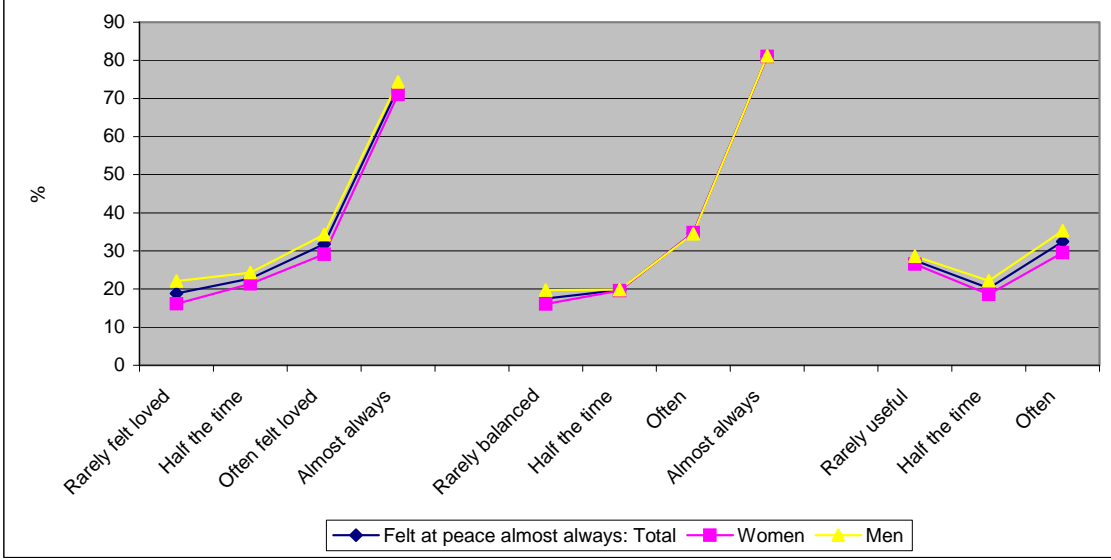
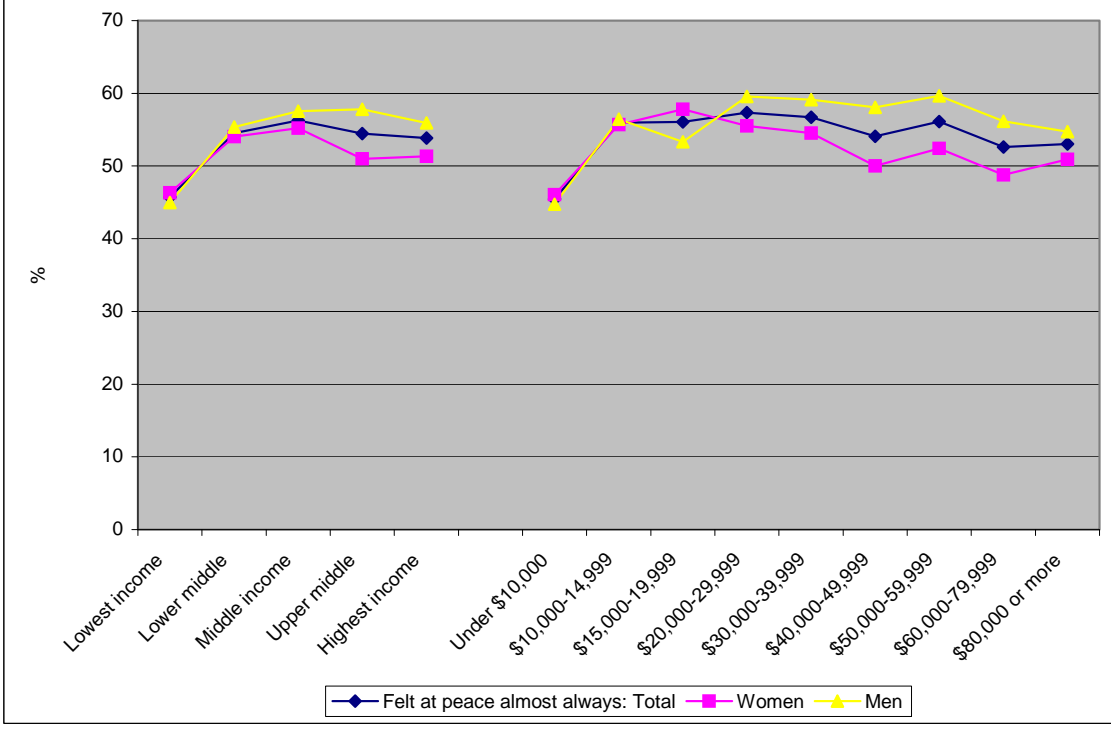


Chart 26. Household income adequacy, and household income past year



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Chart 27. Personal income last year; and reception of welfare last year

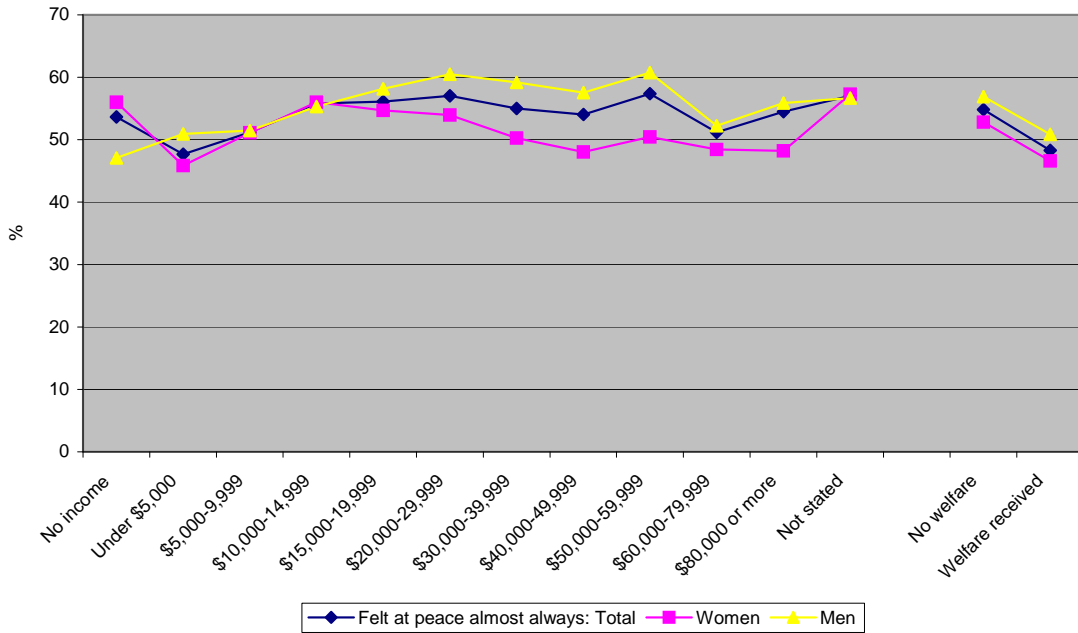
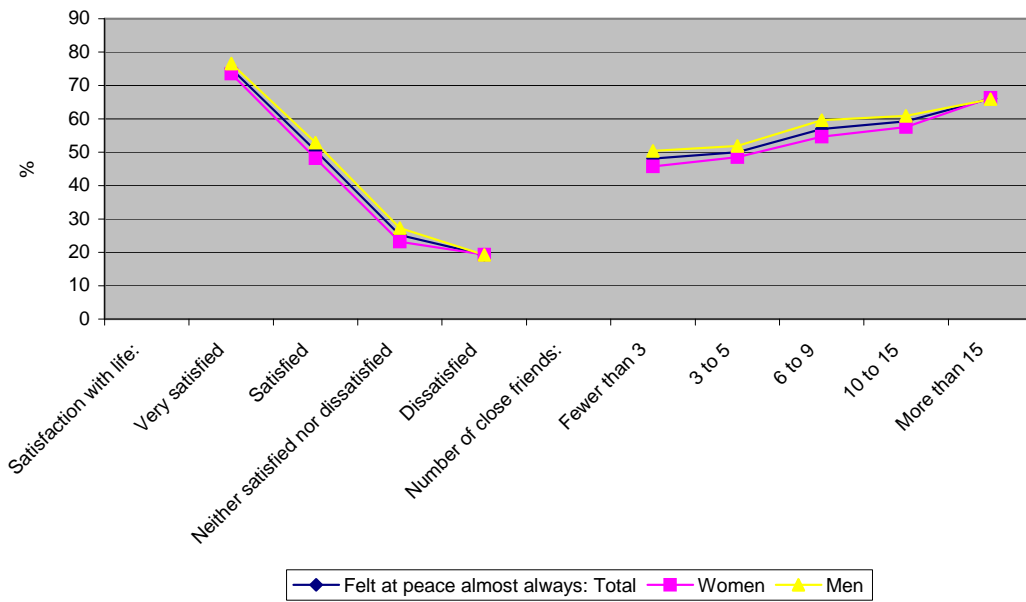


Chart 28. Satisfaction with life in general; and number of close friends



Percentage: Women and men who felt good and at peace almost always past month

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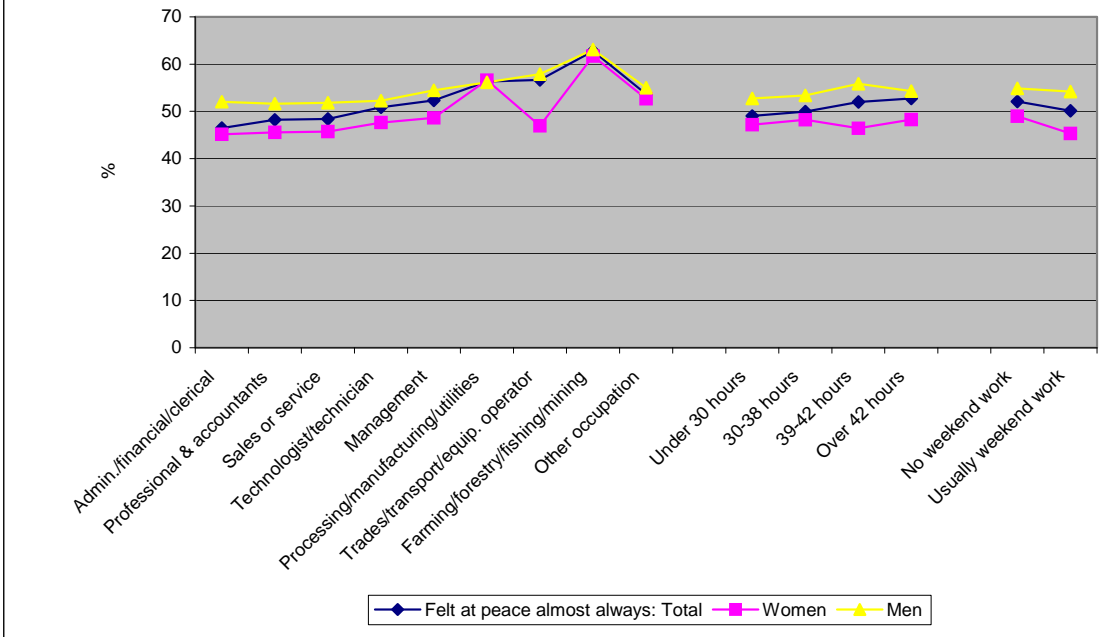
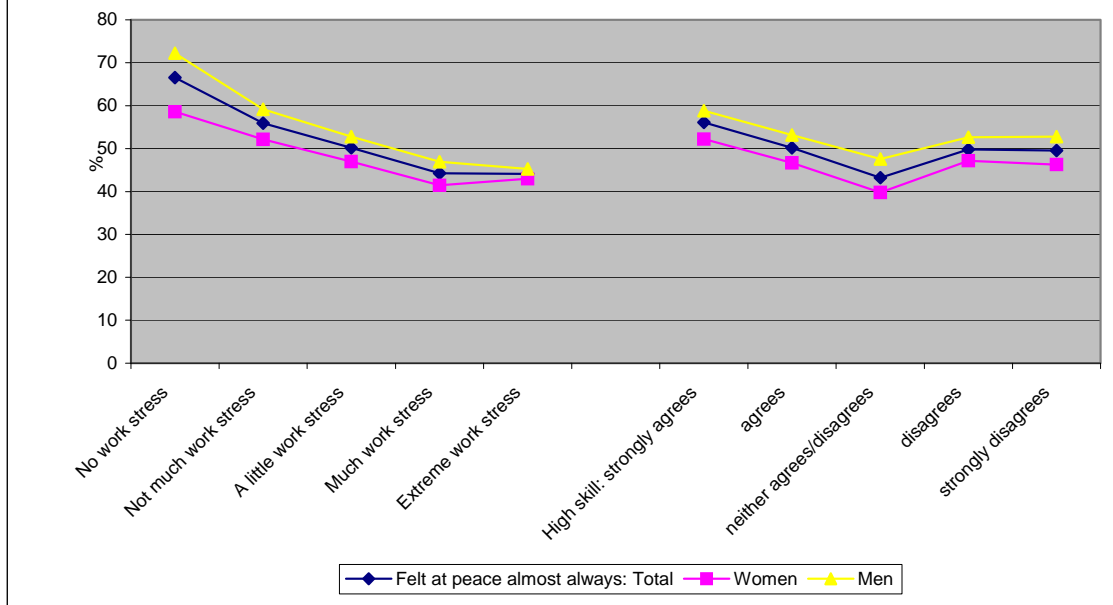


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage: Women and men who felt good and at peace almost always past month

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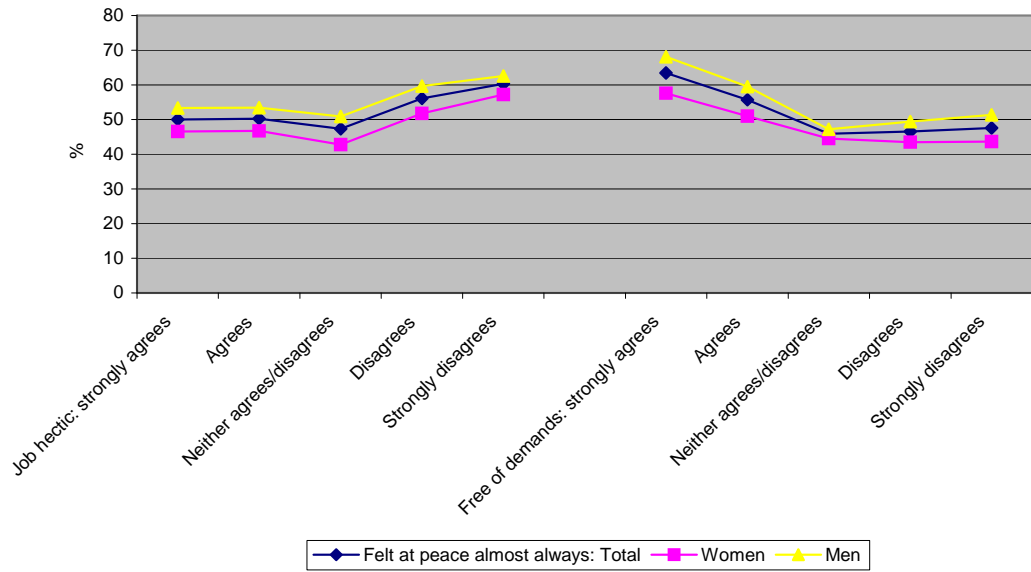
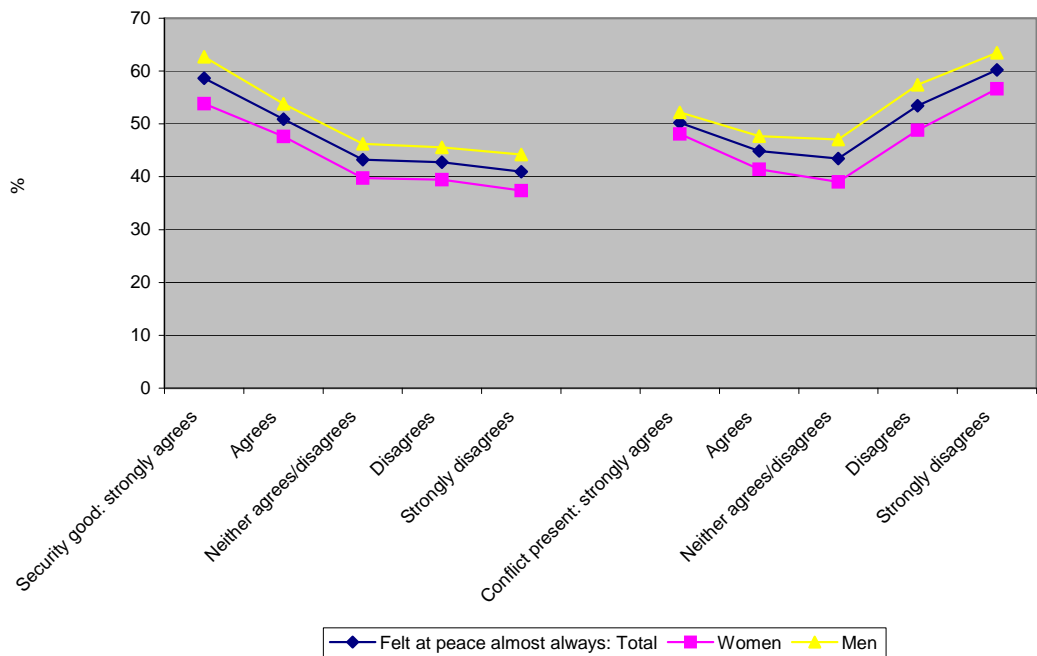


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Percentage: Women and men who felt good and at peace almost always past month

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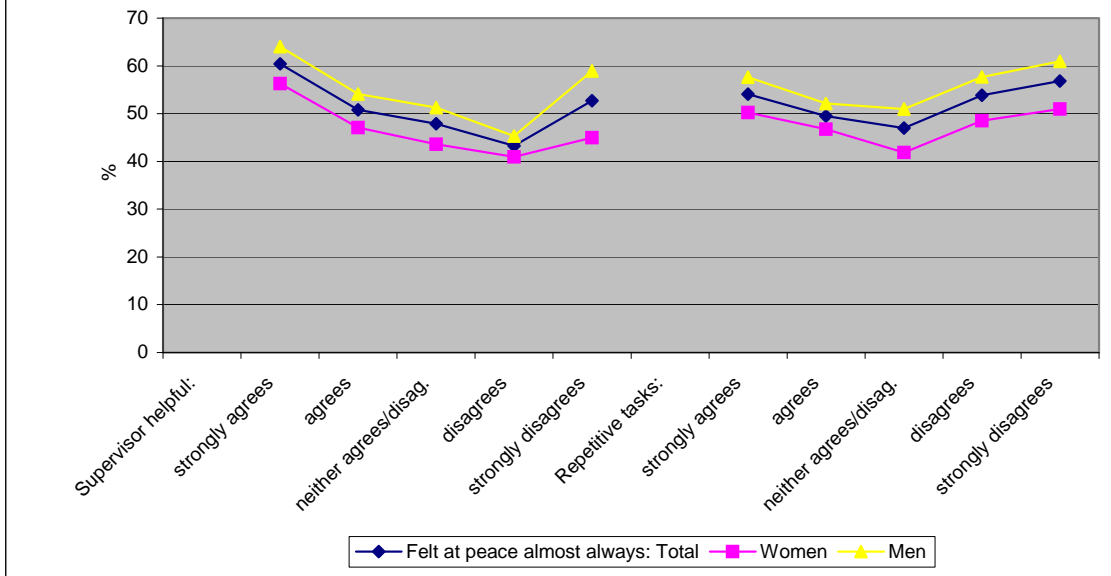
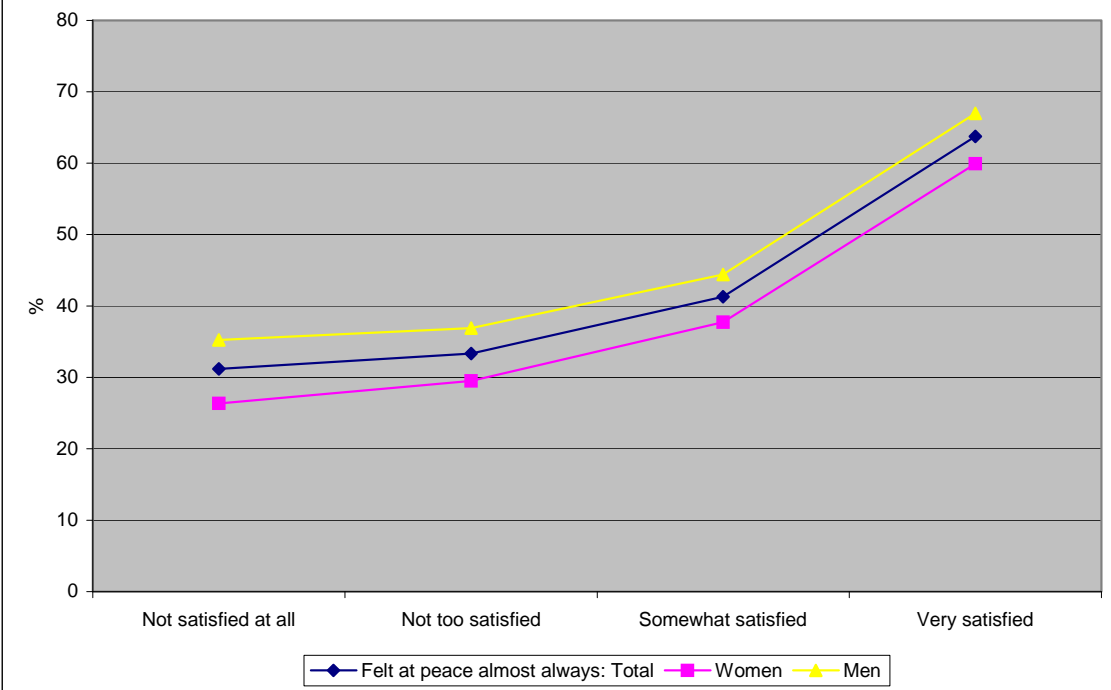


Chart 34. Job satisfaction

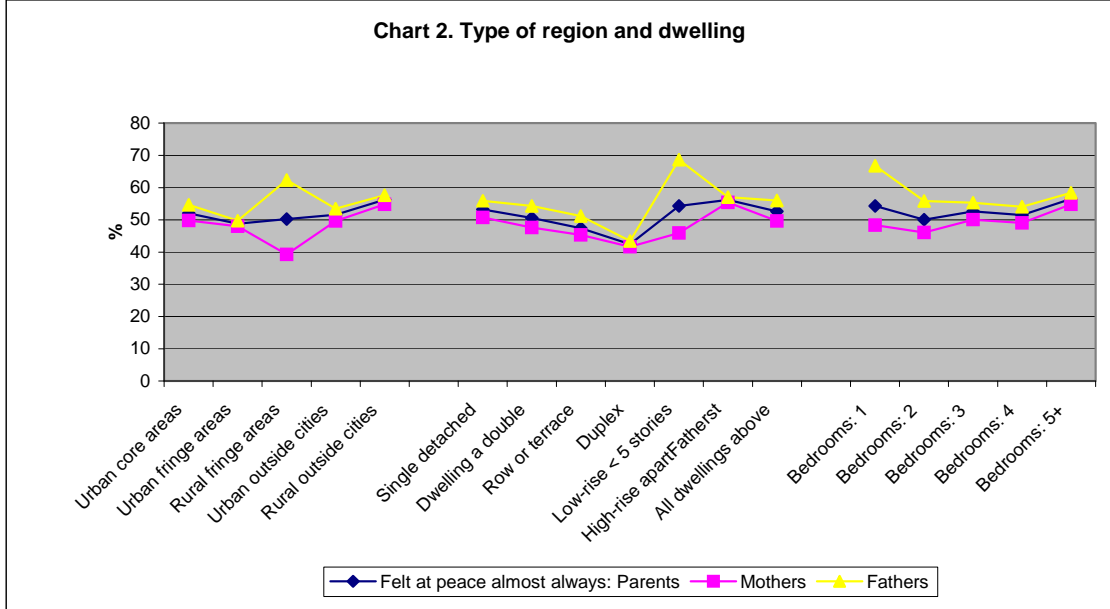
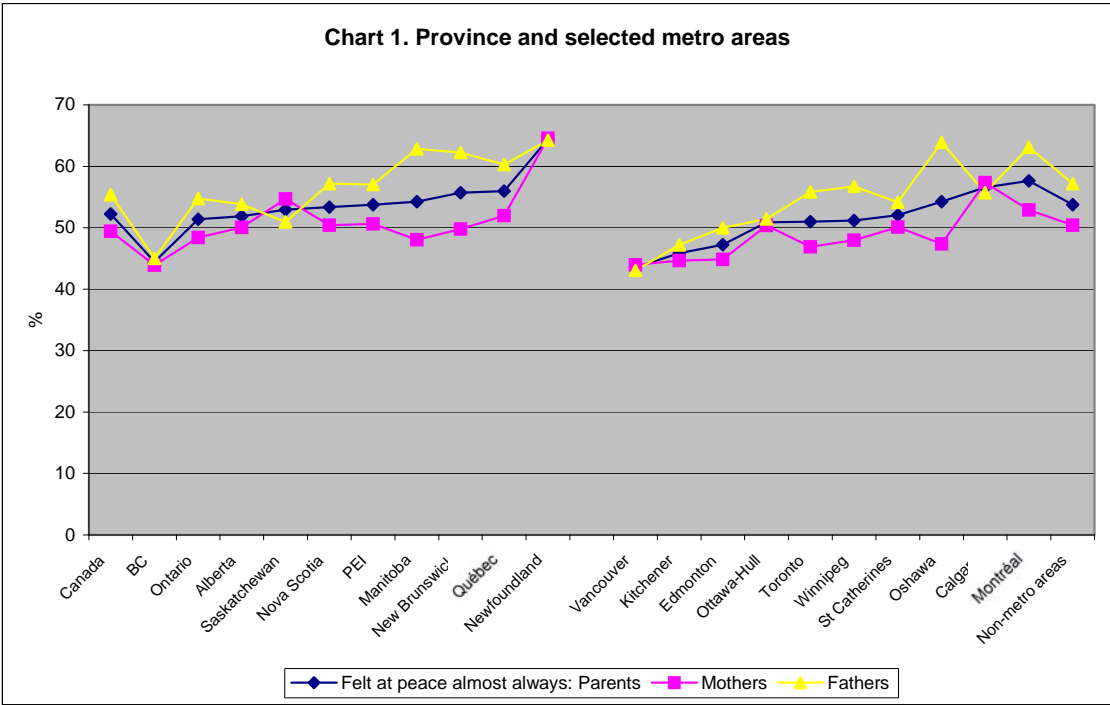


Percentage: Women and men who felt good and at peace almost always past month

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**Chapter 2. Charts: Frequency of mothers and fathers
feeling good and at peace almost all the time past month**



Percentage: Mothers and fathers who felt good and at peace almost always past month
 See Appendix 1 for variable definitions and notes on the survey.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 12 in the household

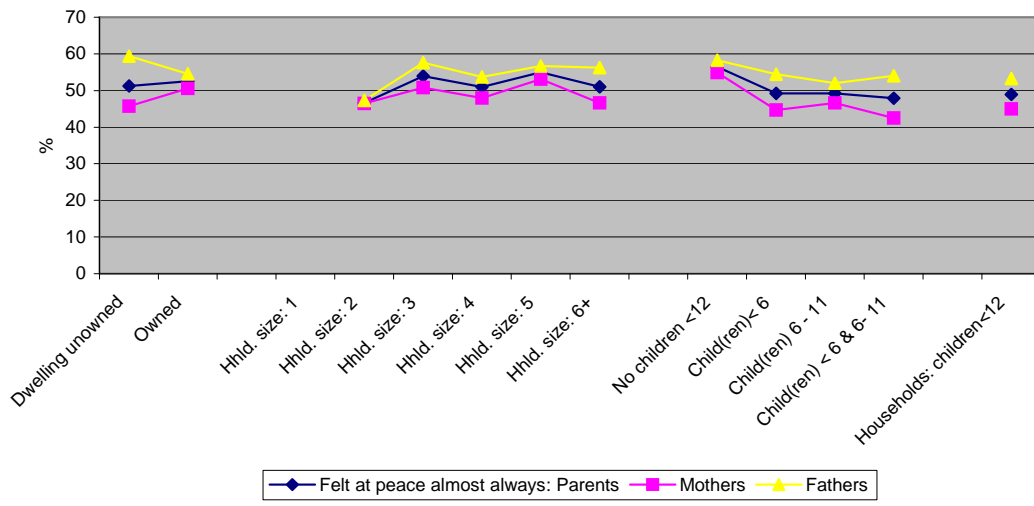
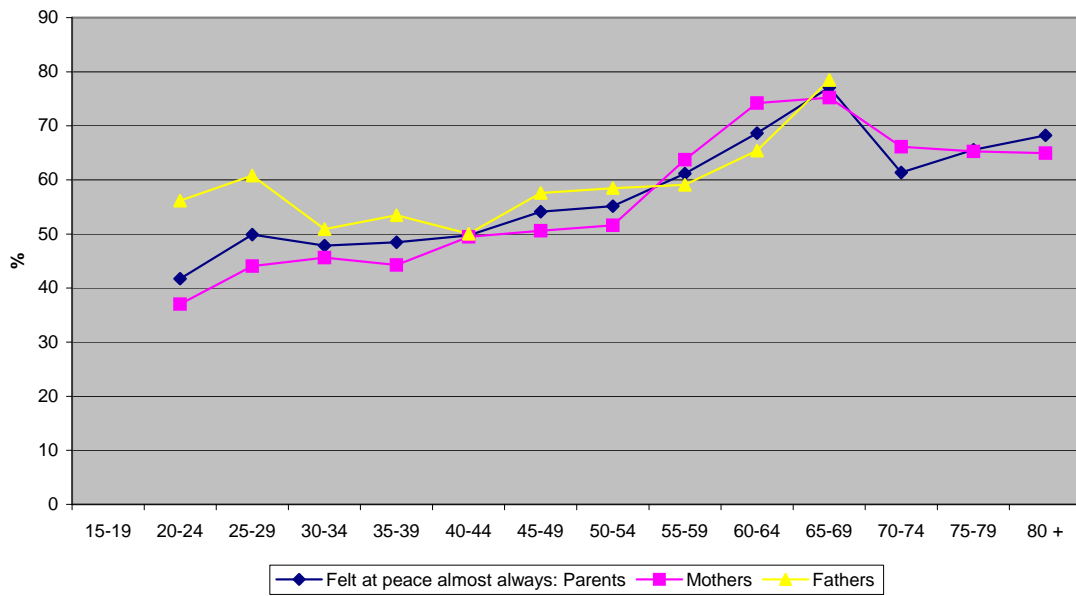


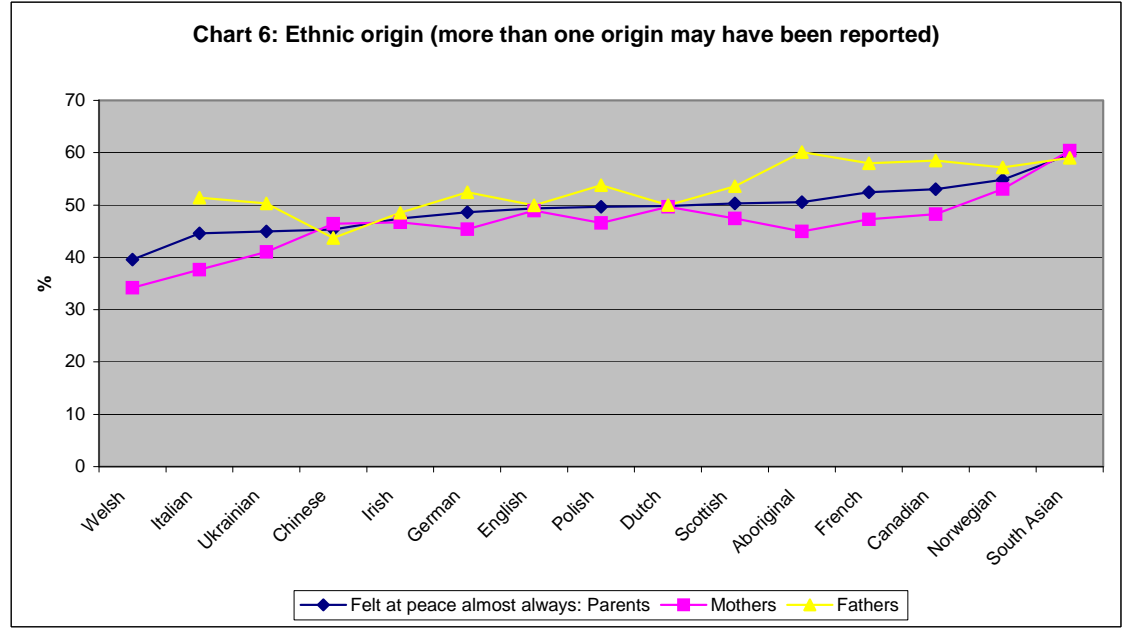
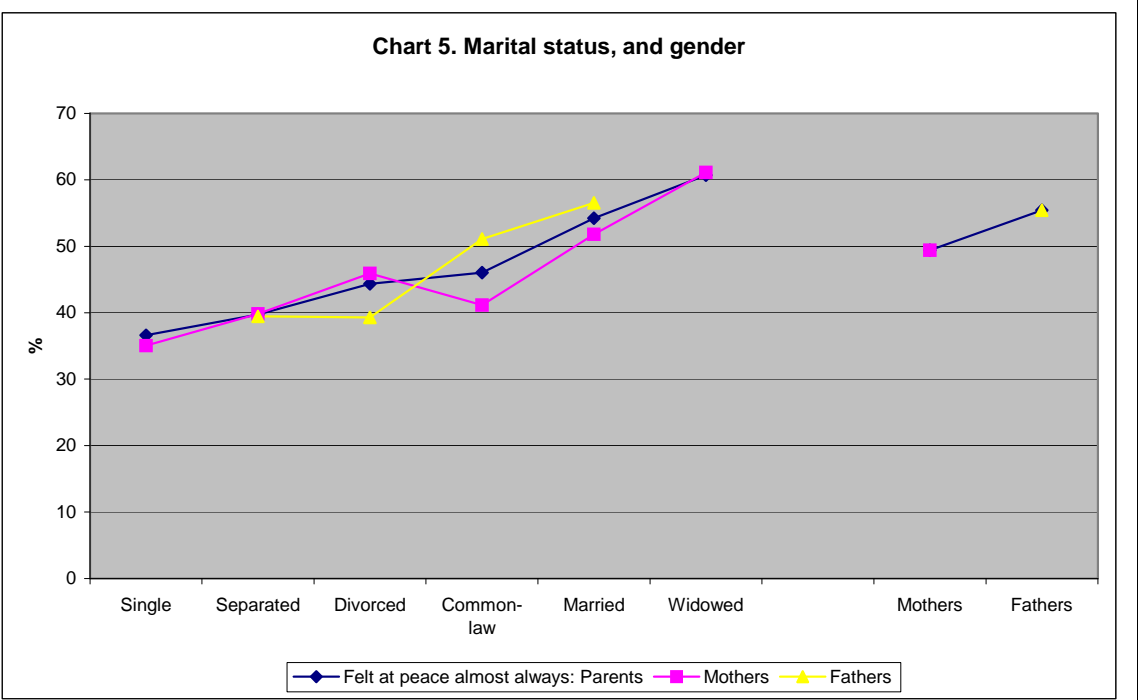
Chart 4. Age groups



Percentage: Mothers and fathers who felt good and at peace almost always past month

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Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Mothers and fathers who felt good and at peace almost always past month

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Chart 7. Student status; and level of education

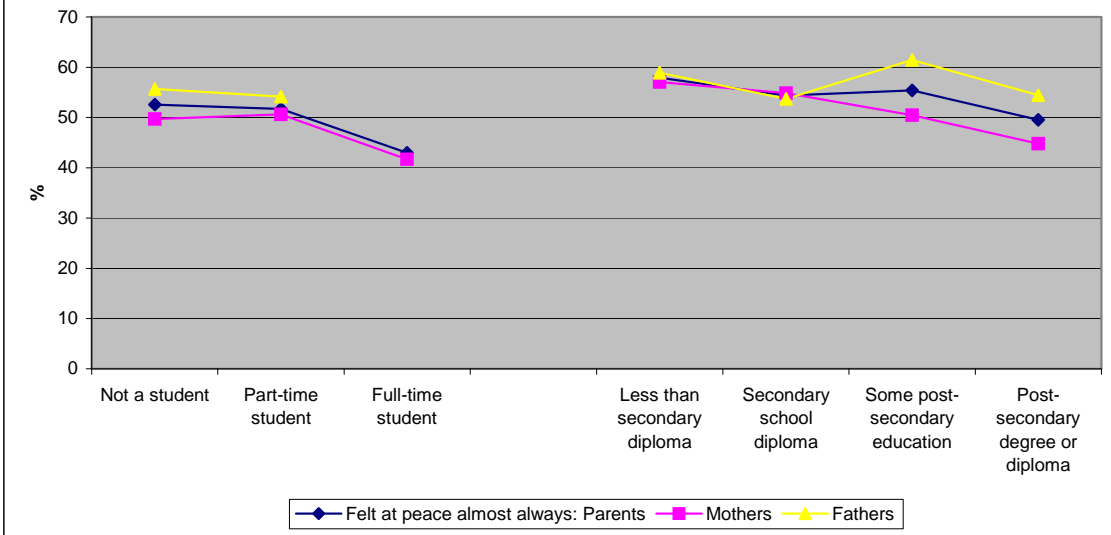
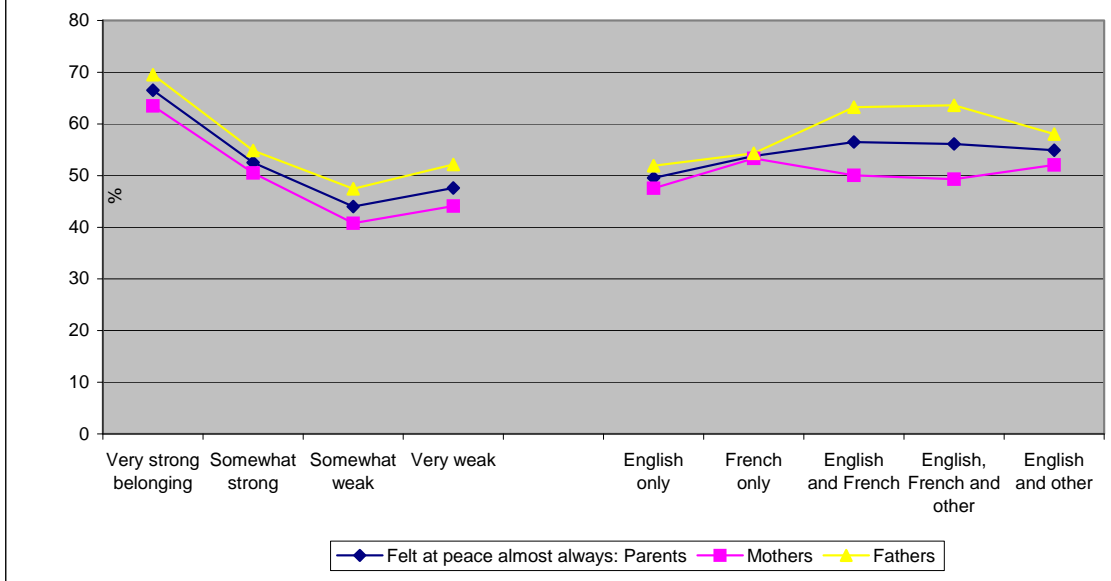


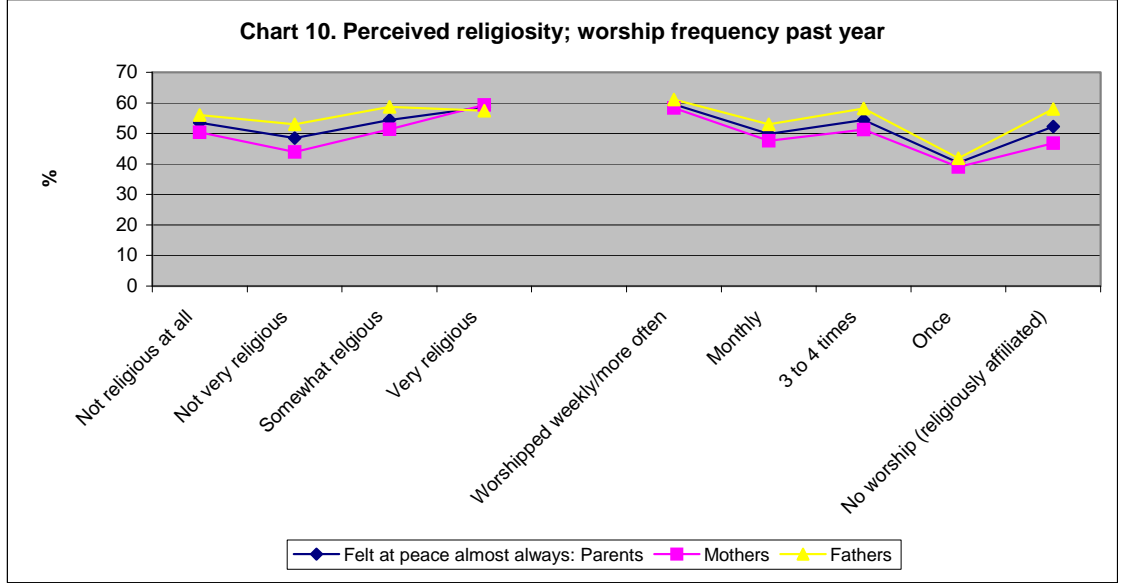
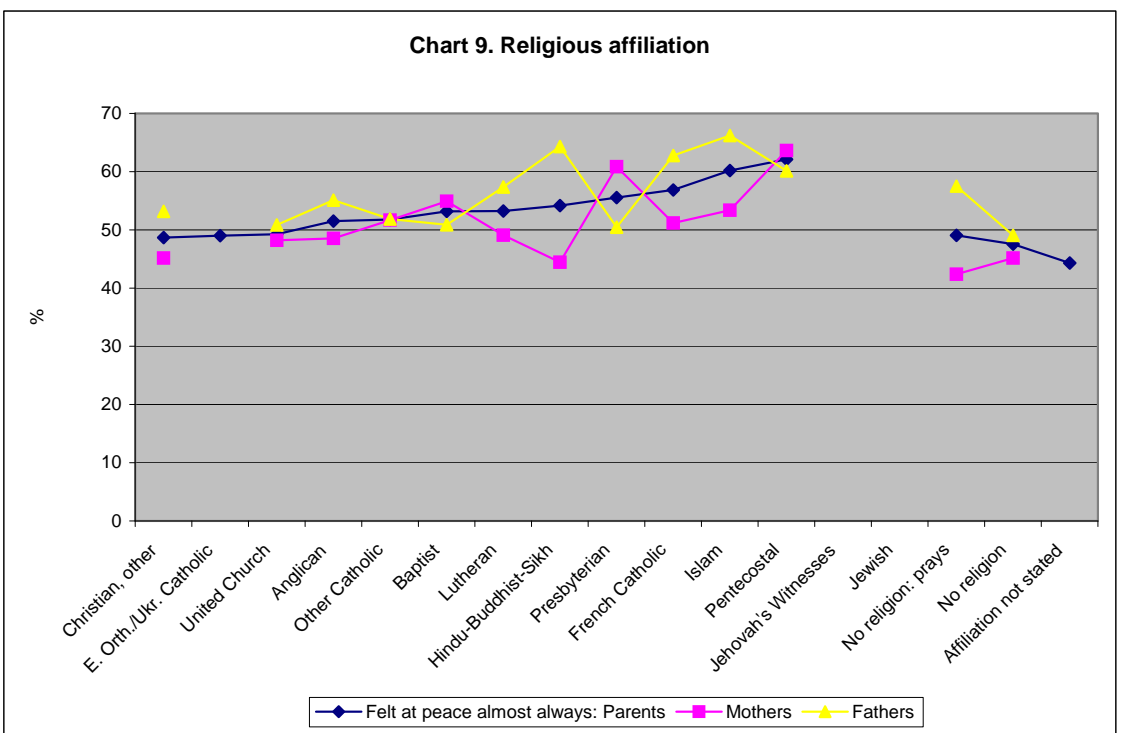
Chart 8. Strength of belonging to the community of residence; and language



Percentage: Mothers and fathers who felt good and at peace almost always past month

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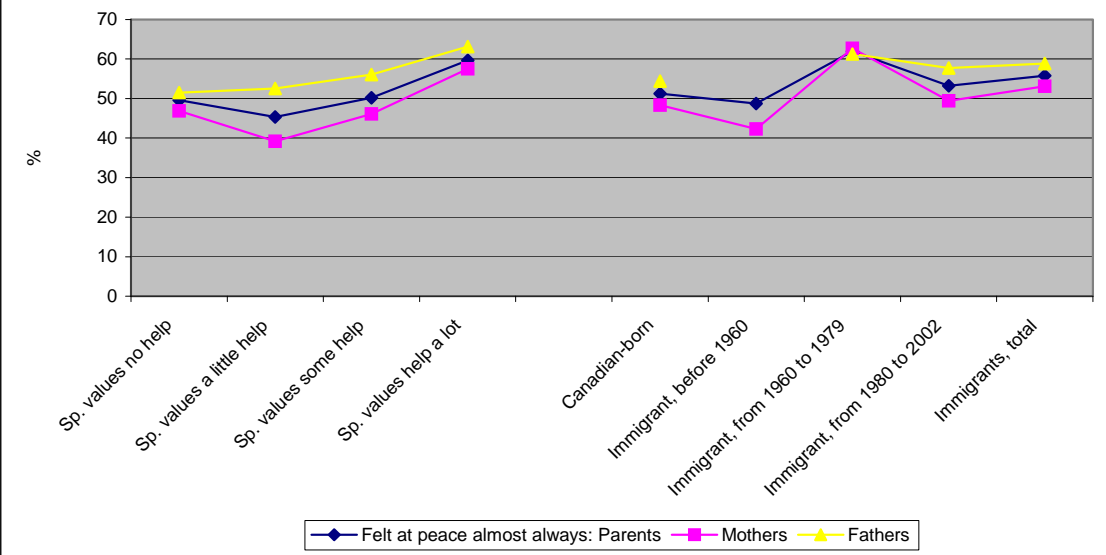
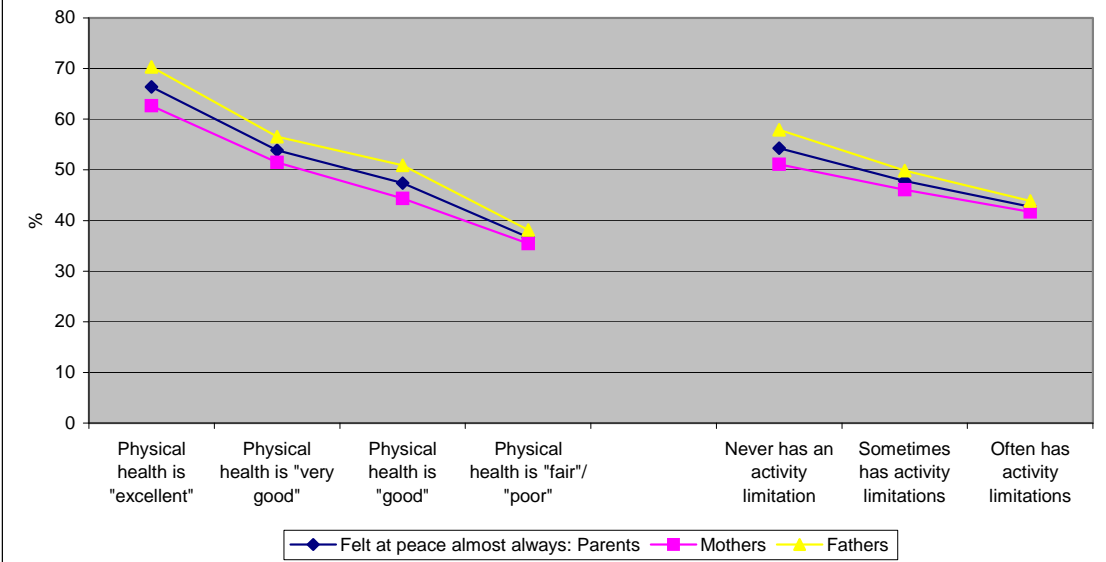


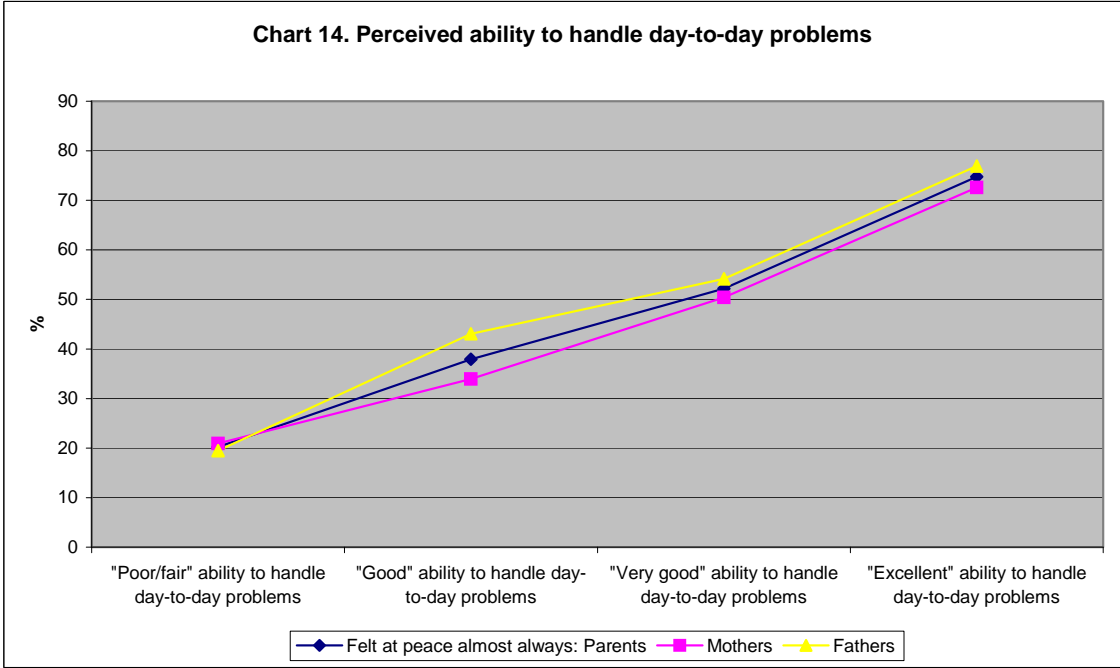
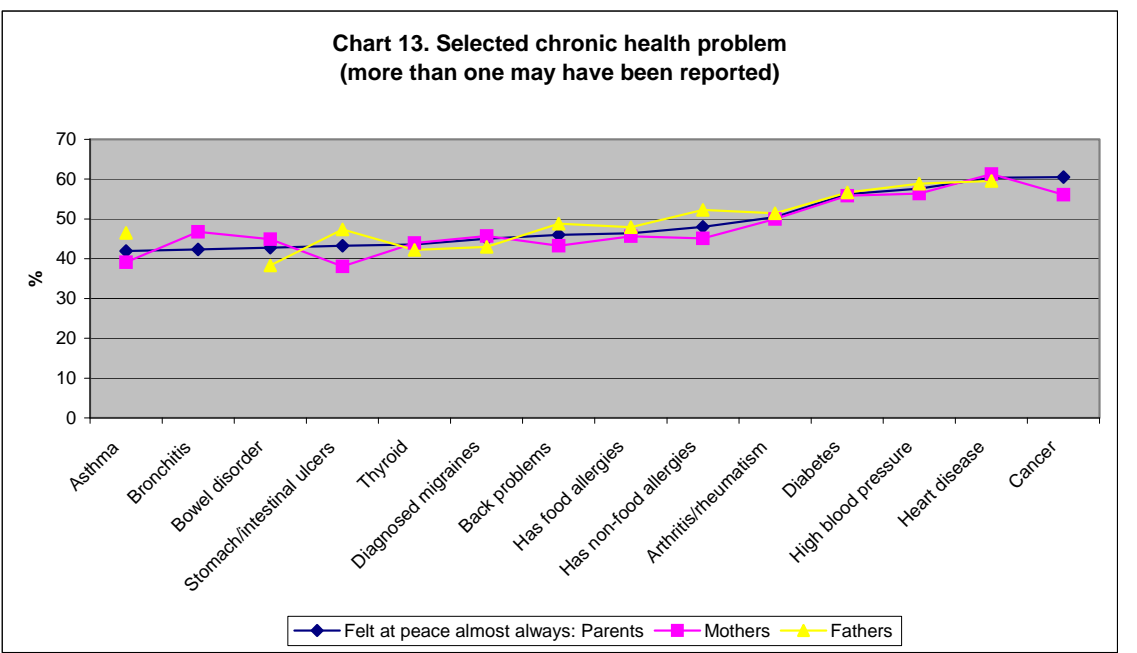
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage: Mothers and fathers who felt good and at peace almost always past month

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Chart 15. Stress level most days; and perceived quality of mental health

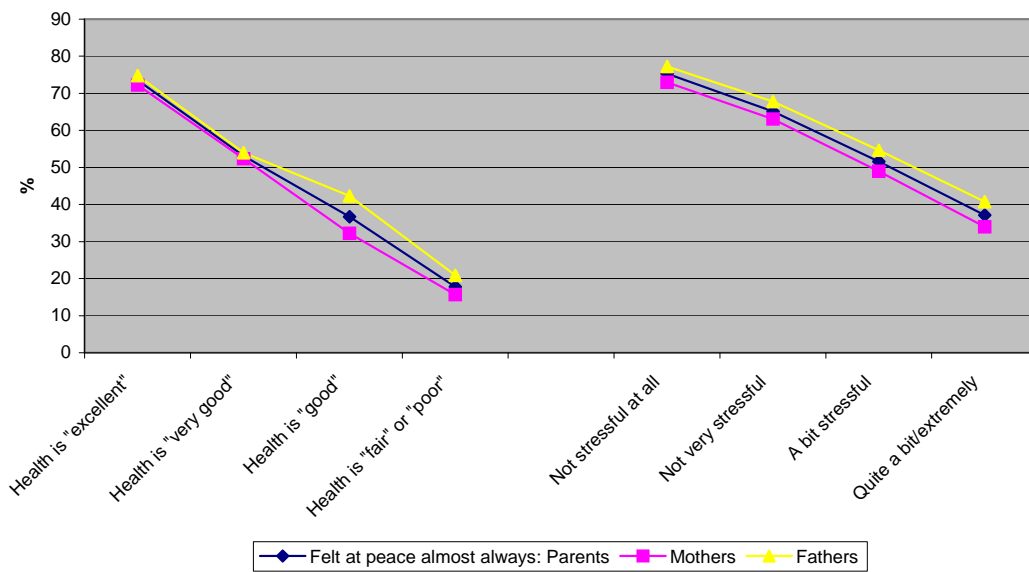
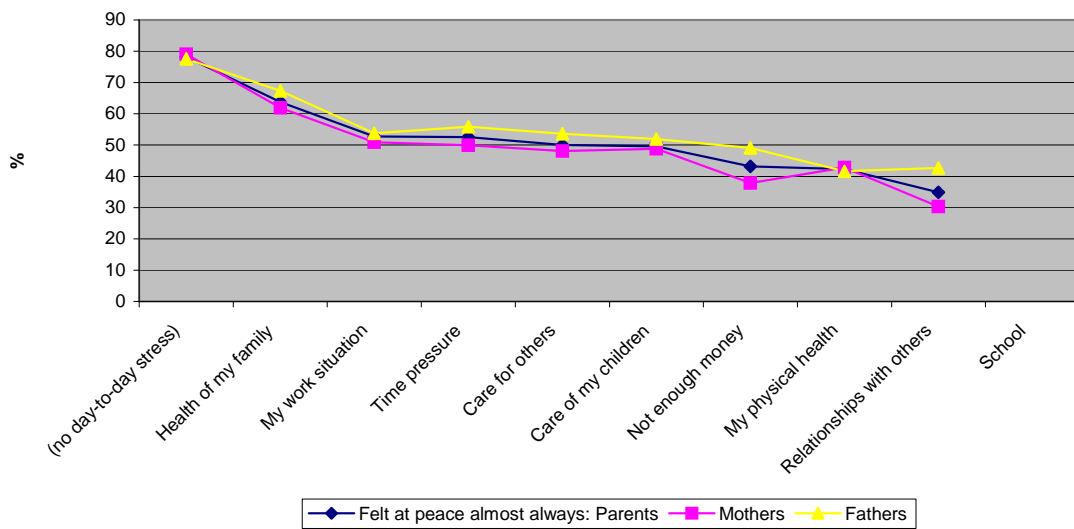


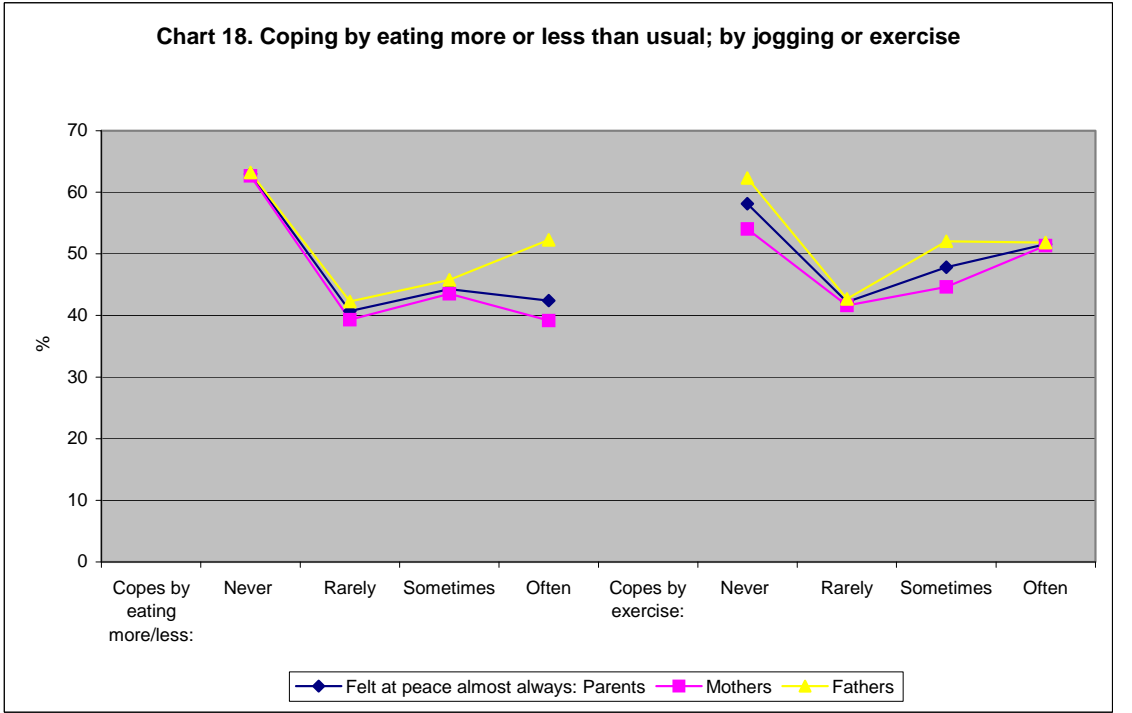
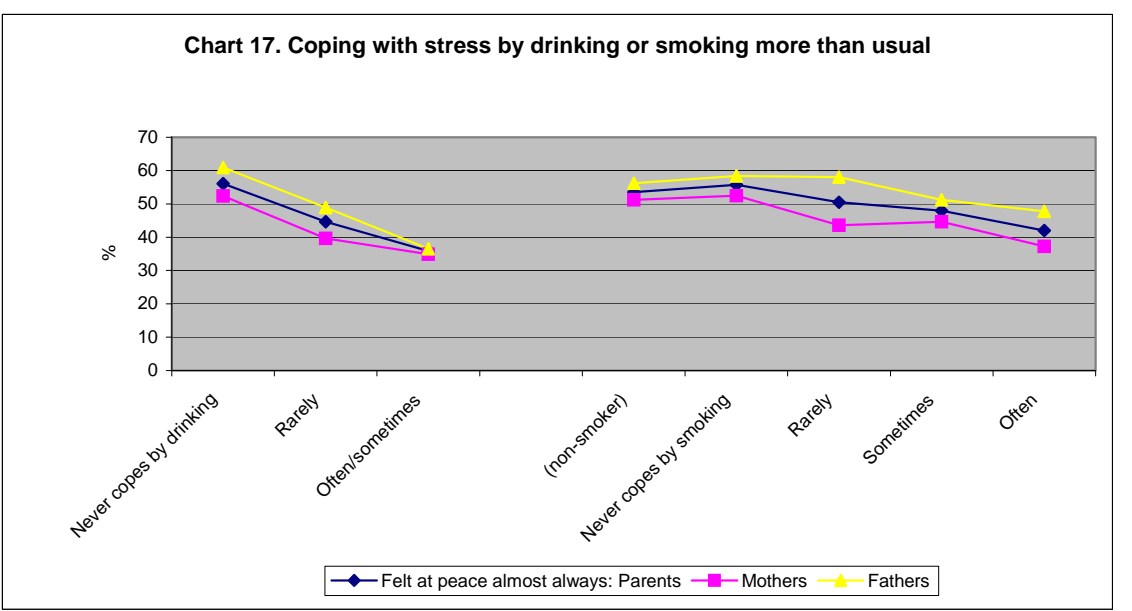
Chart 16. Most important source of daily stress



Percentage: Mothers and fathers who felt good and at peace almost always past month

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

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Chart 19. Coping by praying/spiritual help; and by blaming oneself

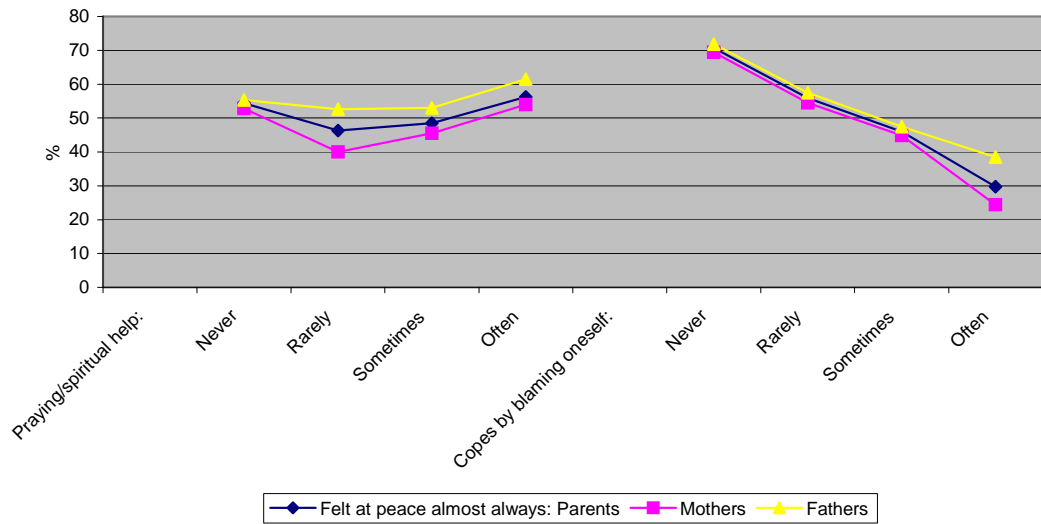
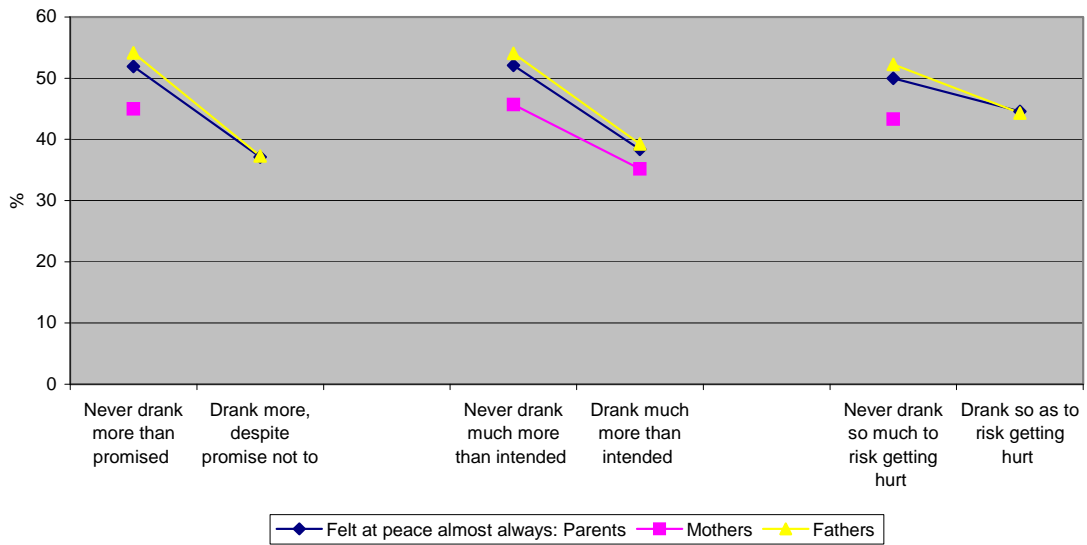


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage: Mothers and fathers who felt good and at peace almost always past month

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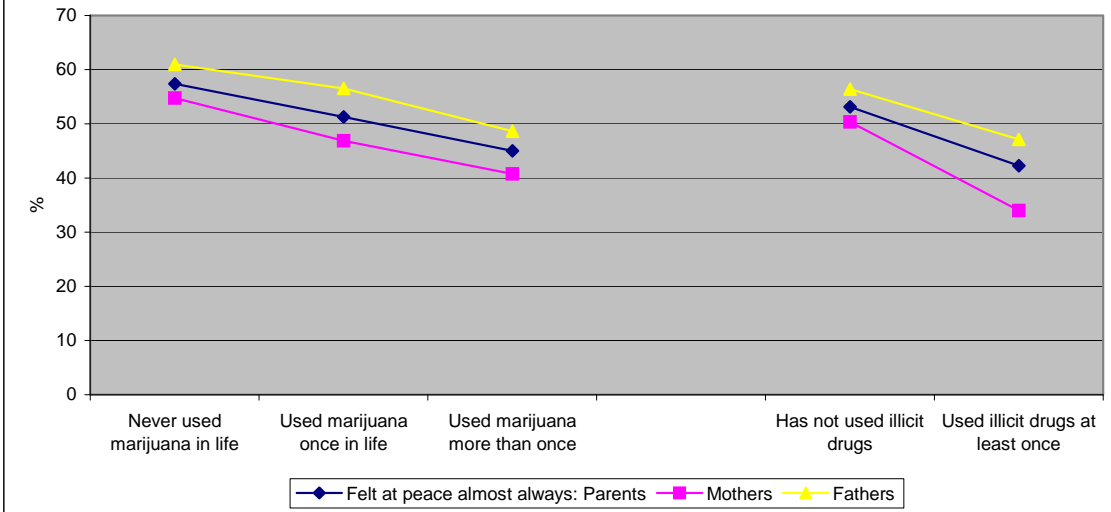
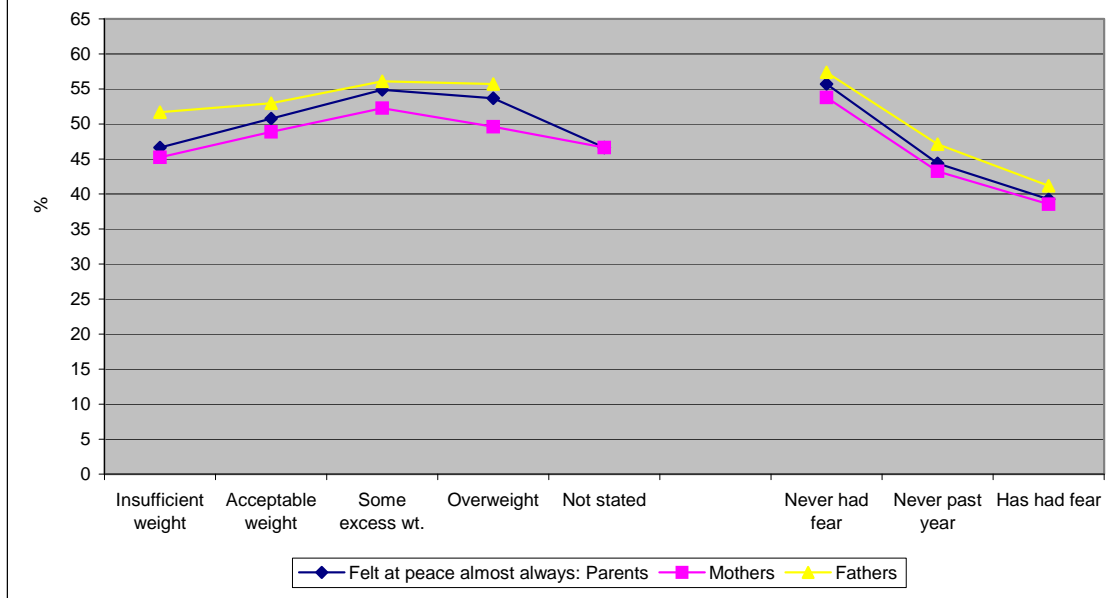


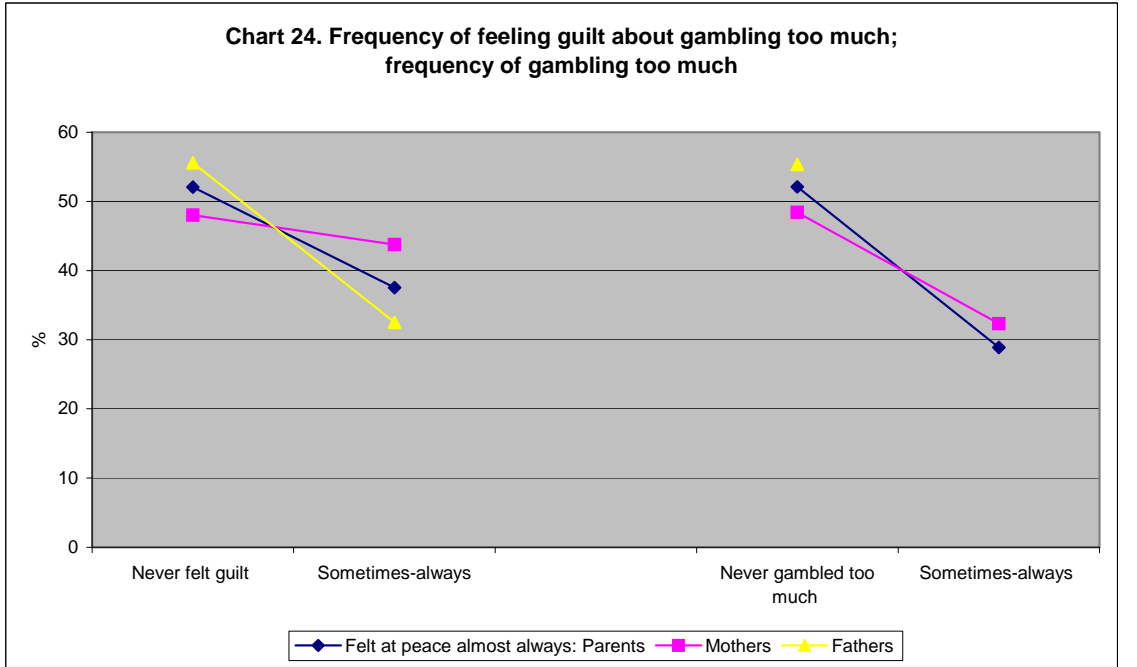
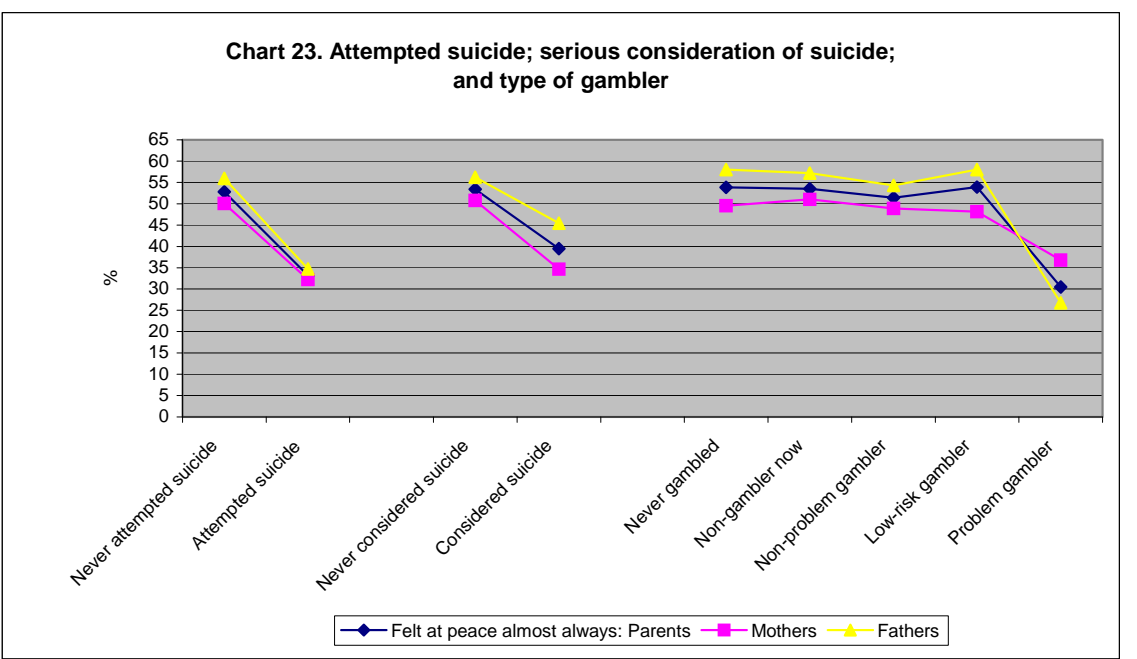
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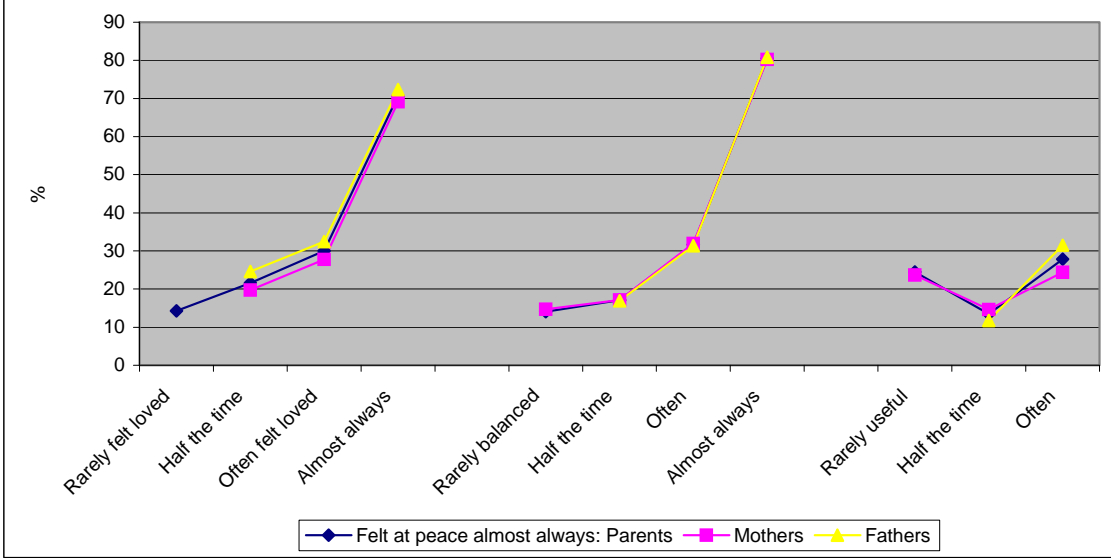
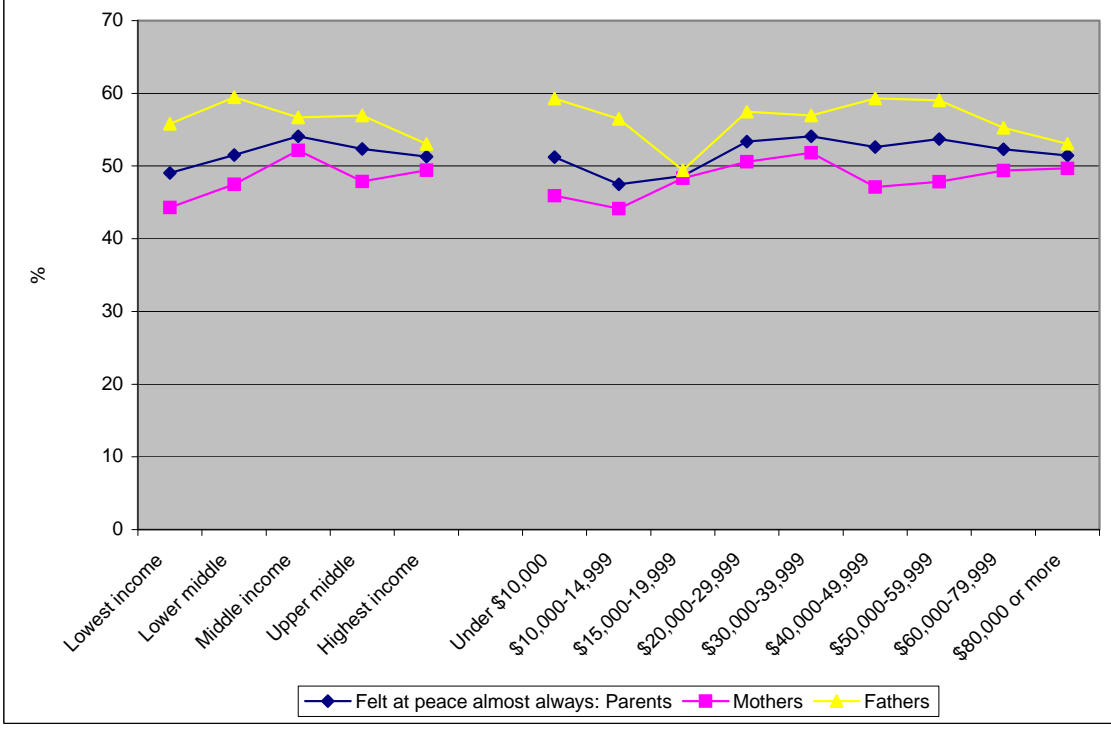


Chart 26. Household income adequacy, and household income past year



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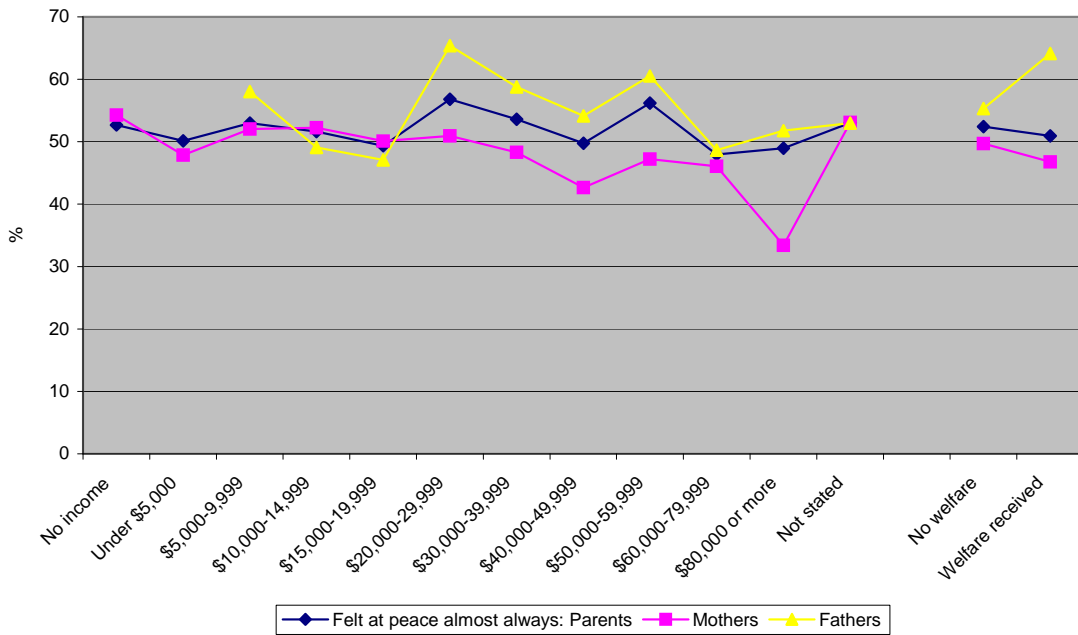
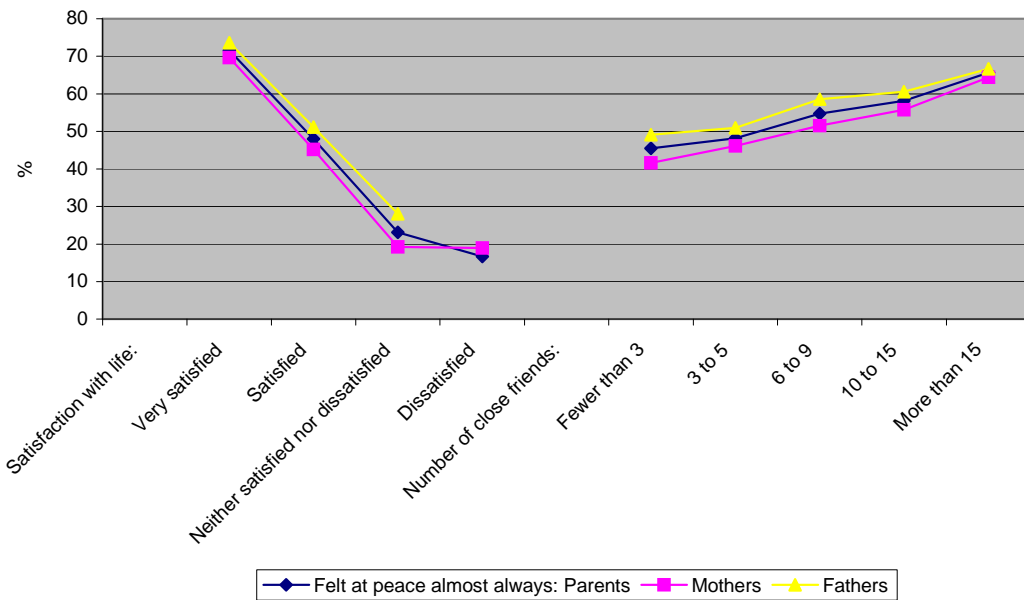


Chart 28. Satisfaction with life in general; and number of close friends



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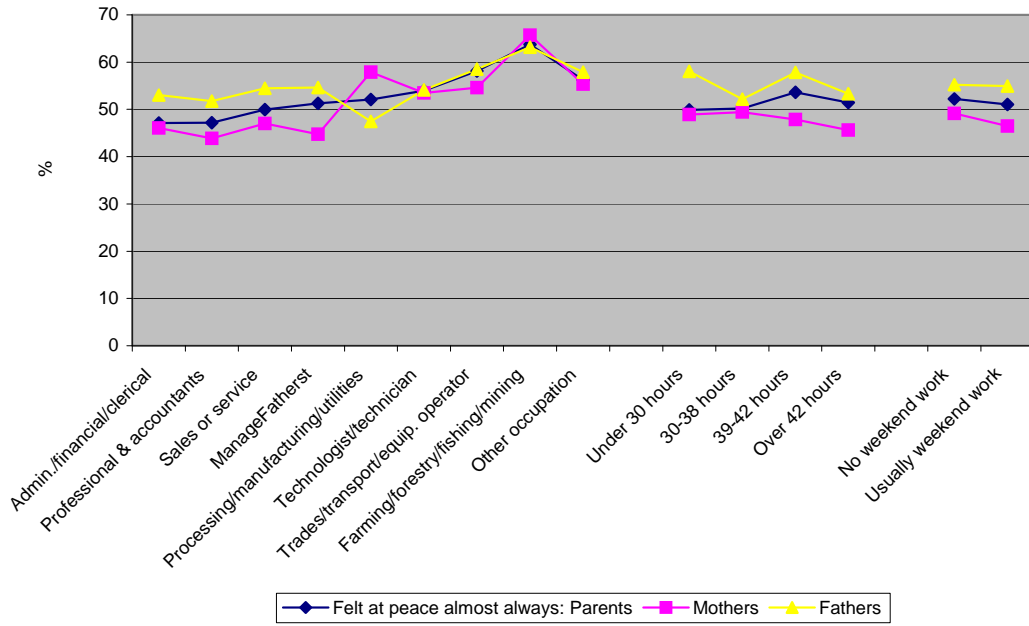
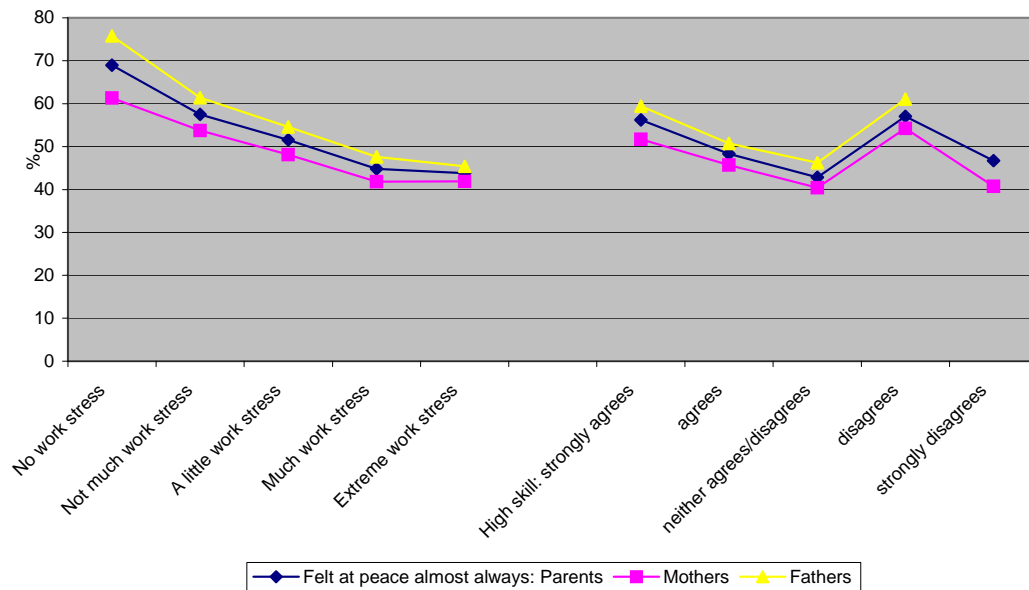


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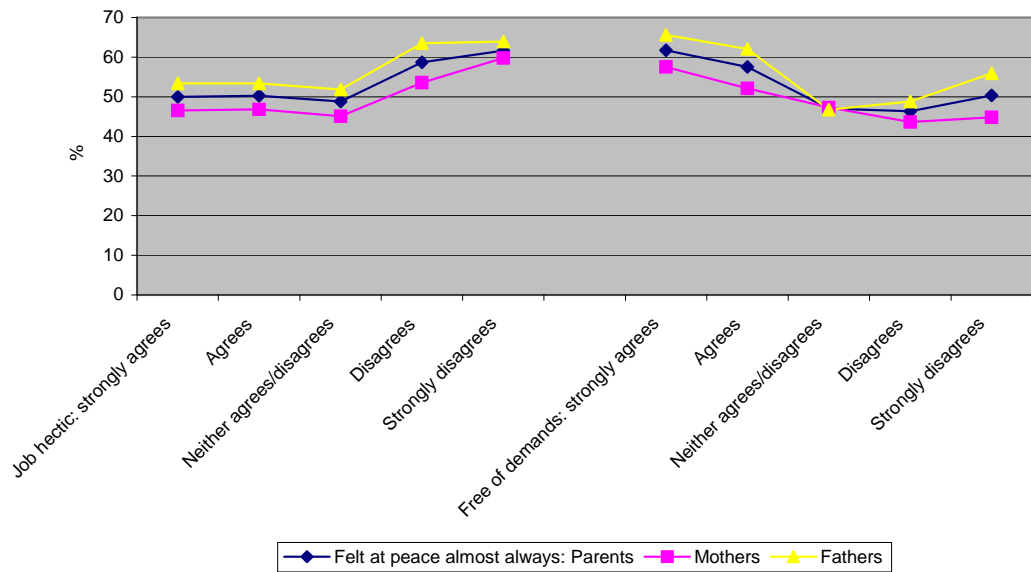
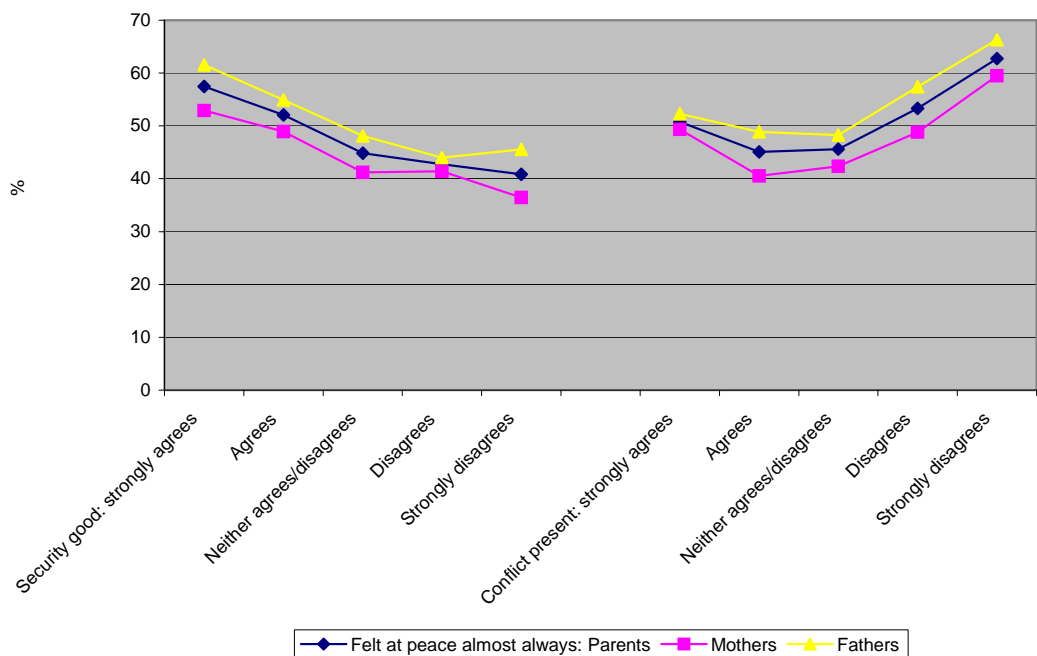


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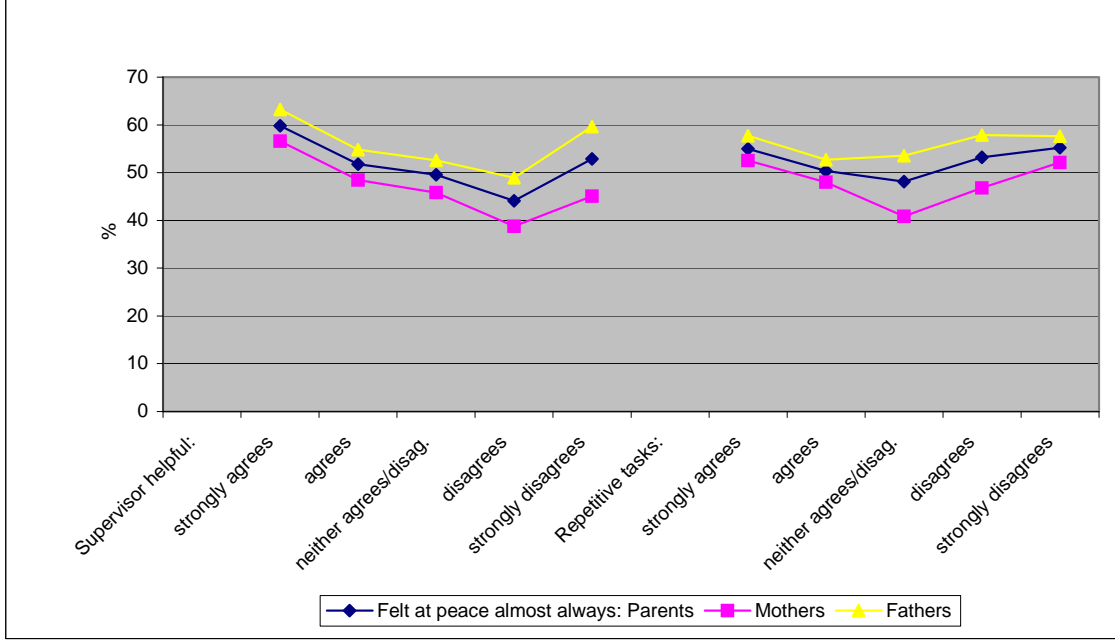
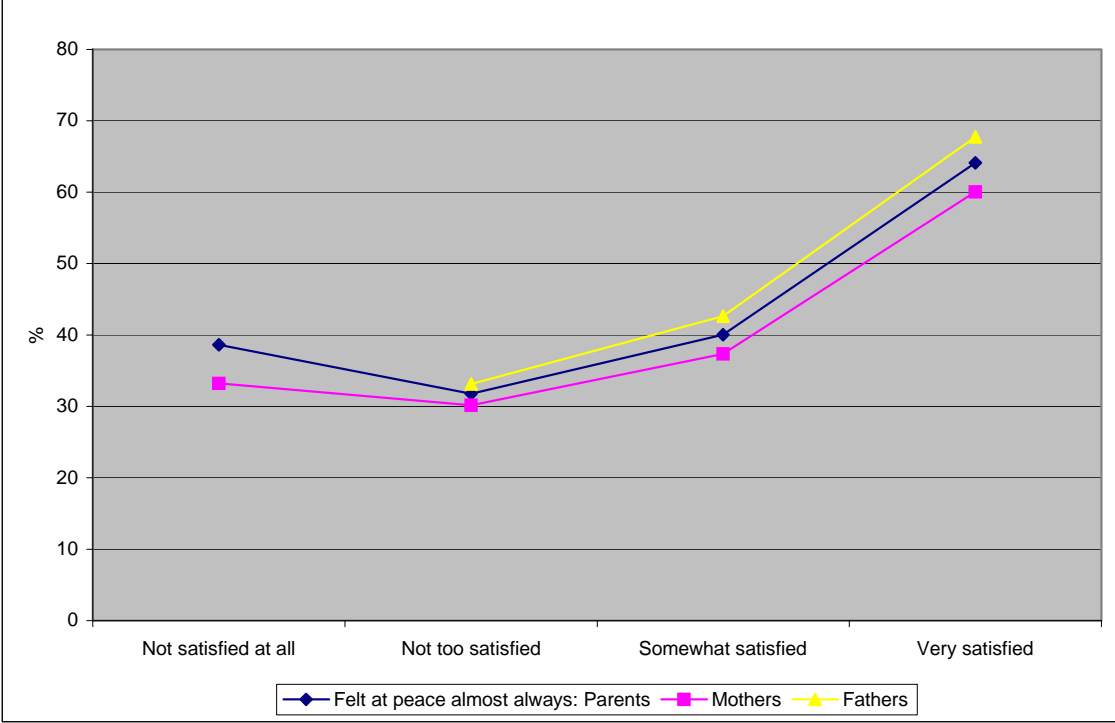


Chart 34. Job satisfaction

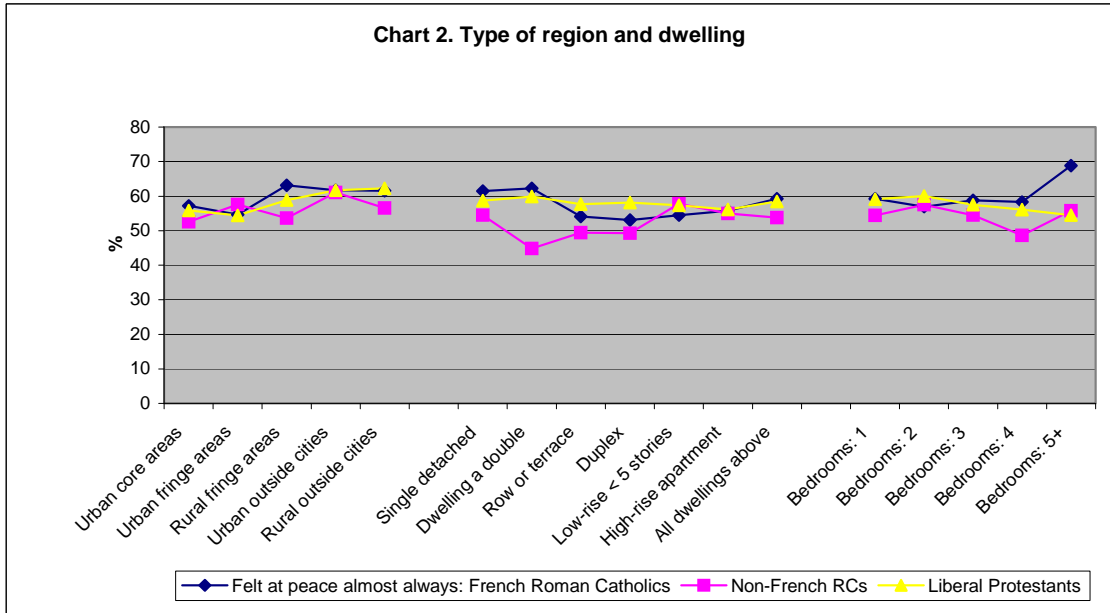
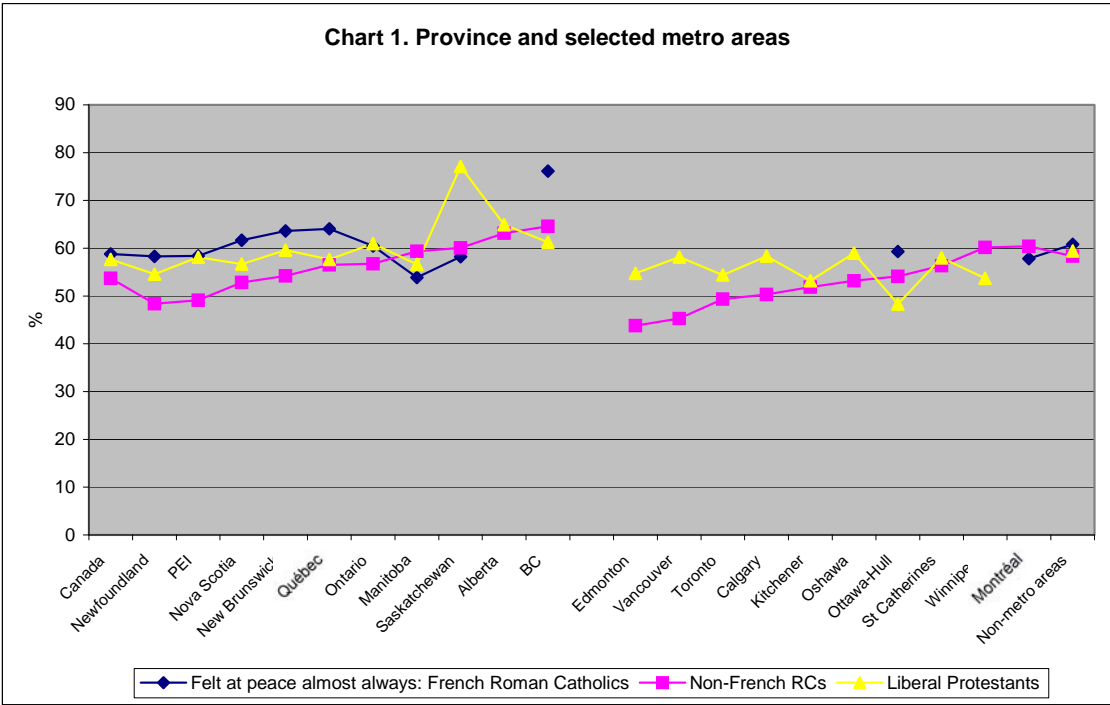


Percentage: Mothers and fathers who felt good and at peace almost always past month

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**Chapter 3. Charts: Frequency of Roman Catholics and
liberal Protestants feeling good and at peace
almost all the time past month**



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month
 See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.
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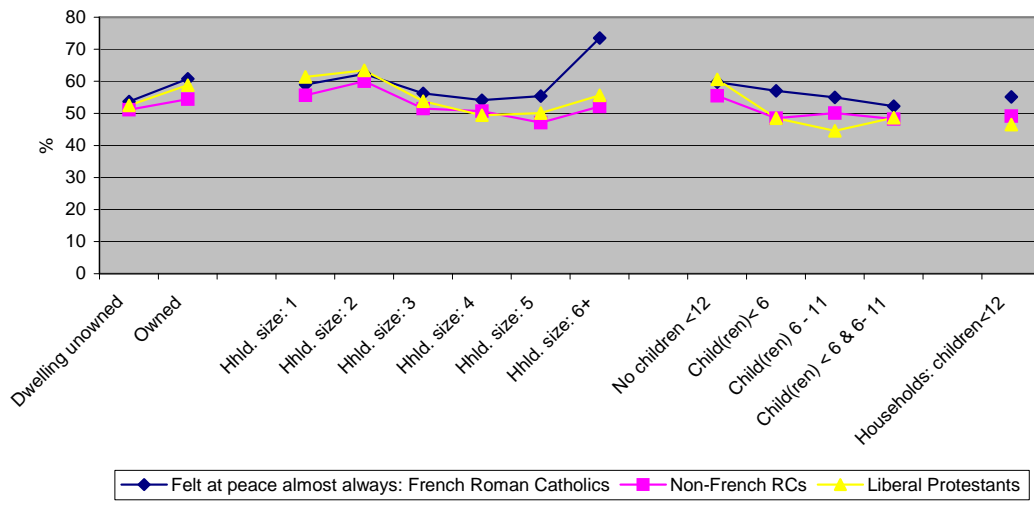
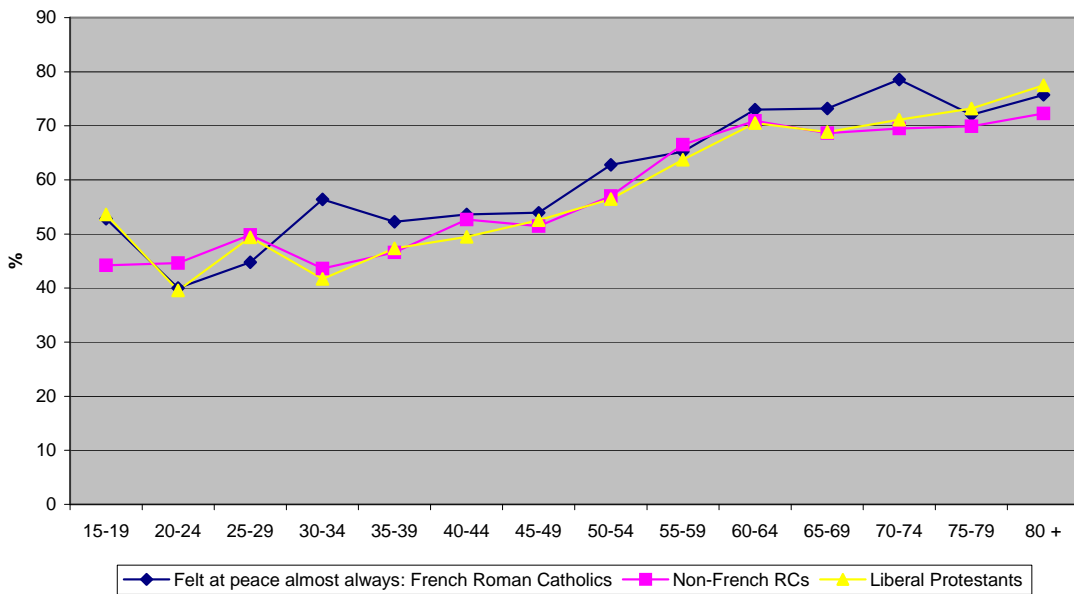


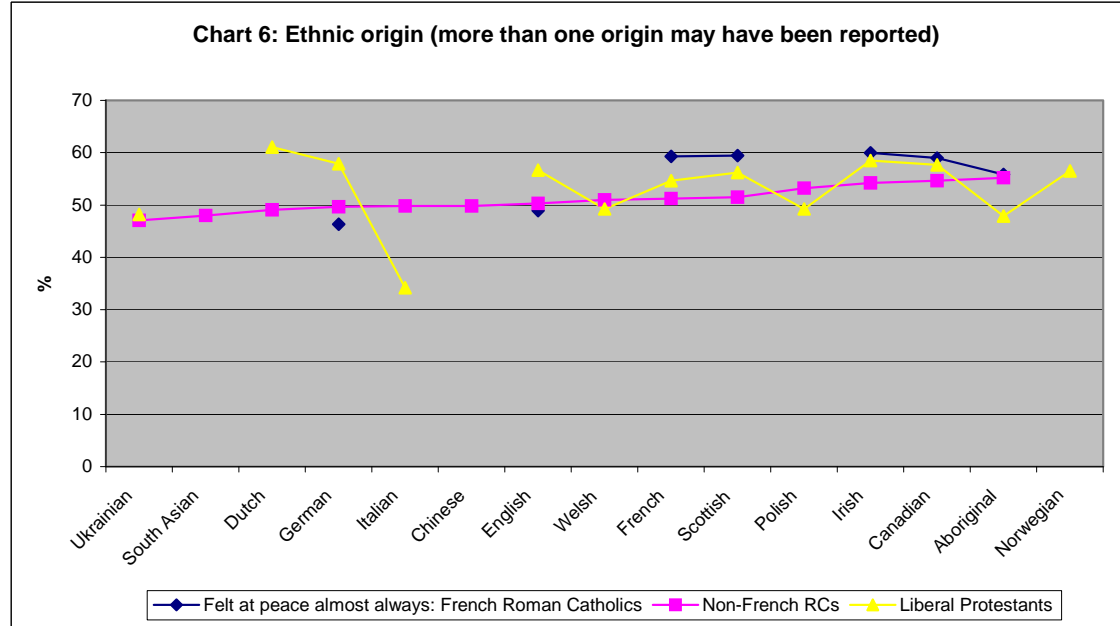
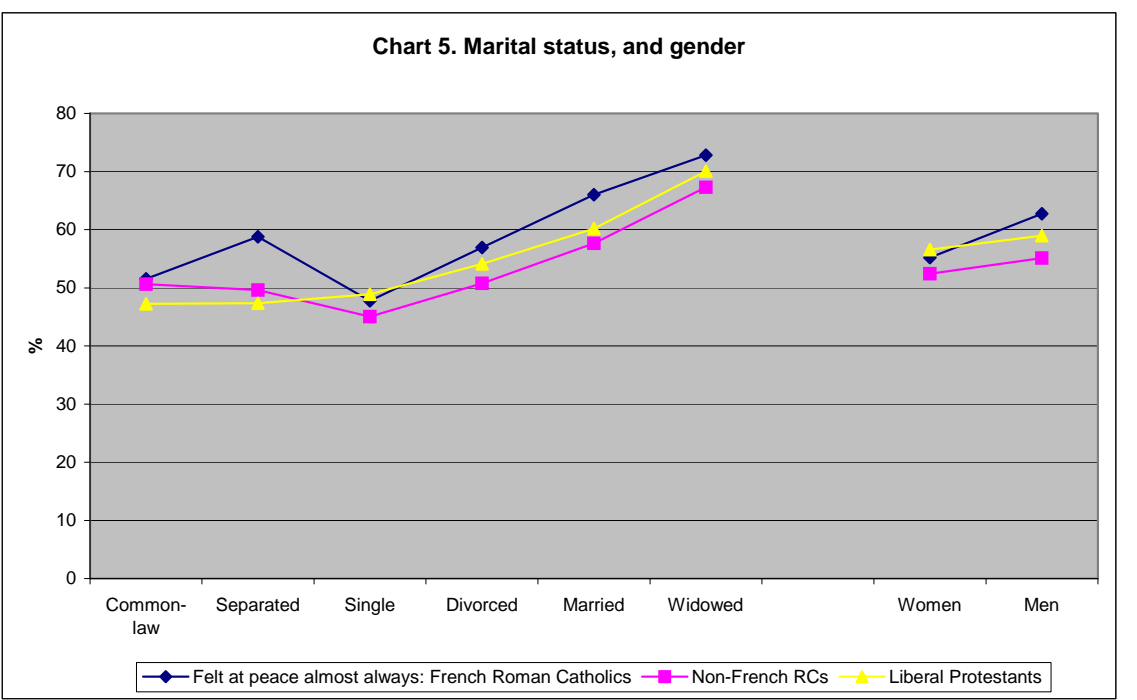
Chart 4. Age groups



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

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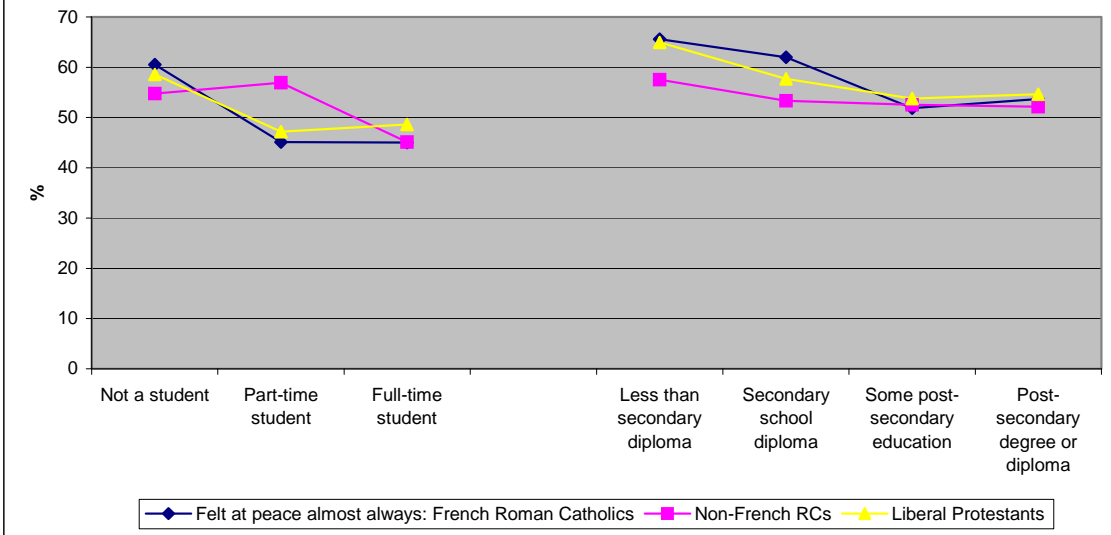
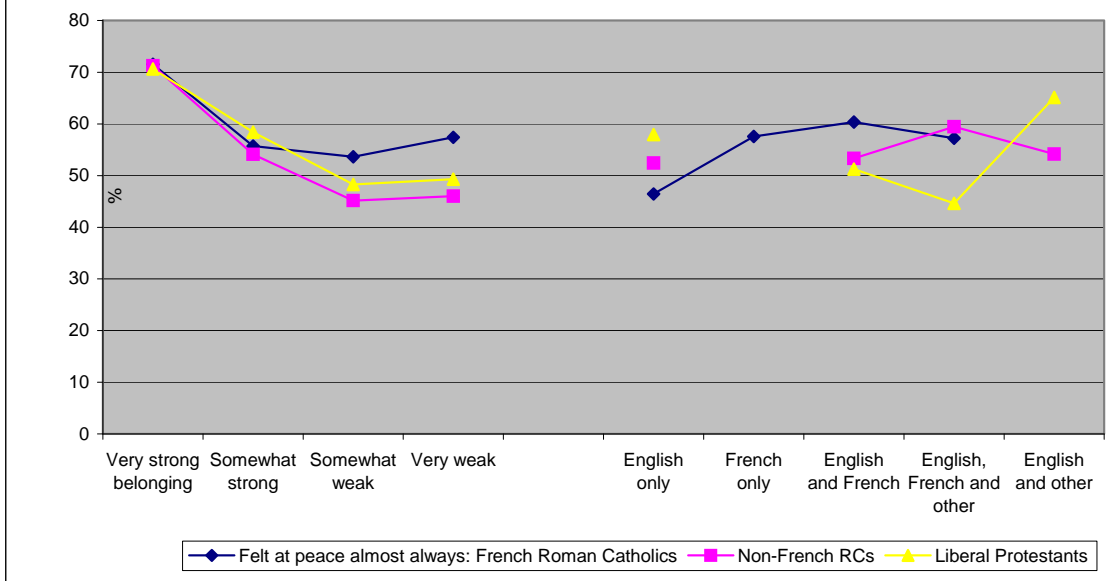


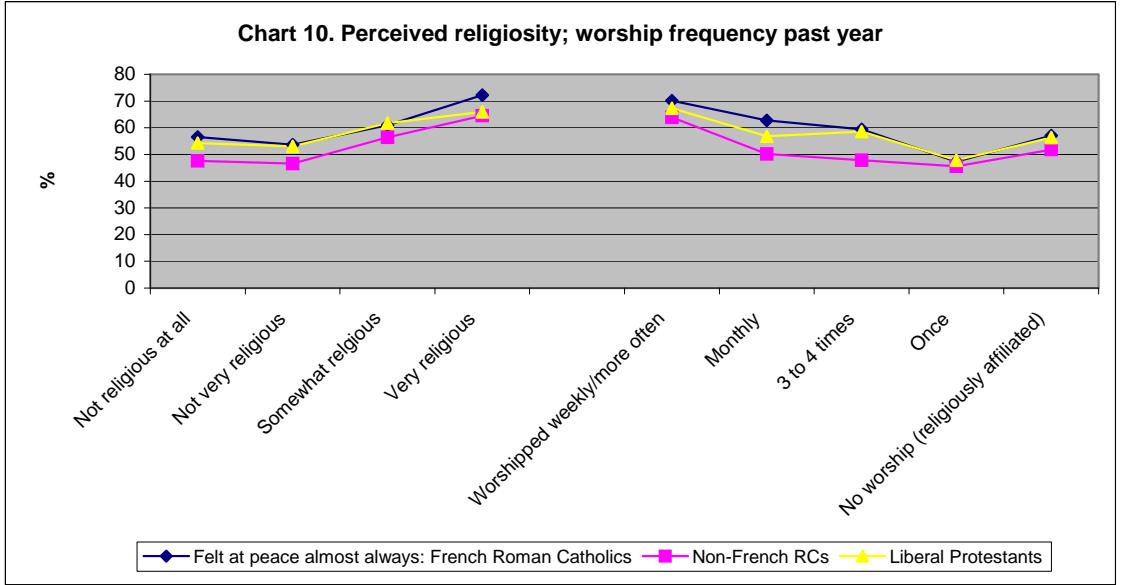
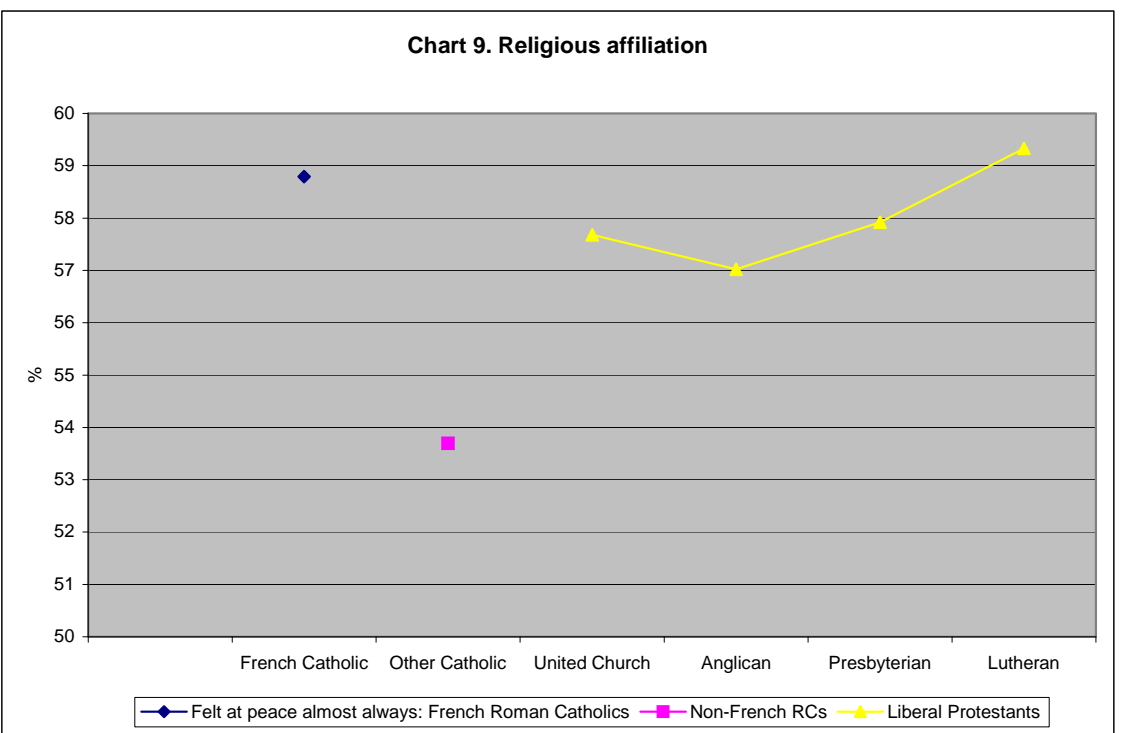
Chart 8. Strength of belonging to the community of residence; and language



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

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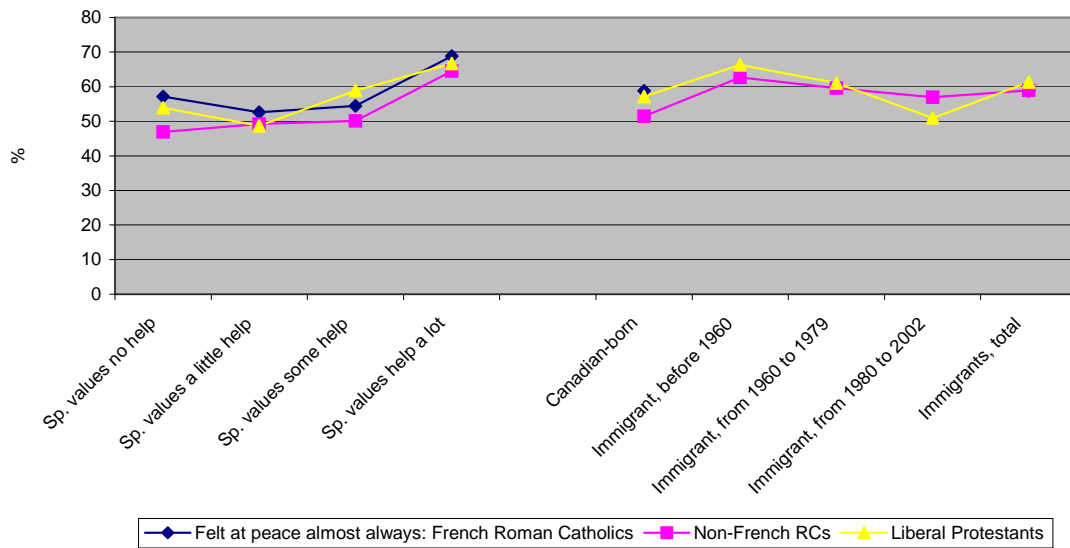
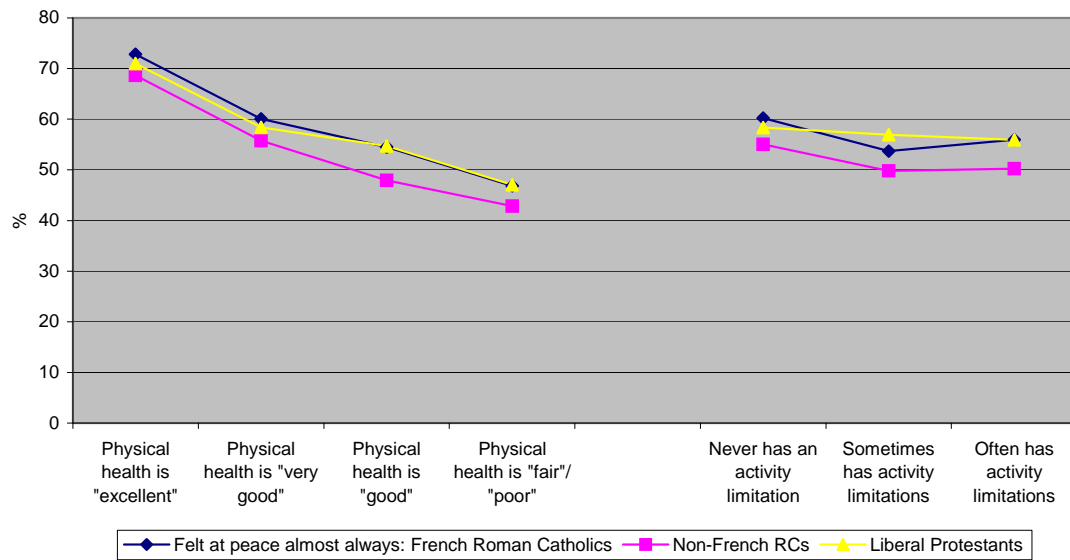


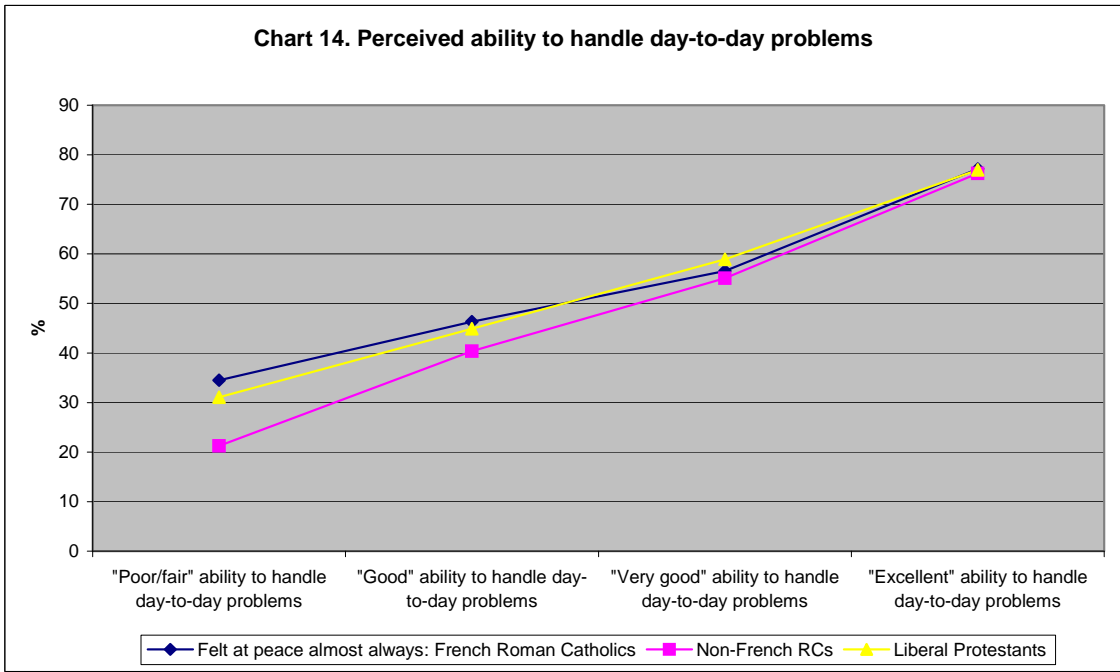
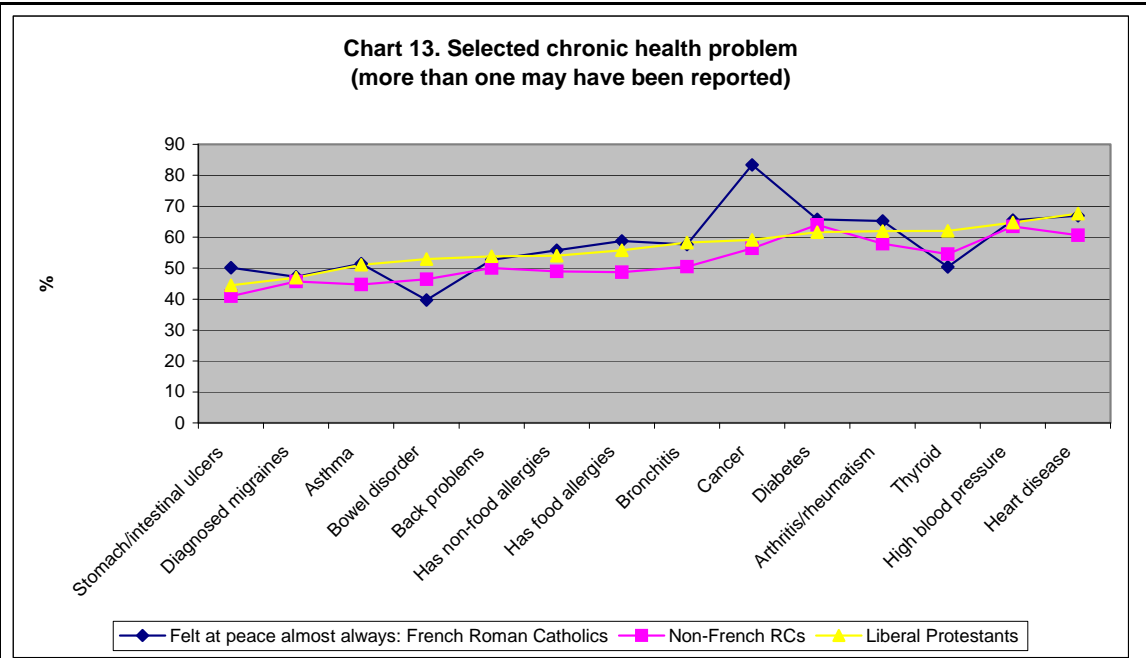
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

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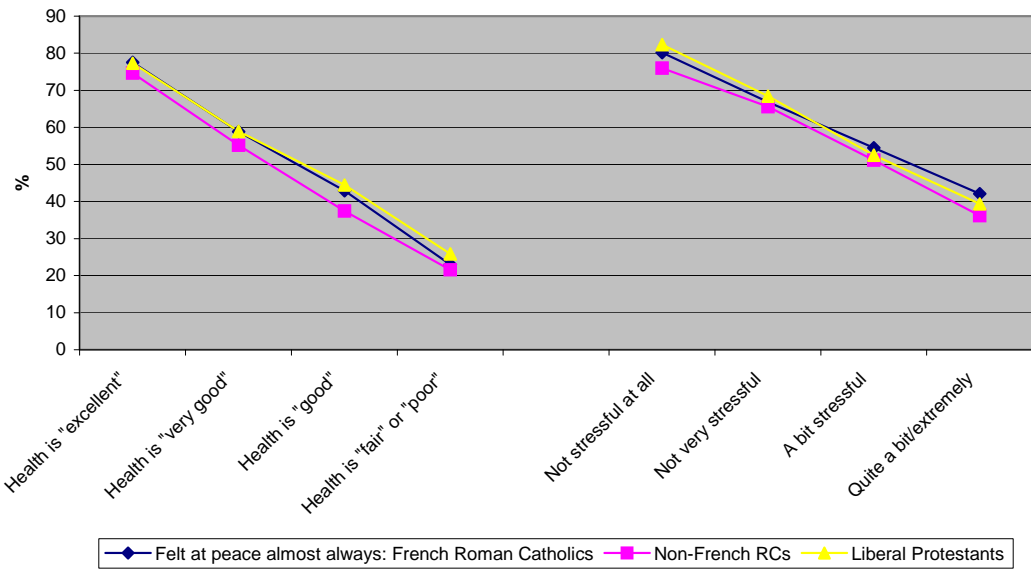
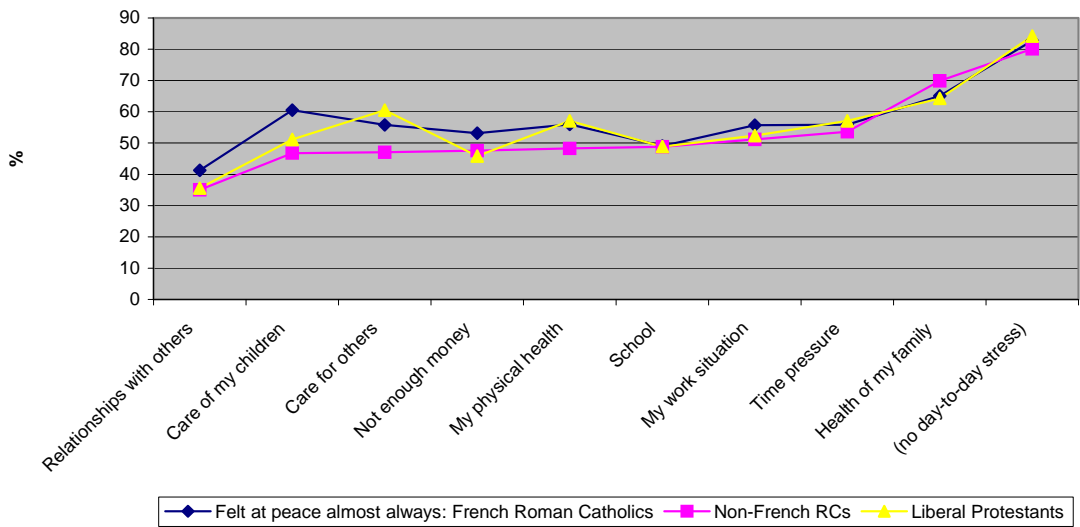


Chart 16. Most important source of daily stress



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 17. Coping with stress by drinking or smoking more than usual

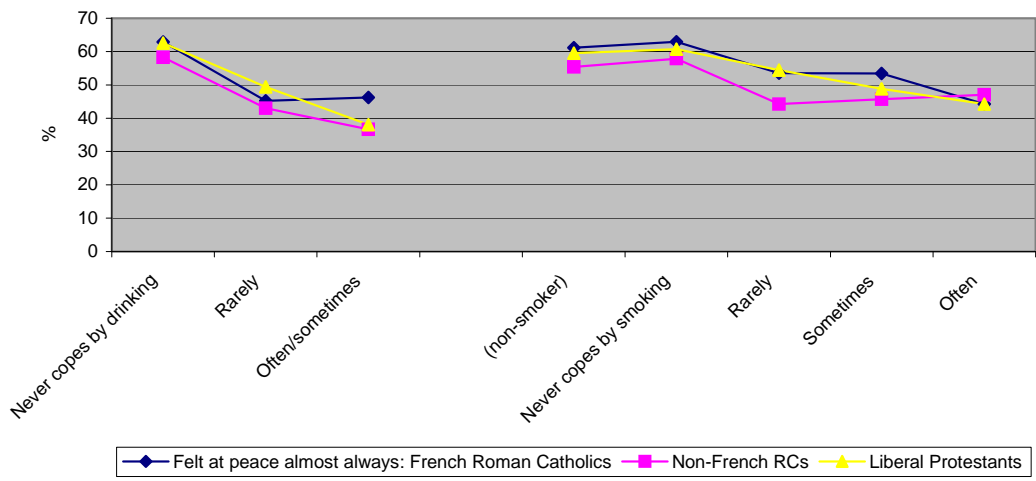
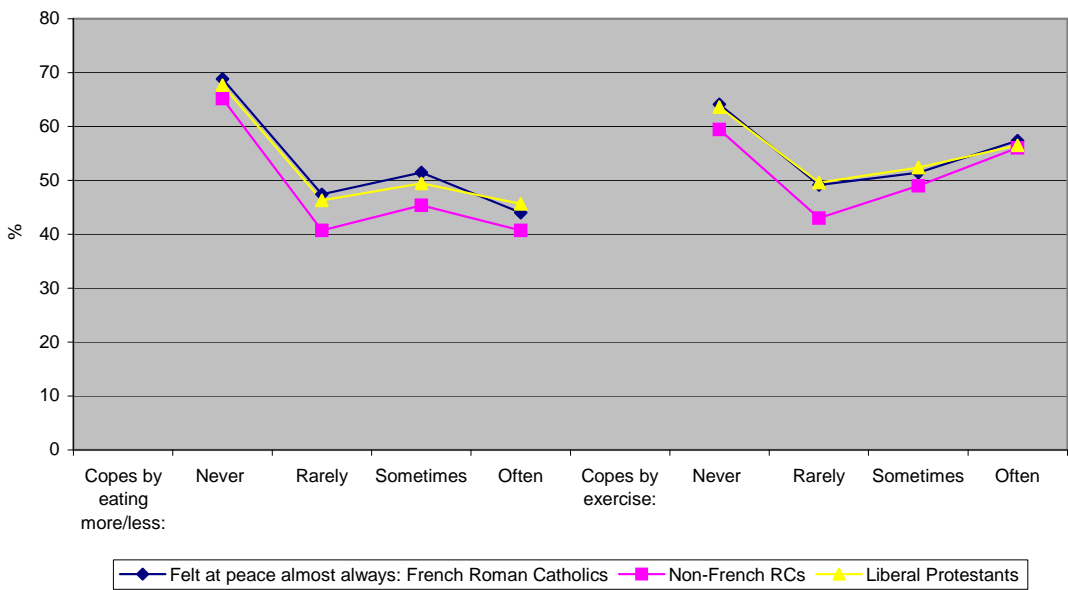


Chart 18. Coping by eating more or less than usual; by jogging or exercise



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 19. Coping by praying/spiritual help; and by blaming oneself

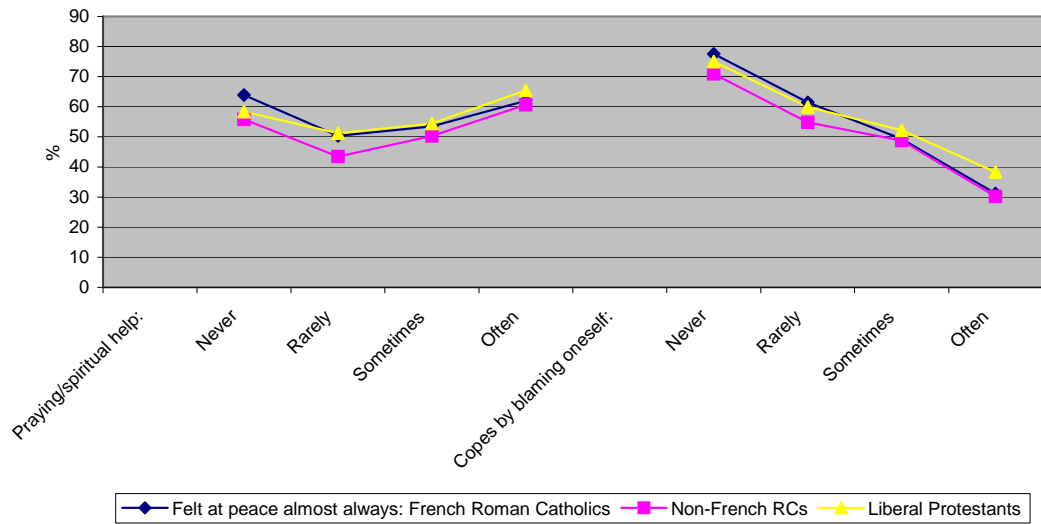
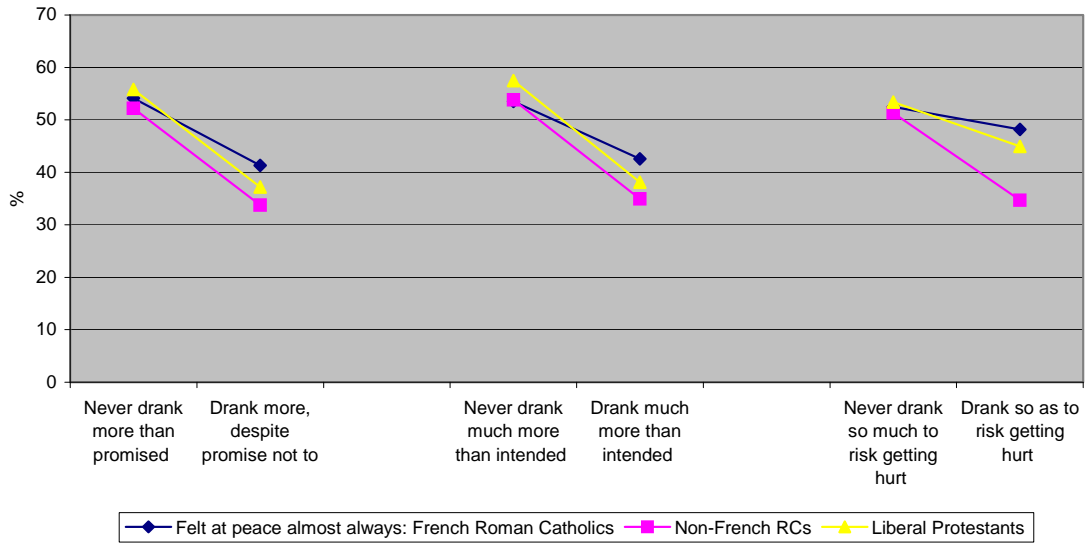


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

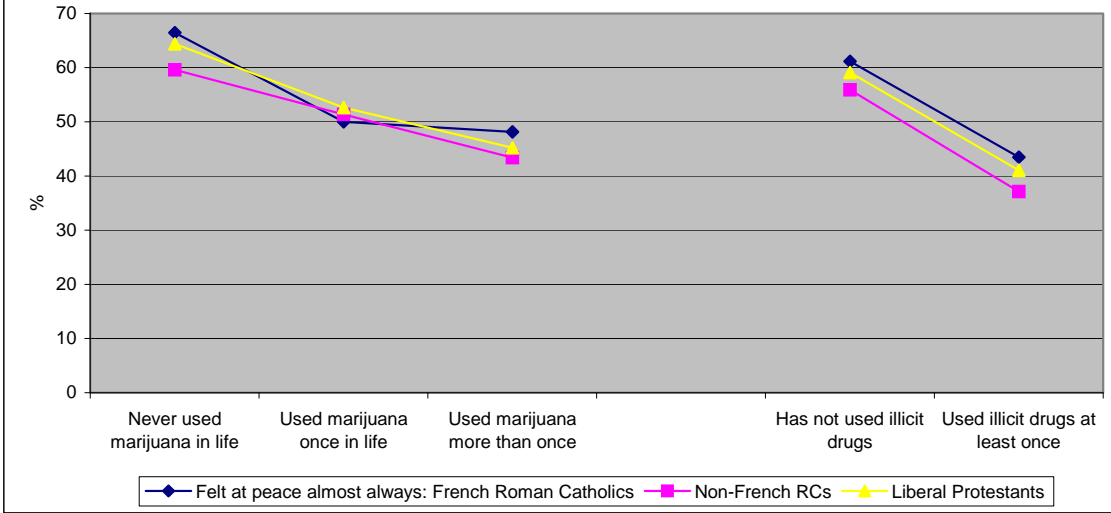
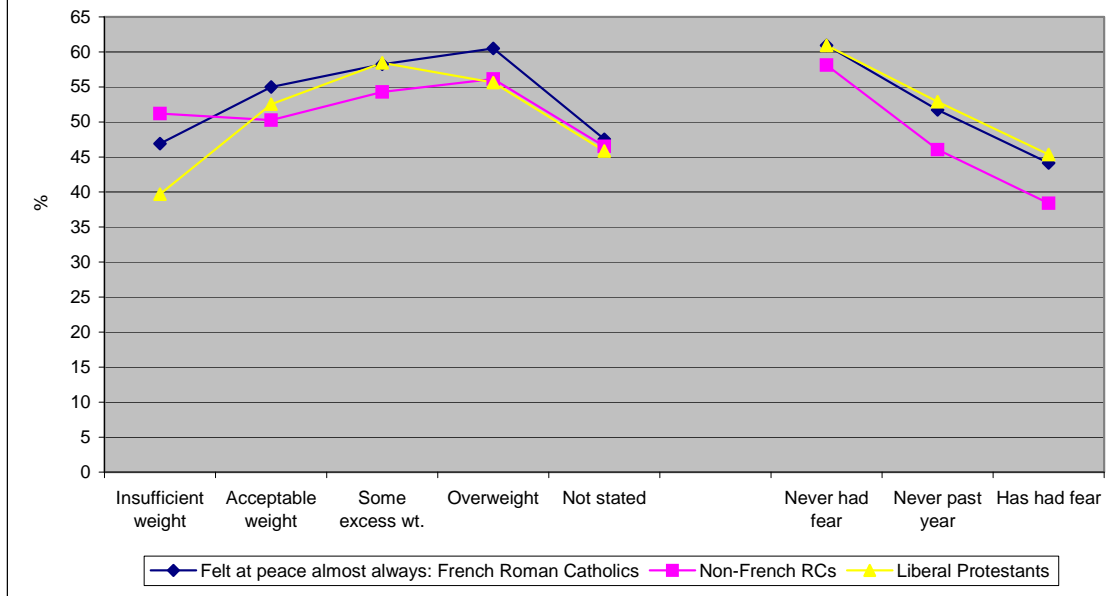


Chart 22. Weight acceptability (according to the body mass index, ages 20 to 64); and fear of being overweight past year



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 23. Attempted suicide; serious consideration of suicide; and type of gambler

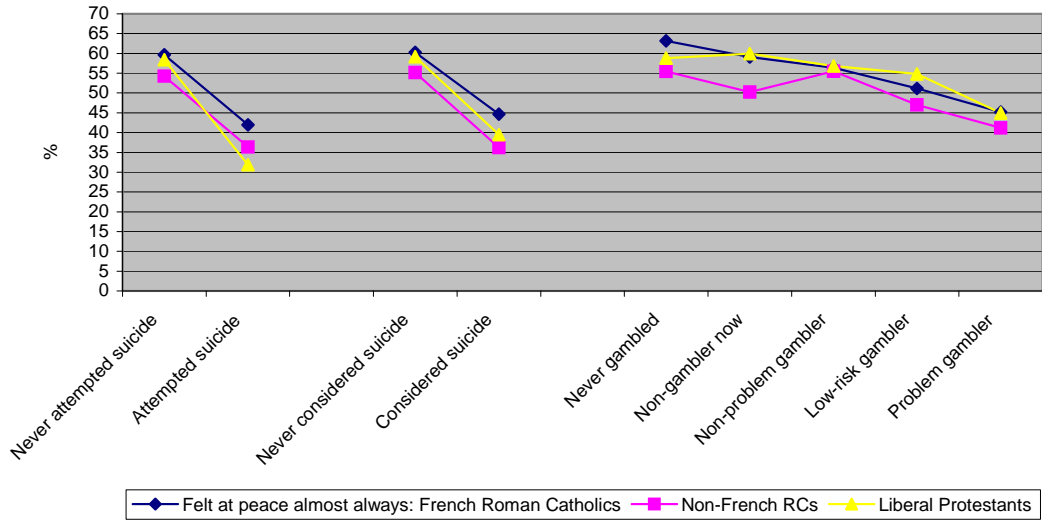
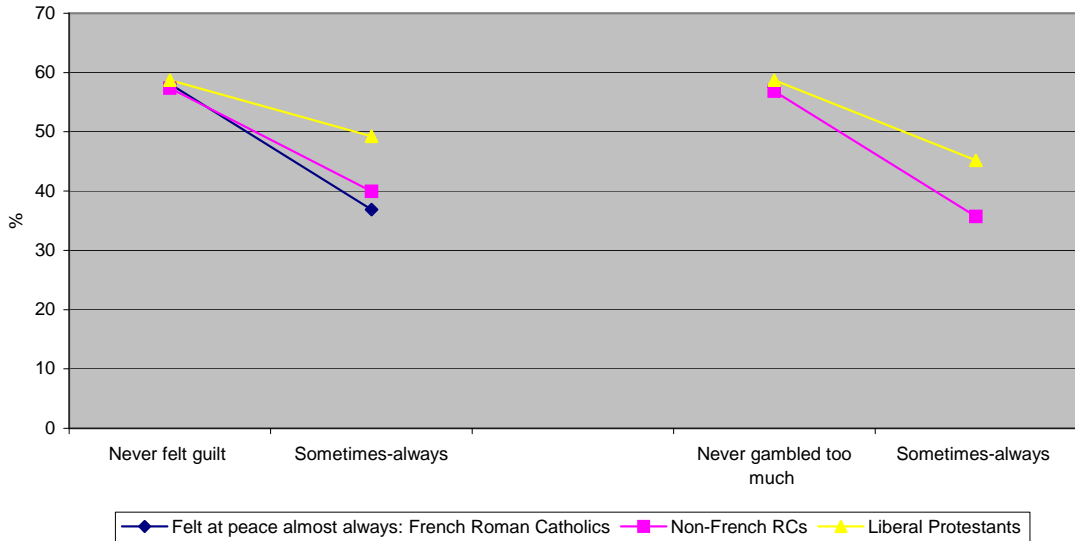


Chart 24. Frequency of feeling guilty about gambling too much; frequency of gambling too much



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 25. Frequency past month of feeling loved and appreciated; emotionally balanced; and useful

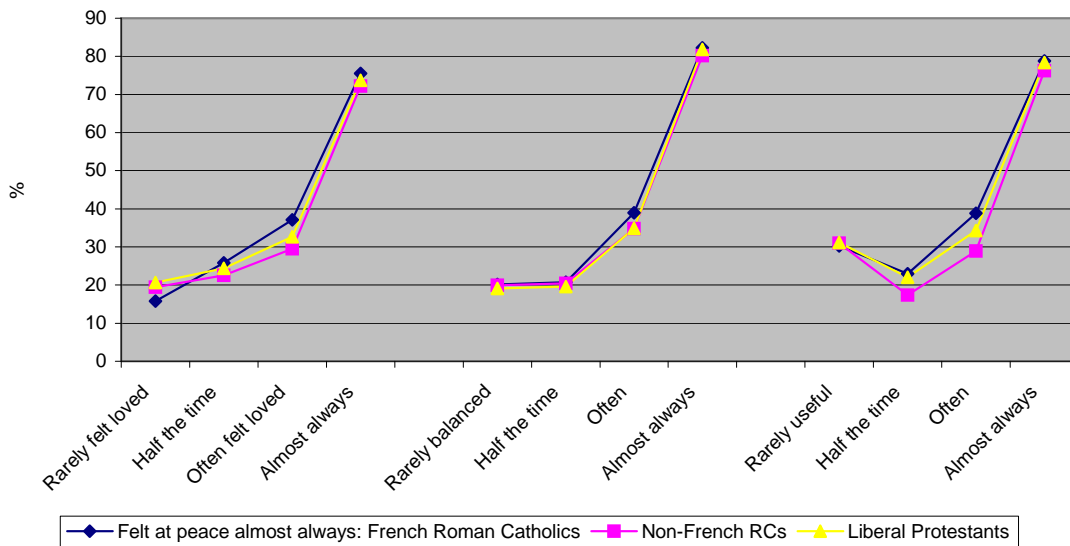
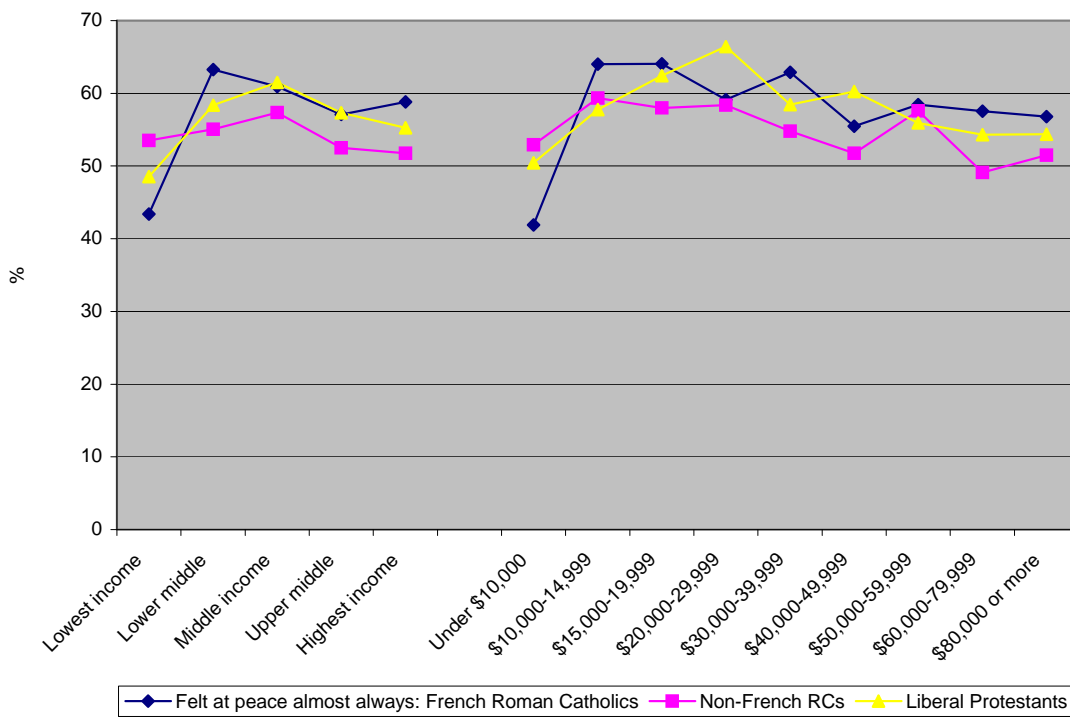


Chart 26. Household income adequacy, and household income past year



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 27. Personal income last year; and reception of welfare last year

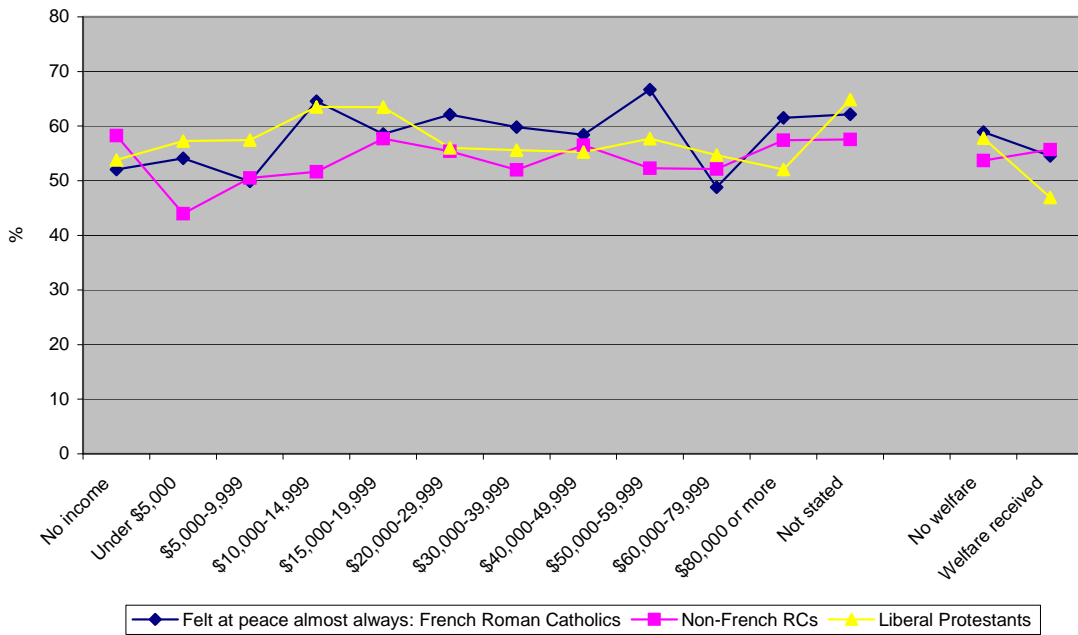
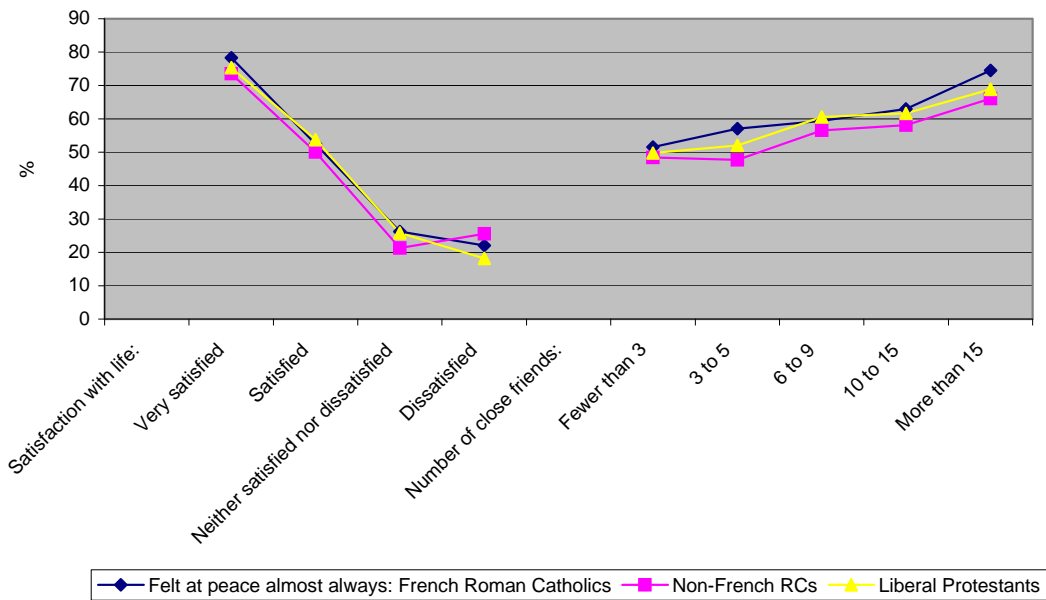


Chart 28. Satisfaction with life in general; and number of close friends



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

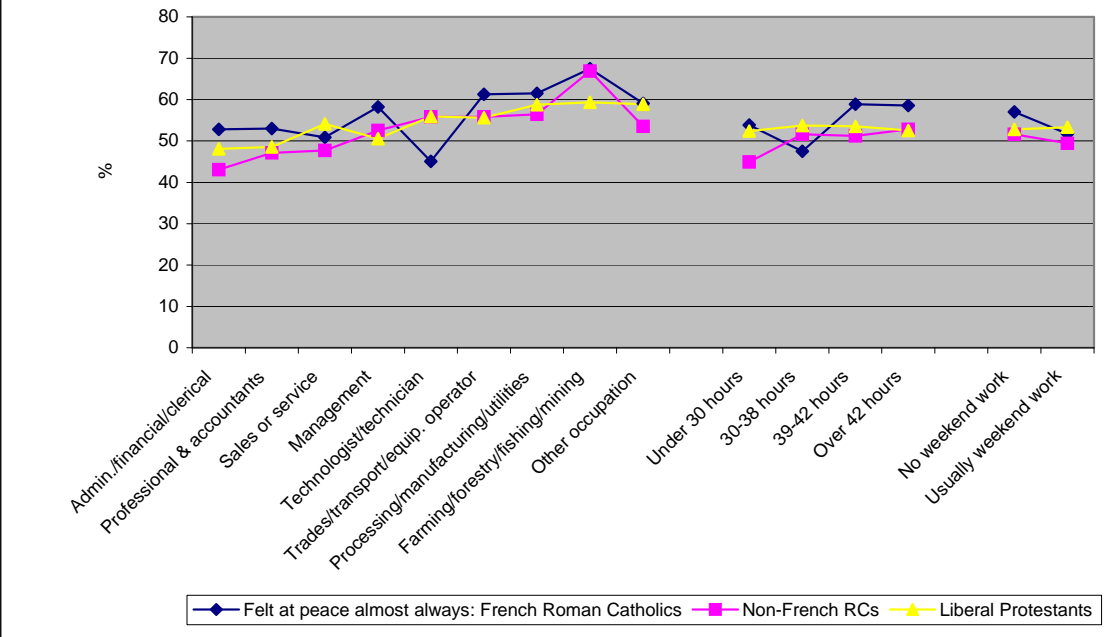
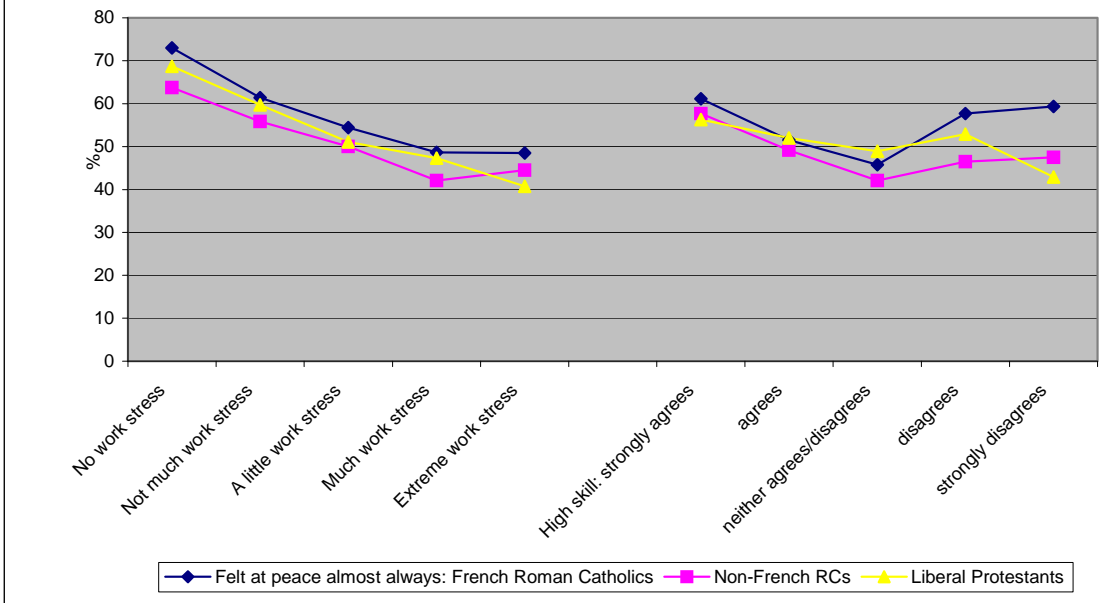


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

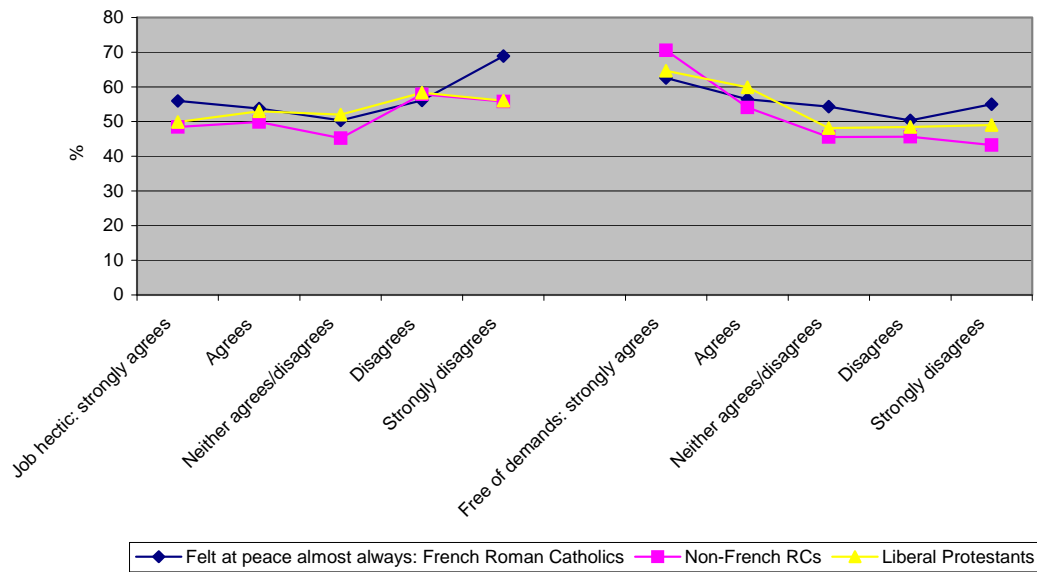
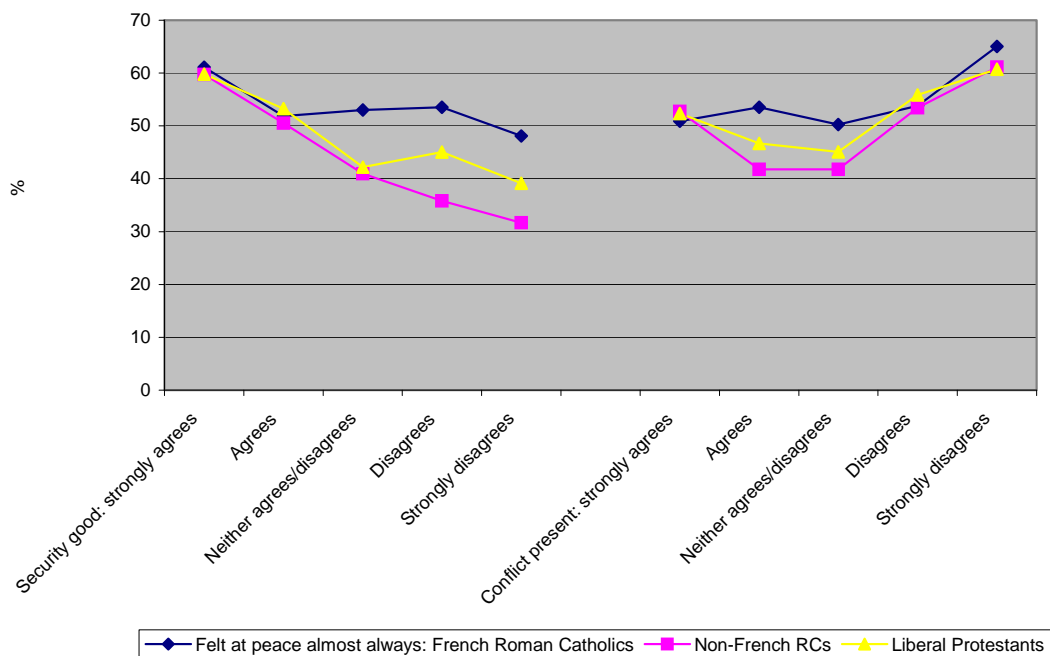


Chart 32. Job security; and presence of conflict with other employees



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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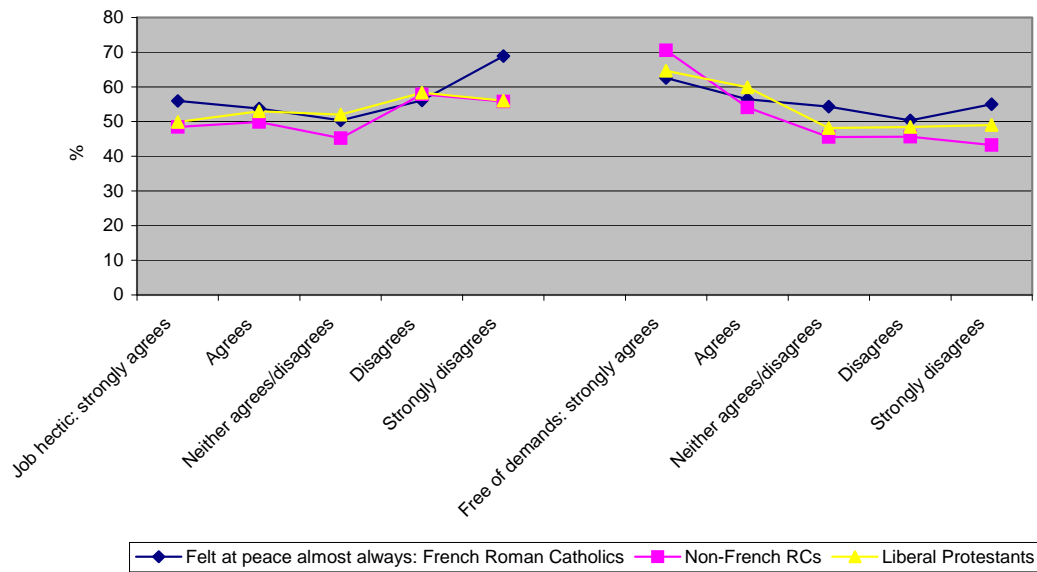
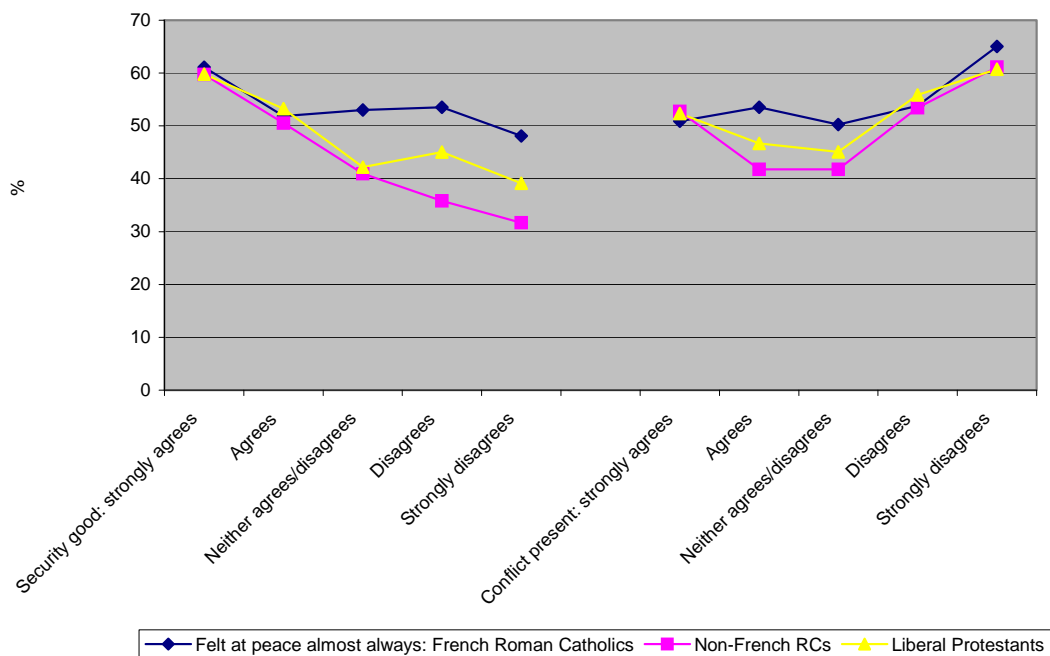


Chart 32. Job security; and presence of conflict with other employees



Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

See Appendix 1 for variable definitions and notes on the survey. Liberal Protestant = United, Anglican, Presbyterian & Lutheran.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job

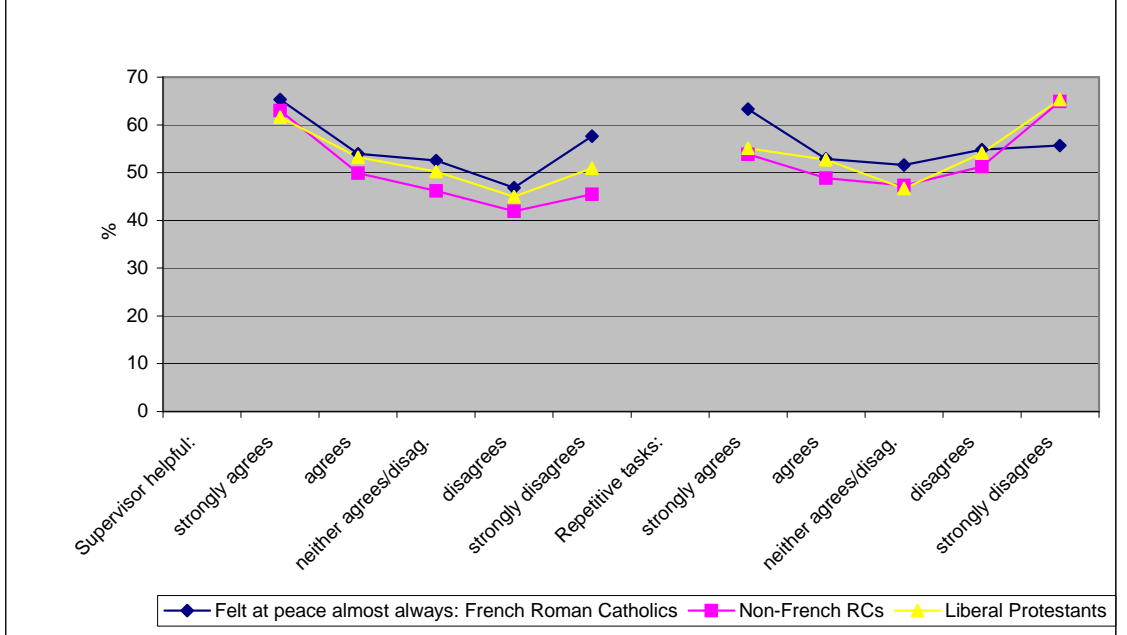
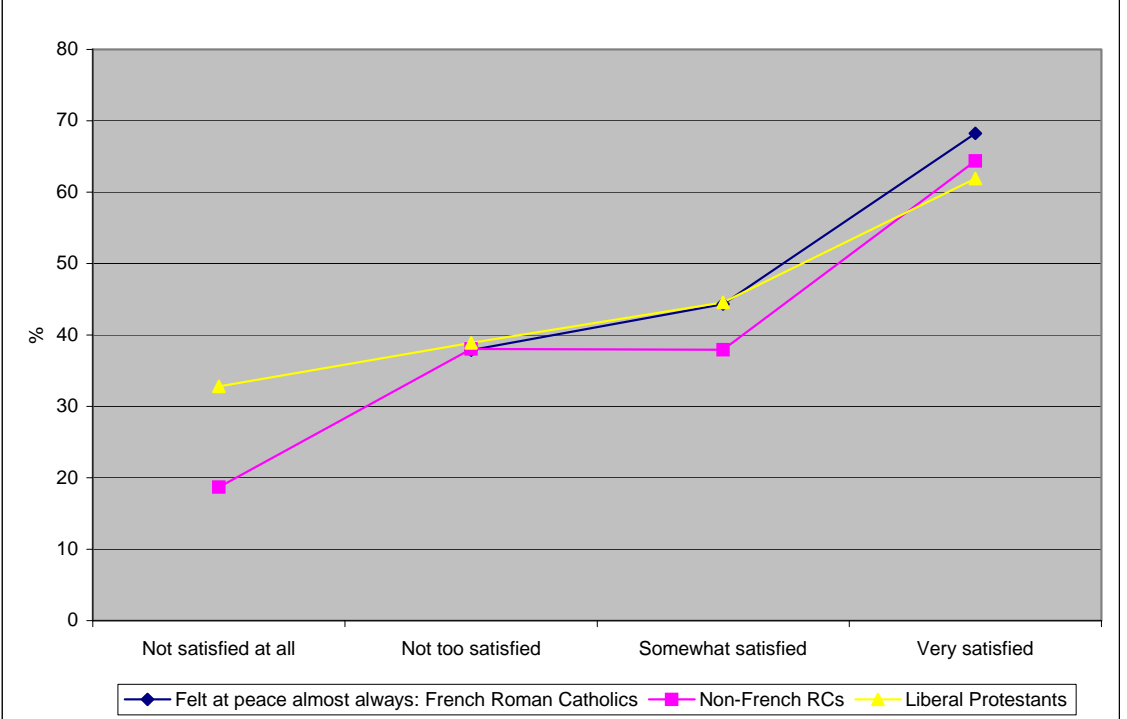


Chart 34. Job satisfaction

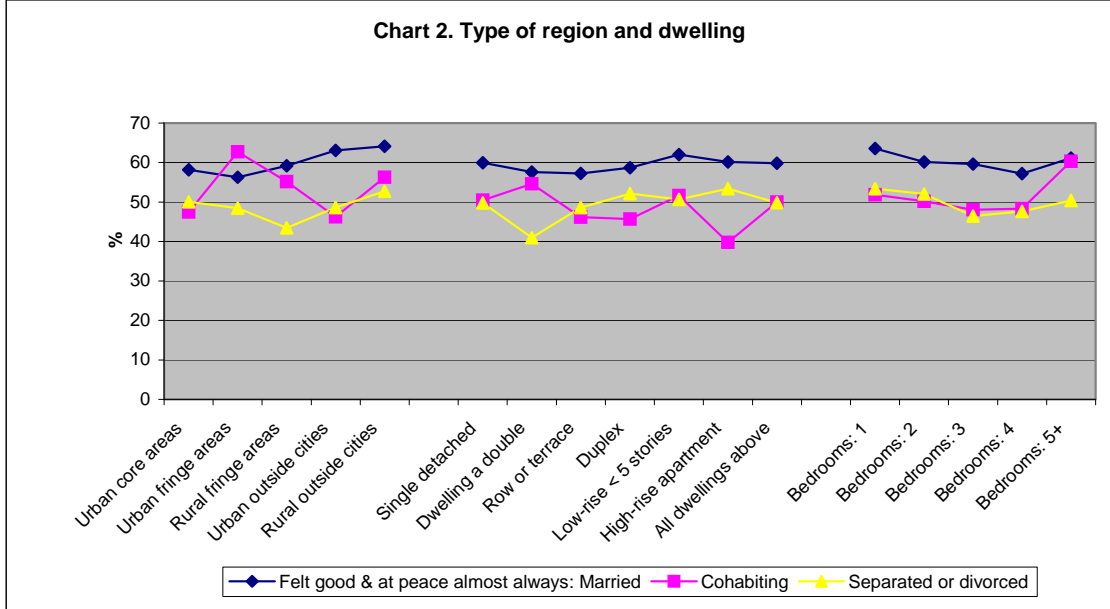
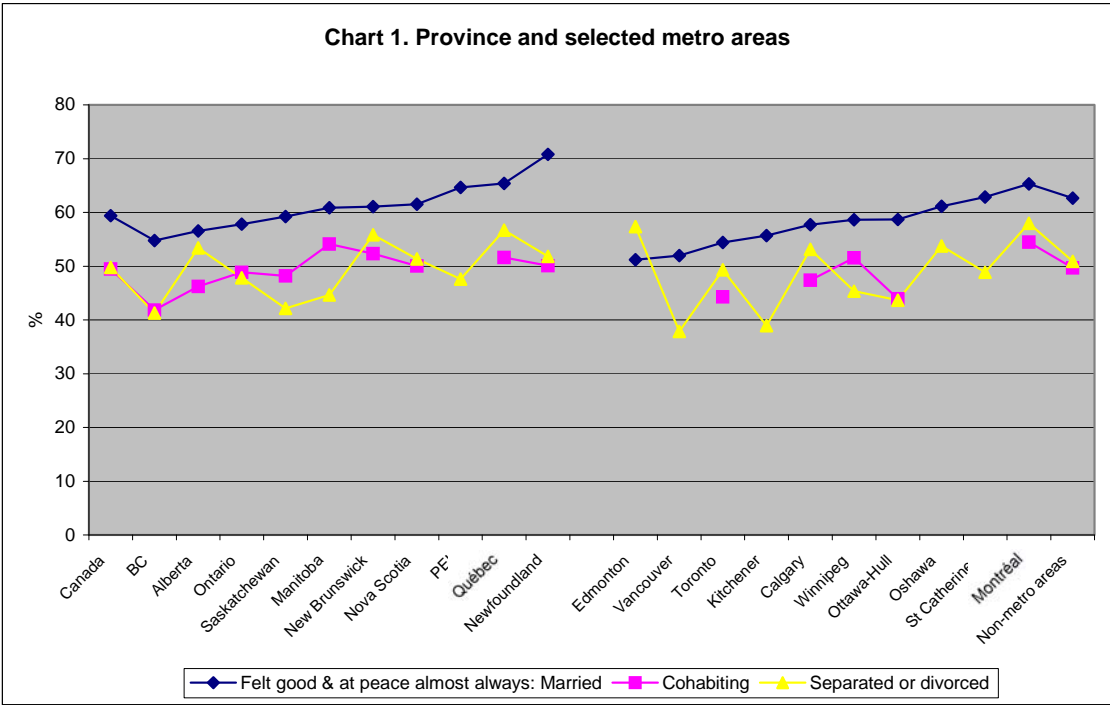


Percentage: Catholics and liberal Protestants who felt good and at peace almost always past month

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

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 4. Charts: Frequency of married, cohabiting and
separated or divorced persons feeling good and at peace
almost all the time past month**



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month
 See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 3. Dwelling ownership; household size; and number of children under 12 in the household

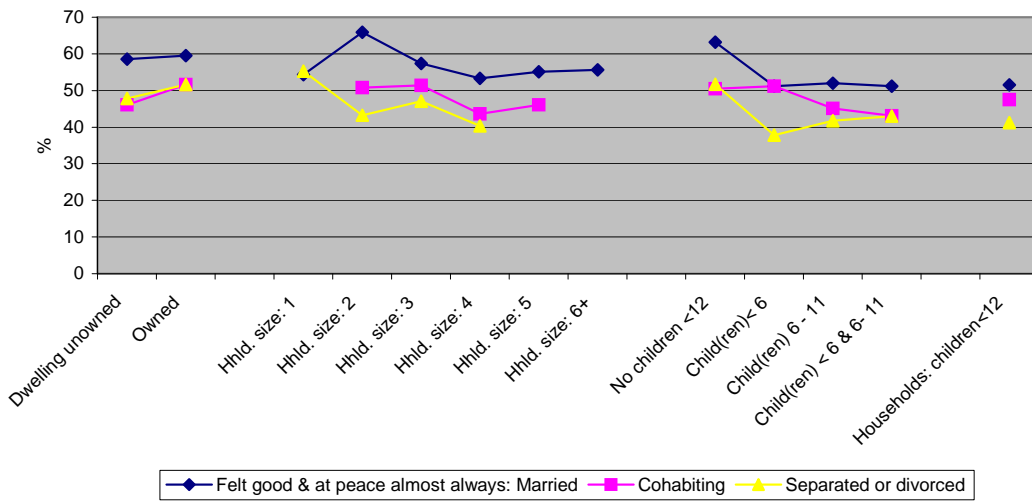
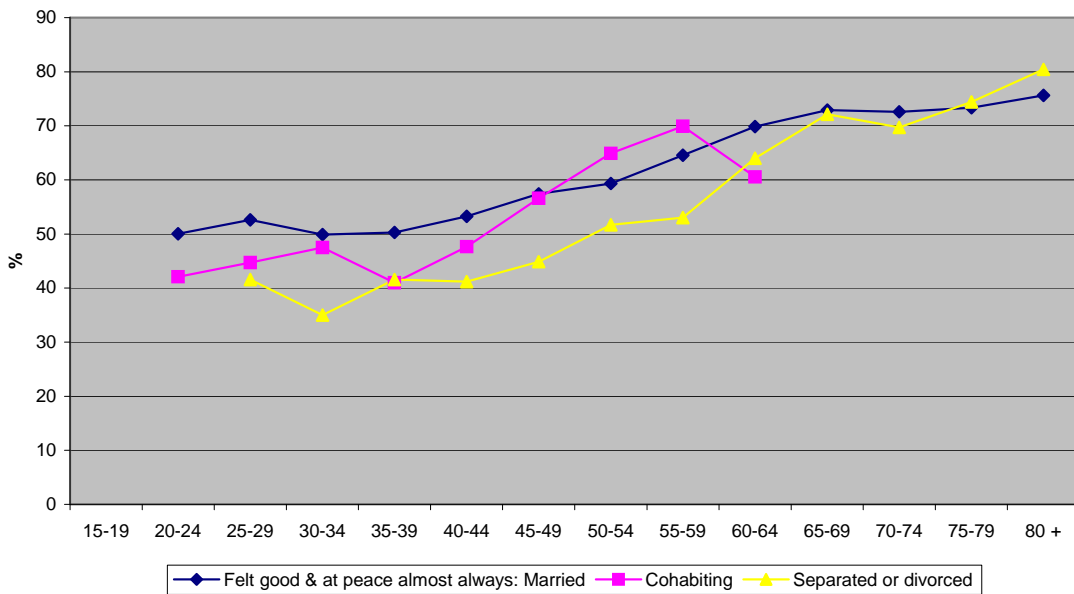


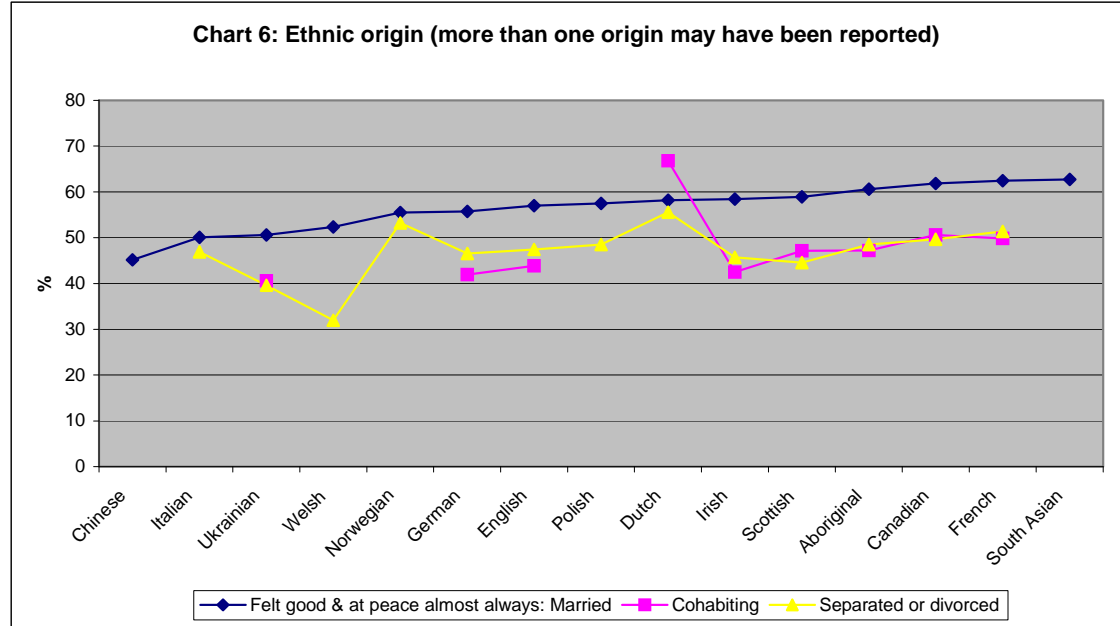
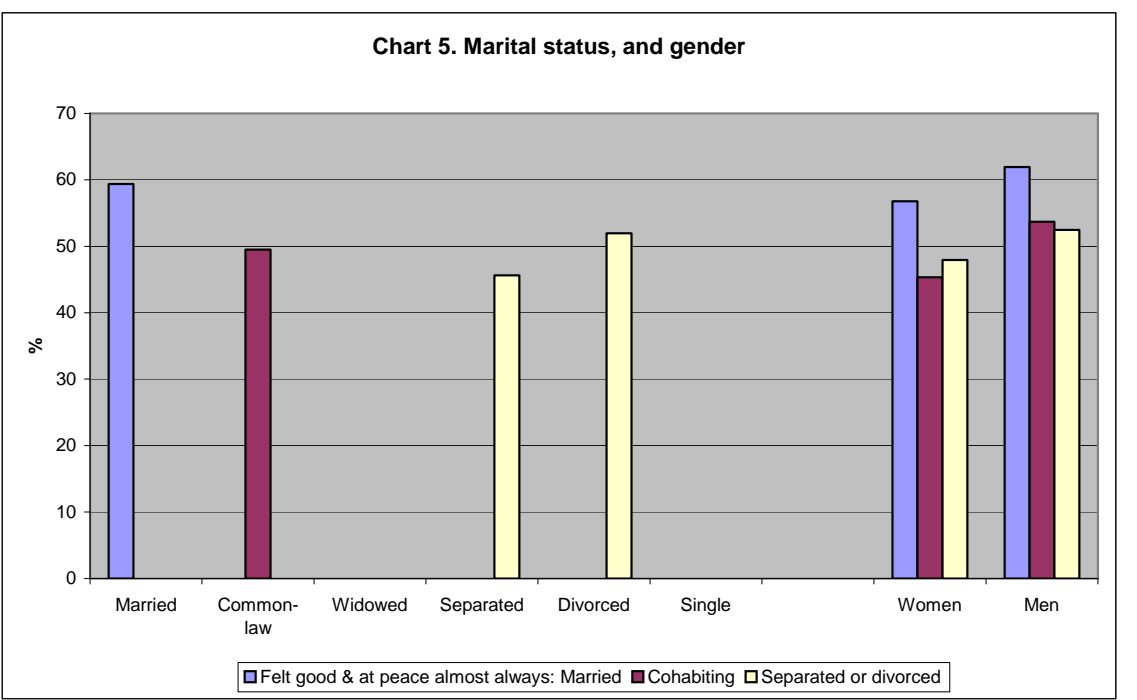
Chart 4. Age groups



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 7. Student status; and level of education

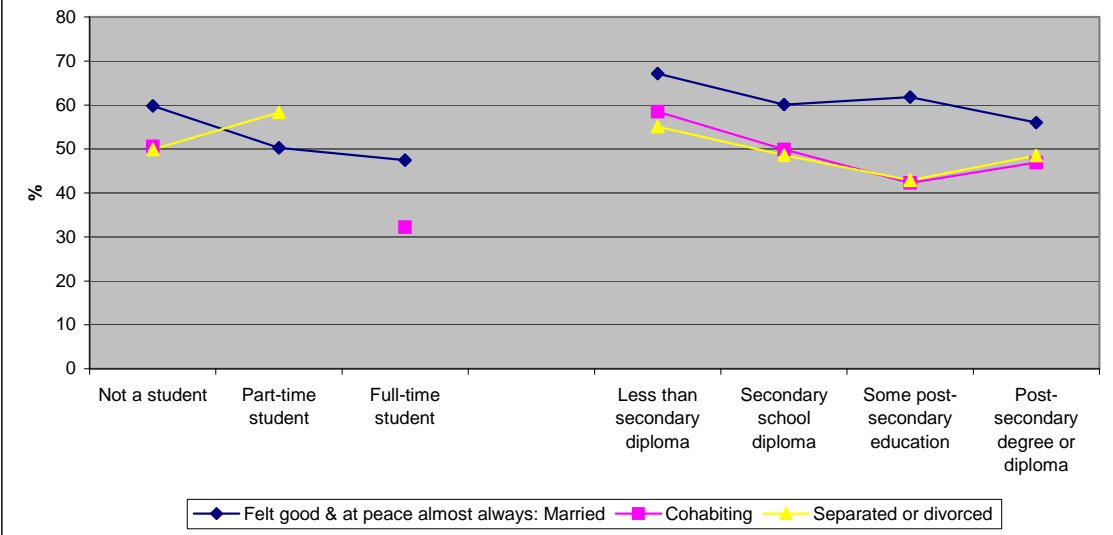
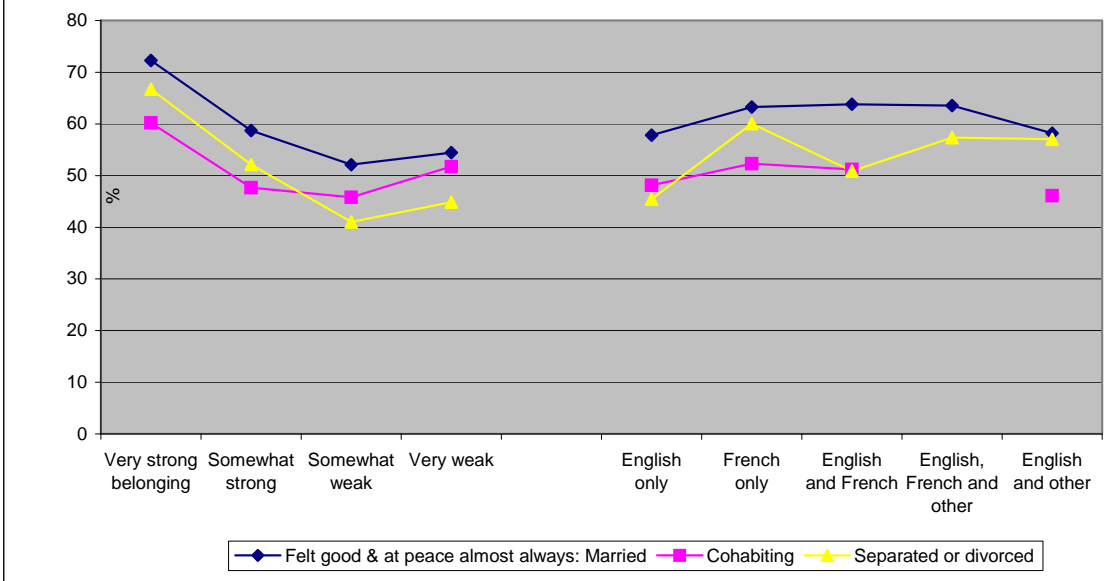


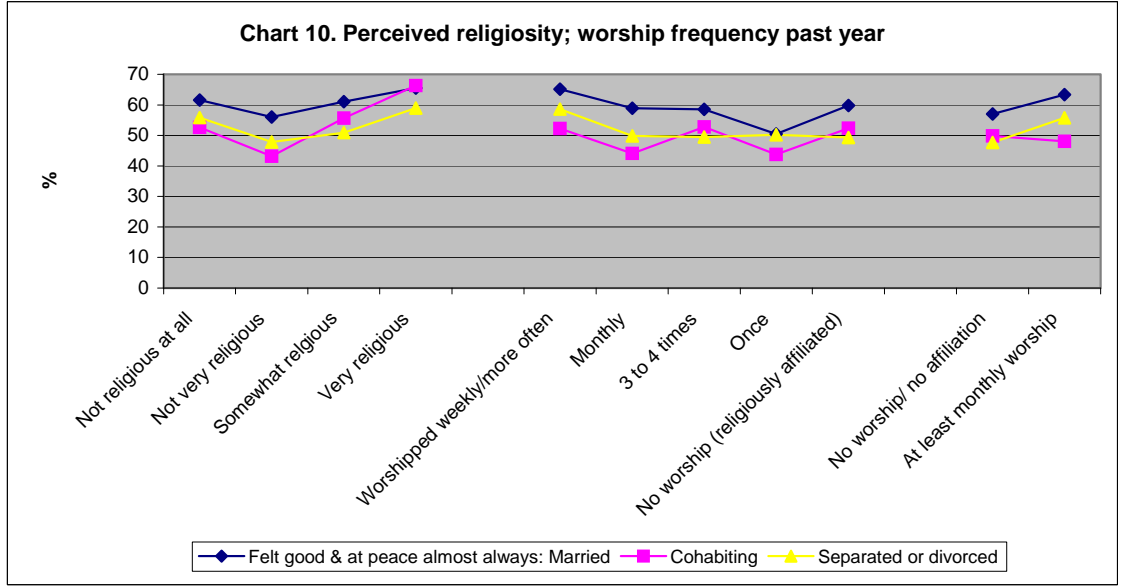
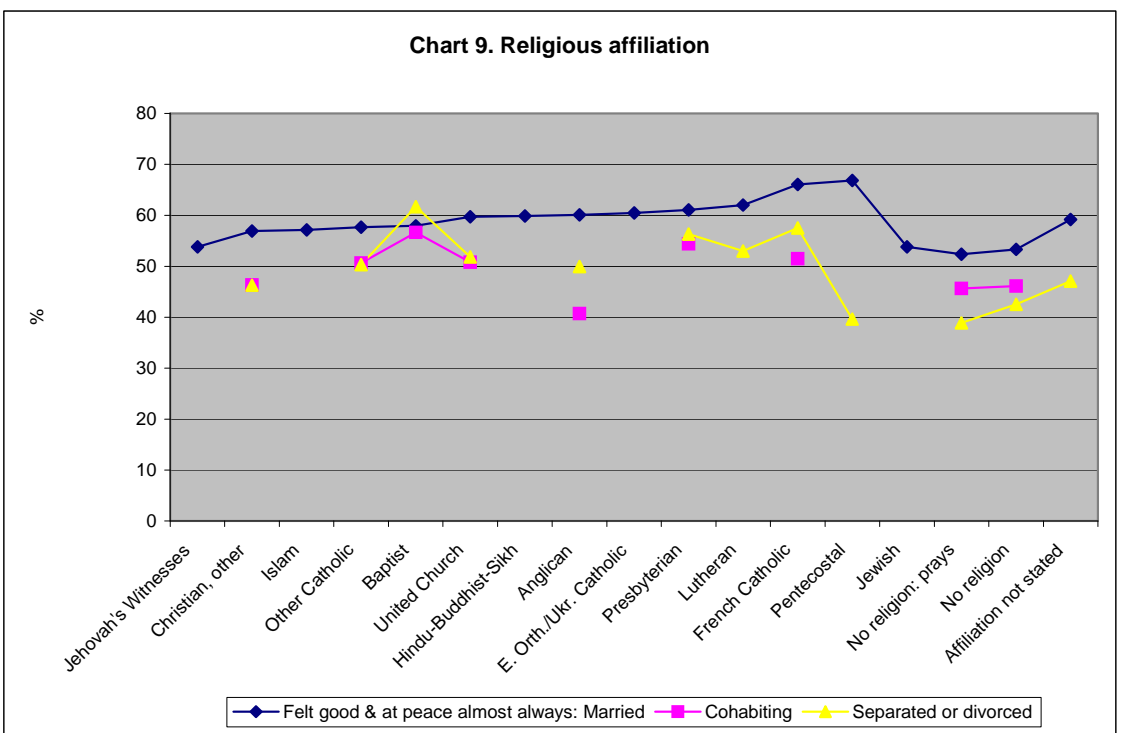
Chart 8. Strength of belonging to the community of residence; and language



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month
 See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.
 Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 11. The role of spiritual values in providing understanding of life's difficulties; and period of immigration

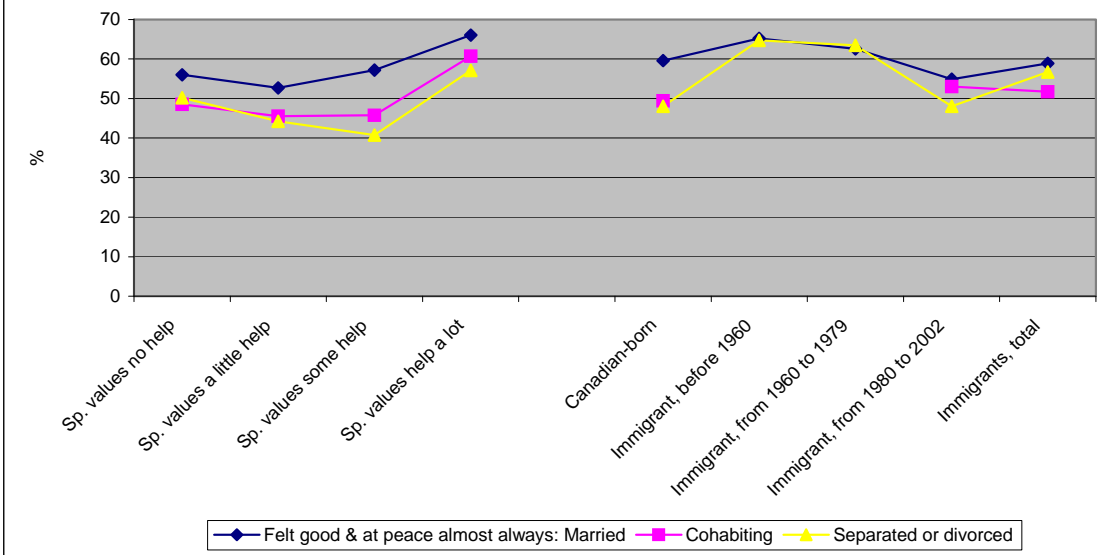
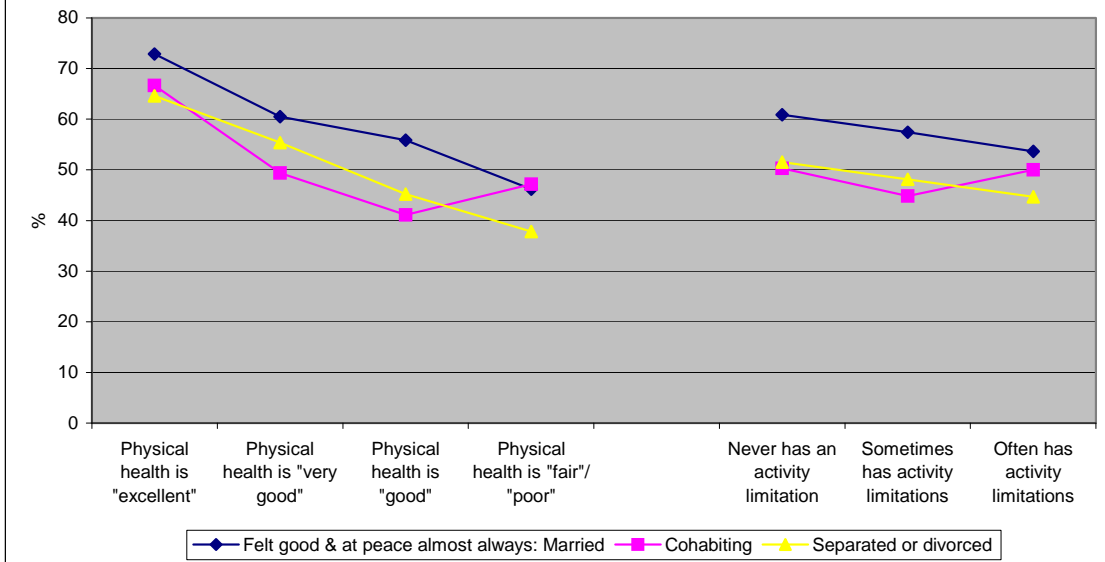


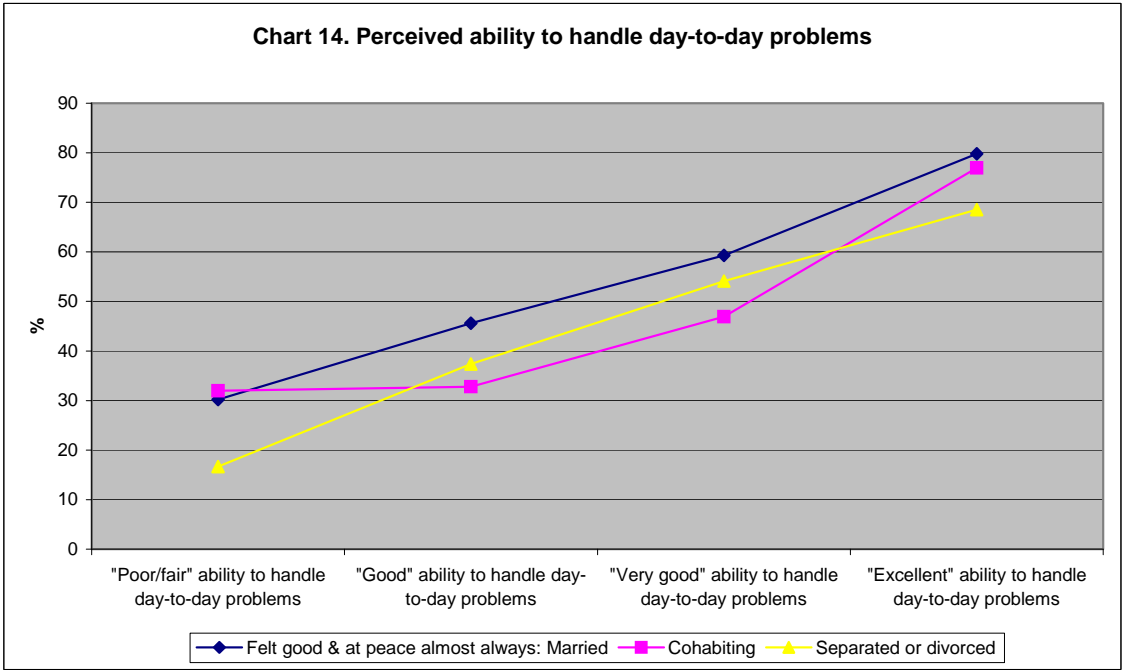
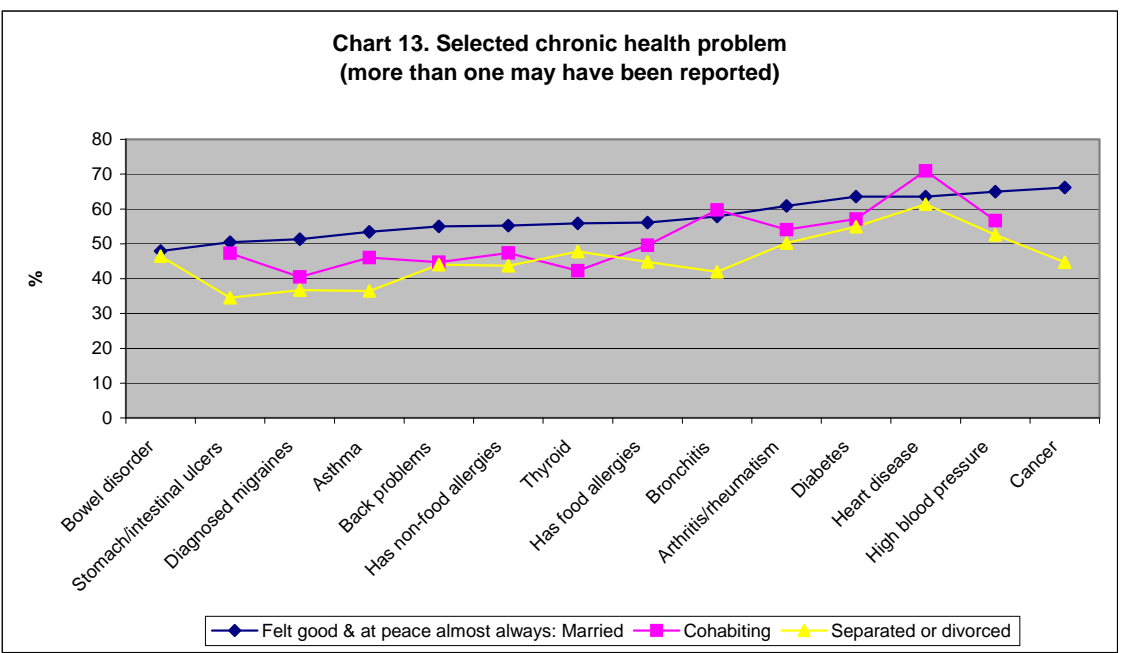
Chart 12. Perceived physical health status; frequency of activity limitations



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 15. Stress level most days; and perceived quality of mental health

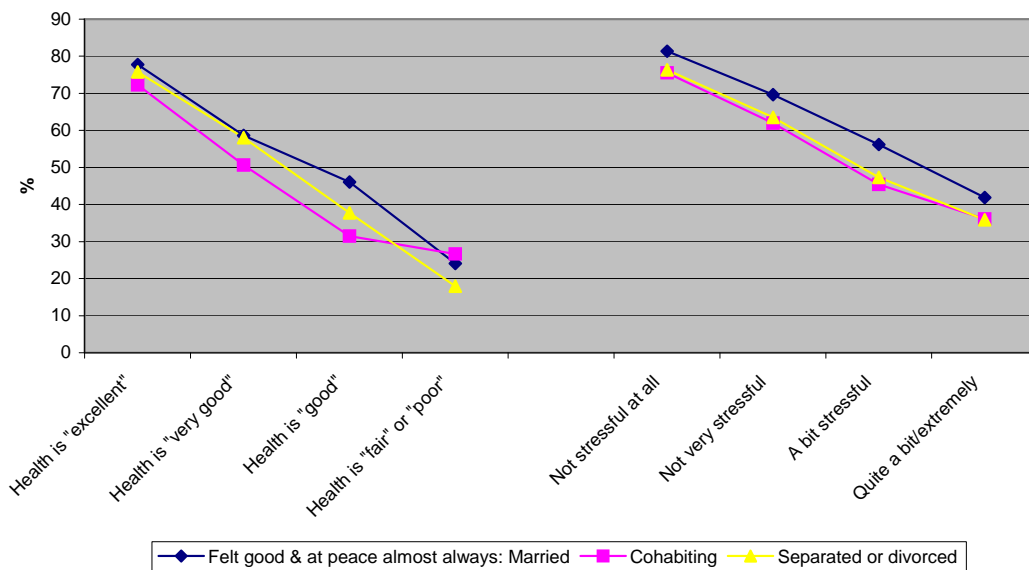
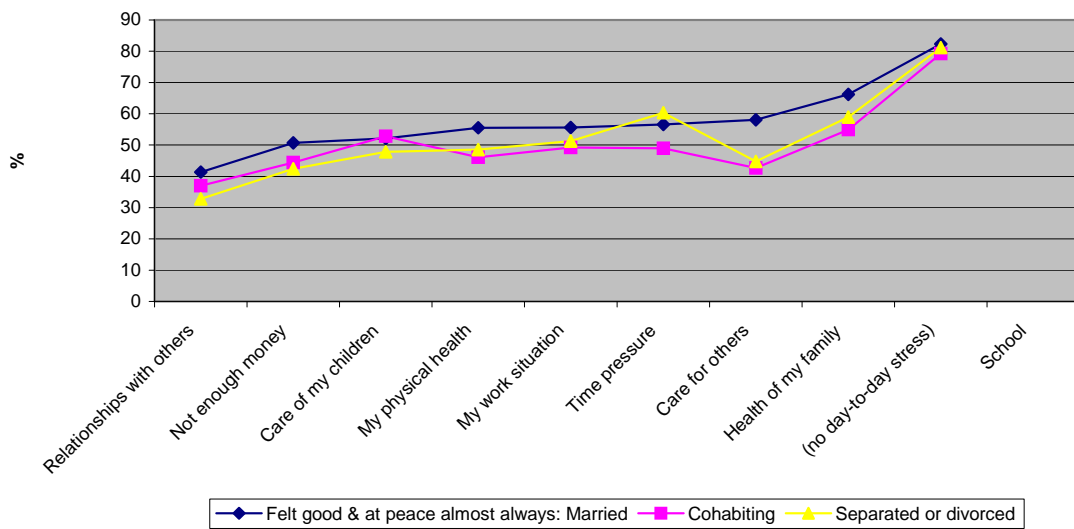


Chart 16. Most important source of daily stress



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 17. Coping with stress by drinking or smoking more than usual

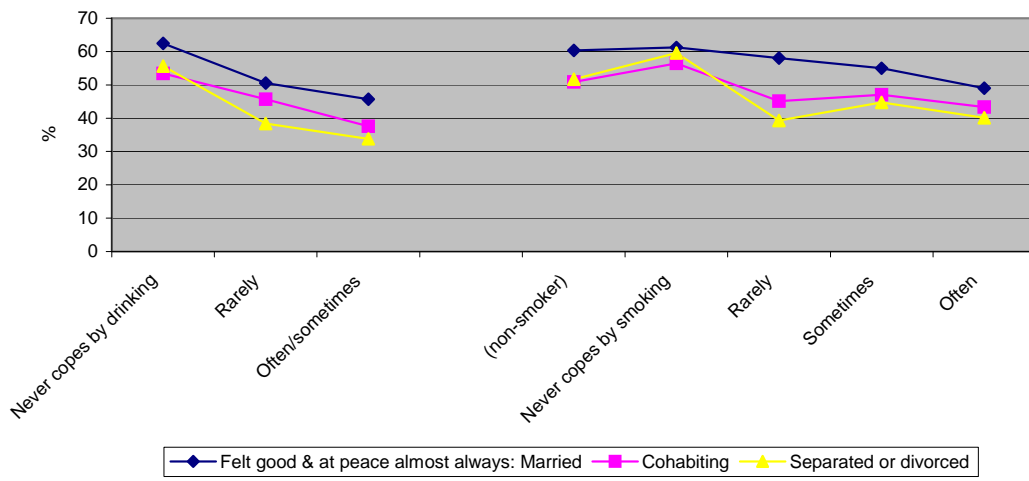
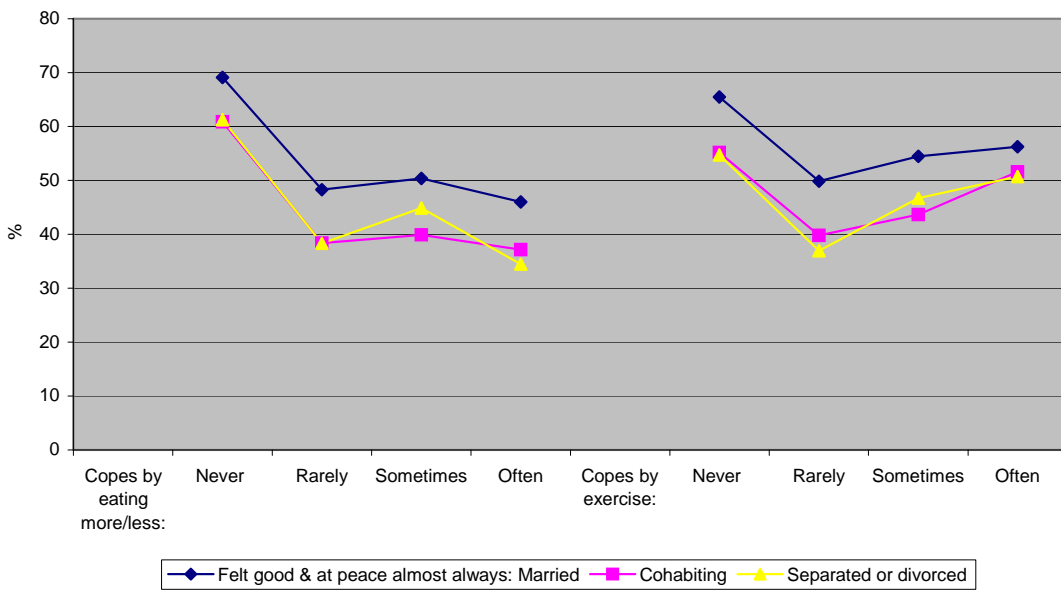


Chart 18. Coping by eating more or less than usual; by jogging or exercise



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

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Chart 19. Coping by praying/spiritual help; and by blaming oneself

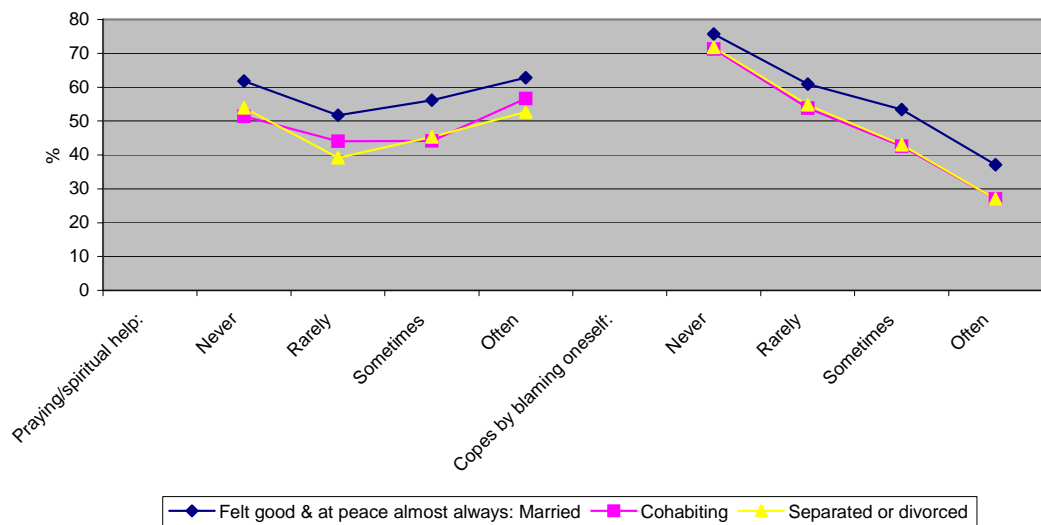
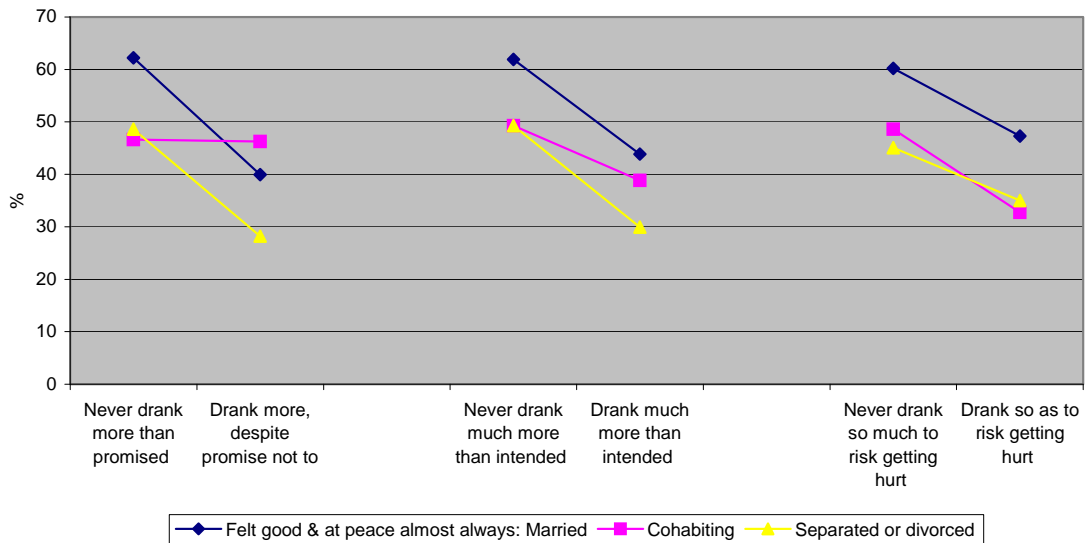


Chart 20. Promises regarding drinking; intentions; risks of getting hurt past year



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 21. Lifetime use of marijuana; and use of illicit drugs past year

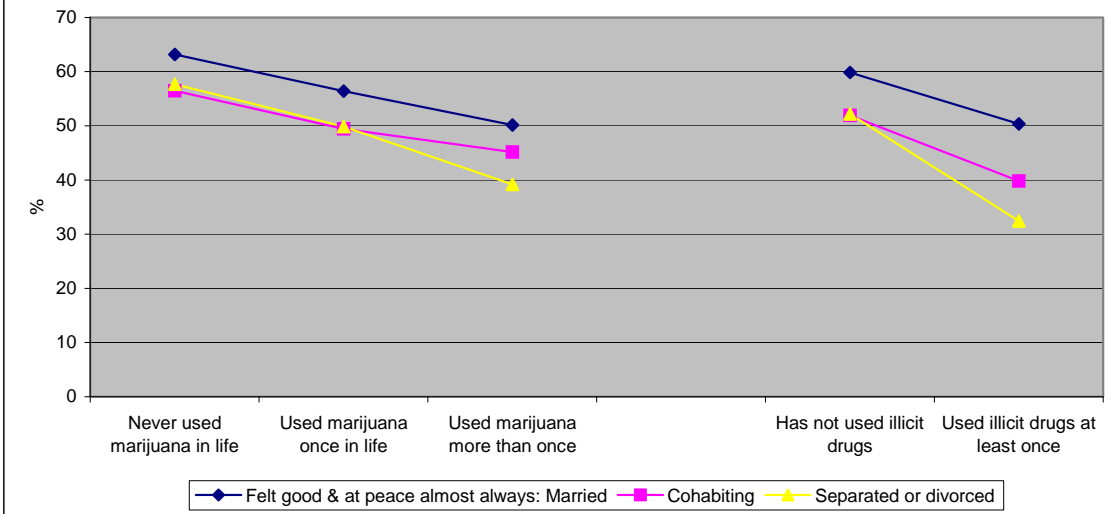
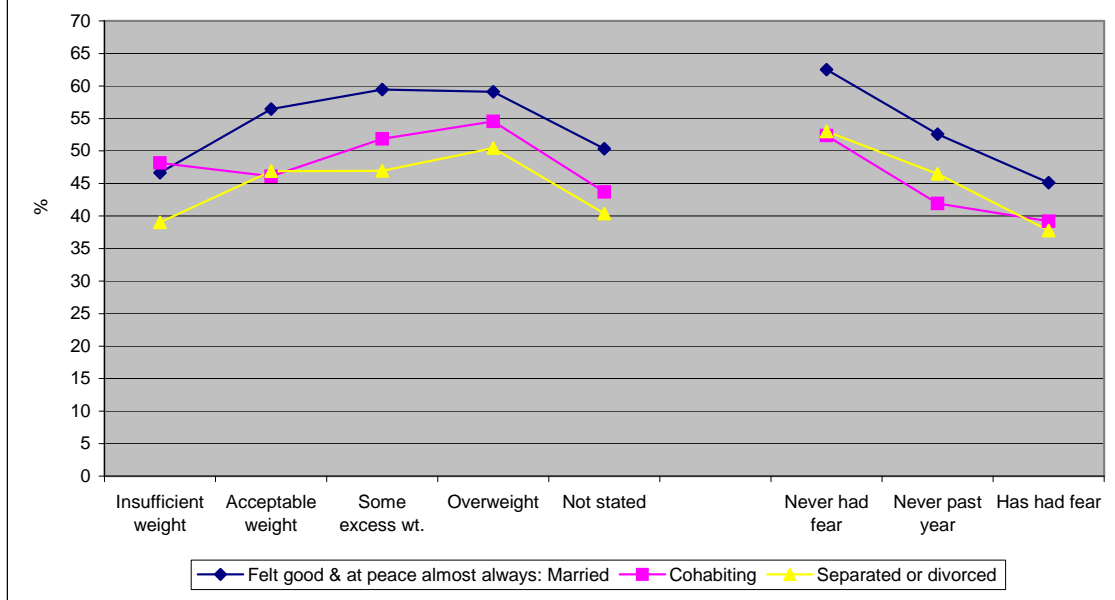


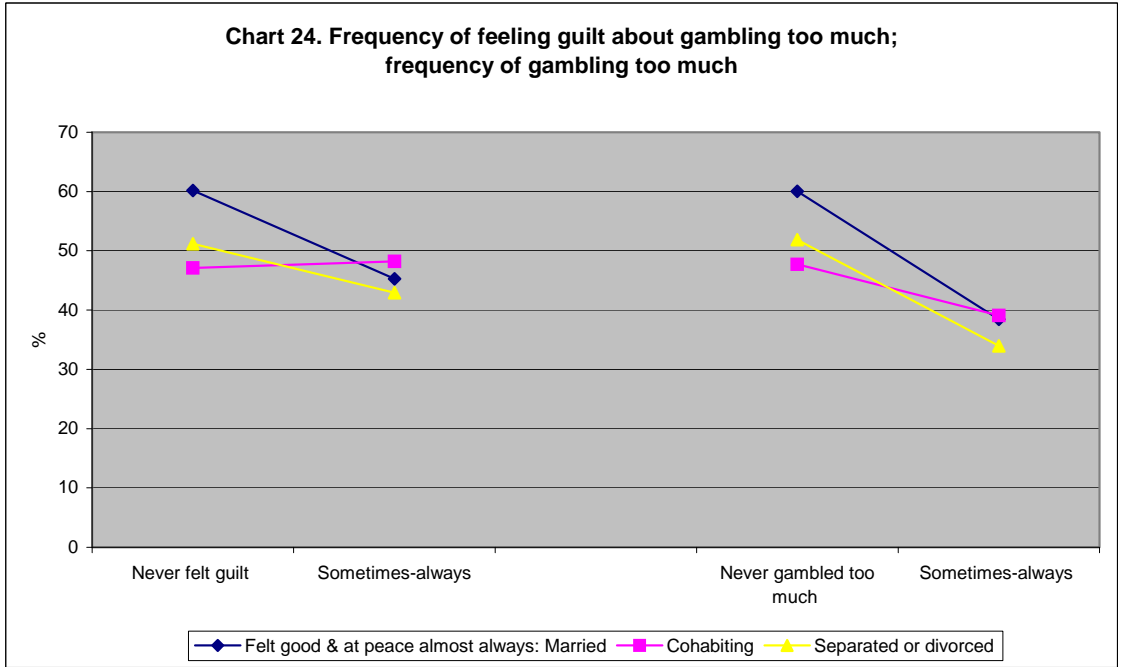
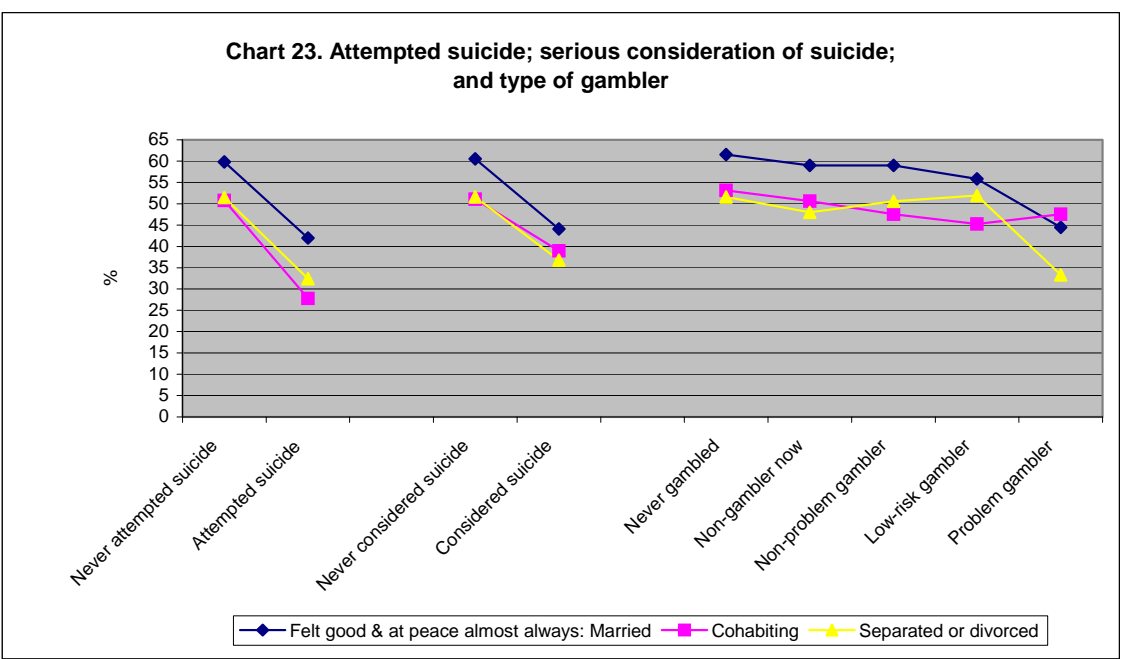
Chart 22. Weight acceptability (according to the body mass index, ages 20 to 64); and fear of being overweight past year



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 25. Frequency past month of feeling loved and appreciated; emotionally balanced; and useful

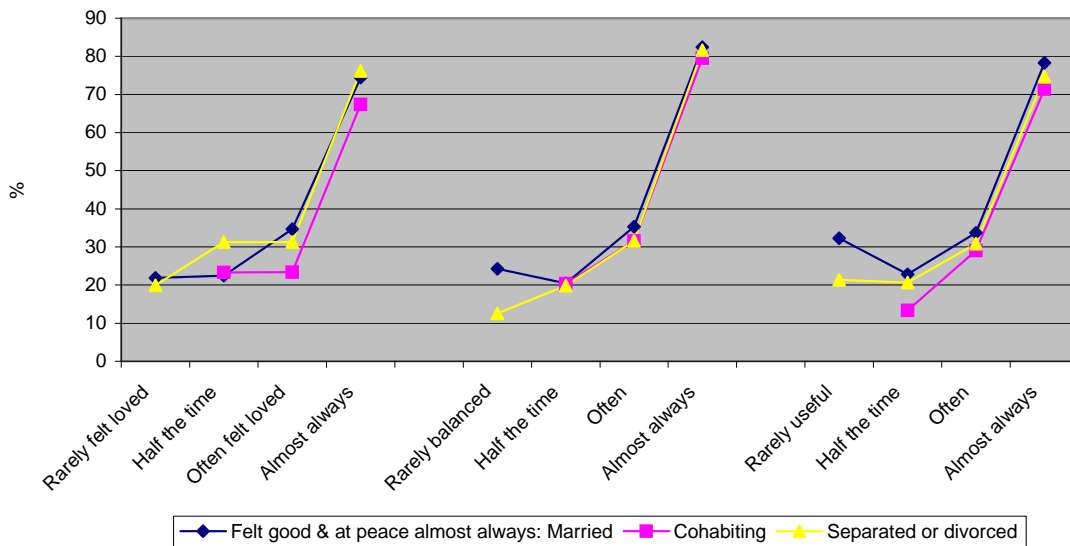
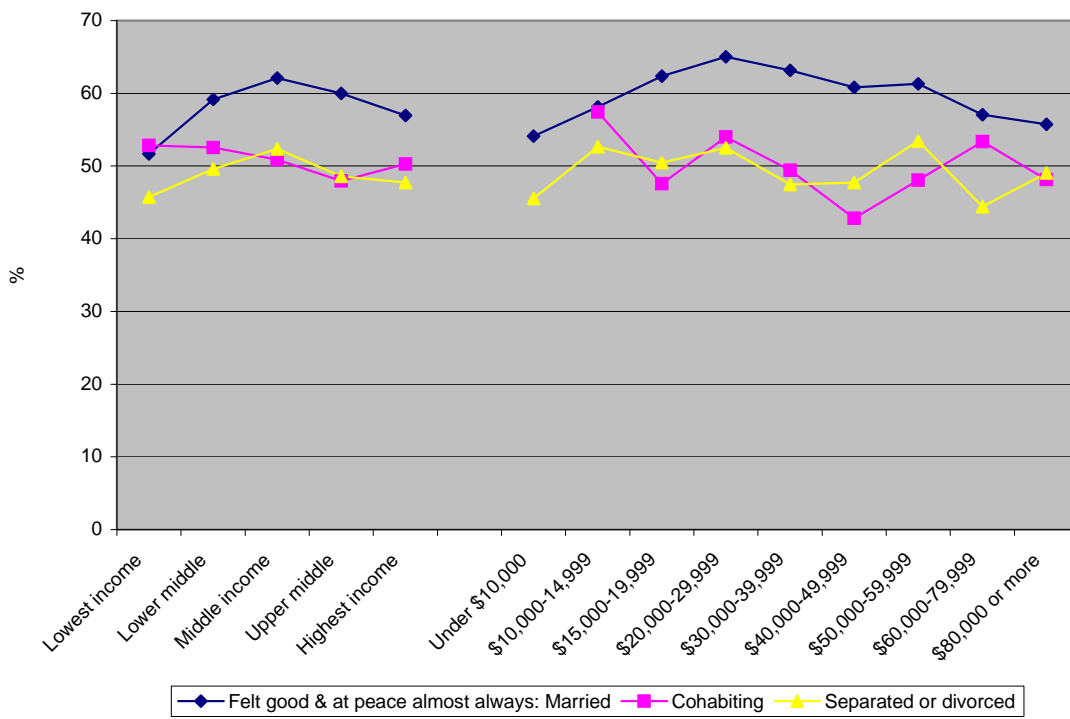


Chart 26. Household income adequacy, and household income past year



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 25. Frequency past month of feeling loved and appreciated; emotionally balanced; and useful

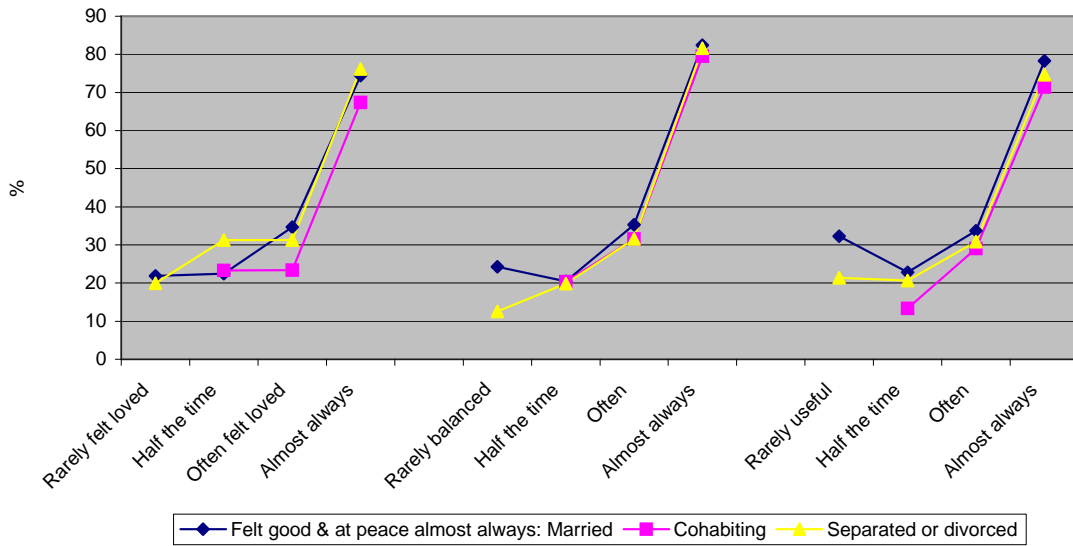
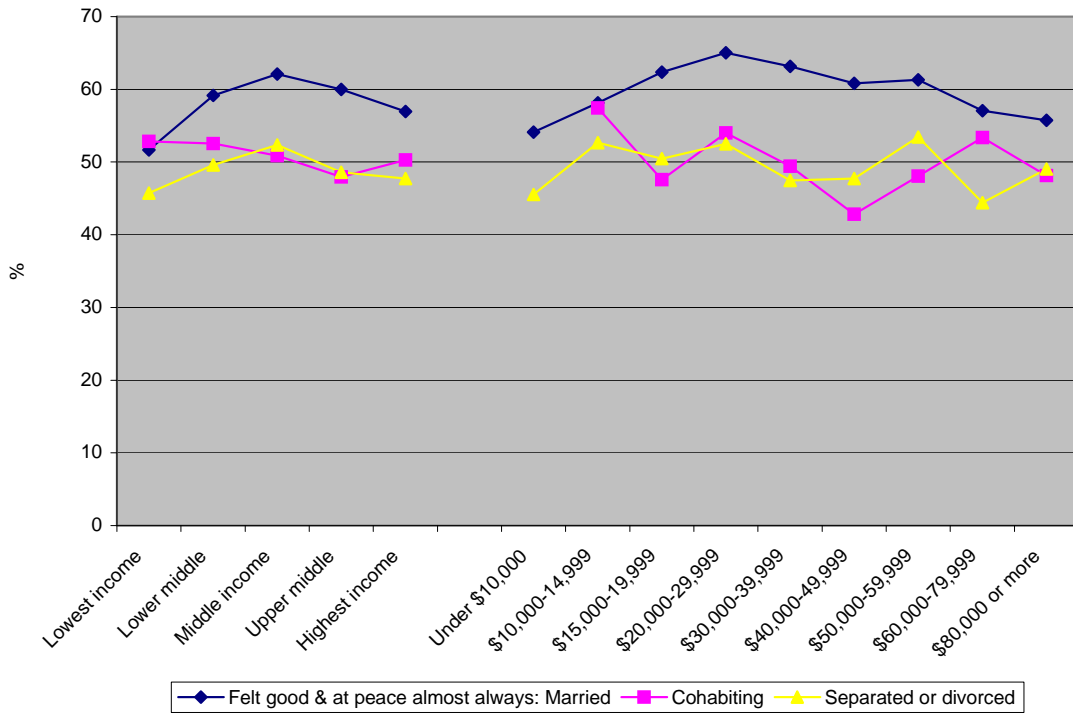


Chart 26. Household income adequacy, and household income past year



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15+.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 29. Occupation group; usual hours worked per week in main job; and weekend work

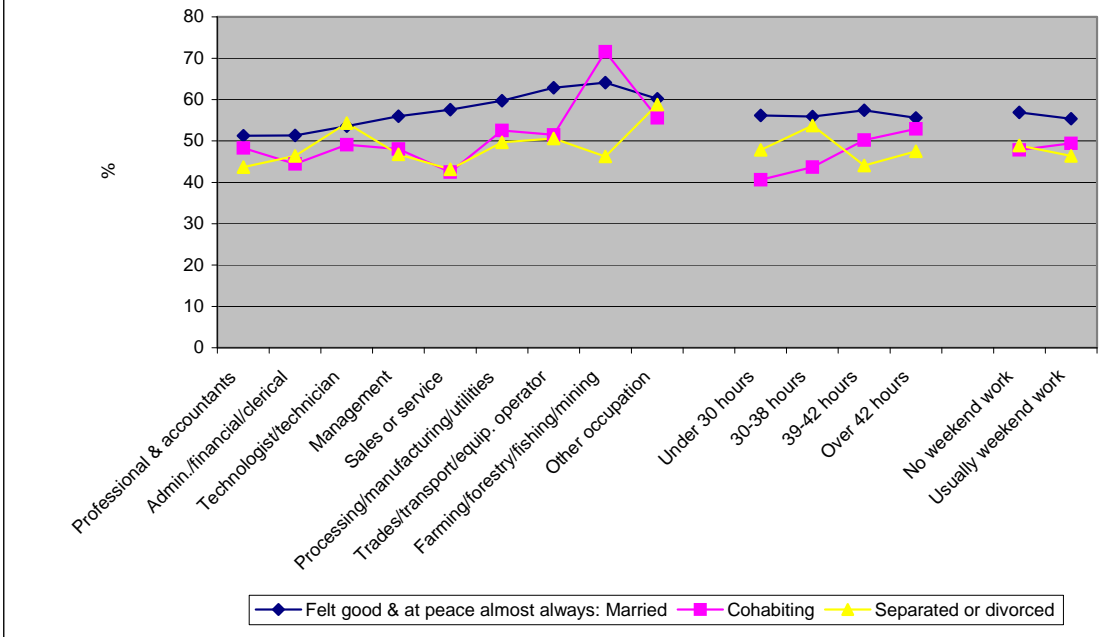
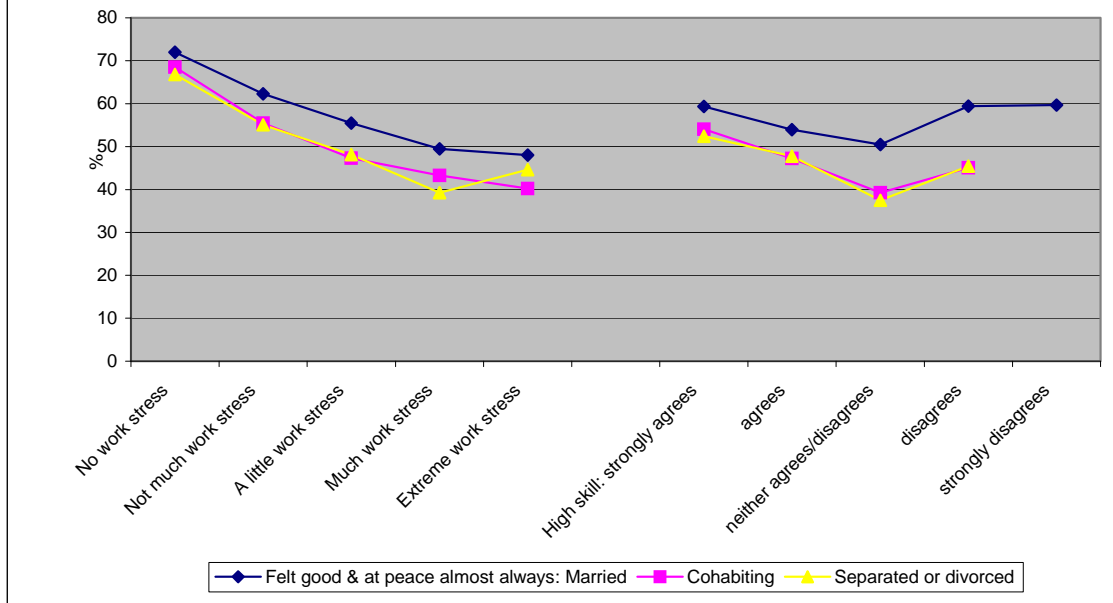


Chart 30. Level of work stress (main job), and skill requirement, past year



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15 to 74.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed

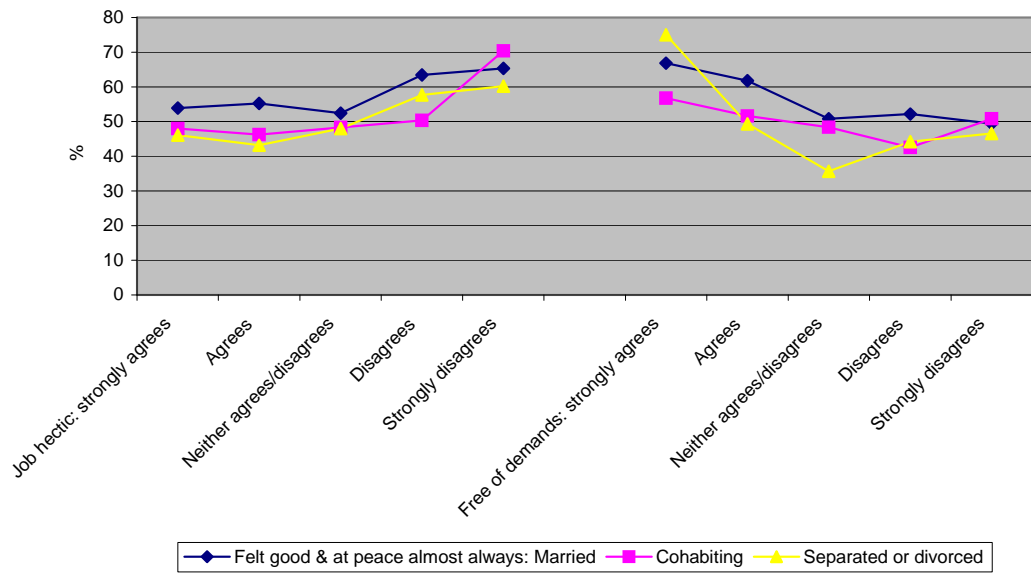
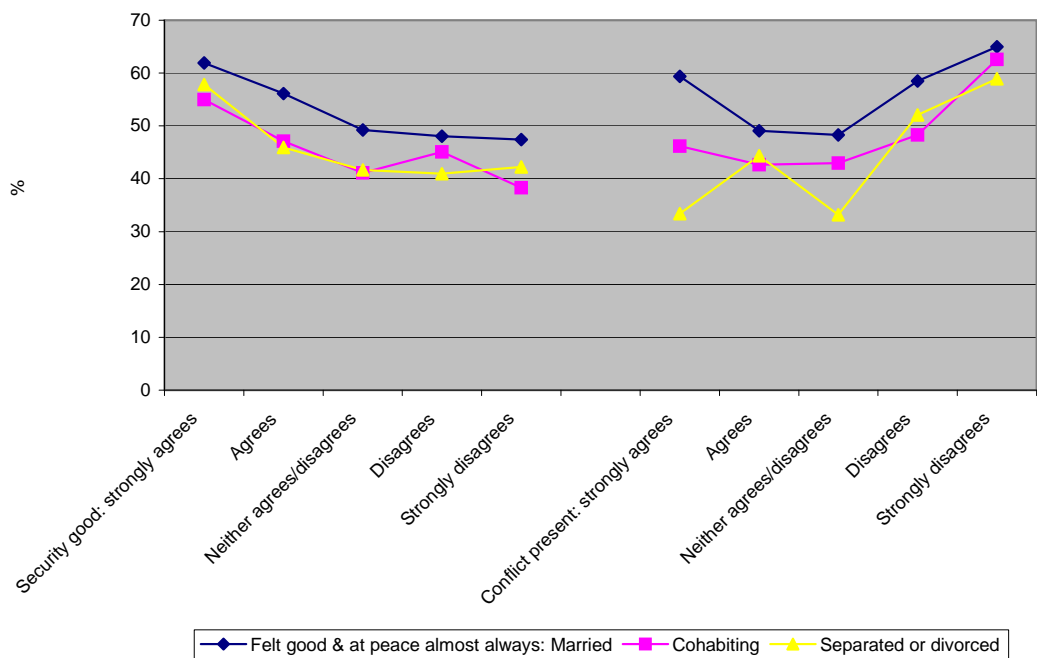


Chart 32. Job security; and presence of conflict with other employees



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15 to 74.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job

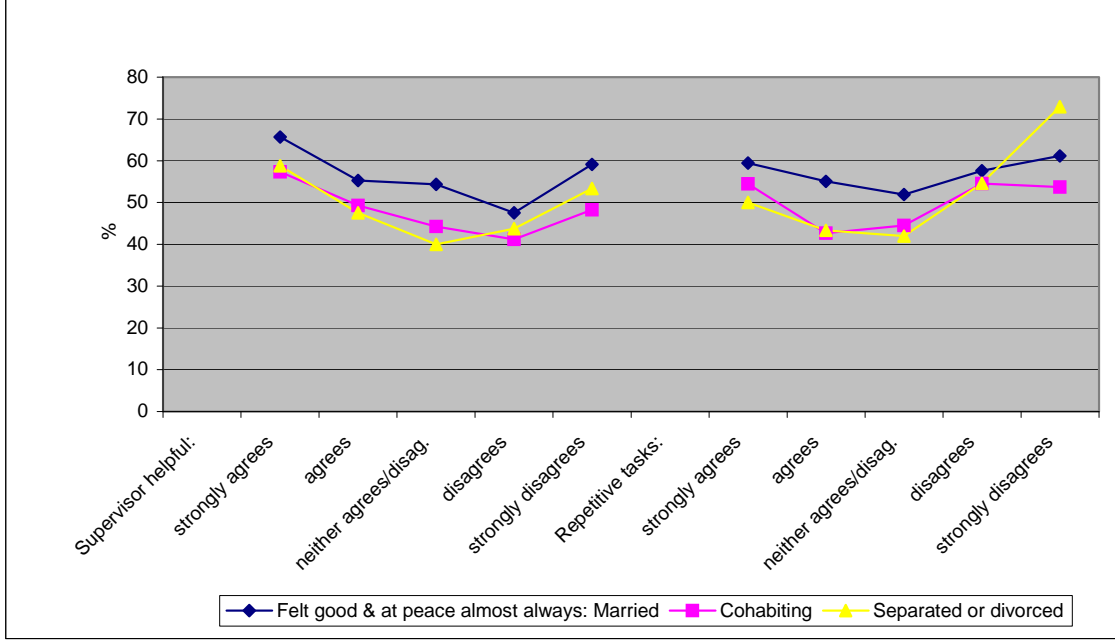
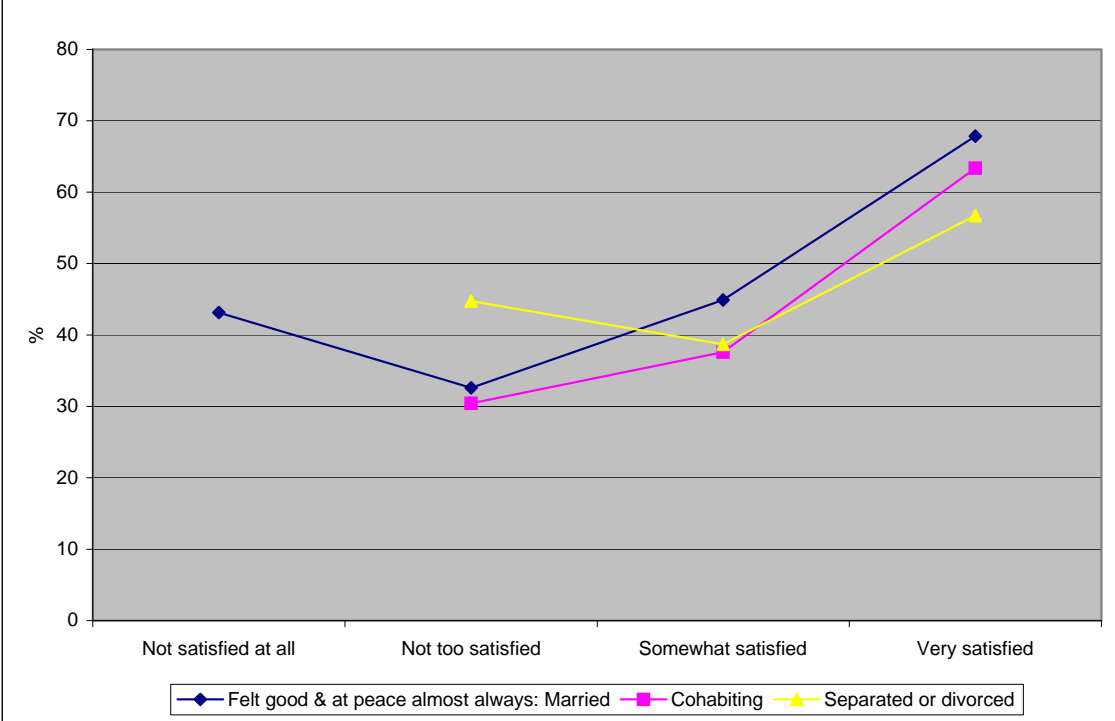


Chart 34. Job satisfaction



Percentage: Married, cohabiting and separated/divorced persons who felt at peace past month

See Appendix 1 for variable definitions and notes on the survey. The age range is 15 to 74.

Blanks = estimate is unavailable. Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 5. Results of analyses of the frequency of
feeling good and at peace**

Regression Table 1. Estimates* of the frequency of feeling good, and at peace during the past month: Women, men, mothers and fathers, Canada 2002					
	1. Women		Men		
	N= 18,475		N= 15,213		
	"B" coefficient	"t" value	"B" coefficient	"t" value	
Constant	2.5515	261.9 **	2.6114	270.8 **	
Age (natural log)	0.0203	18.3 **	0.0111	9.9 **	
Education (natural log)	-0.0118	-4.4 **	-0.0137	-5.1 **	
Worship frequency (nat. log)	0.0044	6.9 **	0.0036	5.0 **	
Smoked marijuana in lifetime	-0.0033	-14.6 **	-0.0028	-13.6 **	
Sleep (natural log of hours)	0.0287	13.4 **	0.0242	10.8 **	
Atlantic region	0.0052	2.9 **	0.0049	2.7 **	
Québec	0.0010	0.8	0.0053	4.4 **	
Manitoba/Saskatchewan	0.0042	2.2	0.0010	0.5	
Alberta	0.0024	1.4	-0.0027	-1.7	
British Columbia	-0.0024	-1.6	-0.0046	-3.1 **	
(Adjusted R squared:)	0.058	**	0.043	**	
	Mothers		Fathers		
	N= 5,402		N= 3,773		
	"B" coefficient	"t" value	"B" coefficient	"t" value	
Constant	2.5881	121.5 **	2.6551	104.7 **	
Age (natural log)	0.0162	4.7 **	0.0050	1.1	
Education (natural log)	-0.0249	-4.7 **	-0.0156	-2.6 **	
Worship frequency (nat. log)	0.0047	3.9 **	0.0035	2.5 **	
Smoked marijuana in lifetime	-0.0035	-9.1 **	-0.0030	-7.2 **	
Sleep (natural log of hours)	0.0357	9.0 **	0.0159	3.3 **	
Atlantic region	0.0012	0.4	0.0069	1.8	
Québec	0.0027	1.2	0.0057	2.3	
Manitoba/Saskatchewan	0.0026	0.7	0.0040	1.0	
Alberta	0.0030	1.0	0.0007	0.2	
British Columbia	-0.0033	-1.2	-0.0088	-2.8 **	
(Adjusted R squared:)	0.047	**	0.030	**	

* Notes: Details on variable definitions and survey questions are given in Appendix 1.
The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.
Worship frequency past year, excluding weddings, baptisms or funerals.
Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.
Reference group for the regions: Ontario.
Survey respondents not reporting on any variable in the regression set are dropped from the analysis.
The number of observations, N, depends on the number of respondents answering all questions used to form the variables.
** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002.**

Regression Table 2. Estimates* of the frequency of feeling good, and at peace during the past month: Living common-law, married, widow/widower, and separated/divorced, Canada 2002

	2. Common-law		Married	
	N= 2,691		N= 15,060	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.7249	108.3 **	2.5952	236.2 **
Male (=1, female=0)	0.0134	6.2 **	0.0056	6.5 **
Age (natural log)	-0.0115	-3.3 **	0.0114	7.3 **
Education (natural log)	-0.0188	-2.8 **	-0.0010	-0.4
Worship frequency (nat. log)	0.0011	0.4	0.0030	5.3 **
Smoked marijuana in lifetime	-0.0022	-4.7 **	-0.0011	-5.0 **
Sleep (natural log of hours)	0.0156	3.2 **	0.0149	7.1 **
Atlantic region	0.0046	1.0	0.0037	2.3
Québec	0.0068	2.6 **	0.0006	0.5
Manitoba/Saskatchewan	0.0085	1.6	0.0004	0.2
Alberta	0.0048	1.1	0.0001	0.1
British Columbia	0.0055	1.4	-0.0017	-1.3
(Adjusted R squared:)	0.026	**	0.017	**
	Widow/widower		Separated/divorced	
	N= 3,263		N= 3,716	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3834	69.2 **	2.5091	76.3 **
Male (=1, female=0)	-0.0056	-2.2	-0.0110	-4.1 **
Age (natural log)	0.0491	7.6 **	0.0196	3.7 **
Education (natural log)	0.0069	1.2	0.0041	0.5
Worship frequency (nat. log)	0.0094	7.6 **	-0.0003	-0.1
Smoked marijuana in lifetime	-0.0022	-2.3	-0.0012	-2.0
Sleep (natural log of hours)	0.0168	4.5 **	0.0256	4.9 **
Atlantic region	0.0073	2.0	0.0107	2.0
Québec	0.0141	5.7 **	0.0132	3.9 **
Manitoba/Saskatchewan	0.0010	0.2	0.0021	0.4
Alberta	0.0090	2.3	-0.0017	-0.4
British Columbia	-0.0009	-0.3	-0.0061	-1.5
(Adjusted R squared:)	0.066	**	0.024	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 3. Estimates* of the frequency of feeling good, and at peace during the past month: All parents, two parent families, single mothers, and working mothers, Canada 2002

	3. All parents		Two parent families	
	N= 9,176		N= 7,361	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.6131	160.9 **	2.6421	146.1 **
Male (=1, female=0)	0.0114	8.9 **	0.0095	6.8 **
Age (natural log)	0.0115	4.3 **	0.0098	3.2 **
Education (natural log)	-0.0212	-5.3 **	-0.0270	-6.1 **
Worship frequency (nat. log)	0.0041	4.5 **	0.0032	3.2 **
Smoked marijuana in lifetime	-0.0033	-11.5 **	-0.0028	-9.1 **
Sleep (natural log of hours)	0.0269	8.8 **	0.0255	7.4 **
Atlantic region	0.0038	1.5	0.0027	1.0
Québec	0.0040	2.4	0.0047	2.6 **
Manitoba/Saskatchewan	0.0032	1.2	0.0045	1.5
Alberta	0.0018	0.8	0.0013	0.5
British Columbia	-0.0059	-2.8 **	-0.0057	-2.5 **
(Adjusted R squared:)	0.043	**	0.036	**
	Single mothers		Working mothers	
	N= 1,552		N= 3,685	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.4784	65.0 **	2.5836	92.5 **
Age (natural log)	0.0242	4.1 **	0.0173	3.5 **
Education (natural log)	0.0043	0.4	-0.0213	-3.1 **
Worship frequency (nat. log)	0.0088	3.4 **	0.0045	3.0 **
Smoked marijuana in lifetime	-0.0060	-7.3 **	-0.0029	-6.4 **
Sleep (natural log of hours)	0.0276	3.9 **	0.0297	5.6 **
Atlantic region	0.0073	1.1	0.0035	0.9
Québec	-0.0022	-0.5	0.0070	2.6 **
Manitoba/Saskatchewan	-0.0040	-0.6	0.0062	1.5
Alberta	0.0006	0.1	0.0042	1.2
British Columbia	-0.0060	-1.0	-0.0043	-1.3
(Adjusted R squared:)	0.088	**	0.031	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.
 The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.
 Worship frequency past year, excluding weddings, baptisms or funerals.
 Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.
 Reference group for the regions: Ontario.
 Survey respondents not reporting on any variable in the regression set are dropped from the analysis.
 The number of observations, N, depends on the number of respondents answering all questions used to form the variables.
 ** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 4. Estimates* of the frequency of feeling good, and at peace during the past month: The employed, employed parents, employed women and employed men, Canada 2002

	4. The employed N= 20,237		Employed parents N= 7,030	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.6086	278.0 **	2.6204	134.2 **
Male (=1, female=0)	0.0127	15.1 **	0.0121	8.4 **
Age (natural log)	0.0141	11.7 **	0.0093	2.7 **
Education (natural log)	-0.0201	-7.5 **	-0.0190	-4.0 **
Worship frequency (nat. log)	0.0032	5.0 **	0.0039	3.7 **
Smoked marijuana in lifetime	-0.0027	-14.9 **	-0.0029	-9.3 **
Sleep (natural log of hours)	0.0241	10.9 **	0.0237	6.3 **
Atlantic region	0.0048	2.8 **	0.0051	1.8
Québec	0.0043	3.9 **	0.0064	3.4 **
Manitoba/Saskatchewan	0.0034	1.9	0.0055	1.8
Alberta	-0.0008	-0.6	0.0033	1.3
British Columbia	-0.0060	-4.5 **	-0.0077	-3.3 **
(Adjusted R squared:)	0.042	**	0.037	**
	Employed women N= 9,932		Employed men N= 10,304	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5826	181.8 **	2.6407	212.9 **
Age (natural log)	0.0197	11.0 **	0.0093	5.8 **
Education (natural log)	-0.01854	-4.5 **	-0.0207	-5.9 **
Worship frequency (nat. log)	0.0028	3.0 **	0.0034	3.9 **
Smoked marijuana in lifetime	-0.0030	-10.6 **	-0.0025	-10.5 **
Sleep (natural log of hours)	0.0255	7.8 **	0.0232	7.8 **
Atlantic region	0.0054	2.2	0.0041	1.8
Québec	0.0028	1.7	0.0056	3.8 **
Manitoba/Saskatchewan	0.0050	1.9	0.0018	0.8
Alberta	0.0018	0.8	-0.0030	-1.6
British Columbia	-0.0045	-2.3	-0.0073	-4.0 **
(Adjusted R squared:)	0.037	**	0.033	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 5. Estimates* of the frequency of feeling good, and at peace during the past month: Managers, professional/accounting, technologists/e.t.c., administrative/e.t.c., Canada 2002

	5. Managers N= 2,213		Professional/accounting N= 3,330	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5118	75.9 **	2.5228	78.7 **
Male (=1, female=0)	0.0124	4.7 **	0.0114	5.5 **
Age (natural log)	0.0179	3.8 **	0.0193	5.1 **
Education (natural log)	-0.0082	-0.9	-0.00005	0.0
Worship frequency (nat. log)	0.0008	0.4	0.0051	3.4 **
Smoked marijuana in lifetime	-0.0030	-5.4 **	-0.0019	-4.2 **
Sleep (natural log of hours)	0.0521	7.2 **	0.0239	4.1 **
Atlantic region	0.0037	0.7	0.0055	1.3
Québec	0.0135	3.6 **	0.0061	2.1
Manitoba/Saskatchewan	0.0084	1.5	0.0056	1.3
Alberta	0.0108	2.7 **	0.0010	0.3
British Columbia	-0.0039	-1.0	-0.0045	-1.4
(Adjusted R squared:)	0.056	**	0.033	**
	Technologists/technicians N= 1,533		Administrative/financial/clerical N= 2,203	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.7620	60.2 **	2.5559	69.3 **
Male (=1, female=0)	0.0065	2.0	0.0148	4.4 **
Age (natural log)	0.0050	1.0	0.0248	5.9 **
Education (natural log)	-0.0532	-4.3 **	-0.0286	-2.8 **
Worship frequency (nat. log)	0.0021	0.8	0.0044	2.3
Smoked marijuana in lifetime	-0.0017	-2.6 **	-0.0013	-2.3
Sleep (natural log of hours)	0.0125	1.4	0.0387	4.9 **
Atlantic region	0.0086	1.3	0.0042	0.7
Québec	-0.0004	-0.1	0.0045	1.4
Manitoba/Saskatchewan	0.0004	0.1	0.0020	0.3
Alberta	-0.0005	-0.1	0.0011	0.2
British Columbia	-0.0074	-1.5	-0.0066	-1.5
(Adjusted R squared:)	0.018	**	0.044	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 6. Estimates* of the frequency of feeling good, and at peace during the past month: Sales/service, trades/e.t.c., manufacturing/e.t.c., farming, forestry/e.t.c., Canada 2002

	6. Sales/service occupations		Trades/transport/equip. operators	
	N= 4,774		N= 2,630	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.6059	126.6 **	2.5981	95.2 **
Male (=1, female=0)	0.0117	6.5 **	0.0144	4.3 **
Age (natural log)	0.0107	4.9 **	0.0140	4.2 **
Education (natural log)	-0.0163	-2.5 **	-0.0119	-1.5
Worship frequency (nat. log)	0.0022	1.6	0.0057	3.3 **
Smoked marijuana in lifetime	-0.0046	-11.7 **	-0.0019	-4.2 **
Sleep (natural log of hours)	0.0302	6.6 **	0.0154	2.9 **
Atlantic region	0.0035	1.0	0.0020	0.4
Québec	-0.0020	-0.9	0.0042	1.5
Manitoba/Saskatchewan	0.0023	0.6	0.0007	0.1
Alberta	-0.0073	-2.3	-0.0061	-1.8
British Columbia	-0.0051	-1.8	-0.0077	-2.2
(Adjusted R squared:)	0.058	**	0.039	**
	Manufacturing/processing/utilities		Farming/forestry/fishing/mining	
	N= 1,062		N= 841	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.6036	55.2 **	2.7669	64.1 **
Male (=1, female=0)	0.0105	2.7 **	0.0046	0.9
Age (natural log)	0.0018	0.3	0.0031	0.6
Education (natural log)	0.0157	1.2	-0.0430	-3.5 **
Worship frequency (nat. log)	0.0060	2.2	-0.0005	-0.2
Smoked marijuana in lifetime	-0.0021	-2.5 **	-0.0005	-0.6
Sleep (natural log of hours)	-0.0035	-0.4	0.0000	0.0
Atlantic region	0.0011	0.1	0.0091	1.5
Québec	0.0070	1.6	0.0125	2.2
Manitoba/Saskatchewan	0.0064	0.7	0.0112	1.8
Alberta	-0.0013	-0.2	0.0130	1.8
British Columbia	-0.0216	-3.0 **	0.0043	0.6
(Adjusted R squared:)	0.024	**	0.017	

* Notes: Details on variable definitions and survey questions are given in Appendix 1.
The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.
Worship frequency past year, excluding weddings, baptisms or funerals.
Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.
Reference group for the regions: Ontario.
Survey respondents not reporting on any variable in the regression set are dropped from the analysis.
The number of observations, N, depends on the number of respondents answering all questions used to form the variables.
** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 7. Estimates* of the frequency of feeling good, and at peace during the past month: Has had fears of robbery/e.t.c., of crowds, of halls/e.t.c., of something terrible, Canada 2002

	7. Strong fear of robbery or assault N= 1,132		Strong fear of being in crowds N= 3,445	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5624	62.2 **	2.4969	91.7 **
Male (=1, female=0)	0.0024	0.5	0.0095	3.6 **
Age (natural log)	0.0166	3.5 **	0.0273	8.5 **
Education (natural log)	-0.0244	-2.0	-0.0242	-3.1 **
Worship frequency (nat. log)	0.0075	2.4	0.0048	2.5 **
Smoked marijuana in lifetime	-0.0034	-3.7 **	-0.0033	-5.7 **
Sleep (natural log of hours)	0.0378	4.5 **	0.0474	9.1 **
Atlantic region	-0.0004	0.0	0.0043	0.9
Québec	-0.0048	-0.9	0.0050	1.4
Manitoba/Saskatchewan	0.0018	0.2	0.0067	1.3
Alberta	-0.0102	-1.5	-0.0027	-0.6
British Columbia	-0.0144	-2.2	0.0001	0.0
(Adjusted R squared:)	0.057	**	0.067	**
	Strong fear of halls, church, theatres N= 1,117		Strong fear of something terrible N= 1,408	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.3887	46.9 **	2.4657	64.1 **
Male (=1, female=0)	0.0070	1.4	-0.0003	-0.1
Age (natural log)	0.0337	5.3 **	0.0162	3.5 **
Education (natural log)	0.0123	0.8	0.0132	1.1
Worship frequency (nat. log)	0.0002	0.1	0.0014	0.5
Smoked marijuana in lifetime	-0.0042	-3.8 **	-0.0026	-3.0 **
Sleep (natural log of hours)	0.0453	5.2 **	0.0421	5.2 **
Atlantic region	0.0021	0.2	-0.0021	-0.3
Québec	-0.0036	-0.6	-0.0085	-1.6
Manitoba/Saskatchewan	-0.0006	-0.1	0.0052	0.6
Alberta	0.0158	1.7	-0.0145	-2.2
British Columbia	-0.0089	-1.2	-0.0034	-0.6
(Adjusted R squared:)	0.061	**	0.035	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 8. Estimates* of the frequency of feeling good, and at peace during the past month: Christians, non-Christian faiths, counseling recipients, and immigrants, Canada 2002

	8. Received psychological counseling N= 3,009		Immigrants N= 5,097	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.4639	82.3 **	2.5739	154.5 **
Male (=1, female=0)	-0.0031	-1.0	0.0097	6.0 **
Age (natural log)	0.0301	7.3 **	0.0176	9.0 **
Education (natural log)	-0.0040	-0.4	-0.0068	-1.6
Worship frequency (nat. log)	0.0094	4.2 **	0.0046	4.5 **
Smoked marijuana in lifetime	-0.0011	-1.7	-0.0032	-6.5 **
Sleep (natural log of hours)	0.0182	3.3 **	0.0138	3.5 **
Atlantic region	0.0026	0.5	0.0035	0.5
Québec	0.0014	0.3	0.0083	3.5 **
Manitoba/Saskatchewan	0.0035	0.6	0.0094	2.1
Alberta	-0.0157	-2.9 **	0.0030	1.0
British Columbia	-0.0027	-0.6	0.0015	0.7
(Adjusted R squared:)	0.037	**	0.039	**
	Christians N= 33,689		Non-Christian faiths N= 1,108	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5783	375.7 **	2.5606	76.4 **
Male (=1, female=0)	0.0108	16.5 **	0.0146	4.3 **
Age (natural log)	0.0158	20.1 **	0.0148	3.6 **
Education (natural log)	-0.0137	-7.3 **	-0.0092	-1.0
Worship frequency (nat. log)	0.0042	8.7 **	0.0054	2.3
Smoked marijuana in lifetime	-0.0030	-19.9 **	-0.0030	-2.8 **
Sleep (natural log of hours)	0.0263	17.0 **	0.0266	3.2 **
Atlantic region	0.0051	3.9 **	-0.0078	-0.4
Québec	0.0031	3.7 **	0.0021	0.4
Manitoba/Saskatchewan	0.0026	1.9	0.0022	0.2
Alberta	-0.0002	-0.1	0.0097	1.6
British Columbia	-0.0034	-3.3 **	0.0062	1.3
(Adjusted R squared:)	0.053	**	0.039	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.
The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.
Worship frequency past year, excluding weddings, baptisms or funerals.
Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.
Reference group for the regions: Ontario.
Survey respondents not reporting on any variable in the regression set are dropped from the analysis.
The number of observations, N, depends on the number of respondents answering all questions used to form the variables.
Recipient of psychological counselling, session of 15 minutes plus, in lifetime.
** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.
Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 9. Estimates* of the frequency of feeling good, and at peace during the past month: French Roman Catholics, other Roman Catholics, United Church, Anglicans, Canada 2002

	9. French Roman Catholics		Non-French Roman Catholics	
	N= 5,723		N= 7,403	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5922	151.3 **	2.5628	177.4 **
Male (=1, female=0)	0.0149	9.6 **	0.0121	8.7 **
Age (natural log)	0.0148	7.0 **	0.0136	8.1 **
Education (natural log)	-0.0104	-2.4	-0.0048	-1.2
Worship frequency (nat. log)	0.0028	2.1	0.0052	5.4 **
Smoked marijuana in lifetime	-0.0025	-6.7 **	-0.0030	-9.4 **
Sleep (natural log of hours)	0.0187	5.0 **	0.0234	7.2 **
Atlantic region	0.0023	0.5	0.0073	3.2 **
Québec	-0.0009	-0.3	0.0120	5.0 **
Manitoba/Saskatchewan	-0.0014	-0.2	0.0088	3.4 **
Alberta	0.0063	0.7	0.0017	0.7
British Columbia	0.0091	1.1	-0.0036	-1.5
(Adjusted R squared:)	0.050	**	0.054	**
	United Church affiliates		Anglicans	
	N= 4,271		N= 3,069	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.6411	130.5 **	2.5780	107.4 **
Male (=1, female=0)	0.0088	4.7 **	0.0071	3.3 **
Age (natural log)	0.0105	4.2 **	0.0148	5.1 **
Education (natural log)	-0.0310	-5.5 **	-0.0205	-3.0 **
Worship frequency (nat. log)	0.0057	3.8 **	0.0061	3.4 **
Smoked marijuana in lifetime	-0.0036	-8.0 **	-0.0032	-6.1 **
Sleep (natural log of hours)	0.0280	6.8 **	0.0361	7.2 **
Atlantic region	0.0035	1.2	0.0099	3.1 **
Québec	-0.0039	-0.5	0.0331	5.5 **
Manitoba/Saskatchewan	0.0022	0.8	0.0046	1.0
Alberta	-0.0008	-0.3	0.0011	0.3
British Columbia	-0.0002	-0.1	-0.0035	-1.1
(Adjusted R squared:)	0.054	**	0.070	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.

The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.

Worship frequency past year, excluding weddings, baptisms or funerals.

Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.

Reference group for the regions: Ontario.

Survey respondents not reporting on any variable in the regression set are dropped from the analysis.

The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.

Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Regression Table 10. Estimates* of the frequency of feeling good, and at peace during the past month: Presbyterians, Lutherans, Baptists, and Pentecostals, Canada 2002

	10. Presbyterians		Lutherans	
	N= 997		N= 924	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5579	69.5 **	2.5415	61.6 **
Male (=1, female=0)	-0.0033	-0.9	0.0167	4.5 **
Age (natural log)	0.0175	4.2 **	0.0168	3.8 **
Education (natural log)	-0.0102	-1.0	0.0114	1.0
Worship frequency (nat. log)	0.0050	1.9	0.0024	0.8
Smoked marijuana in lifetime	-0.0014	-1.6	-0.0045	-4.8 **
Sleep (natural log of hours)	0.0324	4.0 **	0.0090	1.1
Atlantic region	0.0027	0.4	0.0287	2.0
Québec	0.0138	1.2	-0.0124	-0.6
Manitoba/Saskatchewan	-0.0198	-2.0	0.0053	1.0
Alberta	-0.0003	-0.1	0.0134	2.7 **
British Columbia	-0.0072	-1.2	0.0085	1.6
(Adjusted R squared:)	0.044	**	0.069	**
	Baptists		Pentecostals	
	N= 1,287		N= 622	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	2.5702	73.2 **	2.5802	57.8 **
Male (=1, female=0)	0.0098	2.9 **	0.0120	2.8 **
Age (natural log)	0.0150	3.7 **	0.0235	4.5 **
Education (natural log)	-0.0059	-0.6	-0.0172	-1.2
Worship frequency (nat. log)	0.0007	0.3	0.0022	0.8
Smoked marijuana in lifetime	-0.0028	-3.5 **	-0.0033	-3.1 **
Sleep (natural log of hours)	0.0273	3.8 **	0.0241	2.7 **
Atlantic region	0.0042	1.0	-0.0104	-1.6
Québec	0.0217	2.9 **	-0.0255	-3.1 **
Manitoba/Saskatchewan	-0.0034	-0.5	-0.0059	-0.7
Alberta	-0.0037	-0.7	-0.0042	-0.6
British Columbia	0.0012	0.2	-0.0047	-0.7
(Adjusted R squared:)	0.039	**	0.068	**

* Notes: Details on variable definitions and survey questions are given in Appendix 1.
The dependent variable is the natural log of 10+: rarely/never=1, half the time=2, frequently=3, or almost always=4.
Worship frequency past year, excluding weddings, baptisms or funerals.
Smoked marijuana = 0 if never smoked, 1 if once only, and 5 if more than once in life.
Reference group for the regions: Ontario.
Survey respondents not reporting on any variable in the regression set are dropped from the analysis.
The number of observations, N, depends on the number of respondents answering all questions used to form the variables.

** Significant at 0.01 level. Weighted regression estimates, where weights = the respondent weight over the sum of the weights.
Source: Statistics Canada's **Canadian Community Health Survey, cycle 1.2, 2002**.

Appendix 1. Notes on the survey, sample and variables

A. The survey, sample, and estimates

Statistics Canada's *Canadian Community Health Survey, Cycle 1.2* on mental health was conducted between May and December, 2002 in Canada's provinces. The response rate was 77% nationally and 82% in Newfoundland, Prince Edward Island and Manitoba; 80% in Nova Scotia and Saskatchewan, 78% in New Brunswick, Québec, and British Columbia, 77% in Alberta, and 73% in Ontario. The sample used in this analysis was 36,984 and varied by province from 1,002 in Prince Edward Island to 13,184 in Ontario. All estimates appearing in the tables and charts are based on the reporting of 30 or more respondents.

B. Survey questions and derived variables.

Notes on questions and variables are given below for those variables in which the definition is not obvious from the names used in our charts or tables. The following variables were used in our analysis but not all appear in our detailed tables. Abbreviations are DK = don't know, and R = refused to answer the question. In almost all cases the "don't know" and refused responses were deleted from our analyses; exceptions are the income and religious affiliation variables. The intension of these notes is merely to convey a good idea of the care in which the survey questions were formed and to aid the reader in the interpretation of specific results; more detail on many of the questions appear in the technical documents of Statistics Canada. In addition, notes on the definition of the main variables used in this and related studies are provided. The indicators of the health of body, mind and spirit are defined in the last section of this appendix.

Variables used in the regressions are defined below after the respective questions. Often the variable was estimated in natural logarithm form as well in order to capture some of the non-linearity in the relationship, though comparisons of results showed little difference regarding the "t" values, level of significance and sign of the coefficient, our main interest.

Survey Introduction

The interviewer was given the following introduction. (*The survey will collect information on the well being of people in Canada, on the use of health services and on some of the factors that can affect physical and emotional health.*)

This voluntary survey is conducted under the authority of the Statistics Act. All the information you provide will be kept strictly confidential and will be used for statistical purposes only. Your participation is essential if the results are to be accurate.

Metro area: These are the census metropolitan areas as defined for the 1996 census. Only those with large samples appear in the tables.

Urban-rural areas: The **urban cores** are the urban portions of census metropolitan areas and large urban areas, while the **urban fringe** areas are the surrounding urbanized areas and the **rural fringes** are the surrounding rural areas. The **smaller urban areas** and **rural areas outside of the census metropolitan areas** are also distinguished in our data.

Type of dwelling: only the first six types, below, are represented in our tables, the institutions, hotels, rooming/lodging houses, camps, and mobile homes being relatively rare.

What type of dwelling do you live in? Is it a:
... single detached? ... double? ... row or terrace? ... duplex?
... low-rise apartment of fewer than 5 stories or a flat?
... high-rise apartment of 5 stories or more?
... institution? ... hotel; rooming/lodging house; camp? ... mobile home? ... other –
Specify ...DK, R

Dwelling ownership: Is this dwelling owned by a member of your household? Yes, No
The variable used in the regressions = 1 if the dwelling is owned, and 0 if not.

Number of bedrooms: How many bedrooms are there in your dwelling?

Marital Status Without Confirmation:

What is [respondent name]'s marital status? Is [he/she]:
Interviewer: Read categories to respondent.
01 ... married?
02 ... living common-law?
03 ... widowed?
04 ... separated?
05 ... divorced?
06 ... single, never married?

Education:

What is the highest grade of elementary or high school [respondent name] ever completed?
1 Grade 8 or lower (Québec: Secondary II or lower)
2 Grade 9 – 10 (Québec: Secondary III or IV, Newfoundland: 1st year of secondary)
3 Grade 11 – 13 (Québec: Secondary V, Newfoundland: 2nd to 4th year of secondary)
DK, R

Did [respondent name] graduate from high school (secondary school)?
1 Yes, 2 No, DK, R

Has [respondent name] received any other education that could be counted towards a degree, certificate or diploma from an educational institution?

1 Yes, 2 No, DK, R

What is the highest degree, certificate or diploma [respondent name] has obtained?

01 No post-secondary degree, certificate or diploma

02 Trade certificate or diploma from a vocational school or apprenticeship training

03 Non-university certificate or diploma from a community college, CEGEP, school of nursing, etc.

04 University certificate below bachelor's level

05 Bachelor's degree

06 University degree or certificate above bachelor's degree

DK, R

The variable used in the regressions ranged from 1 to 3, less than high school graduation, 4= high school graduation, 5=some post-secondary, 6=trade or vocational school diploma, 7=community college or nursing diploma, 8= some university, 9=bachelor's degree, and 10 = post bachelor's degree.

Physical health: This survey deals with various aspects of your health. I'll be asking about such things as physical activity, social relationships and health status. By health, we mean not only the absence of disease or injury but also physical, mental and social well being. I'll start with a few questions concerning your health in general.

In general, would you say your health is:

... excellent? ... very good? ... good? ... fair? ... poor?

The variable used in the regressions ranged from 1= poor, to 5= excellent.

How would you describe your sense of belonging to your local community? Would you say it is: ... very strong? ... somewhat strong? ... somewhat weak? ... very weak? DK, R

The variable used in the regressions ranged from 1= very weak, to 4= strong.

The next questions are about your well being and areas of your life that could affect your physical and emotional health. Take your time to think about each question before answering.

How satisfied are you with your life in general? Very satisfied; Satisfied; Neither satisfied nor dissatisfied; Dissatisfied; Very dissatisfied; DK, R

The variable used in the regressions ranged from

1=very dissatisfied, to 5= very satisfied.

In general, would you say your physical health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

In general, would you say your mental health is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variable used in the regressions ranged from 1= poor, to 5= excellent.

Sleep:

How long do you usually spend sleeping each night? Do not include time spent resting.

Under 2 hours

2 hours to less than 3 hours

3 hours to less than 4 hours

4 hours to less than 5 hours

5 hours to less than 6 hours

6 hours to less than 7 hours

7 hours to less than 8 hours

8 hours to less than 9 hours

9 hours to less than 10 hours

10 hours to less than 11 hours

11 hours to less than 12 hours

12 hours or more

DK, R

The variable used in the regressions ranged from 1= under 2, to 12= 12 hours or more.

How often do you have trouble going to sleep or staying asleep?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find your sleep refreshing?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

How often do you find it difficult to stay awake when you want to?

None of the time; A little of the time; Some of the time;

Most of the time; All of the time; DK, R

The variable used in the regressions ranged from 1= none of the time, to 5= all....

Thinking about the amount of stress in your life, would you say that most days are:

... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ...

extremely stressful? DK, R

The variable used in the regressions ranged from 1= not at all..., to 5= extremely....

Chronic conditions: Only the most common ones were examined in our studies. In each case the question's response options were yes, no, DK/R. The interviewers reminded the respondent that only diagnosed problems were of interest, and these prompts are included below.

Now I'd like to ask about certain chronic health conditions which you may have. We are interested in "long-term conditions which are expected to last or have already lasted 6 months or more and that have been diagnosed by a health professional.

Do you have food allergies?

Do you have any other allergies?
 Do you have asthma?
 Do you have fibromyalgia?
 Do you have arthritis or rheumatism, excluding fibromyalgia?
 Remember, we're interested in conditions diagnosed by a health professional --
 Do you have back problems, excluding fibromyalgia and arthritis?
 Do you have high blood pressure?
 (Remember, we're interested in conditions diagnosed by a health professional) --
 Do you have migraine headaches?
 (Remember, we're interested in conditions diagnosed by a health professional.) --
 Do you have chronic bronchitis?
 Do you have emphysema or chronic obstructive pulmonary disease (COPD)?
 Do you have diabetes?
 Do you have heart disease?
 Do you have cancer?
 (Remember, we're interested in conditions diagnosed by a health professional.) --
 Do you have stomach or intestinal ulcers?
 Do you suffer from the effects of a stroke?
 Do you have a bowel disorder such as Crohn's Disease or colitis?
 (if age over 18) Do you have cataracts? And -- Do you have glaucoma?
 Do you have a thyroid condition?
 (Remember, we're interested in conditions diagnosed by a health professional.)
 Do you have chronic fatigue syndrome?
 Do you suffer from multiple chemical sensitivities?
 Do you suffer from post-traumatic stress disorder?
The variable used in the regressions= 1 if the health problem was indicated, and 0 if not.

Psychological well being. These questions relate to feelings over the past month.

Now I'm going to read you a series of statements that people might use to describe themselves. Please tell me if you had these feelings almost always, frequently, half the time, rarely or never.

During the past month, you felt self-confident.
 During the past month, you felt satisfied with what you were able to accomplish, you felt proud of yourself.
 (During the past month,) you were a "go-getter", you took on lots of projects.
 (During the past month,) you felt emotionally balanced.
 (During the past month,) you felt loved and appreciated.
 (During the past month,) you had goals and ambitions.
 During the past month, you felt useful.
 (During the past month,) you did a good job of listening to your friends.
 (During the past month,) you were curious and interested in all sorts of things.
 (During the past month,) you were able to clearly sort things out when faced with complicated situations.

(During the past month,) you found life exciting and you wanted to enjoy every moment of it.

(During the past month,) your life was well-balanced between your family, personal and professional activities.

During the past month, you were quite calm and level-headed.

(During the past month,) you were able to easily find answers to your problems.

(During the past month,) you had the impression of really enjoying life.

(During the past month,) you felt good, at peace with yourself.

(During the past month,) you were able to face difficult situations in a positive way.

The variables used in the regressions ranged from 1= never, to 5= almost always.

Feelings of distress. These questions all have the following responses: all of the time, most of the time, some of the time, a little of the time, none of the time.

The following questions deal with feelings you may have had during the past month. During the past month, about how often did you feel:

...tired out for no good reason? ... hopeless? ...sad or depressed? ...worthless?

The variable used in the regressions ranged from 1= none of the time, to 5= all...; except in the cases of feeling hopeless, and worthless, in which the reverse order was followed.

In general, how would you rate your ability to handle unexpected and difficult problems, for example, a family or personal crisis? Would you say your ability is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variables used in the regressions ranged from 1= poor, to 5= excellent.

In general, how would you rate your ability to handle the day-to-day demands in your life, for example, handling work, family and volunteer responsibilities?

Would you say your ability is:

... excellent? ... very good? ... good? ... fair? ... poor? DK, R

The variables used in the regressions ranged from 1= poor, to 5= excellent.

Thinking about stress in your day-to-day life, what would you say is the most important thing contributing to feelings of stress you may have? Interviewer: Do not probe.

1 Time pressures / not enough time

2 Own physical health problem or condition

3 Own emotional or mental health problem or condition

4 Financial situation (e.g., not enough money, debt)

5 Own work situation (e.g., hours of work, working conditions)

6 School

7 Employment status (e.g., unemployment)

8 Caring for – own children

9 Caring for – others

10 Other personal or family responsibilities

11 Personal relationships

12 Discrimination

13 Personal and family's safety

14 Health of family members

- 15 Other – Specify
- 16 Nothing
- 17 Death of a loved one
- DK, R

The variables used in the regressions = 1, the indicated stress is important, and 0 if not.

Dealing with stress. In the case of each question the response options were: often, sometimes, rarely, never, DK, R. *Variables ranged from 1, never, to 4, often.*

People have different ways of dealing with stress. Thinking about the ways you deal with stress, please tell me how often you do each of the following.

- How often do you try to solve the problem?
- To deal with stress, how often do you talk to others?
- How often do you sleep more than usual to deal with stress?
- When dealing with stress, how often do you try to feel better by eating more, or less, than usual?
- When dealing with stress, how often do you try to feel better by smoking more cigarettes than usual?
- When dealing with stress, how often do you try to feel better by drinking alcohol?
- How often do you jog or do other exercise to deal with stress?
- How often do you pray or seek spiritual help to deal with stress?
- To deal with stress, how often do you try to relax by doing something enjoyable?
- How often do you blame yourself?

*The variables in the regressions are the natural logs of 10 plus:
4= often; 3= sometimes; 2= rarely; 1= never; 0= “I do not smoke” (smoking variable)*

Alcohol use.

The following questions are about your alcohol consumption.

When we use the word drink, it means:

- one bottle or can of beer or a glass of draft
- one glass of wine or a wine cooler
- one drink or cocktail with 1 and a 1/2 ounces of liquor.

During the past 12 months, have you had a drink of beer, wine, liquor or any other alcoholic beverage? Yes, no, DK, R.

During the past 12 months, how often did you drink alcoholic beverages?

- 1 Less than once a month
- 2 Once a month
- 3 2 to 3 times a month
- 4 Once a week
- 5 2 to 3 times a week
- 6 4 to 6 times a week
- 7 Every day

DK, R

How often in the past 12 months have you had 5 or more drinks on one occasion?

- 1 Never
- 2 Less than once a month
- 3 Once a month
- 4 2 to 3 times a month
- 5 Once a week
- 6 More than once a week
- DK, R

During the past 12 months, did you regularly drink more than 12 drinks a week?

Before (current month/current year), was there ever a 12 month period when, at least once every month, you had 5 drinks or more in one occasion? Yes, no, DK, R.

Again, before (current month/current year), did you ever regularly drink more than 12 drinks a week? Yes, no, DK, R.

Not counting small sips, how old were you when you started drinking alcoholic beverages? Drinking does not include having a few sips of wine for religious purposes. *The variable used in the regressions was the log of the actual age.*

The next questions are about how drinking can affect people in their activities. We will be referring to the past 12 months,

During the past 12 months, have you ever been drunk or hung-over while at work, school or while taking care of children? Yes, no, DK, R.

How many times? Was it:

- 1 ... once or twice?
- 2 ... 3 to 5 times?
- 3 ... 6 to 10 times?
- 4 ... 11 to 20 times?
- 5 ... more than 20 times?

The variable = 1 if drunk at work, school or during childcare in lifetime (or last year), and 0 if not.

The number of times drunk past year is a variable used in the regressions: 0=never, 1.5= once or twice, 4 if 3 to 5 times, 8 if 6 to 10 times, 15 if 11 to 20 times, and 25 if over 20 times. The log of 10 plus this variable is also estimated in regressions.

During the past 12 months, have you had a period of a month or more when you spent a great deal of time getting drunk or being hung-over? Yes, no, DK, R.

During the past 12 months, were you ever in a situation while drunk or hung-over which increased your chances of getting hurt? (For example, driving a boat, using guns, crossing against traffic, or during sports.) Yes, no, DK, R

Regression variable = 1 if yes, 0 if no.

Illicit drug use.

Now I am going to ask some questions about drug use. Again, I would like to remind you that everything you say will remain strictly confidential.

Have you ever used or tried marijuana, cannabis or hashish? Interviewer: Read categories to respondent. 1 Yes, just once, 2 Yes, more than once, 3 No

The variable used in the regressions = 0 if no, 1 if yes, just once, and 5 if more than once.

Have you used it in the past 12 months? Yes, no, DK, R.

How often (did you use marijuana, cannabis or hashish in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Have you ever used or tried cocaine or crack?

1 Yes, just once

2 Yes, more than once

3 No

DK, R

How often (did you use cocaine or crack in the past 12 months)?

1 Less than once a month

2 1 to 3 times a month

3 Once a week

4 More than once a week

5 Every day

DK, R

Before one year ago, was there ever a period of 12 months when you took any of the drugs we mentioned, 1 to 3 times a month or more? Yes, no, DK, R.

During the past 12 months, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

During the past 12 months, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

During your life, did you ever have times when you used drugs even though you promised yourself you wouldn't, or times when you used a lot more drugs than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, despite promises not to, and 0 if no.

During your life, were there ever times when you used drugs more frequently, or for more days in a row than you intended? Yes, no, DK, R.

The variable used in the regressions = 1 if yes if ever drugs used more than intended, and 0 if no.

During your lifetime, have you ever seen, or talked on the telephone, to any of the following professionals about your emotions, mental health or use of alcohol or drugs?

Interviewer: Read categories to respondent. Mark all that apply.

Psychiatrist

Family doctor or general practitioner

Psychologist

Social worker, counsellor or psychotherapist

Religious or spiritual advisor such as a priest, chaplain or rabbi

With any of these professionals, did you ever have a session of psychological counselling or therapy that lasted 15 minutes or longer?

1 Yes, 2 No, DK, R

The variables used in the regressions = 1 if yes for each type of counsellor, and 0 if no.

Gambling.

People have different definitions of gambling. They may bet money and gamble on many different things, including buying lottery tickets, playing bingo or playing card games with their family or friends. The next questions are about gambling activities and experiences. Some of these questions may not apply to you, however they need to be asked of all respondents.

In the past 12 months, how often have you bet or spent money on instant win/scratch tickets or daily lottery tickets (Keno, Pick 3, Encore, Banco, Extra)?

1 Daily

2 Between 2 to 6 times a week

3 About once a week

4 Between 2 to 3 times a month

5 About once a month

6 Between 6 to 11 times a year

7 Between 1 to 5 times a year

8 Never

DK, R

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

(In the past 12 months,) how often have you bet or spent money on lottery tickets such as 6/49 and Super 7, raffles or fund-raising tickets? (same frequencies as above)

The variable used in the regressions = 0 if never, 3.5 if 1 to 5 times a year, 8 if 6 to 11 times, 12 if monthly, 30 if 2 to 3 times a month, 52 if weekly, 100 if 2 to 6 times weekly, and 365 if daily.

In the past 12 months, how much money, not including winnings, did you spend on all of your gambling activities?

- 1 Between 1 dollar and 50 dollars
- 2 Between 51 dollars and 100 dollars
- 3 Between 101 dollars and 250 dollars
- 4 Between 251 dollars and 500 dollars
- 5 Between 501 dollars and 1000 dollars
- 6 More than 1000 dollars

DK, R

The variable used in the regressions = 0 if a non-gambler, 25 if \$1 to 50, 175 if \$101 to 250, 325 if \$251 to 500, 750 if \$501 to 1000, and 1200 if over \$1000.

The next questions are about gambling attitudes and experiences. Again, all the questions will refer to the past 12 months. In the past 12 months, how often have you bet or spent more money than you wanted to on gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- 5 I am not a gambler

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or never.

(In the past 12 months,) how often have you felt that you might have a problem with gambling?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always

DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

In the past 12 months, how often have you felt guilty about the way you gamble or what happens when you gamble?

- 1 Never

- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

In the past 12 months, how often have you bet more than you could really afford to lose?

- 1 Never
- 2 Sometimes
- 3 Most of the time
- 4 Almost always
- DK, R

The variable used in the regressions = 0 if a non-gambler, 1 if never, and 2 if sometimes or more often.

Eating Troubles.

This part of the interview is about problems people may have with their weight or with eating. Was there ever a time in your life when you had a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

During the past 12 months, did you have a strong fear or a great deal of concern about being overweight or overweight? Yes, no, DK, R.

The variable used in the regressions = 0 if never, 1 if not past year, and 2 if yes.

Now, I am going to read you a series of statements about food and eating habits that describe feelings and experiences that you may have had during the past 12 months.

Please tell me whether the statements are true for you by answering, “always”, “usually”, “often”, “sometimes”, “rarely”, or “never”.

You are terrified about being overweight?

You are preoccupied with a desire to be thinner.

The variable in the regressions = 0 if never, ... , 5 if always.

Fears.

Was there ever a time in your life when you felt very uncomfortable or afraid of either being in crowds, going to public places, travelling by yourself, or travelling far away from home? Yes, no

Was there ever a time in your life when you became very upset or nervous whenever you were in crowds, public places, or travelling?

Earlier you mentioned having a strong fear of things like being in crowds, going to public places, travelling by yourself or travelling away from home.

The next questions are about which of these things you feared. Tell me if you ever strongly feared any of the following situations. (Yes, no, DK, R)

Being in crowds?

Travelling away from home?

Did you ever strongly fear using public transportation?

Being in a movie theatre, auditorium, lecture hall or church?

The variables used in the regressions = 1 if one has the fear, and 0 if not.

Suicide.

Think of the period of 2 weeks or longer when your problems were most severe and frequent. During that time, (Yes, No, DK, R)

You seriously thought about committing suicide or taking your own life.

You made a plan for committing suicide.

You attempted suicide or tried to take your own life.

The variables used in the regressions = 1 if yes, 0 if no.

Activity limitations.

The next few questions deal with any current limitations in your daily activities caused by a long-term health condition or problem. In these questions, a “long-term condition” refers to a condition which is expected to last or has already lasted 6 months or more.

Do you have any difficulty hearing, seeing, communicating, walking, climbing stairs, bending, learning or doing any similar activities? Sometimes; Often; Never; DK, R

Does a long-term physical condition or mental condition or health problem, reduce the amount or the kind of activity you can do: ... at home? Sometimes; Often; Never; DK, R

The variable used in the regressions = 0 if never, 1 if sometimes, and 2 if often.

Friendships and social support.

Starting with a question on friendship, about how many close friends and close relatives do you have, that is, people you feel at ease with and can talk to about what is on your mind?

The variable in the regressions is the actual number.

People sometimes look to others for companionship, assistance or other types of support. How often is each of the following kinds of support available to you if you need it:

None of the time; A little of the time; Some of the time; Most of the time; All of the time; DK, R

... someone to give you advice about a crisis?

... someone who shows you love and affection?

... someone to give you information in order to help you understand a situation?

... someone to confide in or talk to about yourself or your problems?

... someone to help with daily chores if you were sick?

... someone who understands your problems?

... someone to love you and make you feel wanted?

The variable in the regressions = 0 if none of the time, 25 if a little, 50 if some, 75 if most, and 100 if all of the time.

Socio-economic characteristics.

In what year did you first come to Canada to live?

The variable in the regression = 0 if not an immigrant, 1959 if immigrated before 1960, 1979 if from 1960 to 1979, and 2002 if 1980 to 2002.

Another variable used = 1 if an immigrant, and 0 if born in Canada.

To which ethnic or cultural group(s) did your ancestors belong? (For example: French, Scottish, Chinese, East Indian) Mark all that apply. If “Canadian” is the only response, probe. If the respondent hesitates, do not suggest Canadian.

The variables in the regressions = 1 if the ethnic or cultural group is stated, and 0 if not.

Spirituality.

I now have a few questions about spiritual values in your life. Do spiritual values play an important role in your life? Yes, No, DK, R.

If yes: To what extent do your spiritual values help you to find meaning in your life?

A lot; Some; A little; Not at all; DK, R

... To what extent do your spiritual values give you the strength to face everyday difficulties?

... To what extent do your spiritual values help you to understand the difficulties of life?

Variable: A lot=5; Some=4; A little=3; Not at all=1; DK, NR=1: the natural log.

What, if any, is your religion?

- 1 No religion (Agnostic, Atheist)
- 2 Roman Catholic
- 3 Ukrainian Catholic
- 4 United Church
- 5 Anglican (Church of England, Episcopalian)
- 6 Presbyterian
- 7 Lutheran
- 8 Baptist
- 9 Pentecostal
- 10 Eastern Orthodox
- 11 Jewish
- 12 Islam (Muslim)
- 13 Hindu
- 14 Buddhist
- 15 Sikh

16 Jehovah's Witness

17 Other – Specify

DK, R

Variables used in the regressions = 1 if the faith community is mentioned, and 0 if not.

Liberal protestant = United Church, or Anglican, Presbyterian, or Lutheran.

Conservative Christian = Baptist, Pentecostal, Jehovah's Witness, or Other – specify.

(If a religious affiliation is given) Not counting events such as weddings or funerals, during the past 12 months, how often did you participate in religious activities or attend religious services or meetings? Do not include special events such as weddings, funerals, baptisms, bar mitzvahs, etc.

Once a week or more; Once a month; 3 or 4 times a year; Once a year; Not at all; DK, R

Variables used in the regressions = 0 if non-attendee, 1 if once a year, 3.5 if 3 or 4 times, 12 if monthly, and 52 if weekly.

(If a religious affiliation is given) In general, would you say that you are:

... very religious? ... religious? ... not very religious? ... not religious at all? DK, R

The no religion group is divided into two groups depending on whether or not the respondent prays or seeks spiritual help to help deal with stress – called no religion, prays in the tables.

Note attendance was only asked of those stating a faith affiliation. Potential dropouts are defined as regular (at least monthly) worshippers who never or rarely pray or seek spiritual help to relieve stress.

Potential regular (worshippers) attended 1 to 4 times, and prayed or sought spiritual help often or sometimes to relieve stress.

The employed.

The employed aged 15 to 75 who worked in the previous 12 months were asked questions on employment and related characteristics. Questions on the labour force in the previous week were addressed only to persons aged 15 to 74.

Have you worked at a job or business at any time in the past 12 months? Yes, no, DK, R.

The next question is about your main job or business in the past 12 months. Would you say that most days at work were: ... not at all stressful? ... not very stressful? ... a bit stressful? ... quite a bit stressful? ... extremely stressful? DK, R

Labour force.

(Population aged 15 to 75) The next few questions concern your activities in the last 7 days.

Last week, did you work at a job or a business? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The variable used in the regression = 1 if employed, and 0 if not.

Last week, did you have a job or business from which you were absent? Yes, No, DK, R.

In the past 4 weeks, did you do anything to find work? Yes, No, DK, R.

Now some questions about jobs or employment which you have had during the past 12 months.

Did you work at a job or a business at any time in the past 12 months? Please include part-time jobs, seasonal work, contract work, self-employment, baby-sitting and any other paid work, regardless of the number of hours worked.

The next questions are about your current/most recent job or business.

(If person currently holds more than one job or if the last time he/she worked it was at more than one job: Report on the job for which the number of hours worked per week is the greatest.)

Are/Were you an employee or self-employed?

Employee; Self-employed; Working in a family business without pay; DK, R

Which of the following best describes your occupation?

1 Management

2 Professional (including accountants)

3 Technologist, Technician or Technical occupation

4 Administrative, Financial or Clerical

5 Sales or Service

6 Trades, Transport or Equipment operator

7 Occupation in Farming, Forestry, Fishing or Mining

8 Occupation in Processing, Manufacturing or Utilities

9 Other – Specify

DK, R

The variables in the regression = 1 if the employee reported the occupation, and 0 if not.

About how many hours a week do/did you usually work at your job/business? If you usually work/worked extra hours, paid or unpaid, please include these hours.

The variable in the regression is the actual hours reported.

Do/Did you usually work on weekends at this job/business?

The variable in the regression = 1 if the employee usually works weekends, and 0 if not.

During the past 52 weeks, how many weeks did you do any work at a job or a business? (Include paid vacation leave, paid maternity leave, and paid sick leave.)

The regression variable = the actual weeks worked.

Work stress. These questions are asked of respondents aged 15 to 75 who were employed in the previous 12 months.

The next few questions are about your main job or business in the past 12 months. I'm going to read you a series of statements that might describe your job situation. Please tell me if you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree. Also, DK, R.

Your job required that you learn new things.
Your job required a high level of skill.
Your job allowed you freedom to decide how you did your job.
Your job required that you do things over and over.
Your job was very hectic.
You were free from conflicting demands that others made.
Your job security was good.
Your job required a lot of physical effort.
You had a lot to say about what happened in your job.
You were exposed to hostility or conflict from the people you worked with.
Your supervisor was helpful in getting the job done.
The people you work with were helpful in getting the job done.
The regression variables = 1 if strongly agree, 2 if agree, 3 if neither agree nor disagree, 4 if disagree, and 5 if strongly disagree.

How satisfied were you with your job?
Very satisfied; Somewhat satisfied; Not too satisfied; Not at all satisfied; DK, R.
The regression variable = 1 if not satisfied at all, 2 if not too satisfied, 3 if somewhat satisfied, and 4 if very satisfied.

Income.

Although many health expenses are covered by health insurance, there is still a relationship between health and income. Please be assured that, like all other information you have provided, these answers will be kept strictly confidential.

Thinking about the total income for all household members, from which of the following sources did your household receive any income in the past 12 months?

- 1 Wages and salaries
- 2 Income from self-employment
- 3 Dividends and interest (e.g. on bonds, savings)
- 4 Employment insurance
- 5 Worker's compensation
- 6 Benefits from Canada or Quebec Pension Plan
- 7 Retirement pensions, superannuation and annuities
- 8 Old Age Security and Guaranteed Income Supplement
- 9 Child Tax Benefit
- 10 Provincial or municipal social assistance or welfare
- 11 Child support

12 Alimony

13 Other (e.g. rental income, scholarships)

DK, R

A variable used in the regressions = 1 if social assistance or welfare income was reported, and 0 if not.

Household Income: What is your best estimate of the total income, before taxes and deductions, of all household members from all sources in the past 12 months? (MAX: 500,000; warning after 150,000)

Can you estimate in which of the following groups your personal income falls?

Was your total personal income less than \$20,000 or \$20,000 or more?

Was your total personal income less than \$10,000 or \$10,000 or more?

Was your total personal income less than \$5,000 or \$5,000 or more?

Was your total personal income less than \$15,000 or \$15,000 or more?

Was your total personal income less than \$40,000 or \$40,000 or more?

Was your total personal income less than \$30,000 or \$30,000 or more?

Was your total personal income:

... less than \$50,000?

... \$50,000 to less than \$60,000?

... \$60,000 to less than \$80,000?

... \$80,000 or more?

DK, R

The variable used in the regression used the mid point of the above income ranges as values.

A similar approach was used to determine personal income: What is your best estimate of your total personal income, before taxes and other deductions, from all sources in the past 12 months?

Household income adequacy groups were computed using household income and number of persons in the household, as follows:

Four groups – lowest income, lower middle, upper middle, and highest income –

Lowest income = under \$15,000 and one or two people, or under \$20,000 and three or four people, or under \$30,000 and five or more people.

Lower middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.

Upper middle income = \$30,000 to 59,999 and one or two people; or \$40,000 to 79,999 and three or four people; or \$60,000 to 79,999 and five or more people.

Highest income = over \$60,000 and one or two people, or over \$80,000 and three or more people.

Five groups – lowest income, lower middle, middle, upper middle, and highest income –

Lowest income = under \$10,000 and one to four people, or under \$15,000 and five or more people.

Lower middle income = \$10,000 to 14,999 and one or two people; or \$10,000 to 19,999 and three or four people; or \$15,000 to 29,999 and five or more people.

Middle income = \$15,000 to 29,999 and one or two people; or \$20,000 to 39,999 and three or four people; or \$30,000 to 59,999 and five or more people.

Upper middle income and the highest income groups are the same as those in the four income groups, above.