

**Canadians who have had terrorism-related fears  
of crowds, travelling away from home,  
public transportation, meeting places,  
and of something terrible happening –  
in relation to several possible influences including  
education and religious commitment, Canada 2002**

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*Summary: Since 9-11 deep-seated fears of terrorist attacks have increased, especially among certain segments of the population. The aim of this study is to identify the most fear-prone segments according to their source, and their relationship to education, religious commitment and other traits. The tables in Appendix 2 provide the greatest detail in this regard: profiles (numbers, rates, and percentage distributions) of all Canadian adults with fears classified by a religious commitment indicator. These tables profile all Canadians, women, and men, and those who have had strong fears of crowds, of using public transit, of attending meeting places (lecture halls, churches, or theatres), and those who have had strong fears that something terrible may happen. Charts highlight some of the patterns. Analytical results explore the likelihood of eight subpopulations of adults having strong fears in relation to age and sex, educational attainment, faith community affiliation, lifetime marijuana use, hours of sleep and region of residence. The quality standards of Statistics Canada are applied in all of our studies, and the statistical significance standards of our regression estimates, 0.01 level, are stricter than those in most published studies in the social sciences.*

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## **Abstract**

In this monograph answers may be found to some key questions: How significant are terrorism-related fears? What segments of the population are most prone to them? How are these fears inter-related? How is education and religious commitment related to a person having had each kind of fear?

Overall, 9% of Canadians (11% of women) have had strong fears of being in crowds, 8% of travelling away from home, 4% of using public transportation, and 3% of being in meeting places. Some 3% fear something terrible might happen, also called agora fears.

Fears vary little across the country. Fear of crowds is most common in Nova Scotia, 13% (17% among women), and lowest in Quebec, 8% (10% among women). Among the metro areas for which we have data, fear of crowds is most common in St Catharines and Oshawa, 15% each.

All fears tend to fall with age. Fear of travelling away from home, for example, is most common among teens, 11%, and falls to 4% among those in their 70s, and 80 plus. Separated and divorced Canadians tend to be more prone to having had strong fears than those of other marital statuses.

Proneness to fears is lower among those with a post-secondary degree or diploma than among those with lower levels of education. This is one of the strongest predictors of a person having fears in our analytical results.

All fears decrease strongly with the perceived satisfaction with life in general – 6% of those very satisfied have had strong fears of being in crowds (women, 7%), while 23% of those dissatisfied have had such fears (women, 25%).

Non-Christian faiths as a group are less prone to having had any of the fears than any of the Christian faith traditions, or the non-religious. Three of the five fears are more likely among the non-worshippers; the other two do not vary by worship frequency.

The most prominent variables associated with most of the fears in the subgroups examined are sex and education. Age and sleep tend to be negatively associated with the likelihood of fears, marijuana use positively associated, and religious commitment and faith affiliation unrelated.

This study also includes tables of five degrees of religious commitment of women, men, and all Canadians: the detailed subgroups. Women who worship weekly and depend on spirituality daily “a lot”, for example, are 19% of all women (men, 13%), and 7% of women (and men) aged 20 to 24.

This committed group, for example, is 33% of women aged 75 to 79 (men, 25%); 24% of married women (men, 17%); 18% of divorced women (men, 7%); 19% of Roman Catholic women (men, 11%); 45% of conservative Christian women (men, 38%); and 29% of Muslim women (men, 33%).

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## List of regression results tables in Chapter 4

Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*)

Regression Table 1. Canadians aged 15 plus, 2002

Regression Table 2. Women aged 15 plus, 2002

Regression Table 3. Men aged 15 plus, 2002

Regression Table 4. Parents aged 15 plus, 2002

Regression Table 5. Mothers aged 15 plus, 2002

Regression Table 6. Fathers aged 15 plus, 2002

Regression Table 7. Married mothers aged 15 plus, 2002

Regression Table 8. Single parent mothers aged 15 plus, 2002

<b>Guide to Appendix 2 Tables</b>	Table and sub-table page:		
	a.	b.	c.
By religious commitment indicator:	Number	Rate, %	% distribution
1. Canadians aged 15 +	104	116	128
2. Women	140	152	164
3. Men	176	188	200
4. Fear of being in crowds	212	224	236
5. Fear of being in crowds, women	248	260	272
6. Fear of travelling	284	296	308
7. Fear of using public transit	320	332	344
8. Fear of being in a theatre, hall, or church	356	368	380
9. Fear of a terrible thing happening	392	404	416
	Last page:		427

## Introduction and summary of results

We may reasonably assume that the strong and deep-seated fears people have concerning activities associated with terrorism would have increased since September 11, 2001, especially because of the prominence of terrorism-related stories in the news and media almost every day. In this study we first quantify the significance of four terrorism-related fears, then identify the subgroups of Canadians who are most prone to being fearful. Finally, we present some analytical results regarding the independent importance of education, religious commitment, and other factors in categorizing eight subpopulations of persons having each kind of fear.

The estimates for this study come from Statistics Canada's *Canadian Community Health Survey, Cycle 1.2* on mental health was conducted a few months after the terrorist attacks of 9-11, between May and December 2002 in Canada's provinces. The key questions are as follows (refer to Appendix 1 for details on the survey and other questions):

*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?*

...

*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?*

*(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*

The responses to these questions provide the information for constructing a religious commitment index or indicator with five possible values:

1. No commitment: Non-worshipper last year and spiritual values are of no day-to-day help – 6.7 million adults, or 27%.
2. Low commitment: either non-worshipper but spiritual values are some help; or a less-than-weekly worshipper, but spiritual values are of no day-to-day help – 4.8 million adults, or 20%.
3. Medium commitment: either a non-worshipper and spiritual values provide a lot of help; or a less-than-weekly worshipper and spiritual values provide some help; or a weekly worshipper and spiritual values provide no daily help – 5.7 million adults, or 23%.
4. High commitment: either a weekly worshipper and spiritual values provide some daily help; or a less-than-weekly worshipper and spiritual values provide a lot of daily help – 3.5 million adults, or 14%.
5. Very high commitment: worships at least weekly, and spiritual values provide a lot of help (provides a lot of strength to face everyday difficulties of life) – 3.9 million adults, or 16%.

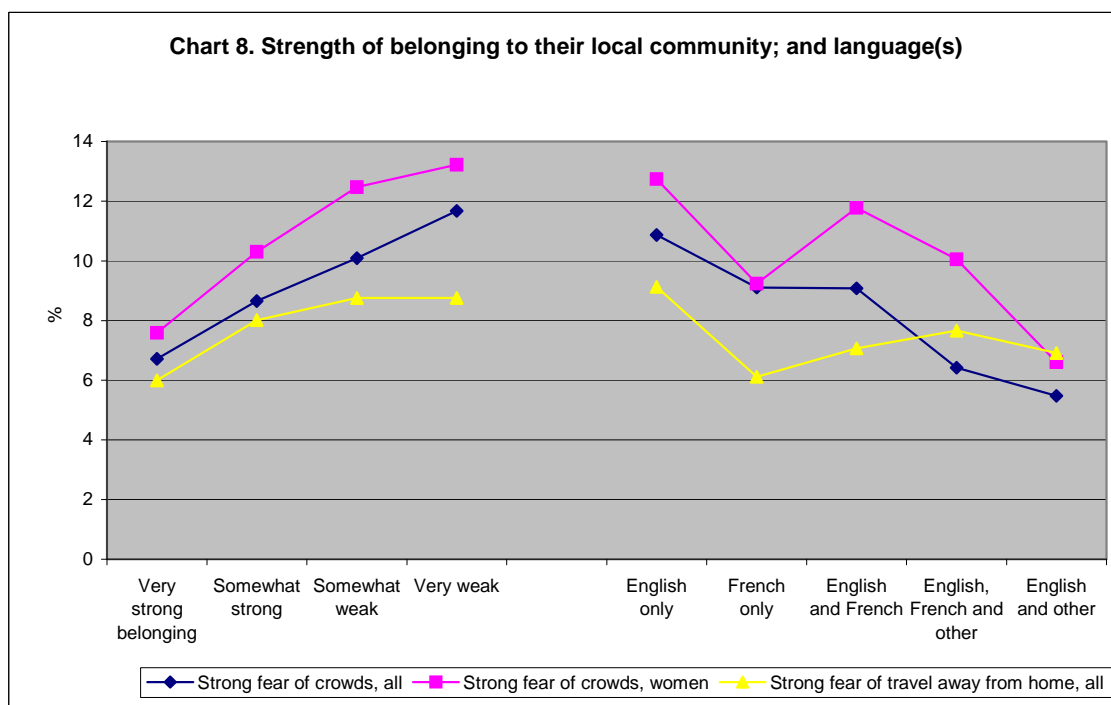
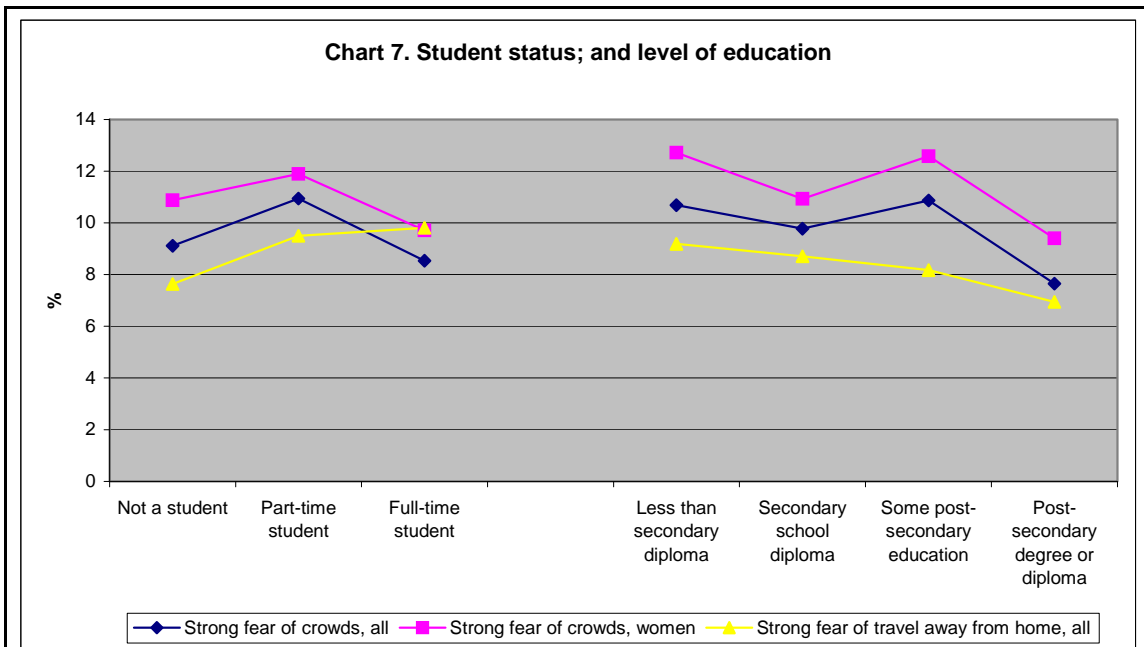
These degrees of spiritual commitment, from 1 to 5, or columns 1 to 5 in the

Worship frequency:	Importance of spiritual values*:		
	No help	Some help	A lot of help
Never last year	1	2	3
Less than weekly	2	3	4
At least weekly	3	4	5
<i>* Extent to which spiritual values give one strength to face everyday difficulties of life.</i>			

tables of Appendix 2 are summarized in the table above.

### **Introduction to the charts in chapters 1 to 3**

Chapters 1 and 2 comprise 34 charts each portraying the incidence of terrorism-related fears. The percentage of Canadians, and Canadian women who have experienced strong fears of being in crowds, and of all Canadians who have experienced a strong fear of travelling away from home, is displayed in Chapter 1. The percentage of Canadians who have had strong



**Percentage who have had strong fears of crowds, and travel away from home**

Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

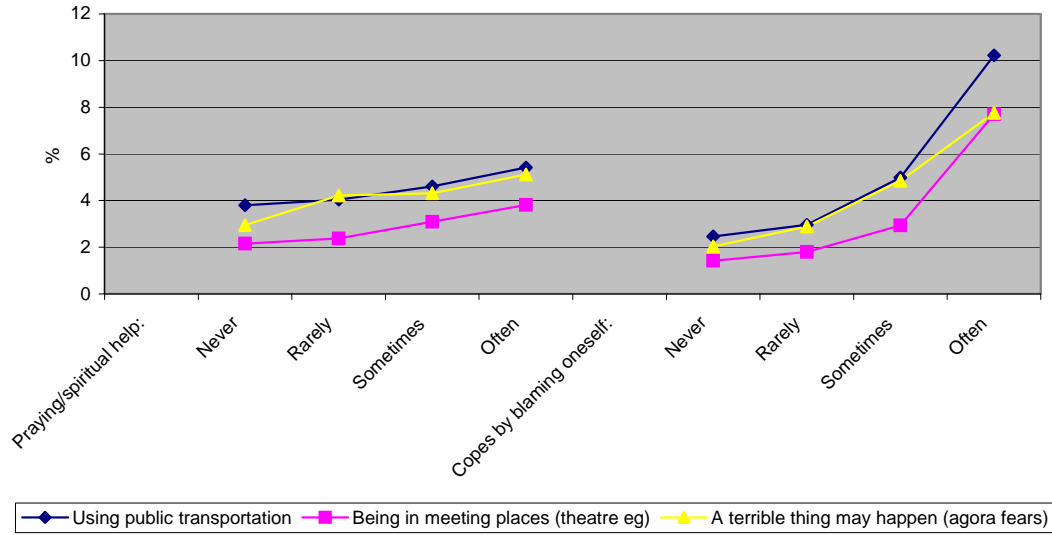
Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

fears of using public transportation, also called *public transit*; of being in a movie theatre, auditorium, lecture hall or church, also called *meeting places*; and who have feared that something terrible may happen also called *agora* fears, is displayed in Chapter 2. For example, charts 7 and 8, Chapter 1, appear above. In these examples it is clear that women are more prone than men to having experienced strong fears of being in crowds, no matter what

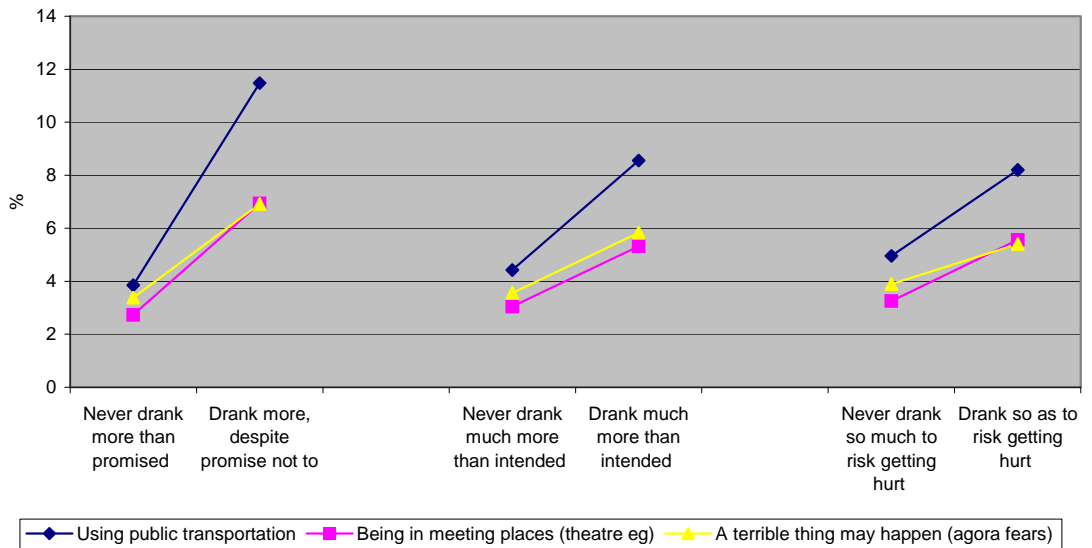
their student status, education, strength of community belonging, and language (except if the language is French only). In addition, the likelihood of having had a strong fear of crowds tends to be higher than that of travelling away from home.

An example from Chapter 2 appears in charts 19 and 20 reproduced on the next page. In these charts it is clear that the incidence of strong fears of using public transportation, of being in meeting places, and fears that something terrible might happen, all these fears rise with the frequency of dealing with stress by prayer, (or by blaming oneself), with drinking more than one intended to (or promised in the past year), and with drinking so much as to risk getting hurt. In all these examples there are differences in the incidence of the different fears. The strong fear of using public transportation tends to be higher than that of being in meeting places, for example.

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



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

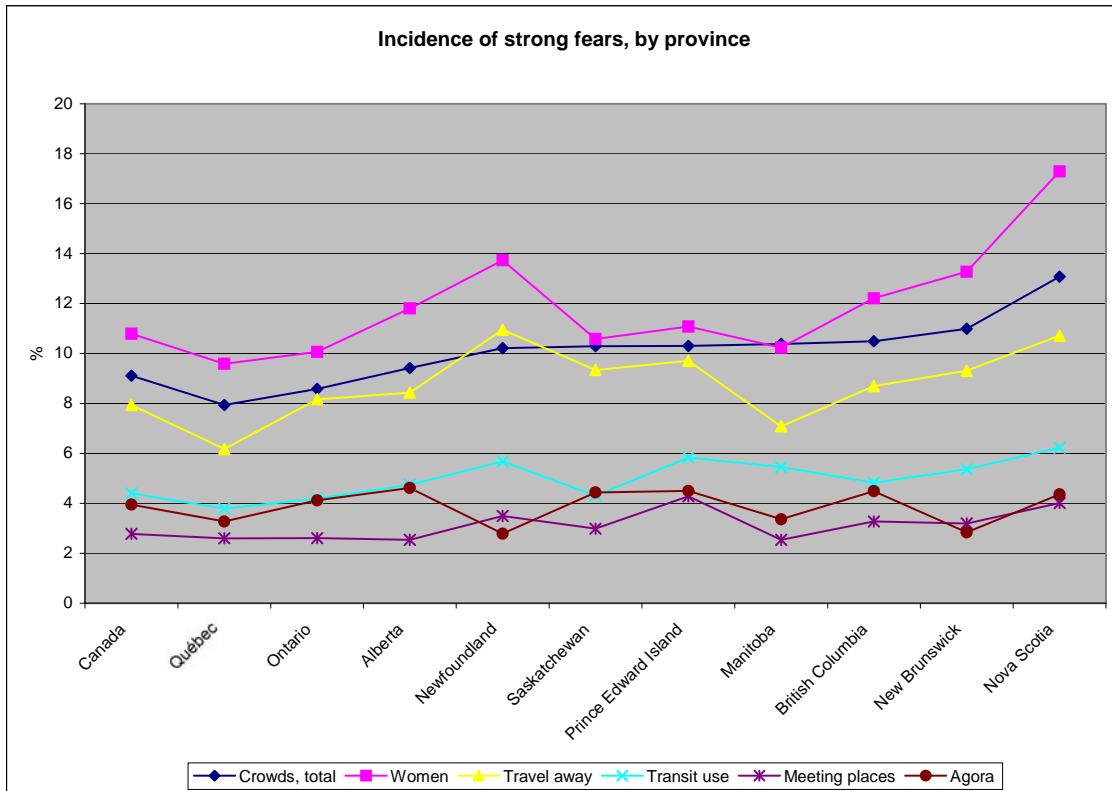


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

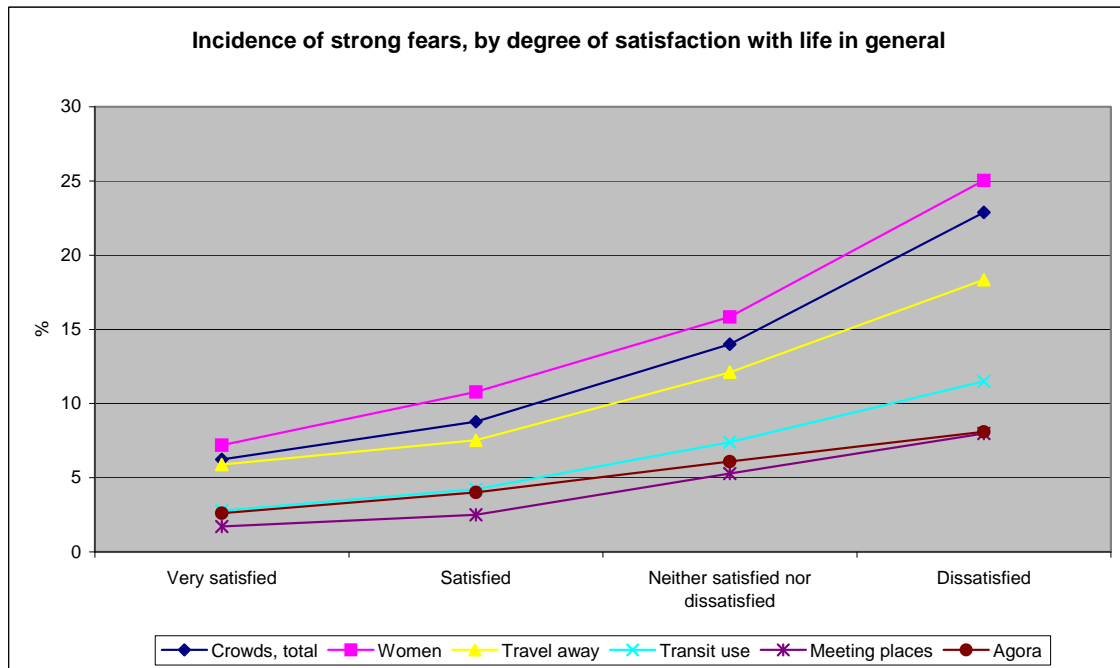
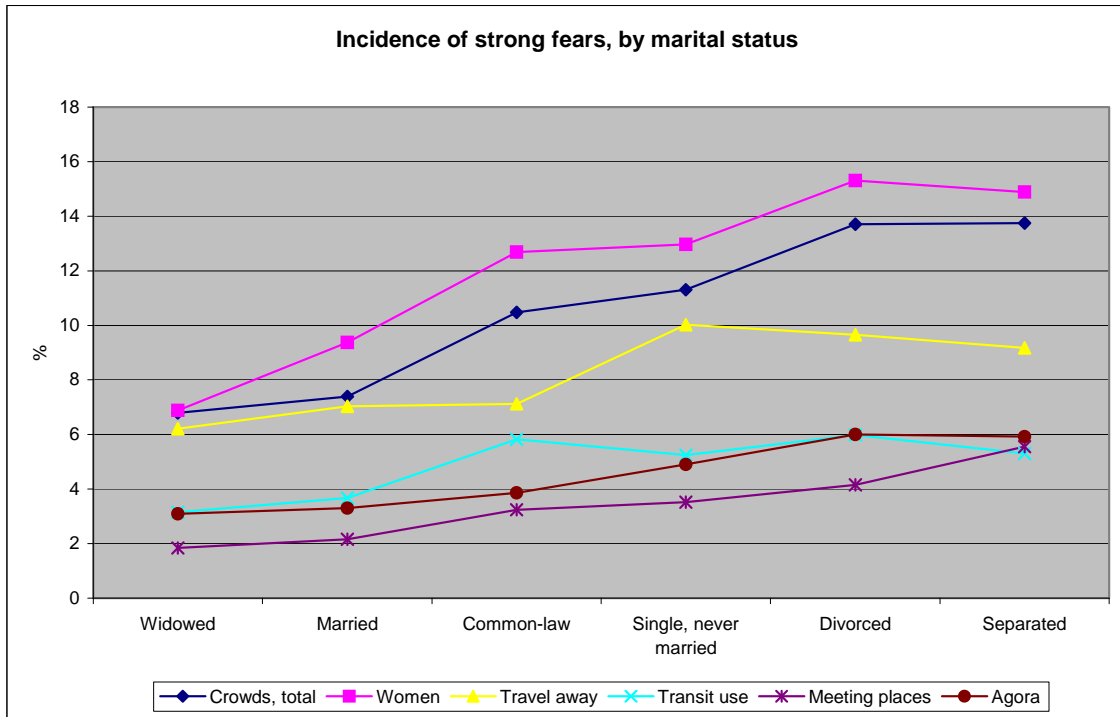
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

The overall incidence of strong fears for Canada and the provinces is displayed below. The fear of having been in crowds is the highest, 9% in Canada, (11% among women) Alberta and Ontario, 8% in Quebec, and is highest in Nova Scotia, 13%. The incidence of fears of travelling away from home is next most common, 8%, while the incidence of fear of using public transportation is only half that, 4%, along with fears that something terrible may happen (agora fears), and fears of being in meeting places are even less frequent, 3%.

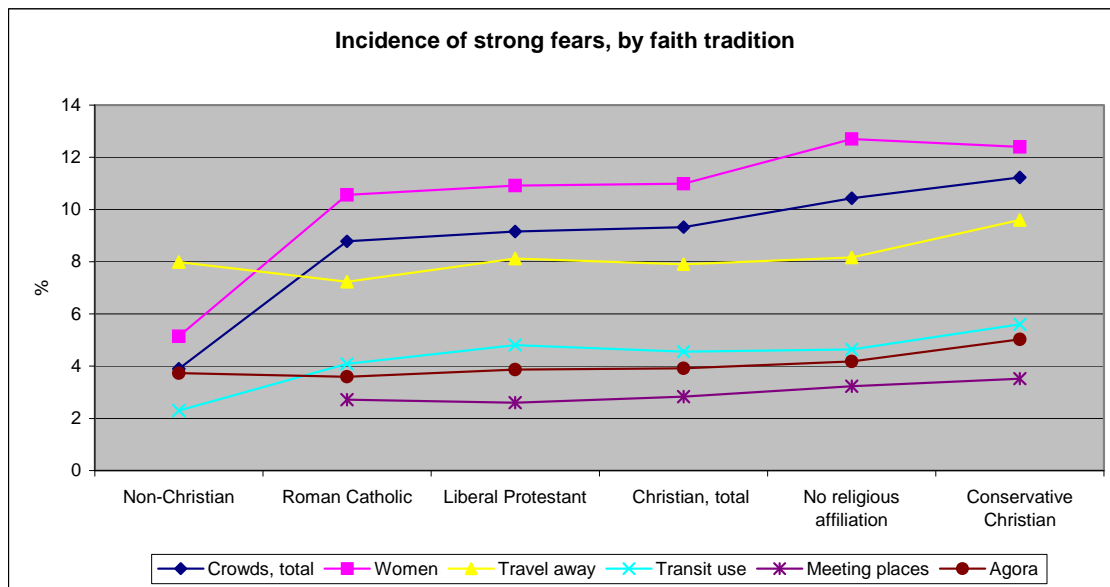


The incidence of strong fears by marital status is displayed in the chart below. The highest incidence, fear of having been in crowds, is lowest among widows and the married population, 7%, is 10% to 11% among the cohabiting and single populations, and 14% among the separated and divorced. The incidence is higher among women than men in all statuses except for widows. Having had fears of travel away from home is less common no matter what the marital status, and the other fears less common still. In the case of all fears the likelihood of having had the fear is lowest among the widowed and married populations, and highest among the single, divorced and separated populations.



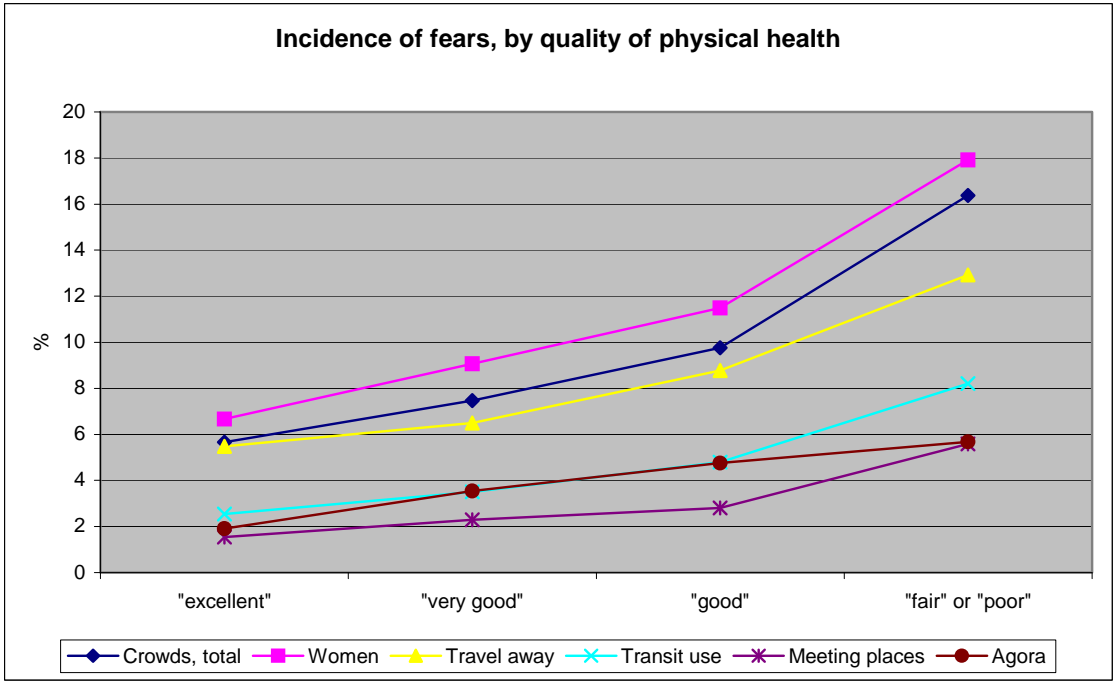
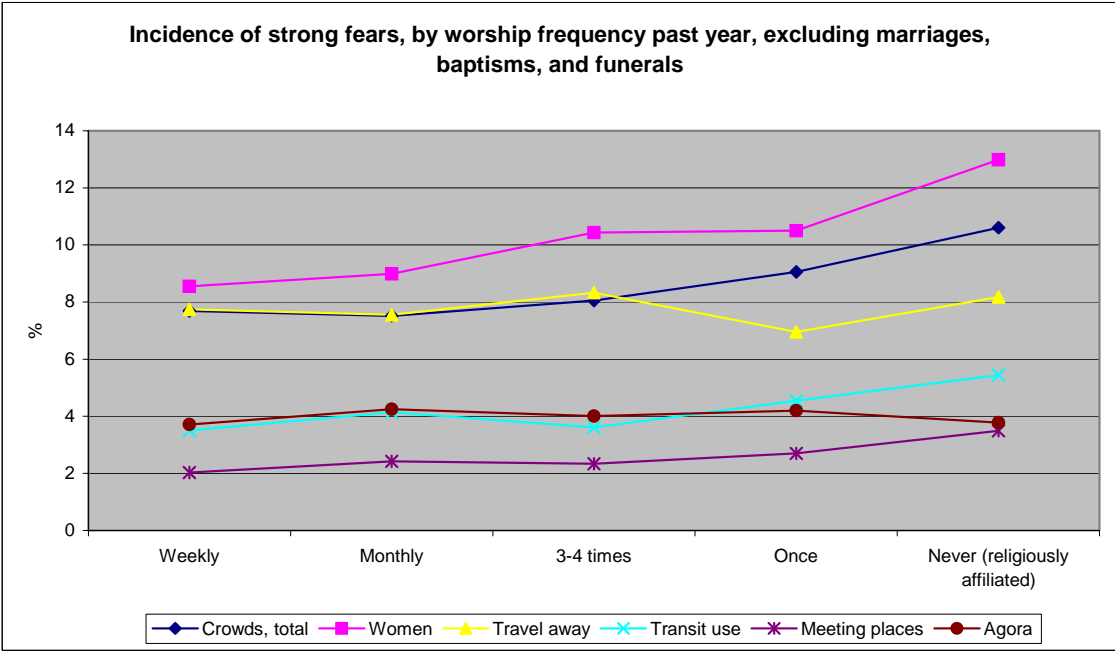
The incidence of having had one of these five fears is inversely related to one's degree of satisfaction with life, as revealed by the patterns displayed in the above chart. The relationship appears to be strongest in the case of fear in crowds. At the one extreme, only 6% of Canadians who are very satisfied

with life have had a fear of being in crowds (7% of women), compared with 23% of those dissatisfied with life (25% of women).

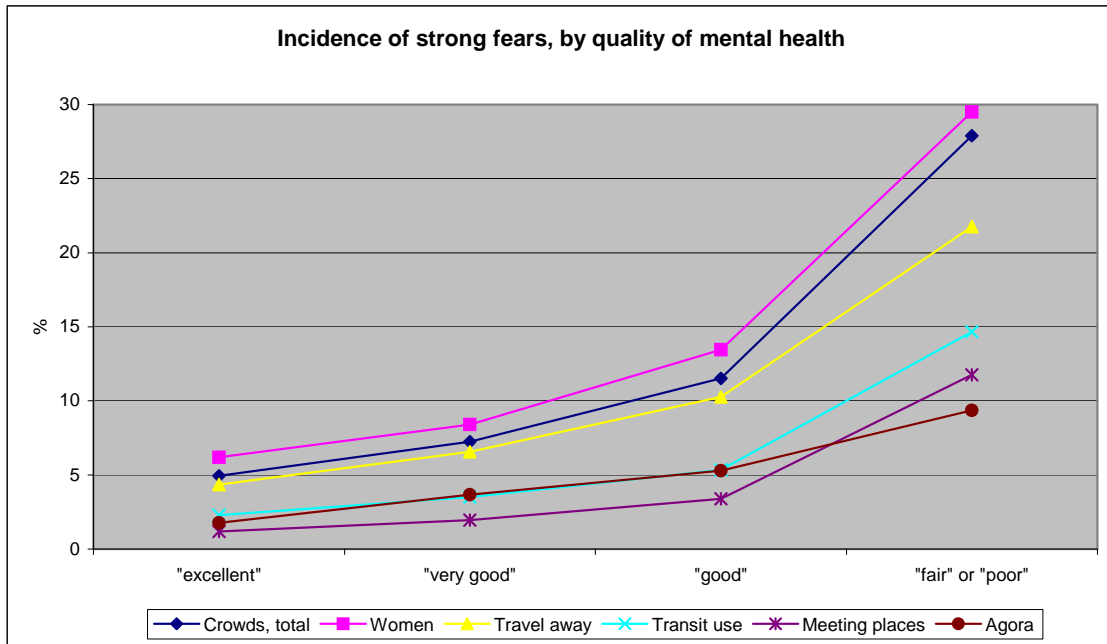


In the case of religious tradition displayed above, the only noticeable difference is the lower incidence by non-Christians of all fears except travel away from home. At the other extreme, conservative Christians have a higher incidence of all fears than the other faiths, while those with no religious affiliation also tend to have a relatively high incidence of most fears.

All fears except travel away from home and agora fears tend to increase with decreased frequency of worship – refer to chart below. The incidence of having had a fear of being in crowds, for example, is 8% among weekly worshippers and rises to 11% for those never worshipping in the past year, though were religiously affiliated (9% and 13%, respectively, for women). The incidence of having had a fear of public transportation is 3% among weekly worshippers, and 5% among the non-worshippers.

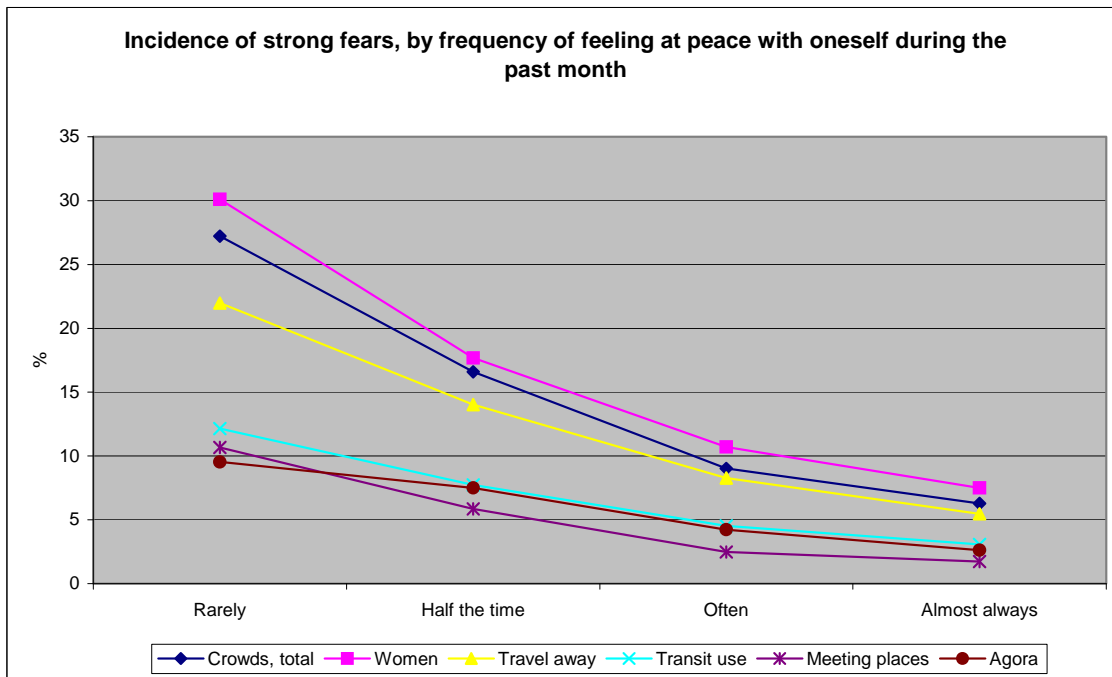
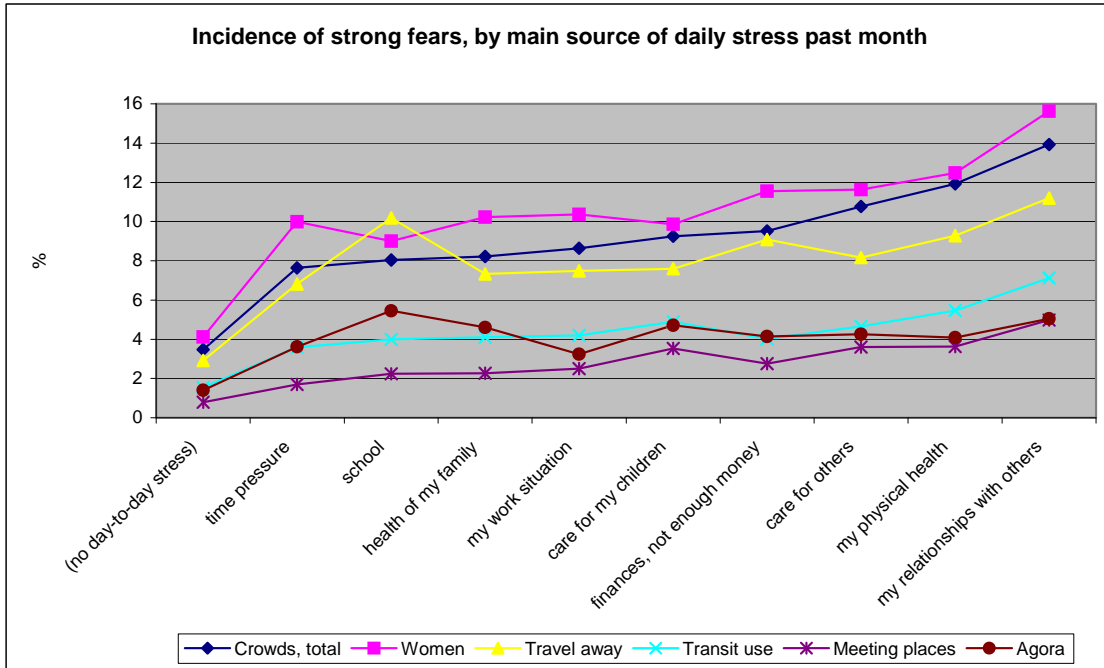


In the above chart we see that the incidence of all fears is higher, the lower one's perceived quality of physical health. In the case of the least common fears, of having been in a meeting place, and of having a fear that something terrible might happen, the incidence rises from only 2% among those reporting excellent health, to 6% among those reporting either fair or poor health.

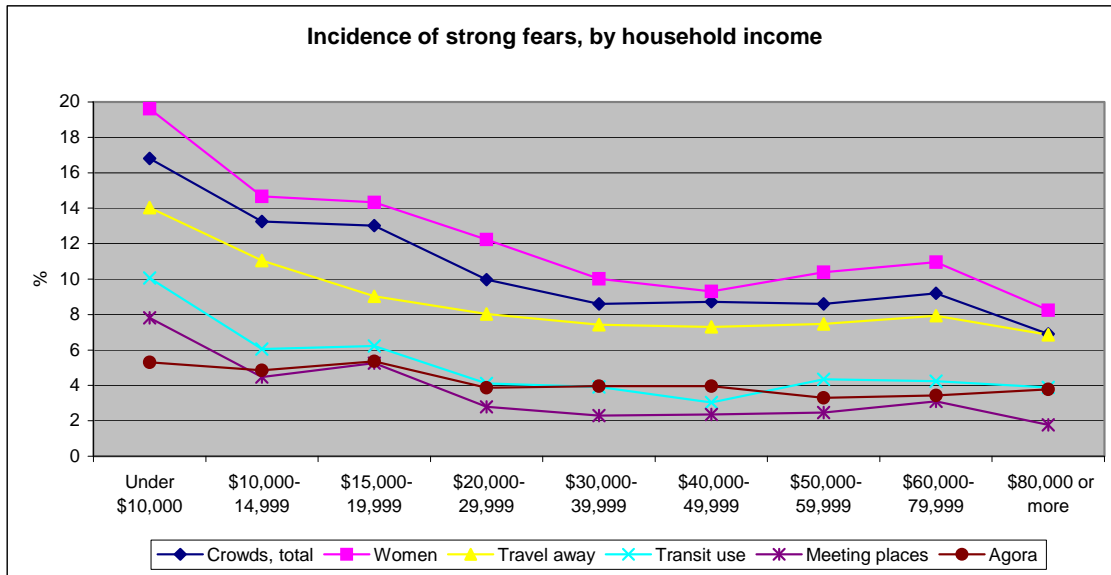


In the above chart we see that the incidence of all fears is higher, the lower one's perceived quality of mental health, and the relationships are more pronounced than those with physical health. In the case of the fear of crowds, the incidence rises from only 5% among those reporting excellent health to 28% among those reporting either fair or poor health.

The incidence of fears is categorized and ranked according to one's main source of daily stress in the chart below. The incidence of all fears is highest among those reporting relationships as the main source of stress, and lowest among those reporting no daily stress. Having had strong fears of travel away from home, and agora fears are relatively common among those reporting school as their main source of stress.



In the above chart a strong relationship is to be observed between the incidence of all fears and the frequency of feeling at peace with oneself in the past month. Of those rarely feeling at peace, 27% report having had fear of crowds (30% of women), compared with only 6% of those almost always at peace (8% of women).



The incidence of all of the fears tends to fall with household income (above chart) until the \$30,000 to \$40,000 level, and then levels off until the \$80,000 level, when most fall again.

### Degrees of religious commitment

Chapter 3 presents charts of the percentage of many subpopulations of Canadians with very low religious commitment, medium commitment, and very high commitment: the low and high commitment categories in Appendix 2, Table 3, section c are omitted to keep the charts simple. These charts provide answers to the following types of questions:

What percentage of Canada’s population with very low religious commitment lives in Quebec? With medium commitment? With very high commitment? The answers appear in Chart 1: 23% very low, 27% medium, and 17% very high. The answer to the same questions for Ontario are 37%, 38% and 43%, respectively: quite a contrast.

What percentage of Canada’s population with very low religious commitment has a post-secondary degree or diploma? With medium commitment? With very high commitment? The answers appear in Chart 7: 43% very low, 51% medium, and 49% very high.

What percentage of Canada's population with very low religious commitment has used marijuana more than once in their lifetime? With medium commitment? With very high commitment? The answers appear in Chart 21: 45% very low, 31% medium, and 12% very high.

What percentage of Canada's population with very low religious commitment reports being very satisfied with their life in general? With medium commitment? With very high commitment? The answers appear in Chart 28: 29% very low, 32% medium, and 40% very high.

What percentage of Canada's population with very low religious commitment reports feeling useful almost always during the past month? With medium commitment? With very high commitment? The answers appear in Chart 28: 49% very low, 52% medium, and 62% very high.

#### **Introduction to the results of the regression analyses in Chapter 4**

Four strong fears were analysed for eight subpopulations using a model that assumed the fear was related to age, sex (for the total of adult and parent analyses), being married or widowed rather than having another marital status, the number of children under six, the number aged six to 11, educational attainment, faith community affiliation in relation to liberal Christian (United Church, Anglican, Presbyterian and Lutheran), marijuana use over the lifetime, hours duration of sleep, and region of residence, Ontario being the reference region. (Refer to the footnotes to the tables in Chapter 4, plus Appendix 1 for details on the variables).

Some 26 of the 32 relationships estimated are statistically significant at the 0.01 level, the six exceptions are mothers, single mothers, and married mothers (fear of travelling away from home); and for fathers, fear of being in crowds, of using of public transportation, and fear of being in meeting places. Only a few of the statistically significant (0.01 level) results in the Summary Tables are described here. In reviewing these results it is always assumed that the effect on the experience of fear of the unmentioned variables in the model is held constant.

The first relationship of note is the higher likelihood of women than men to report having had all four strong fears (given age, education, and the other variables in the model): all women compared with all men, and mothers

compared with fathers. The likelihood of having experienced at least three of the four fears declines with age for all adults, women, men, mothers, and married mothers. The likelihood of three of four of the fears is lower for married or widowed persons than for persons of other marital statuses in the whole population, and among men. The number of children under six is unrelated to fears in almost all subpopulations except for women, in which case the higher the number of children, the lower the likelihood of each of the four fears. No statistically significant results appear for the relationship between the experience of fear and the number of children aged six to eleven.

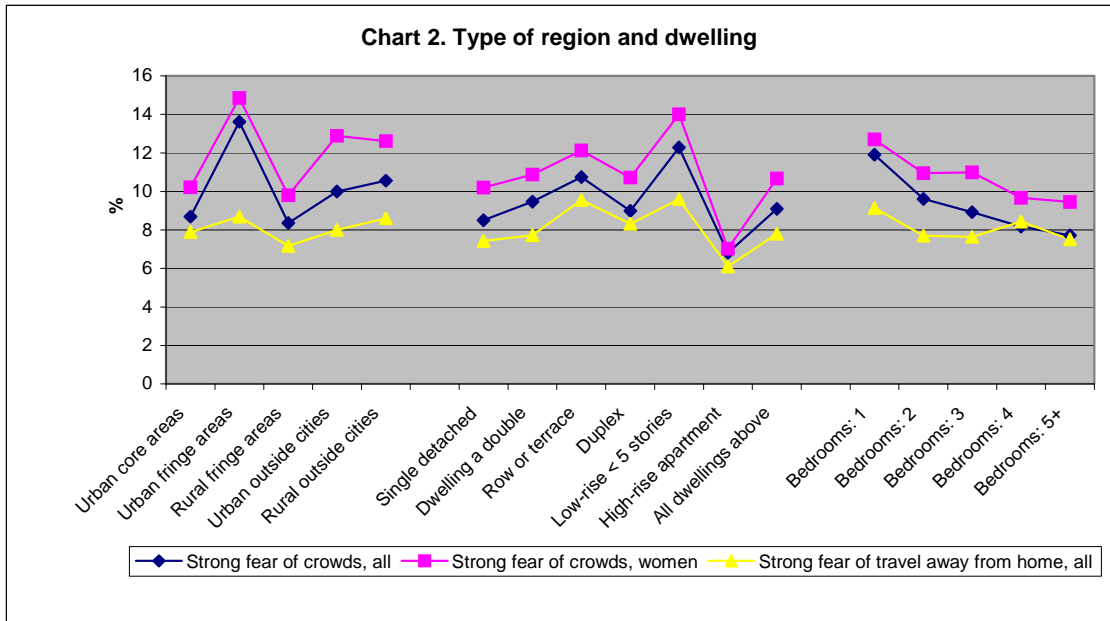
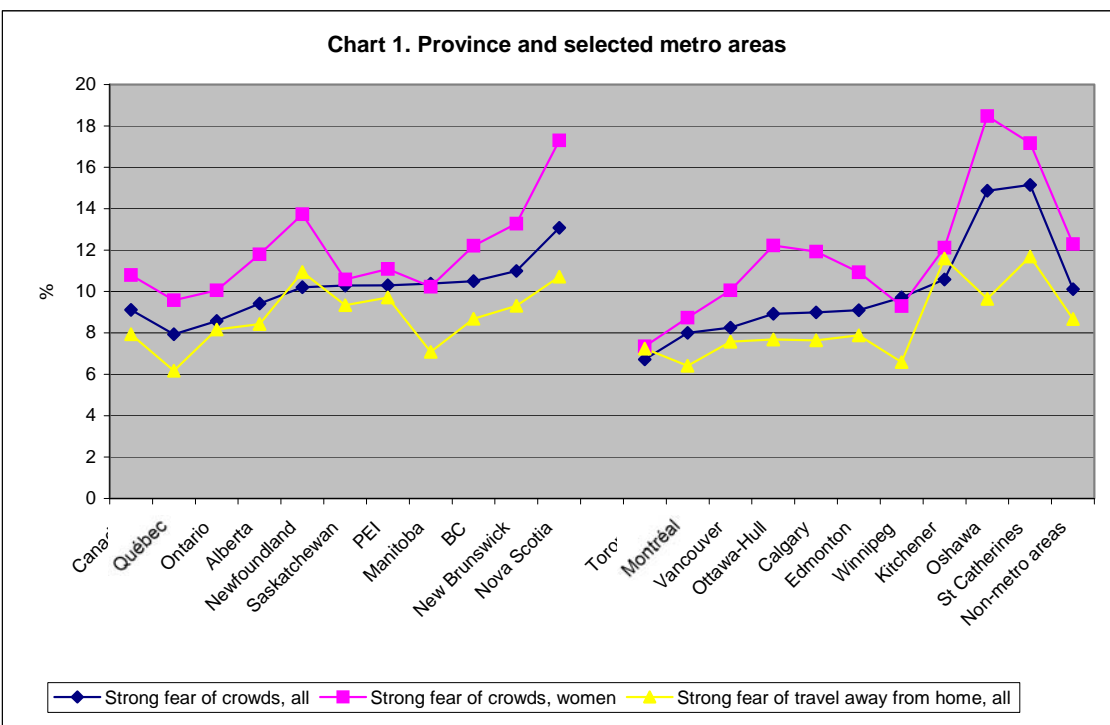
The strongest and most consistent association with the likelihood of fears is educational attainment – the association is negative in the case of all statistically results, which appear for almost all fears in all subpopulations examined, except among single mothers, where the association was significant only for the fear of the use of public transportation and fear of having been in meeting places. The association with use of marijuana, in contrast, is positive: the higher the use, the more likely the fear, though this association is statistically significant in fewer subpopulations and fears, just under half, but including three of four fears for all adults, women and men – fear of having been in crowds is the one exception in these subpopulations. Similar results appear for the association of fears with hours of sleep, though in this case the associations are negative – a greater likelihood of having had fears is associated with fewer hours of sleep, especially in the total population, women, and men; and all fears except fear of crowds.

Turning to the religious commitment and faith community variables, it should be pointed out that it is the conservative faiths that are most highly committed, so the variables are correlated with the results, implying that the coefficients of association with fears may be poorly estimated. Such a problem may explain the estimates obtained – few statistically significant associations. There are five positive associations of religious commitment with fears, out of 32 possible, and two negative associations. Regarding the results for faith communities, in which liberal Protestant is the reference community, there are six negative associations with French Roman Catholics (in relation to liberal Protestants), four negative associations with non-French Roman Catholics (including three for men), four positive associations with conservative Christians, eight negative and three positive associations with non-Christian faith (including positive for three fears of

single mothers, and negative for all four fears of married mothers), and no significant associations with religiously unaffiliated Canadians.

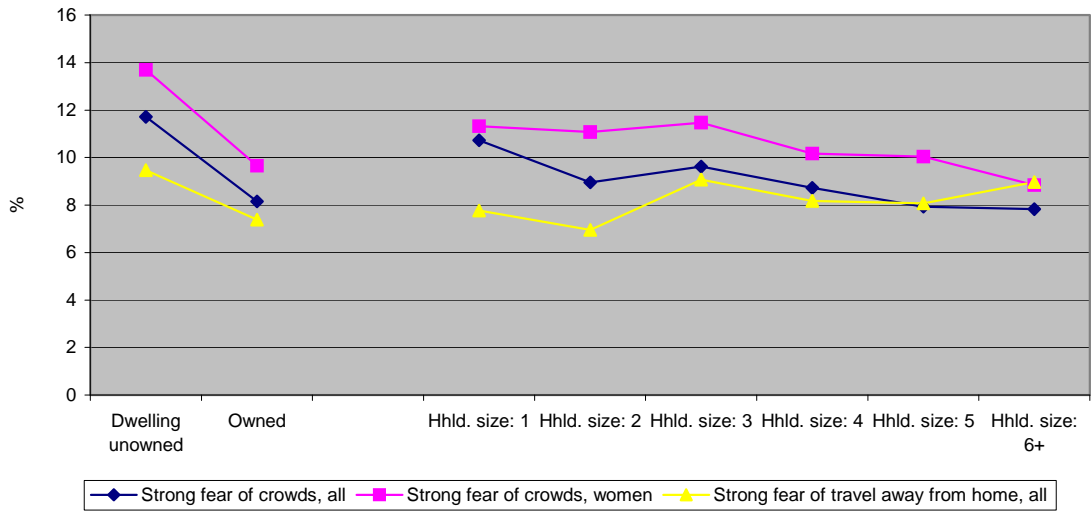
The results for the association of region in relation to Ontario are uninteresting with few significant associations except in the case of Quebec, where 14 of the 32 associations are negative, including all four fears for the total population and women. This means that the Quebeckers tend to be less prone to report having had strong fears than their counterparts in Ontario.

**Chapter 1. Charts portraying the percentage of Canadians  
who have had strong fears of being in crowds,  
and of travelling away from home**

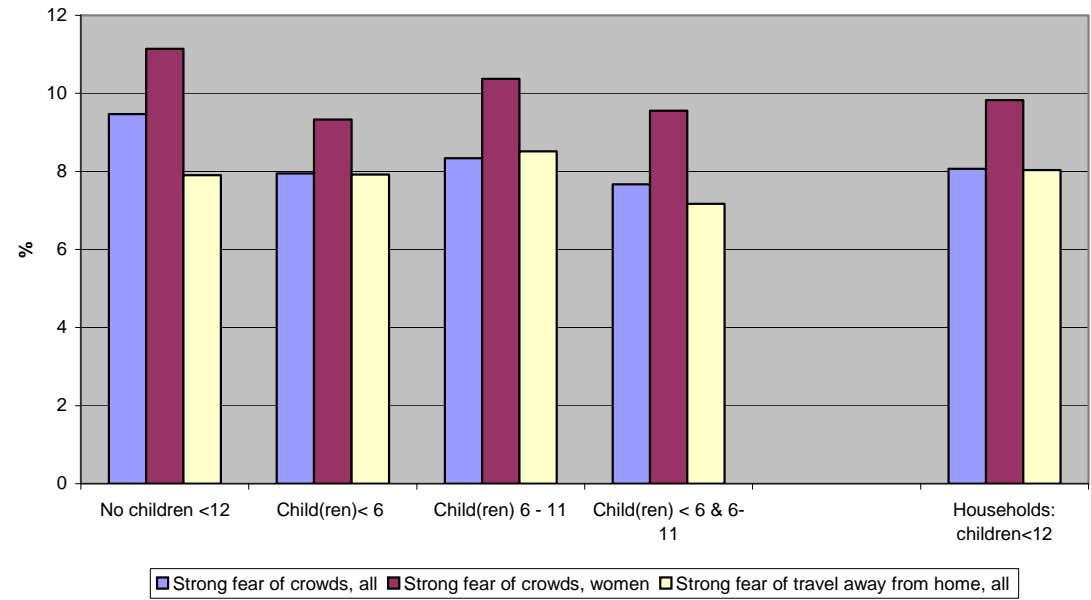


**Percentage who have had strong fears of crowds, and travel away from home**  
 Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 3. Dwelling ownership; household size**



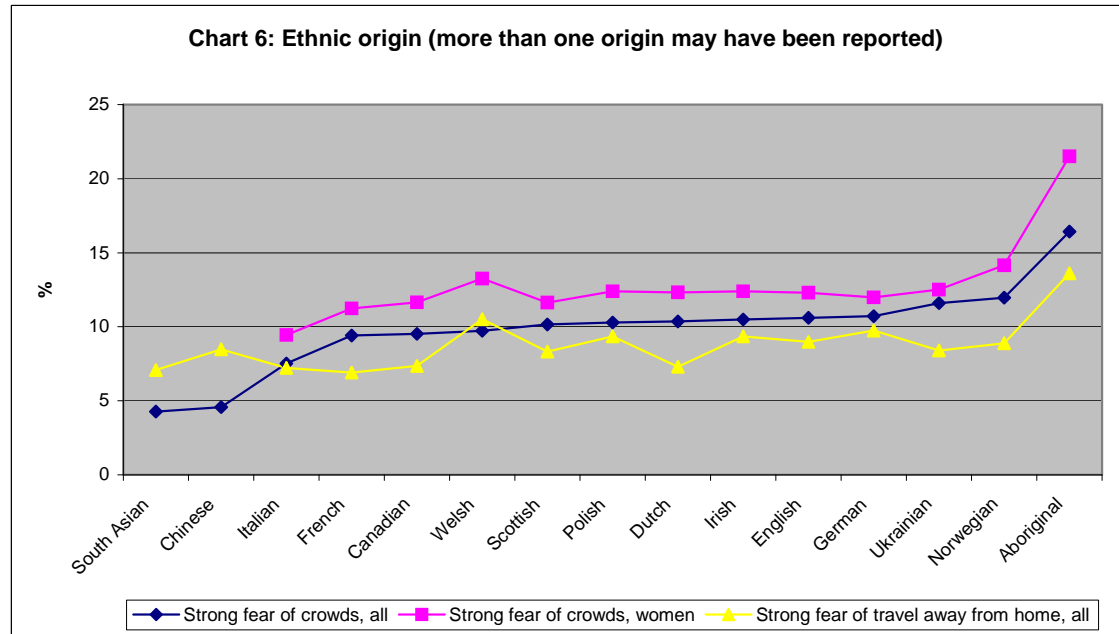
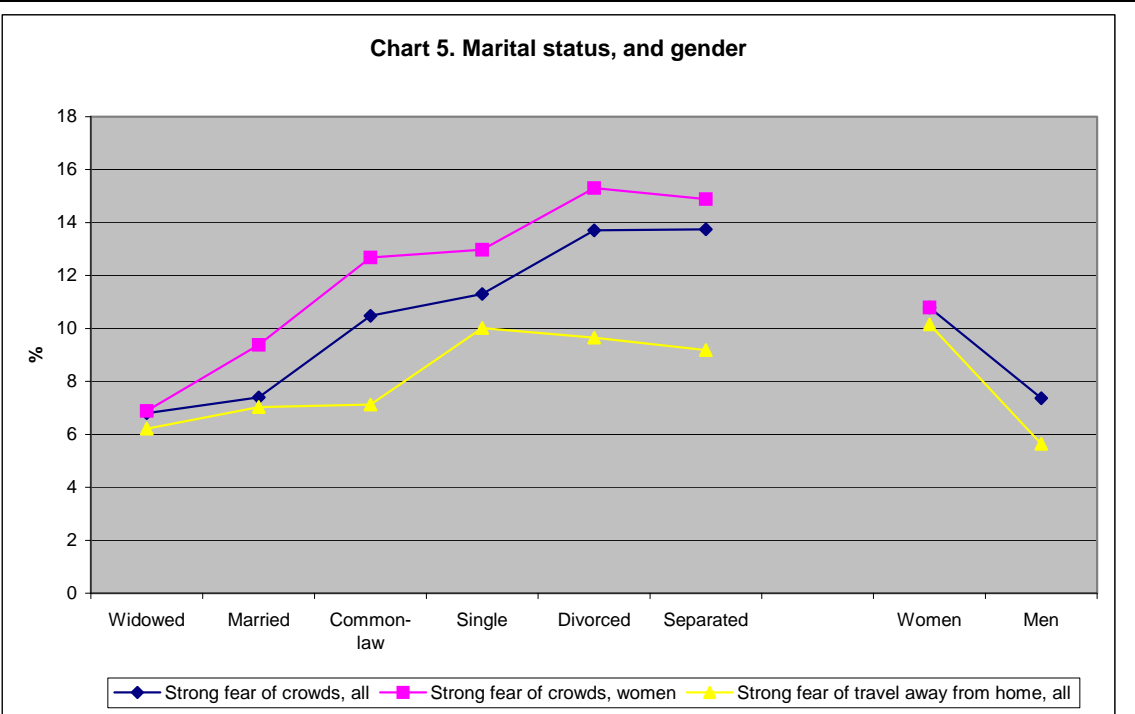
**Chart 4. Age groups of children in households**



**Percentage who have had strong fears of crowds, and travel away from home**

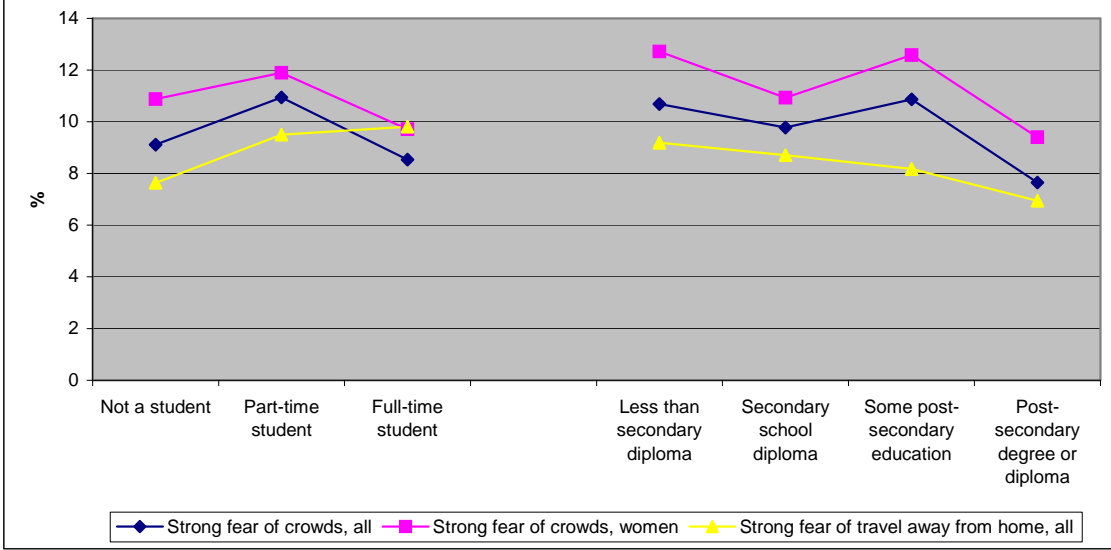
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

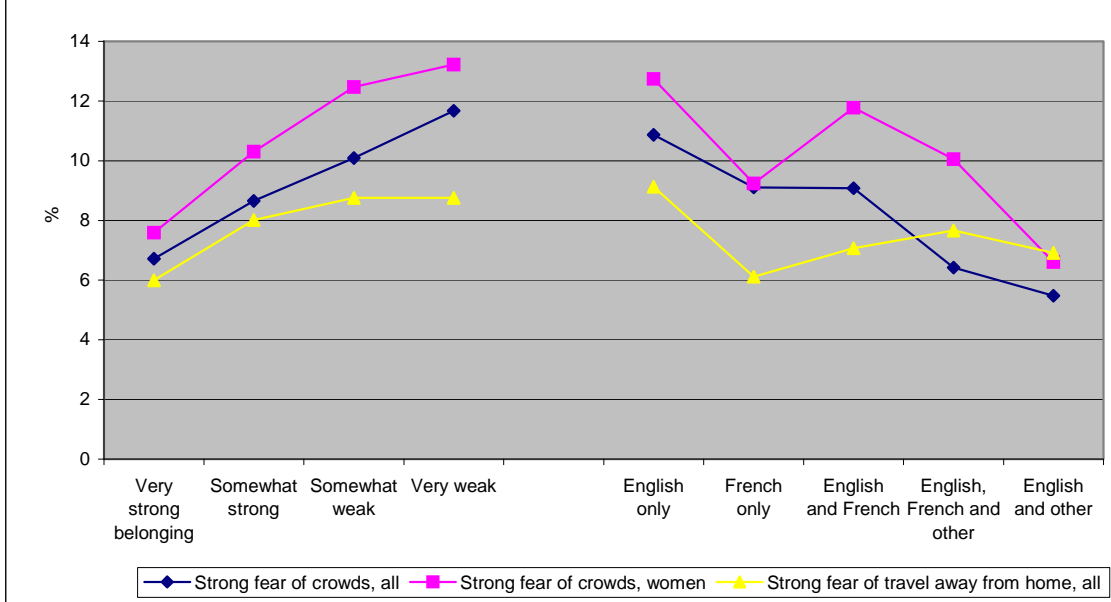


**Percentage who have had strong fears of crowds, and travel away from home**  
 Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 7. Student status; and level of education**



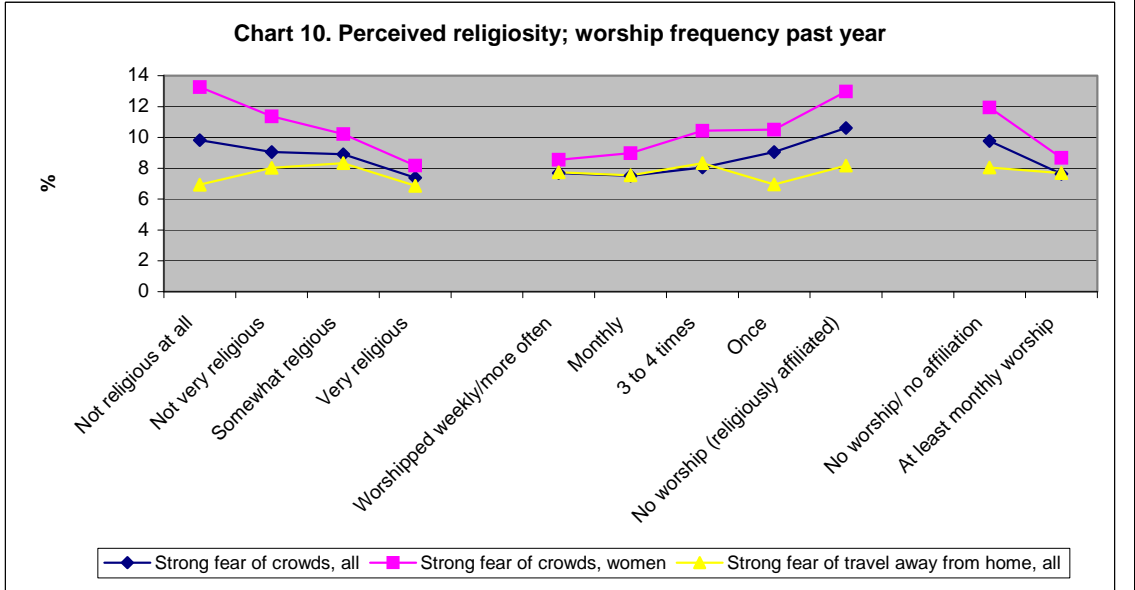
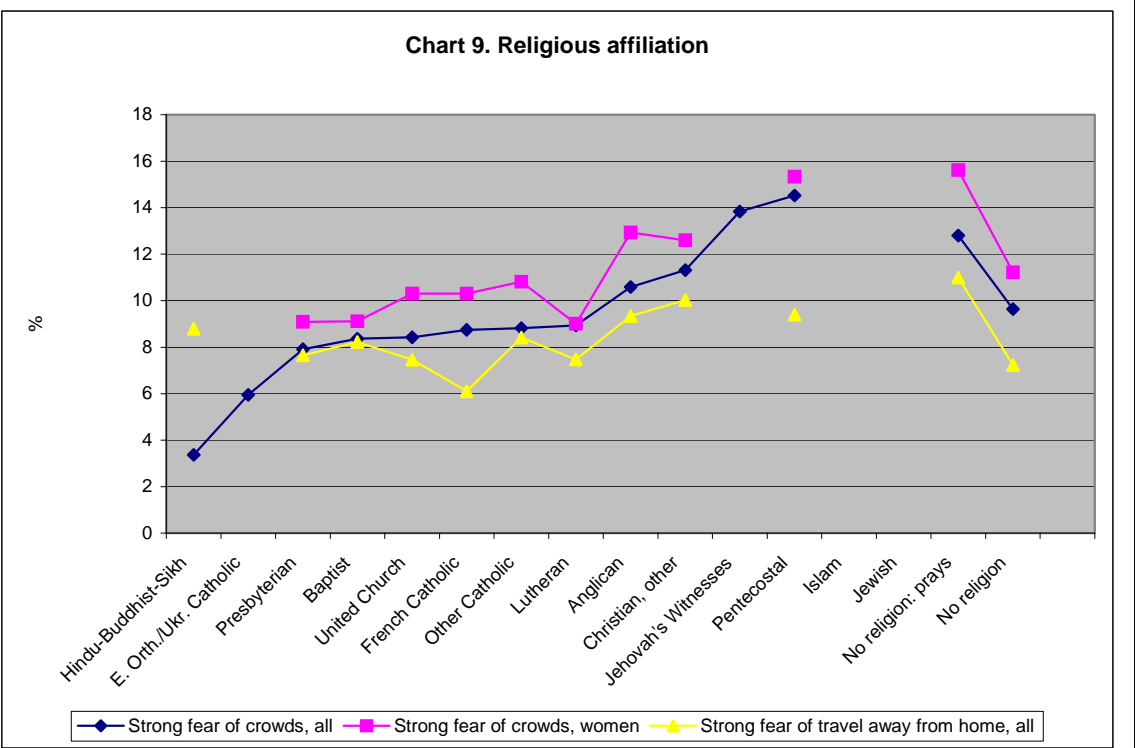
**Chart 8. Strength of belonging to their local community; and language(s)**



**Percentage who have had strong fears of crowds, and travel away from home**

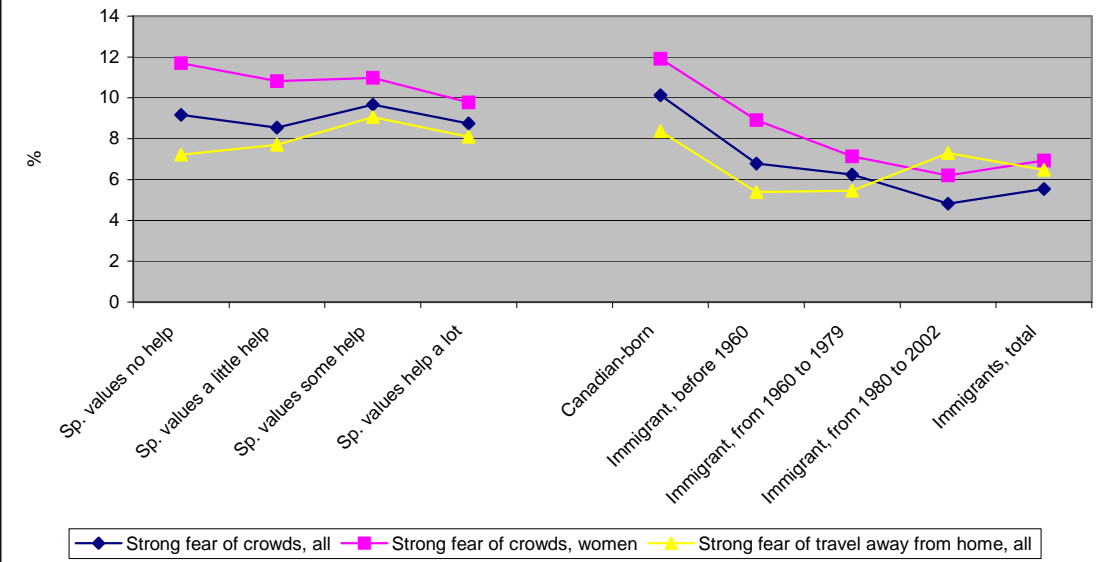
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

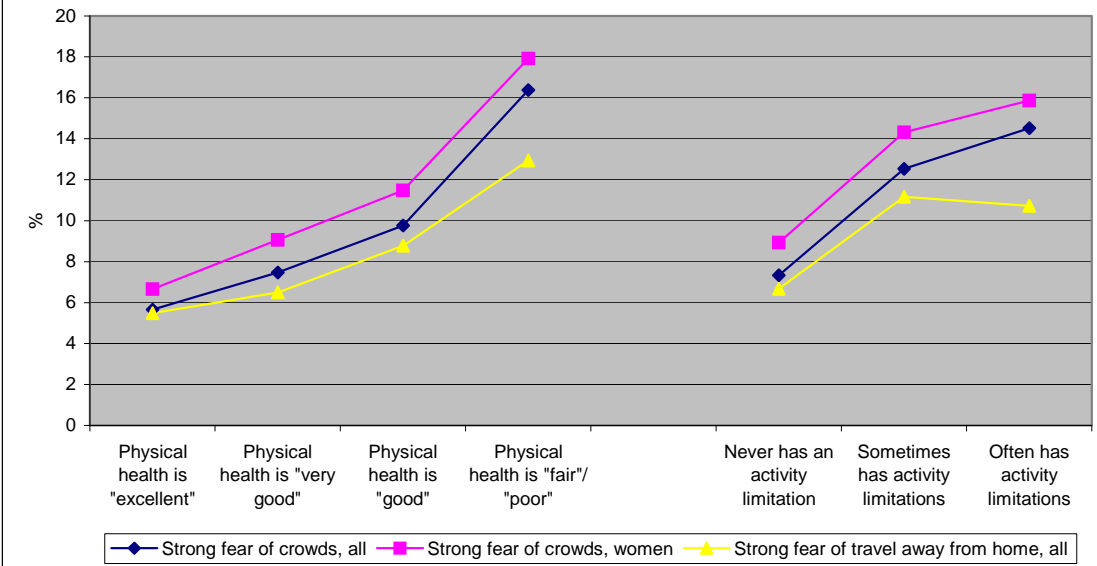


**Percentage who have had strong fears of crowds, and travel away from home**  
 Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**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**

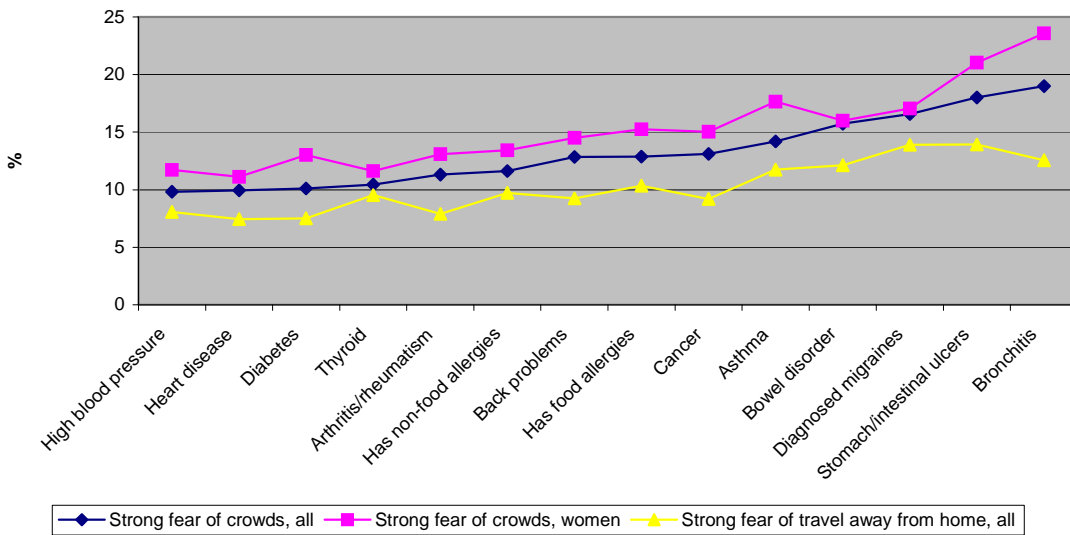


**Percentage who have had strong fears of crowds, and travel away from home**

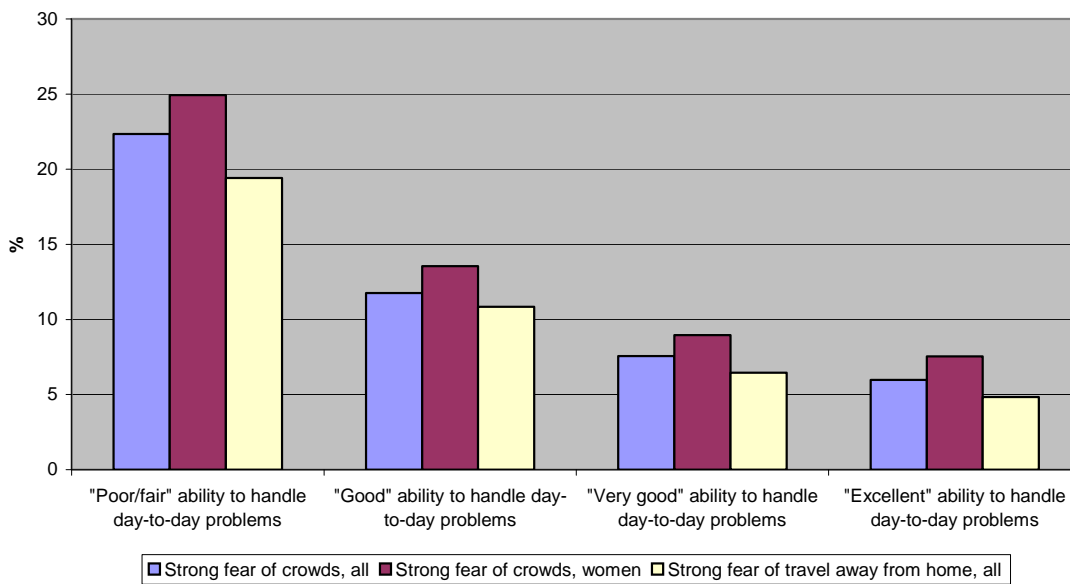
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 13. Selected chronic health problem  
(more than one may have been reported)**



**Chart 14. Perceived ability to handle day-to-day problems**

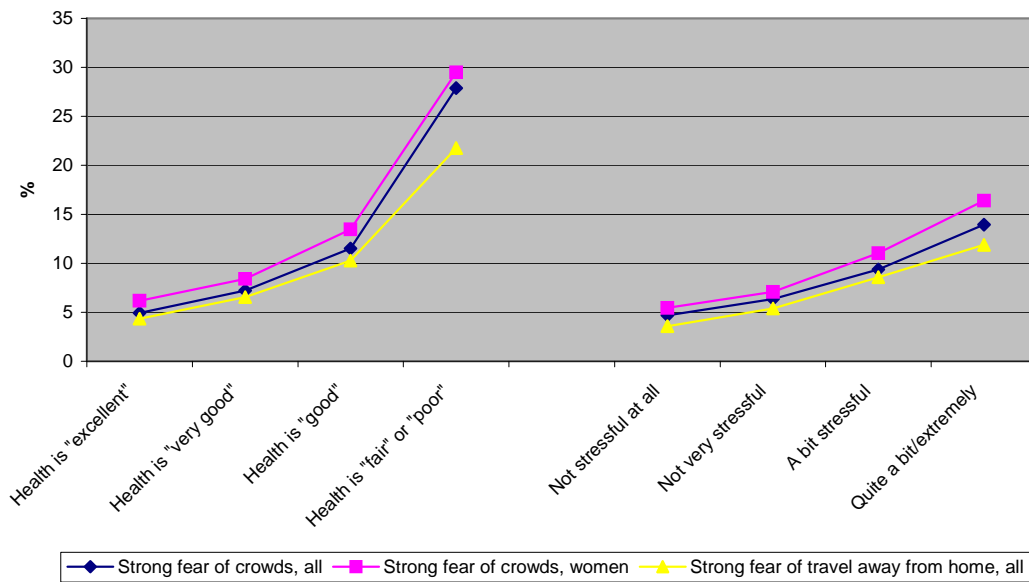


**Percentage who have had strong fears of crowds, and travel away from home**

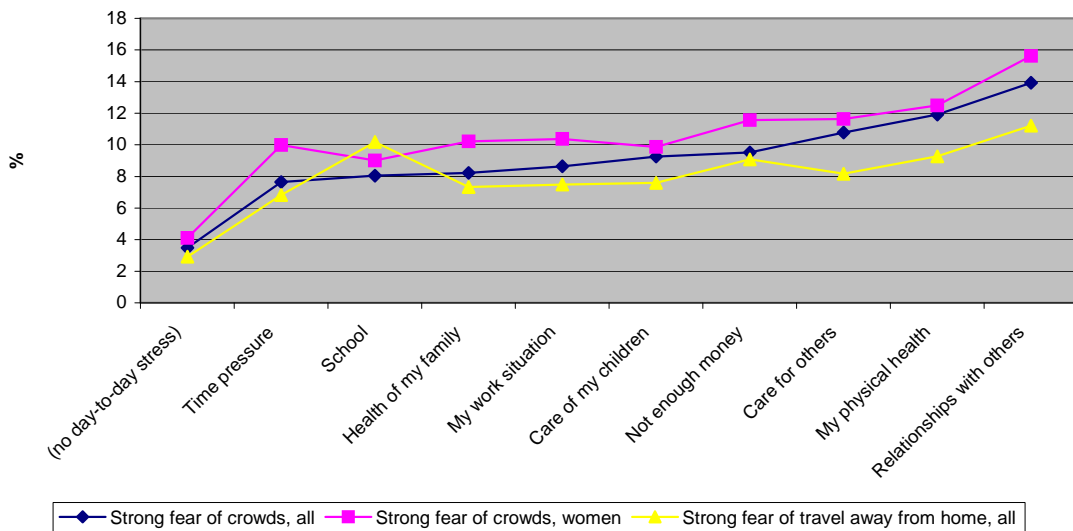
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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**

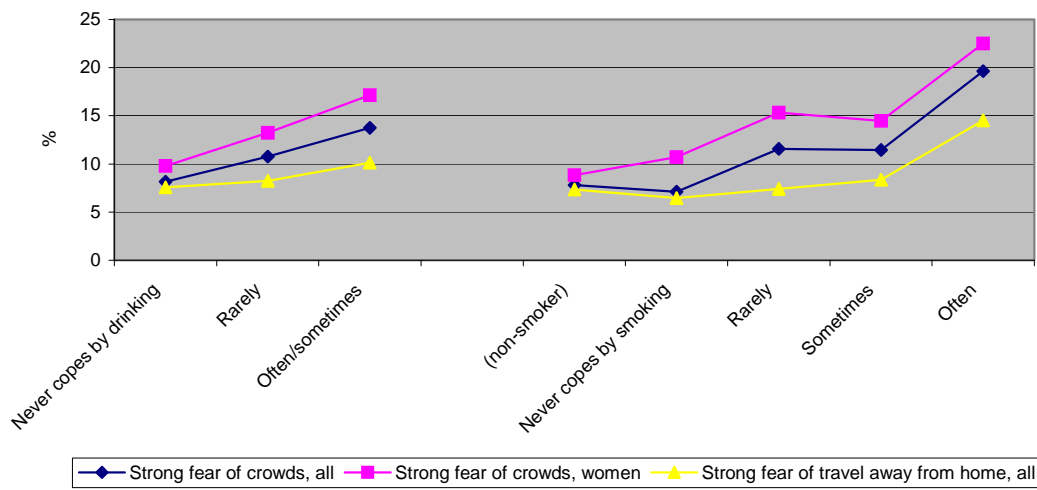


**Percentage who have had strong fears of crowds, and travel away from home**

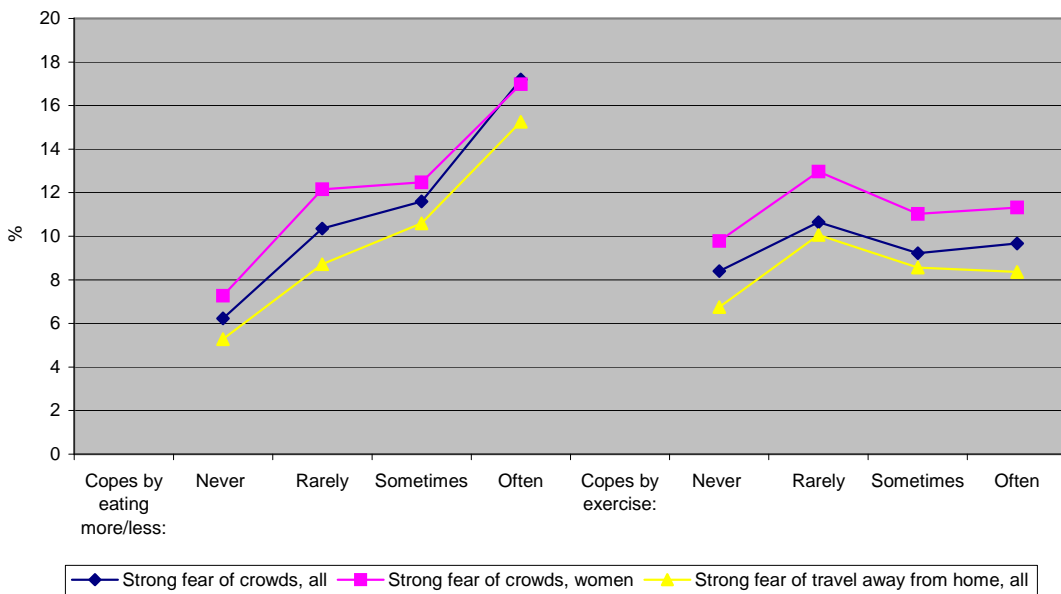
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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**

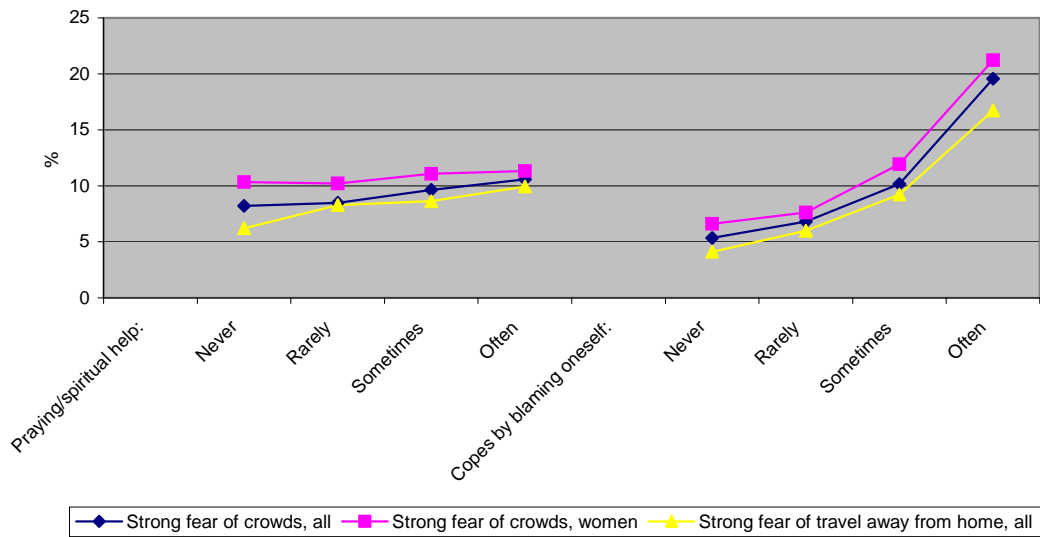


**Percentage who have had strong fears of crowds, and travel away from home**

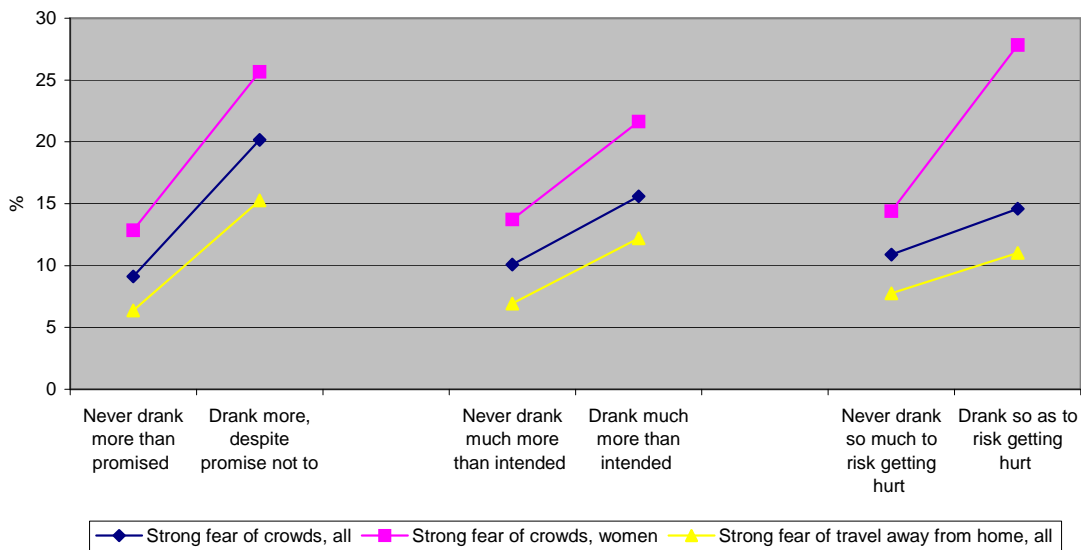
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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**

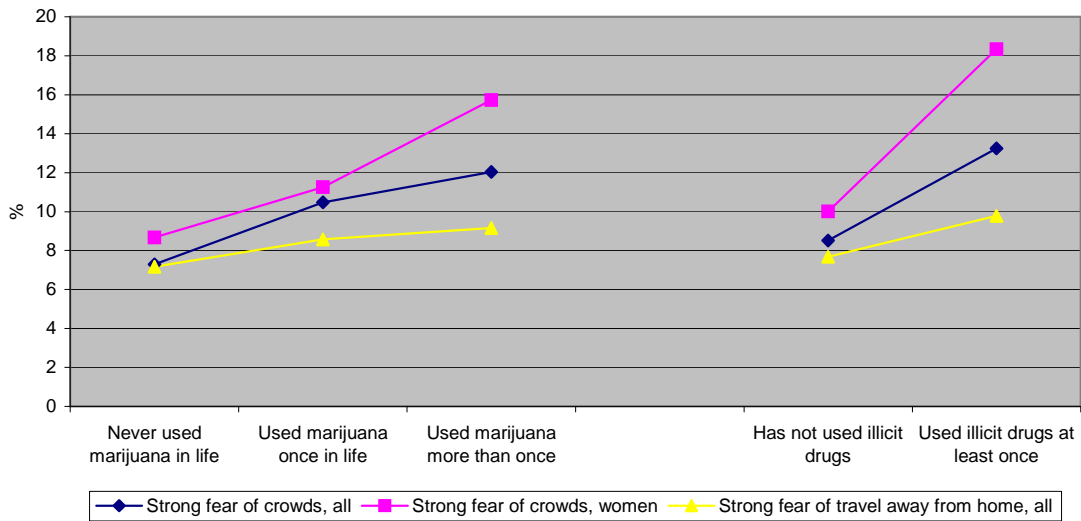


**Percentage who have had strong fears of crowds, and travel away from home**

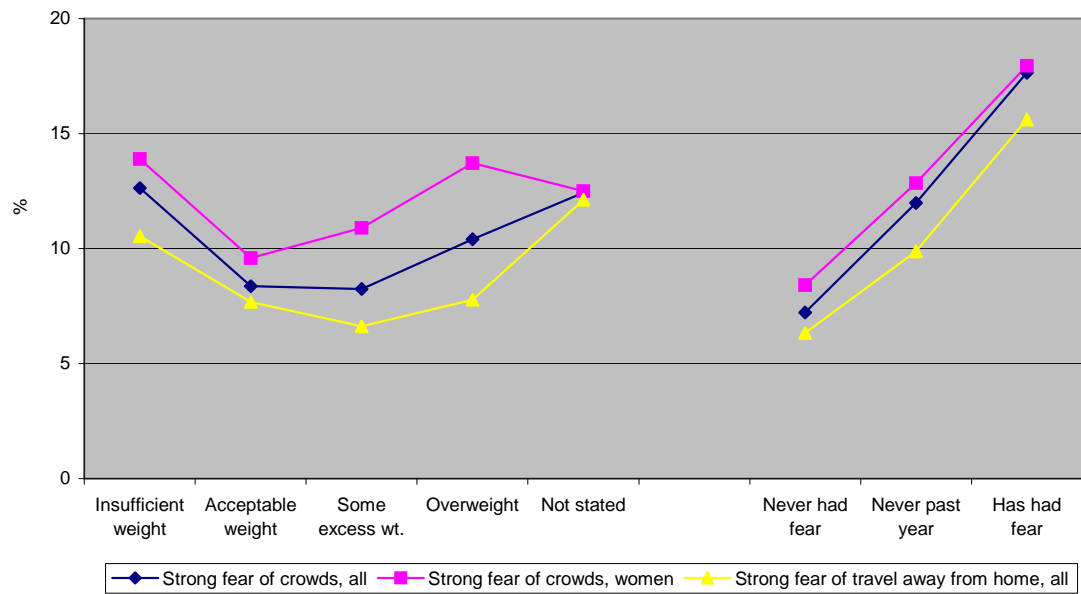
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



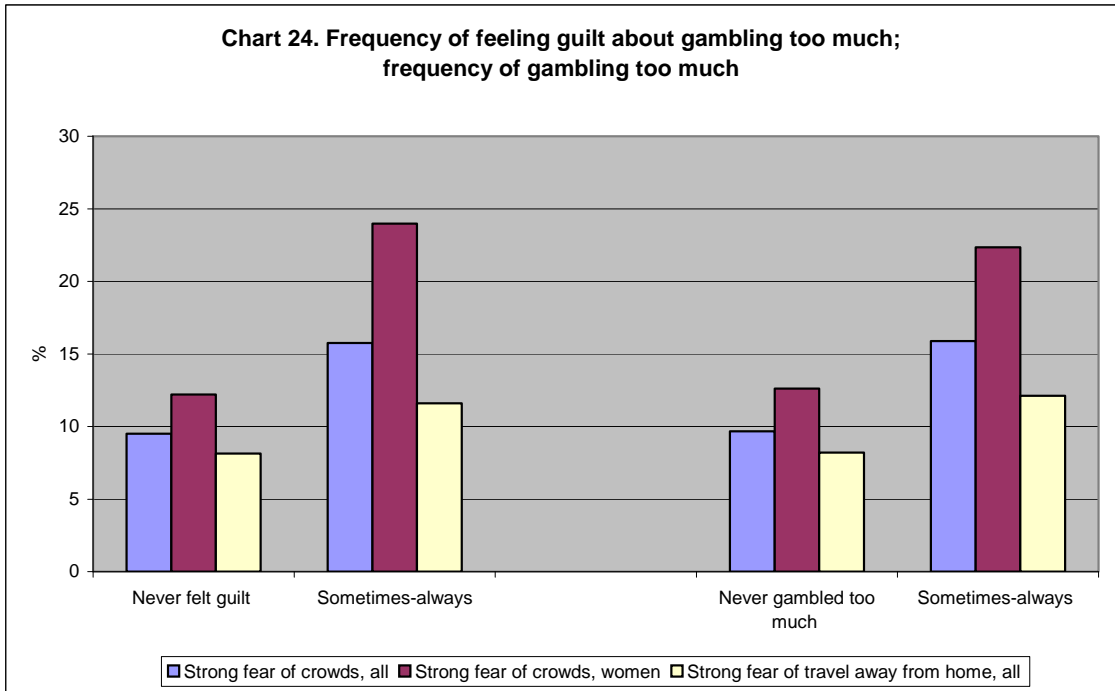
**Chart 22. Weight acceptability (according to the body mass index, (ages 20 to 64); and fear of being overweight past year**



**Percentage who have had strong fears of crowds, and travel away from home**

Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

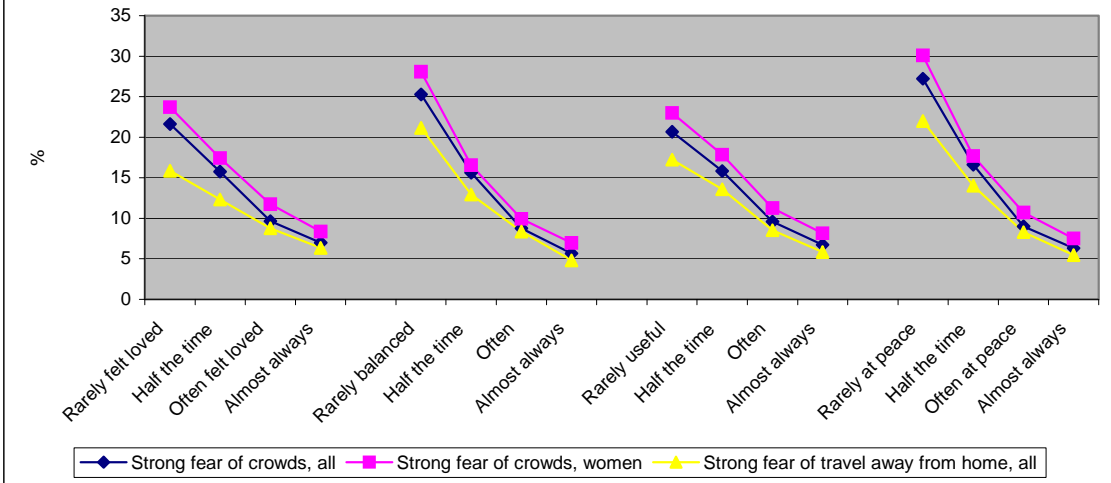


**Percentage who have had strong fears of crowds, and travel away from home**

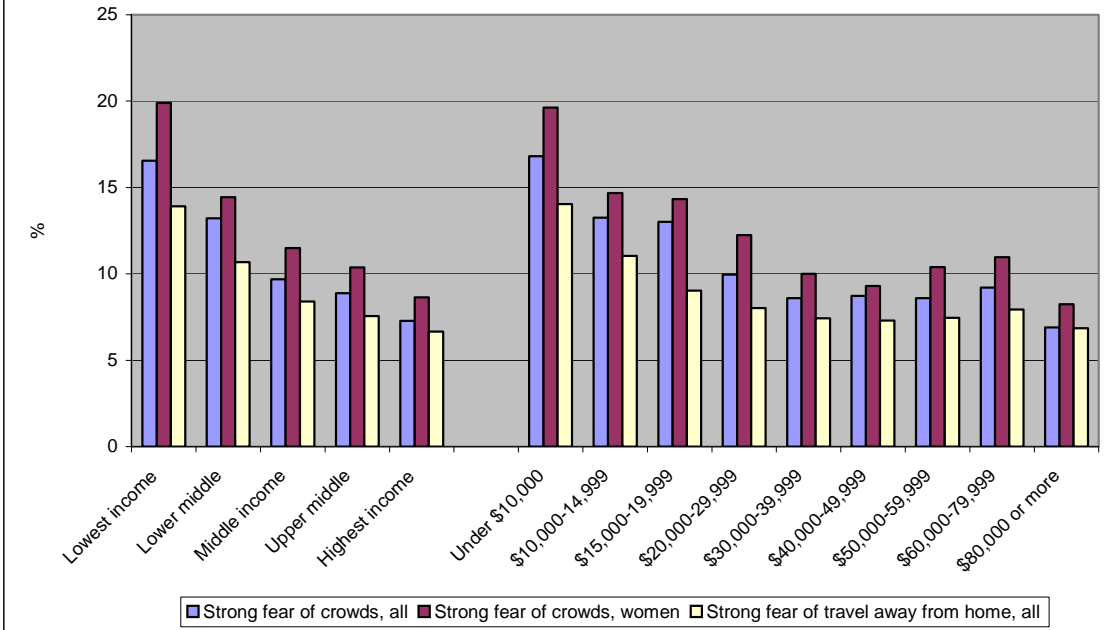
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



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

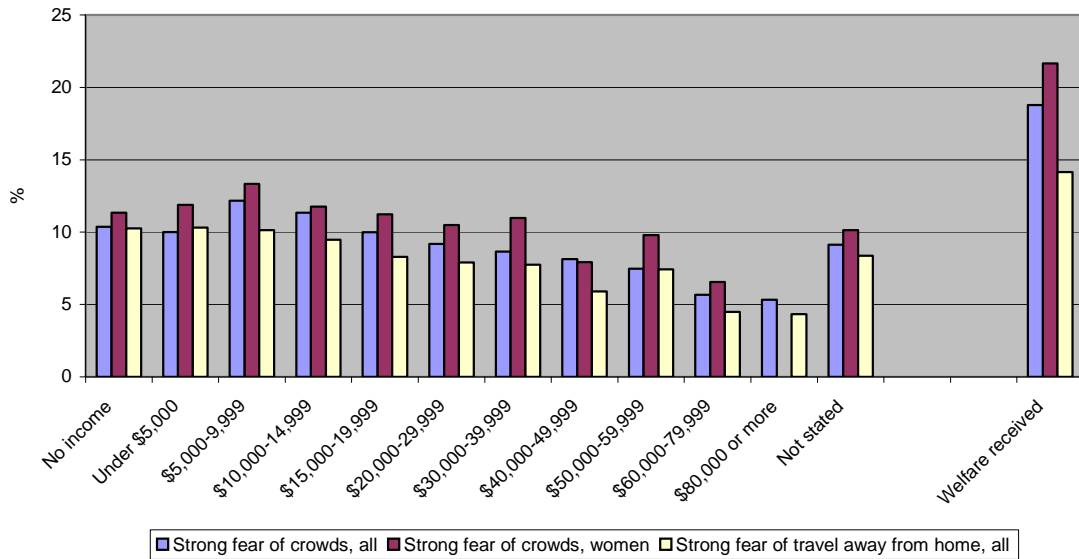


**Percentage who have had strong fears of crowds, and travel away from home**

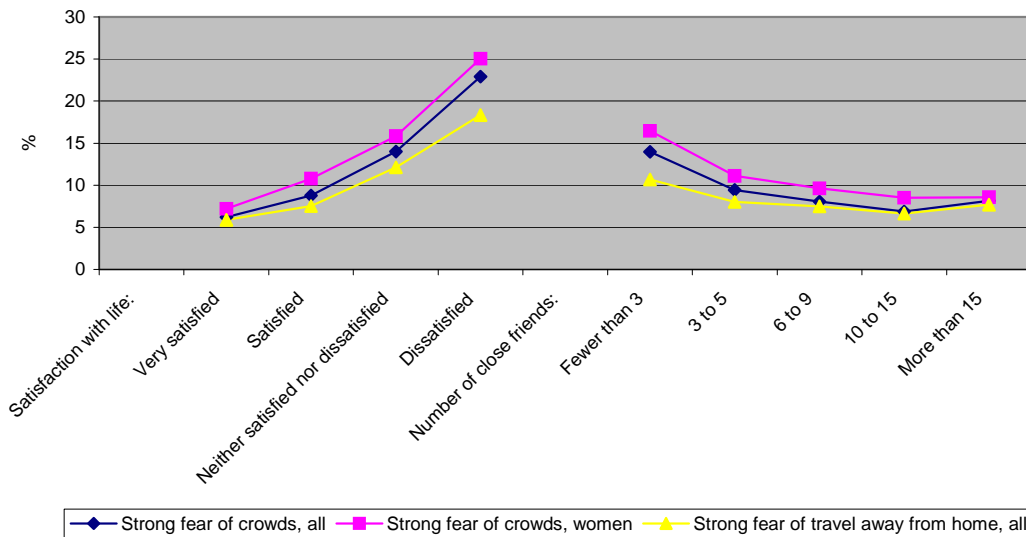
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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**

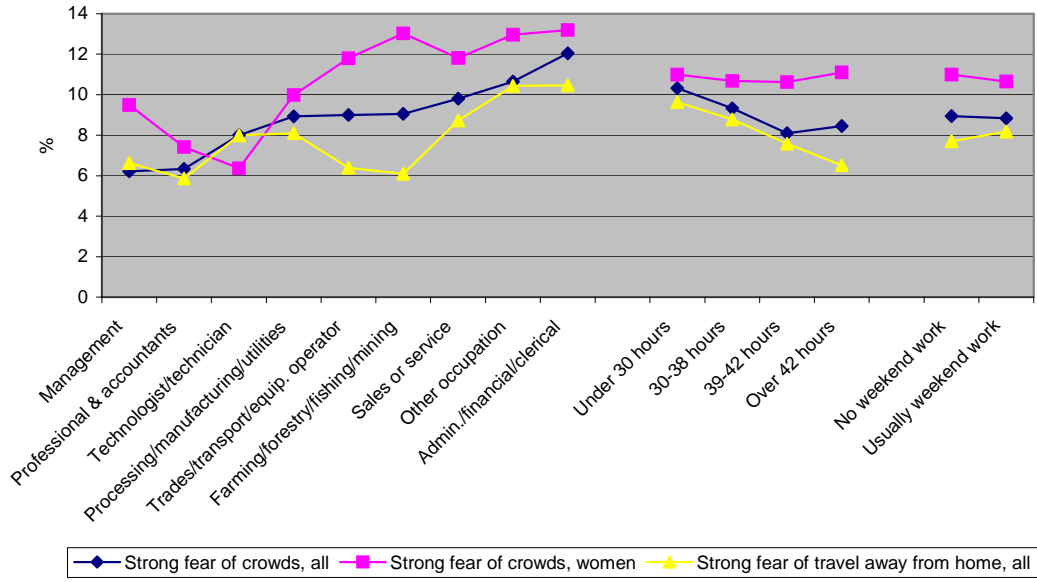


**Percentage who have had strong fears of crowds, and travel away from home**

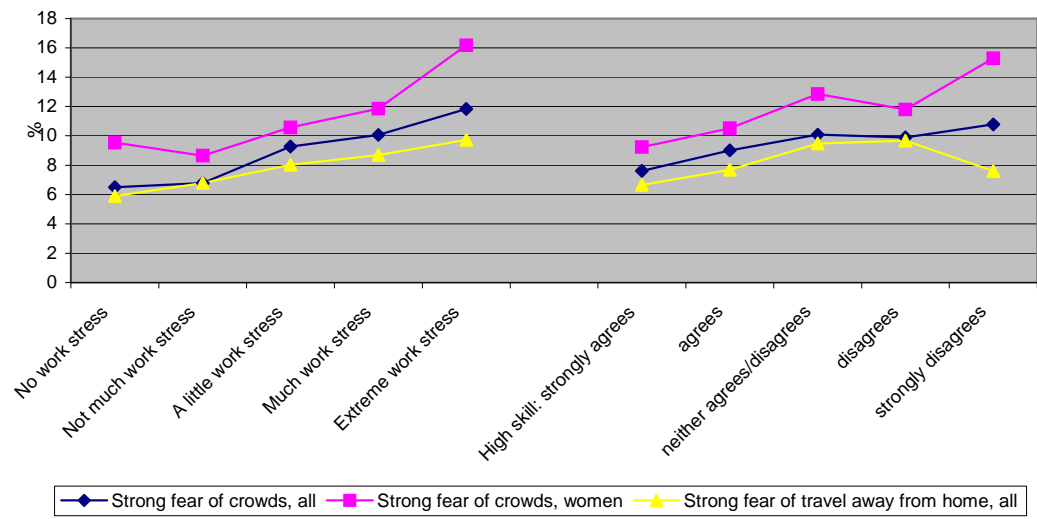
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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 (ages 15 to 74)**



**Chart 30. Level of work stress (main job), and skill requirement, past year (ages 15 to 74)**

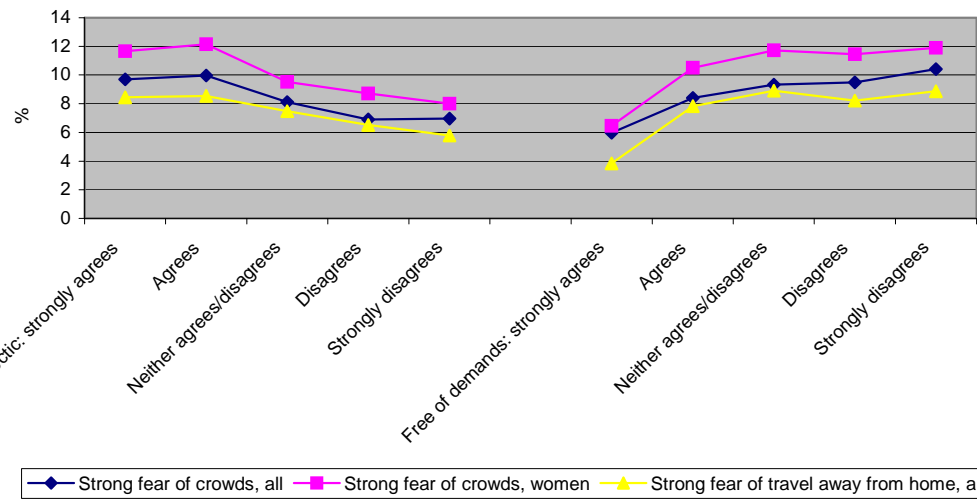


**Percentage who have had strong fears of crowds, and travel away from home**

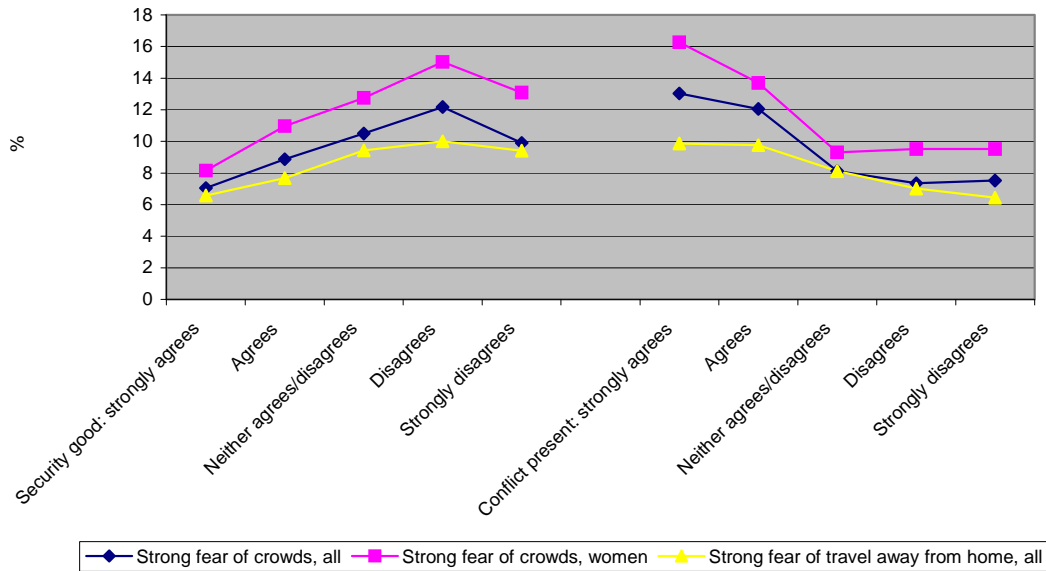
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

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 (ages 15 to 74)**



**Chart 32. Job security; and presence of conflict with other employees (ages 15 to 74)**

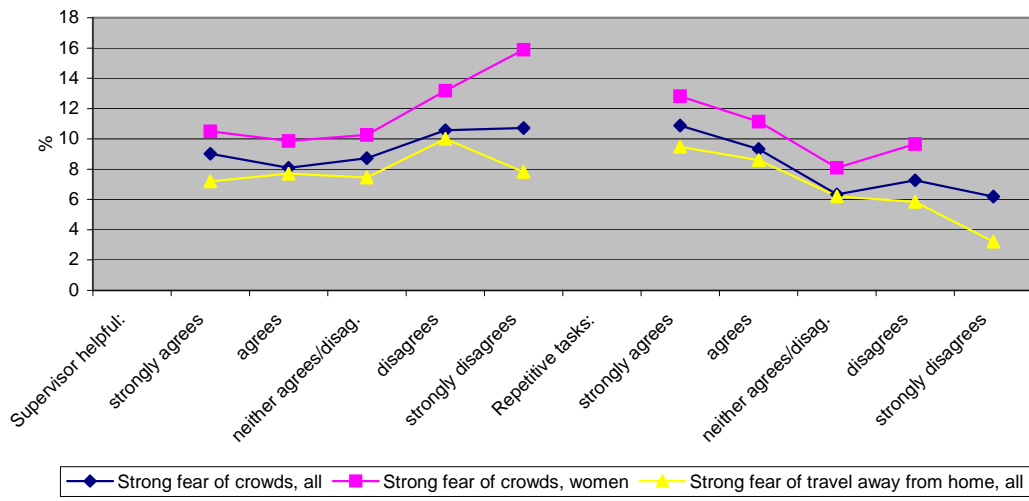


**Percentage who have had strong fears of crowds, and travel away from home**

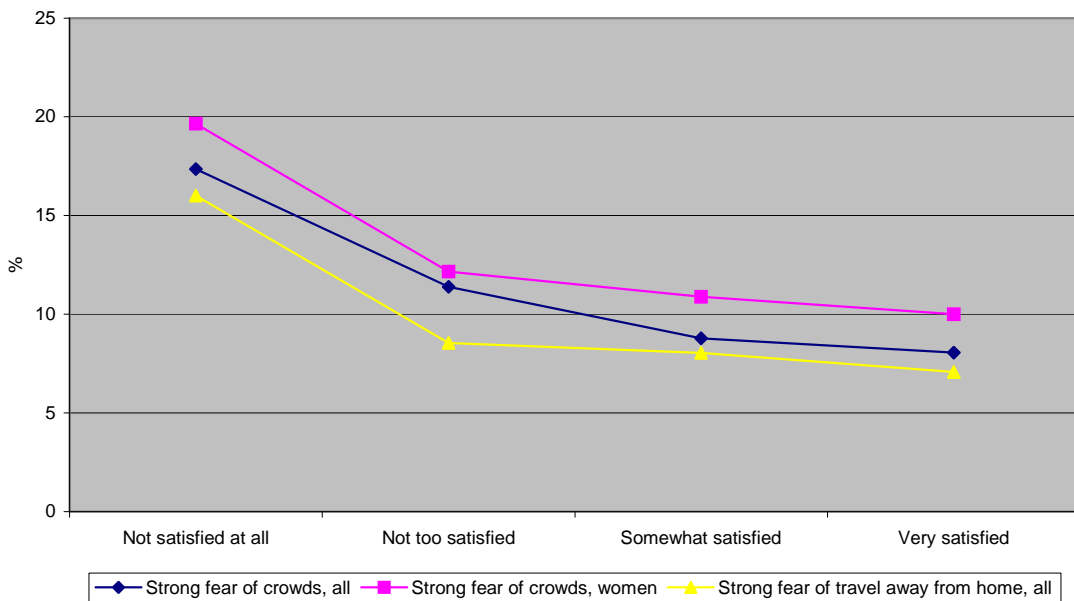
Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job (ages 15 to 74)**



**Chart 34. Job satisfaction (ages 15 to 74)**

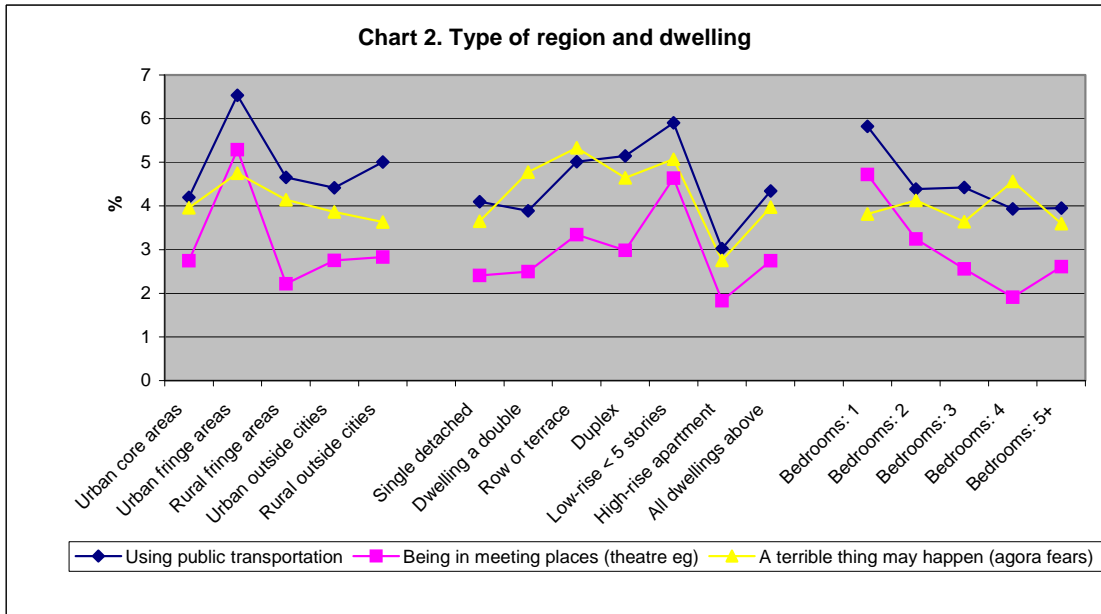
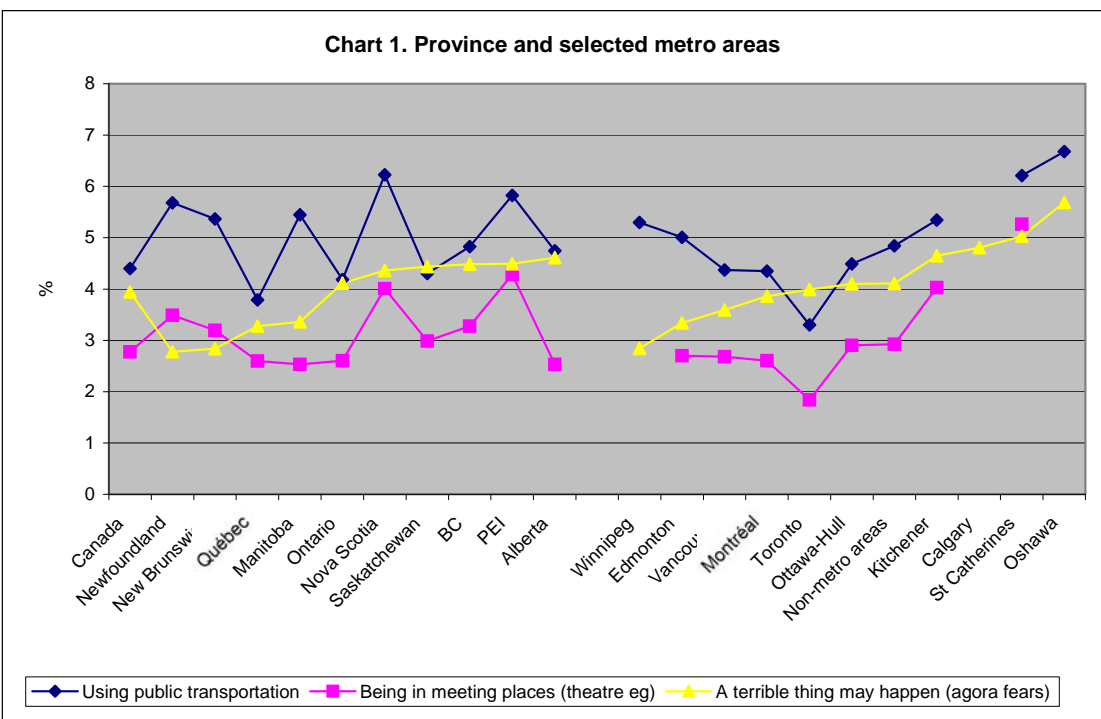


**Percentage who have had strong fears of crowds, and travel away from home**

Question: Tell me if you ever strongly feared any of the following situations: being in crowds?; travelling away from home?

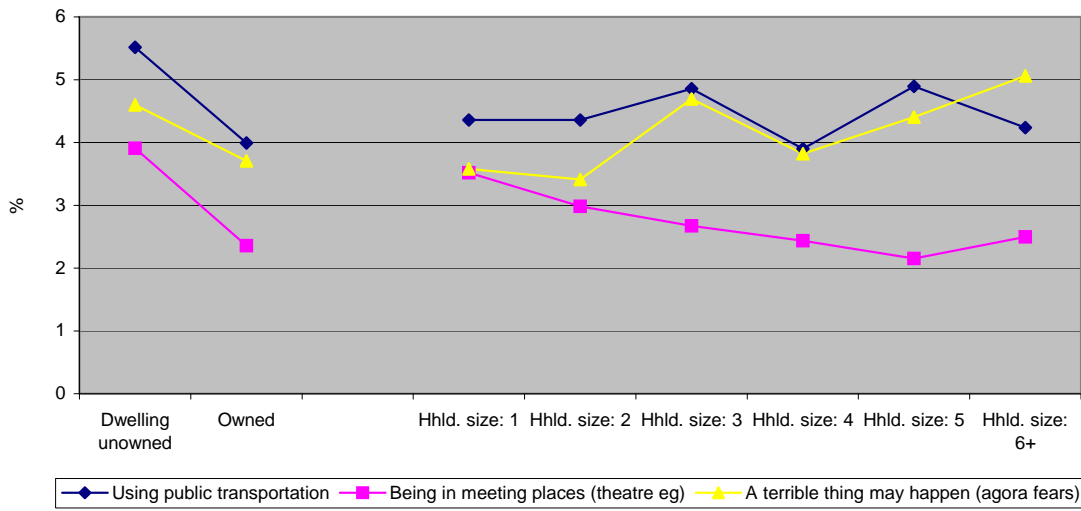
Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 2. Charts portraying the percentage of  
Canadians who have had strong fears of using public  
transportation, and of being in meeting places, and of  
and of fearing something terrible might happen**

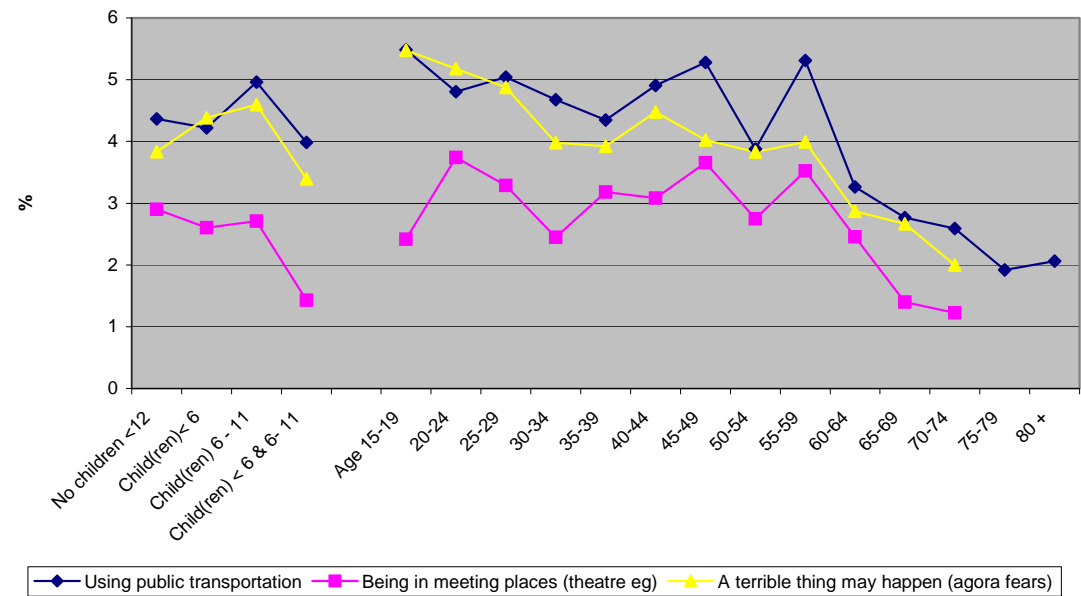


**Percentage who have had strong fears of using public transportation, being in meeting places, "agora"**  
 Question: Tell me if you ever strongly feared any of the following situations ...  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 3. Dwelling ownership; household size**



**Chart 4. Age groups of children in households; age group of respondent**

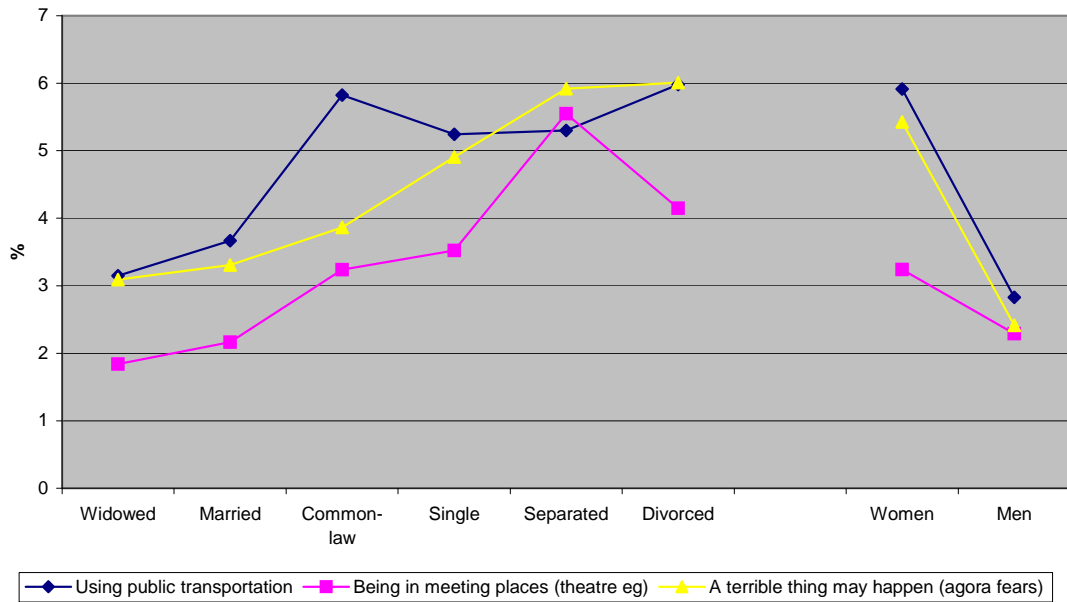


**Percentage who have had strong fears of using public transportation, being in meeting places, "agora"**

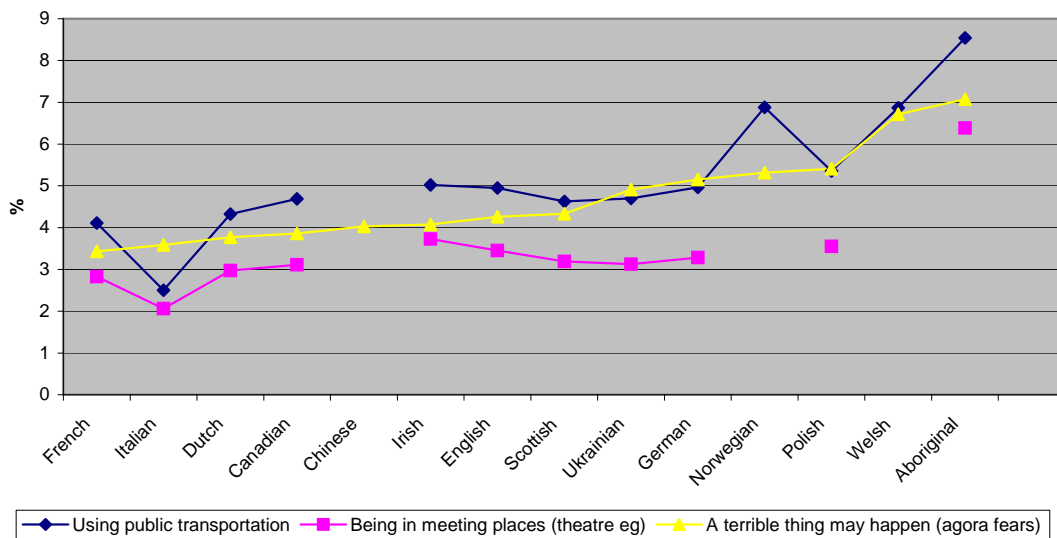
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 5. Marital status, and gender**



**Chart 6: Ethnic origin (more than one origin may have been reported)**

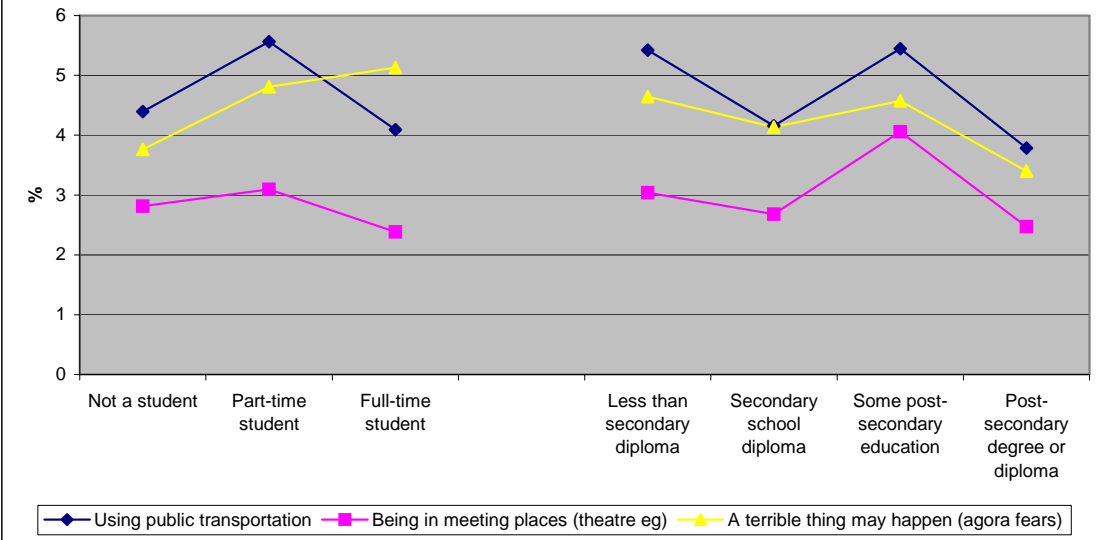


**Percentage who have had strong fears of using public transportation, being in meeting places, "agora"**

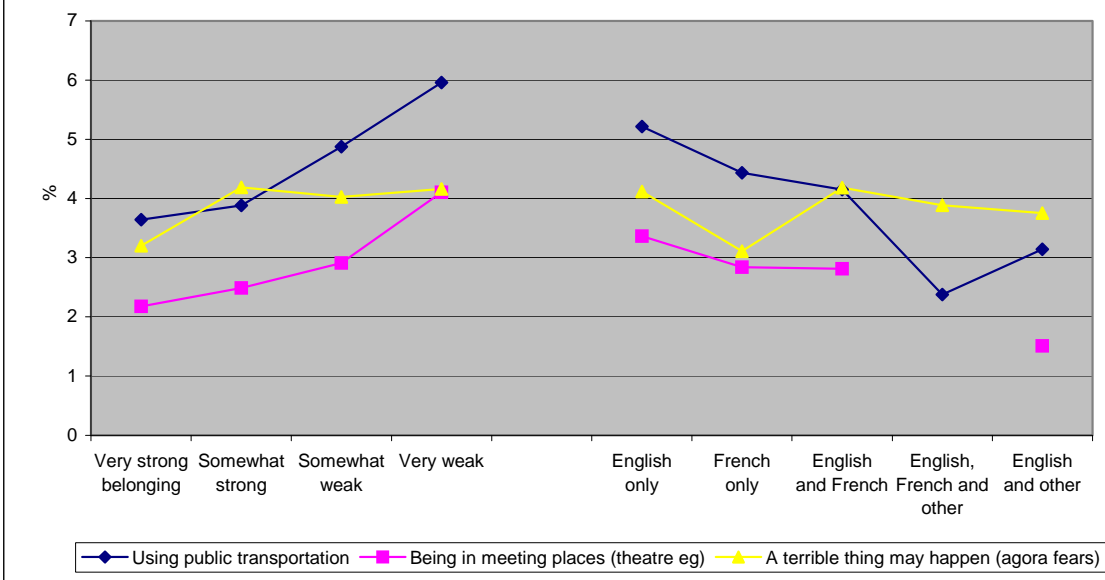
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 7. Student status; and level of education**



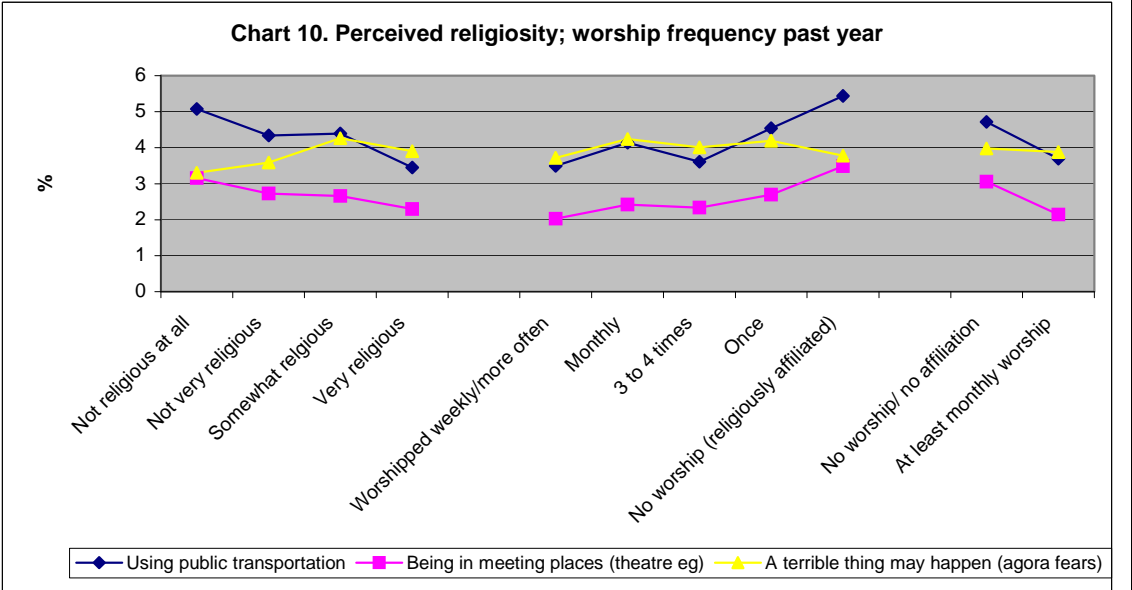
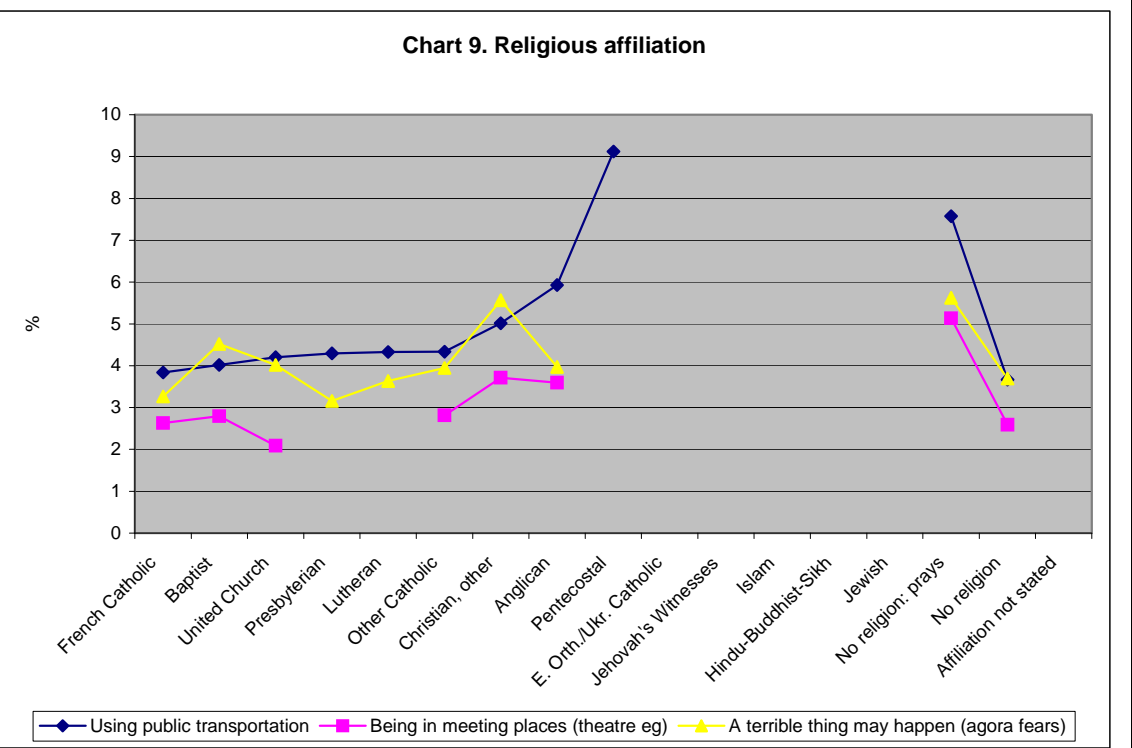
**Chart 8. Strength of belonging to their local community; and language(s)**



**Percentage who have had strong fears of using public transportation, being in meeting places, "agora"**

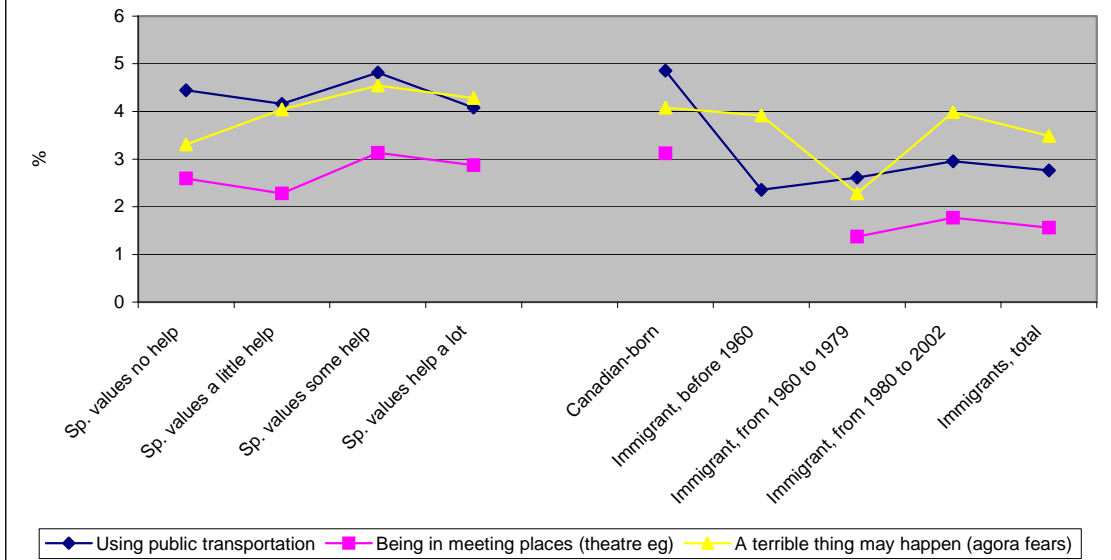
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

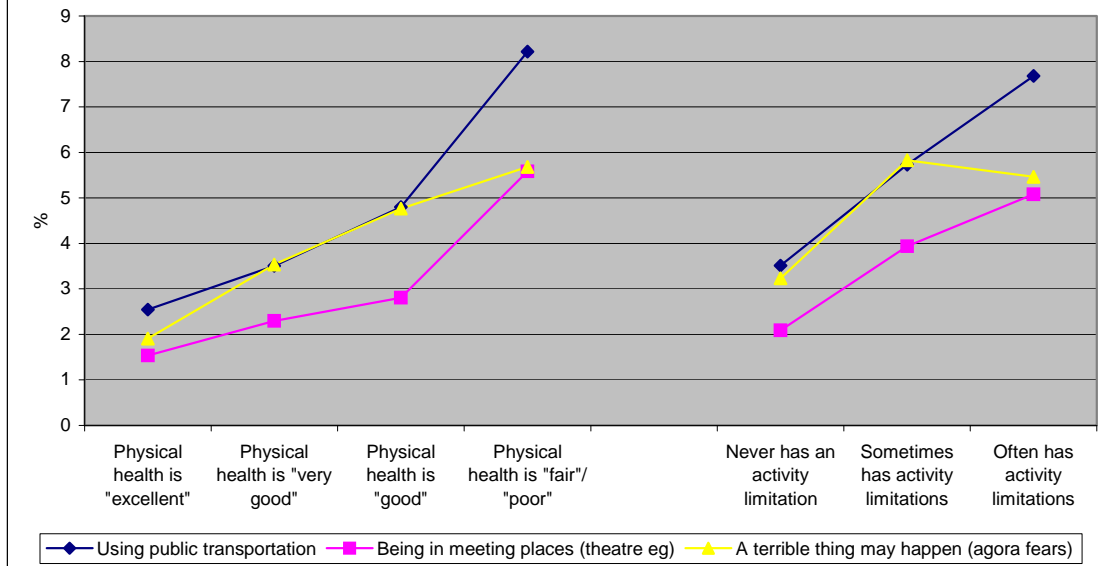


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**  
 Question: Tell me if you ever strongly feared any of the following situations ...  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**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**

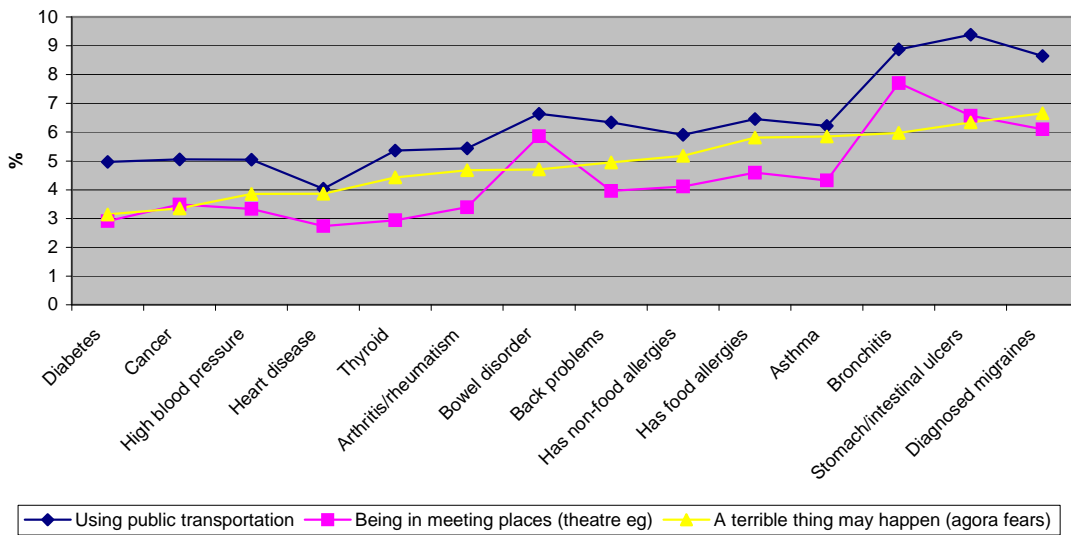


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

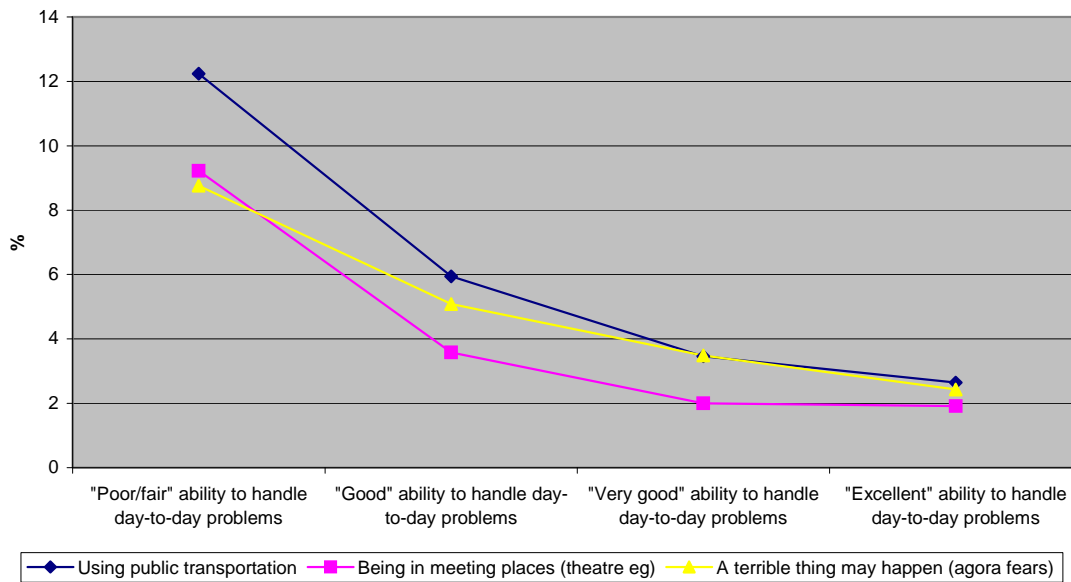
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 13. Selected chronic health problem  
(more than one may have been reported)**



**Chart 14. Perceived ability to handle day-to-day problems**

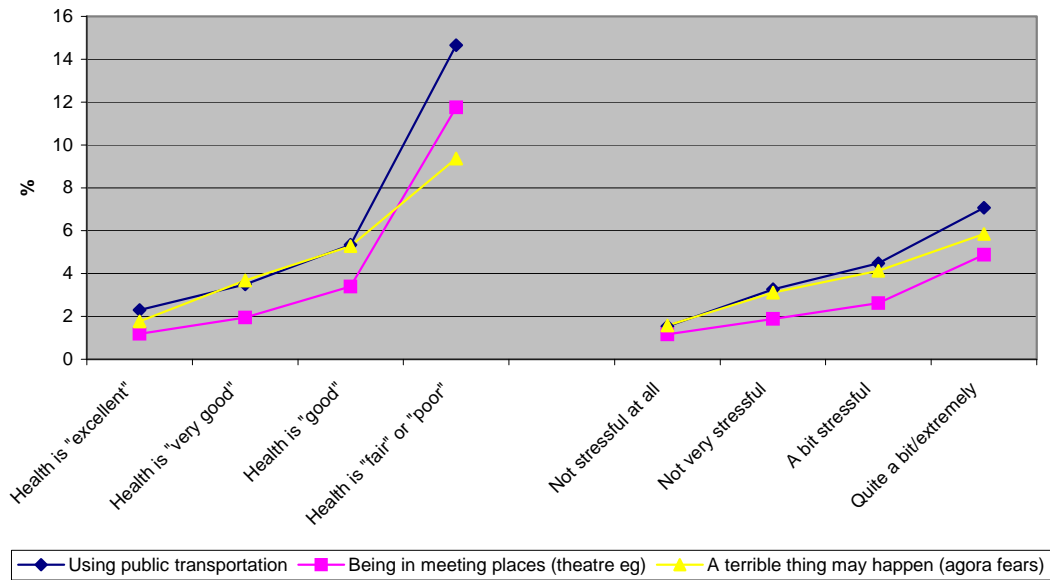


**Percentage who have had strong fears of using public transportation, being in meeting places, agoraphobia**

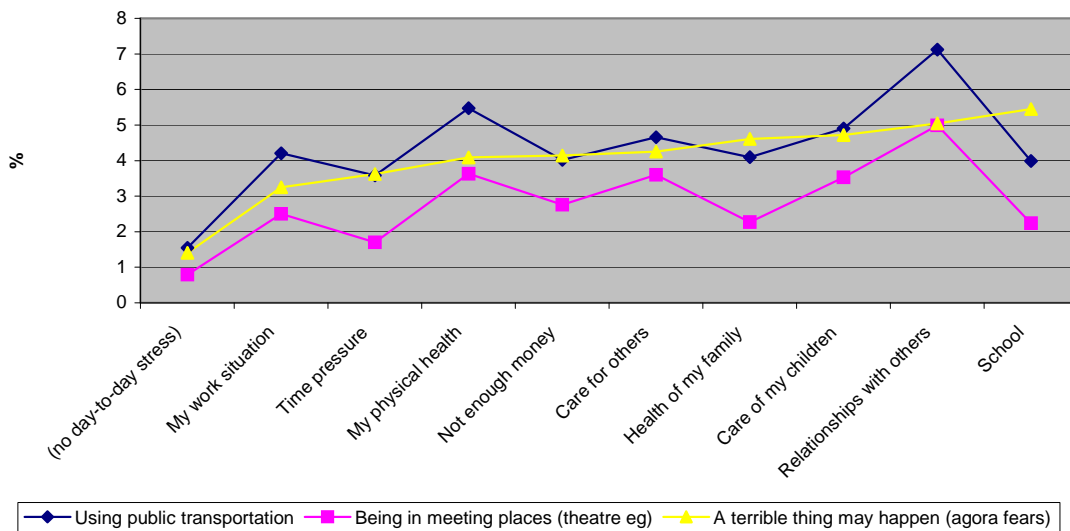
Question: Tell me if you ever strongly feared any of the following situations ...

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**

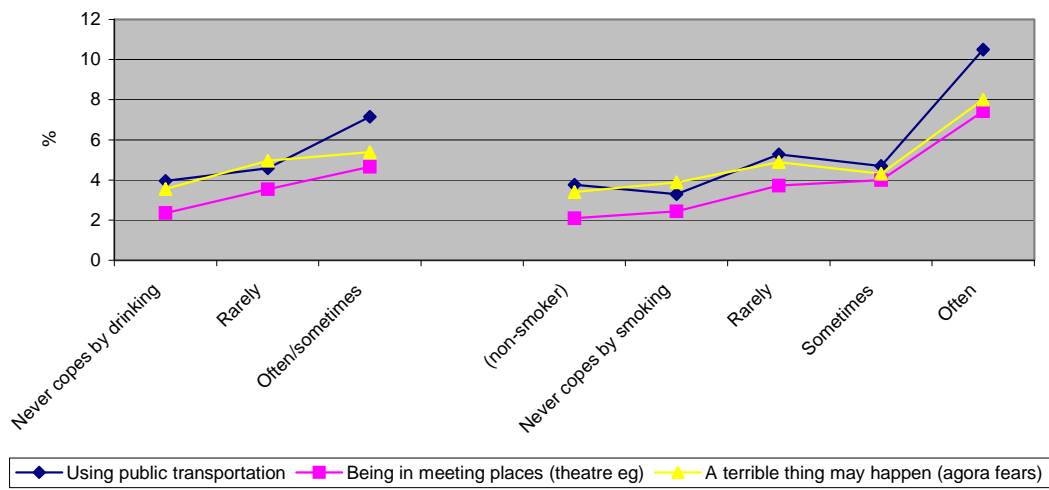


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

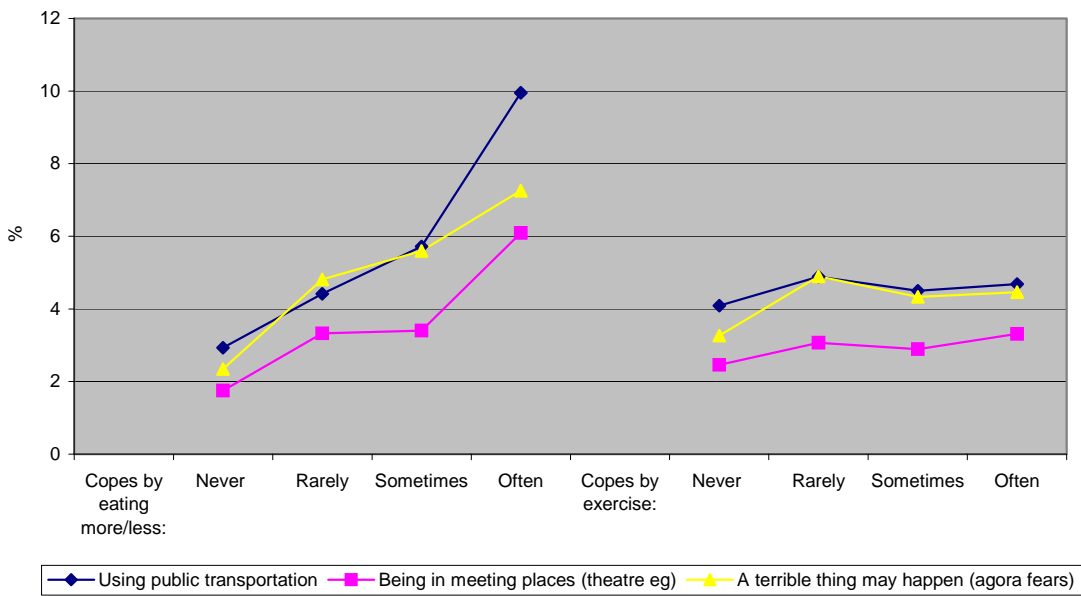
Question: Tell me if you ever strongly feared any of the following situations ...

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**

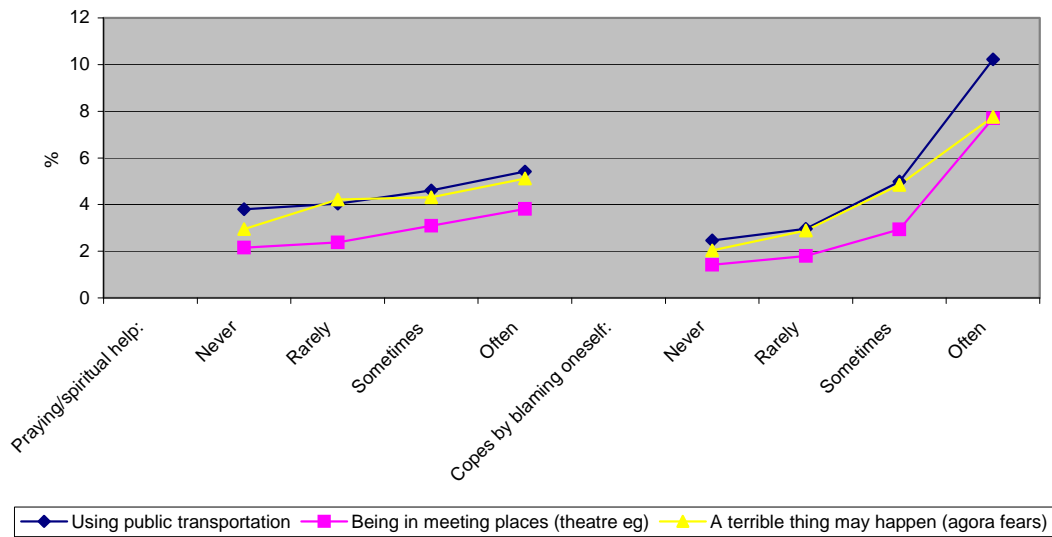


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

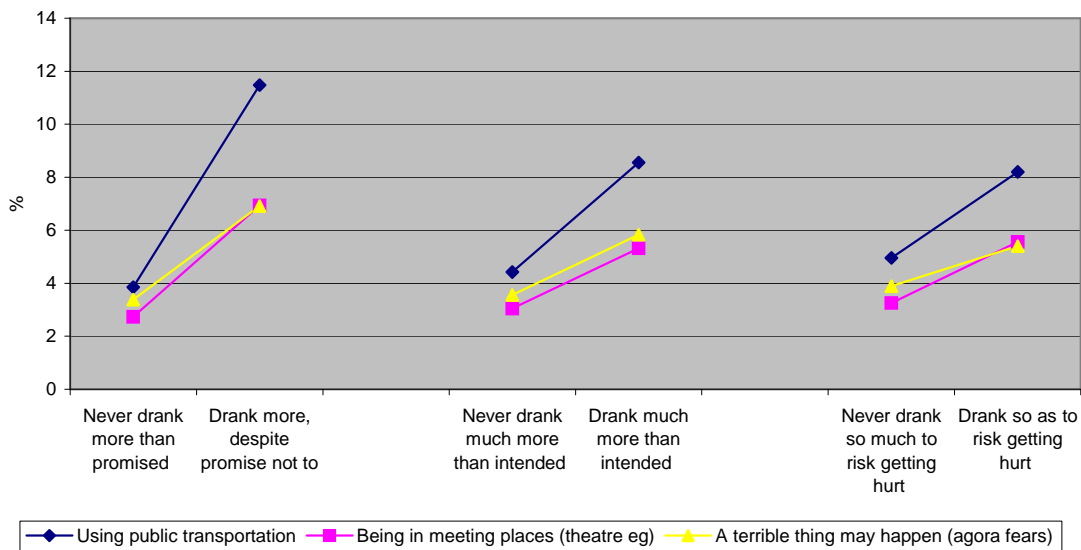
Question: Tell me if you ever strongly feared any of the following situations ...

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

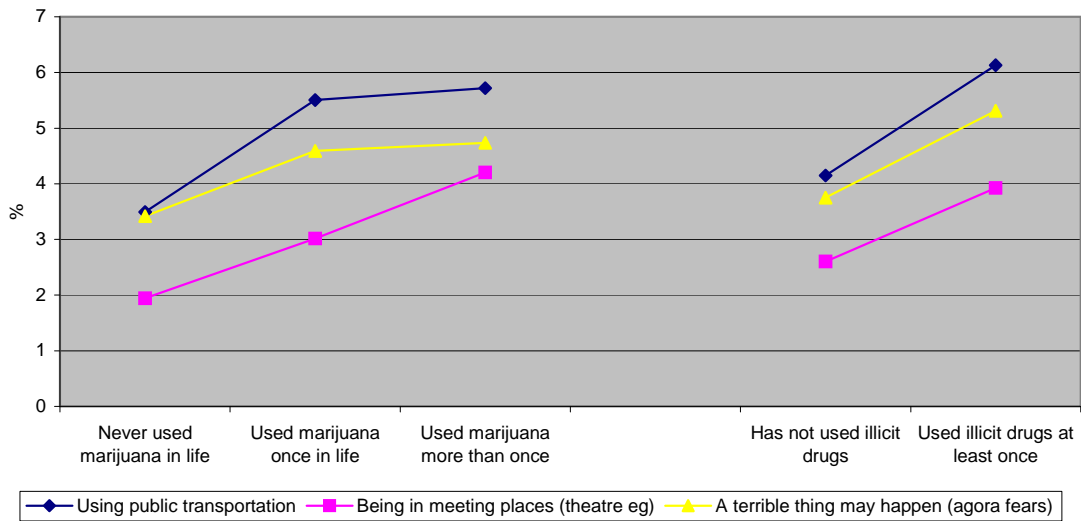


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

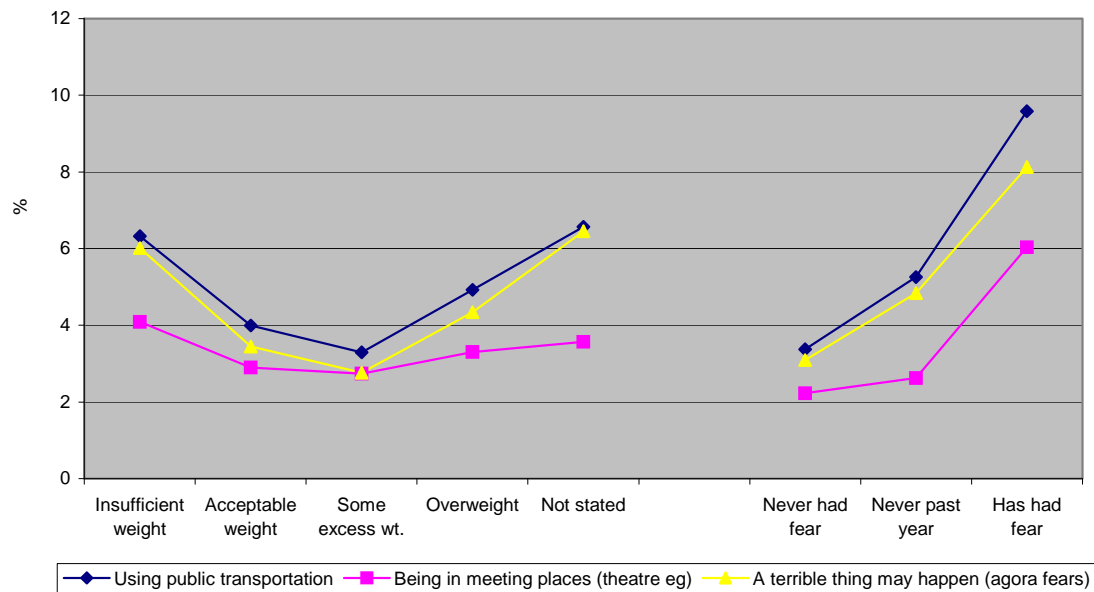
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



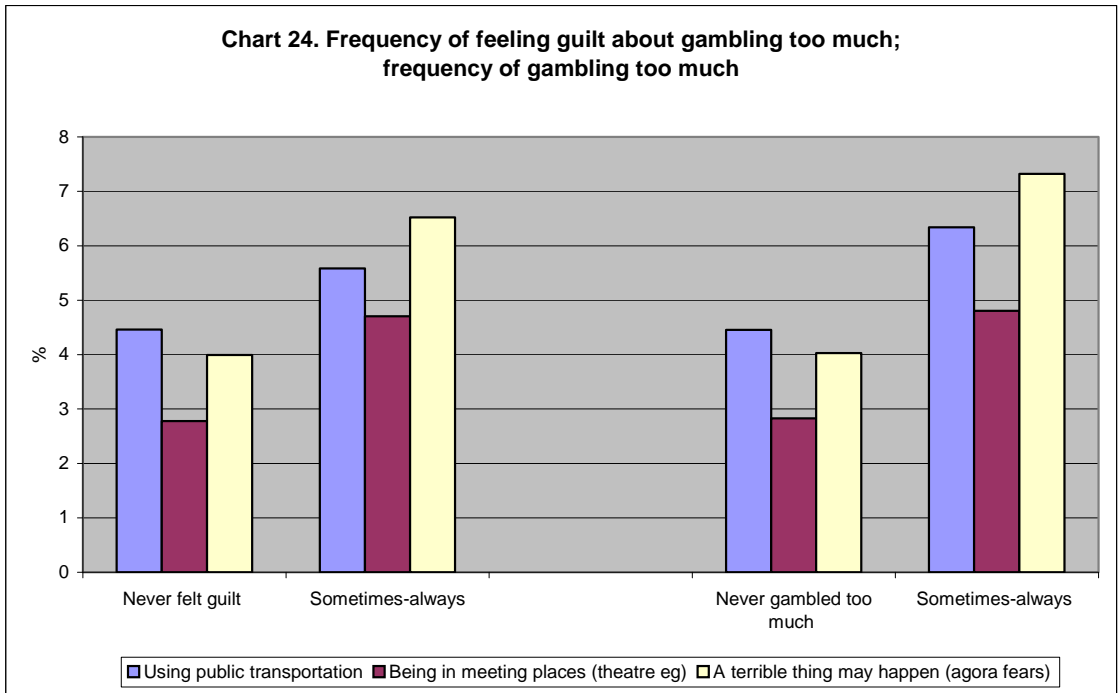
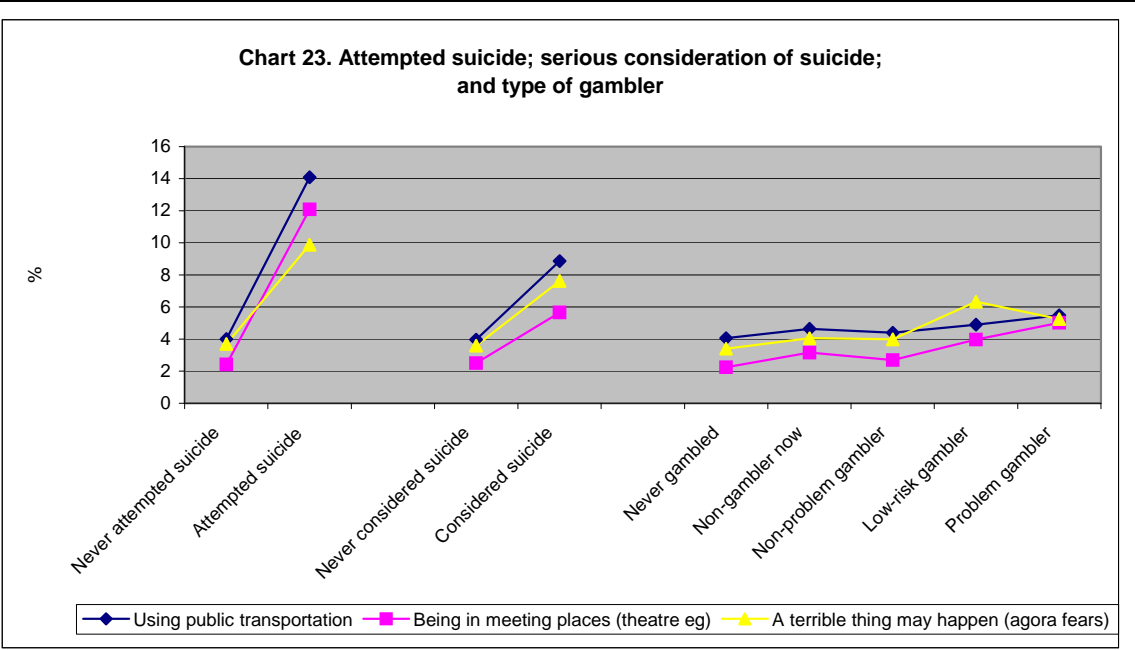
**Chart 22. Weight acceptability (according to the body mass index, (ages 20 to 64); and fear of being overweight past year**



**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

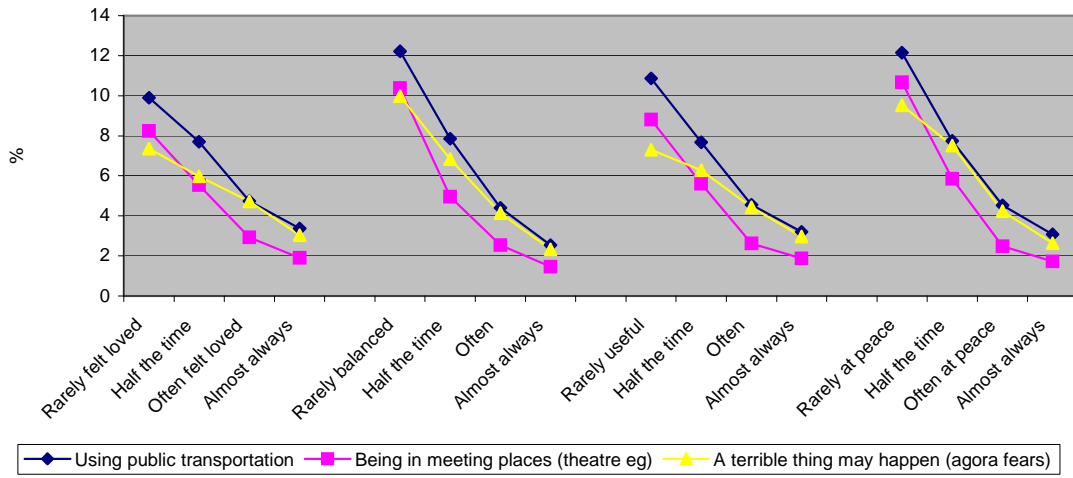
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

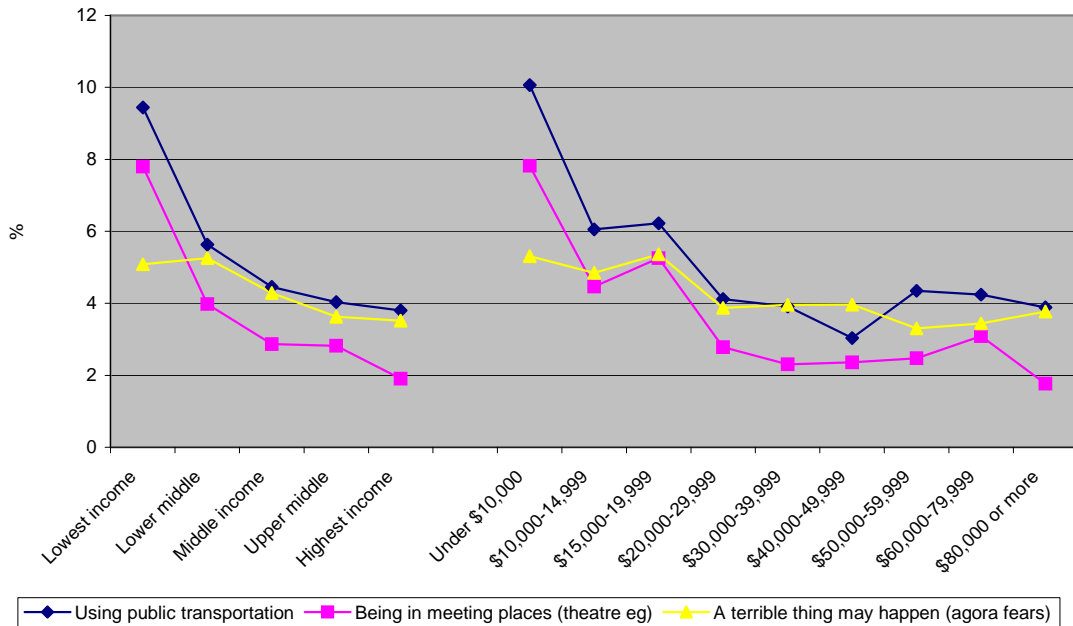


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**  
 Question: Tell me if you ever strongly feared any of the following situations ...  
 Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



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

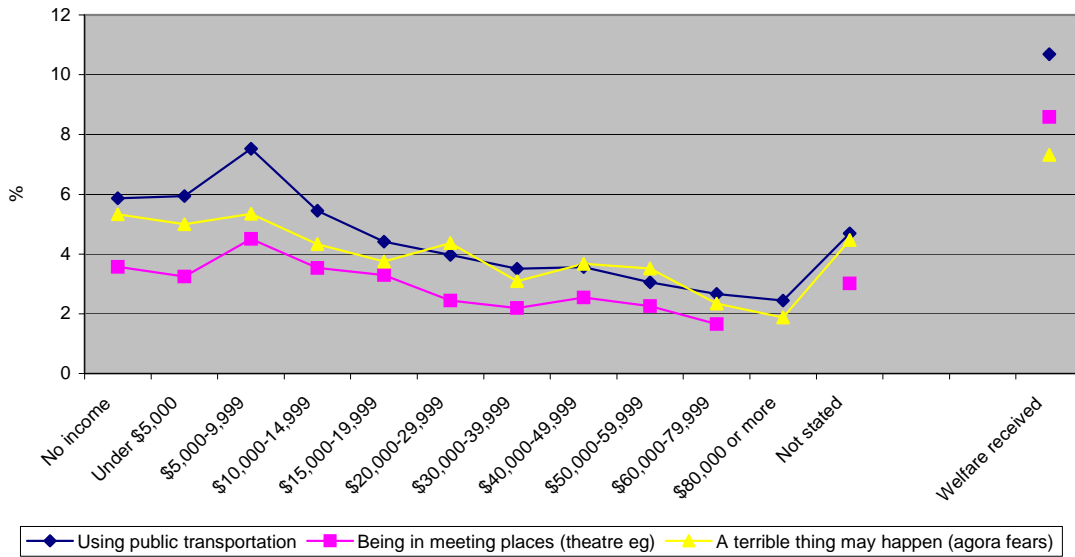


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

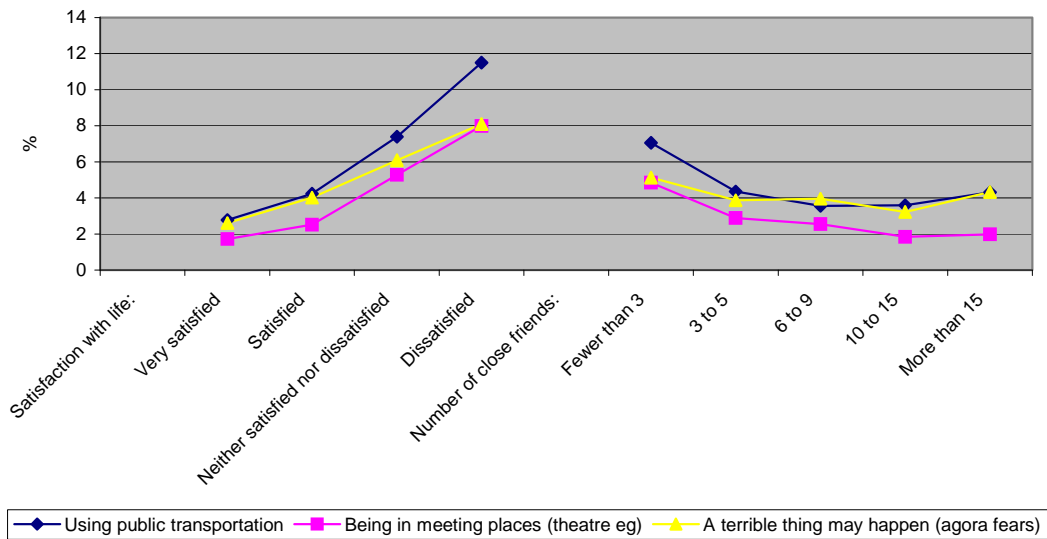
Question: Tell me if you ever strongly feared any of the following situations ...

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**

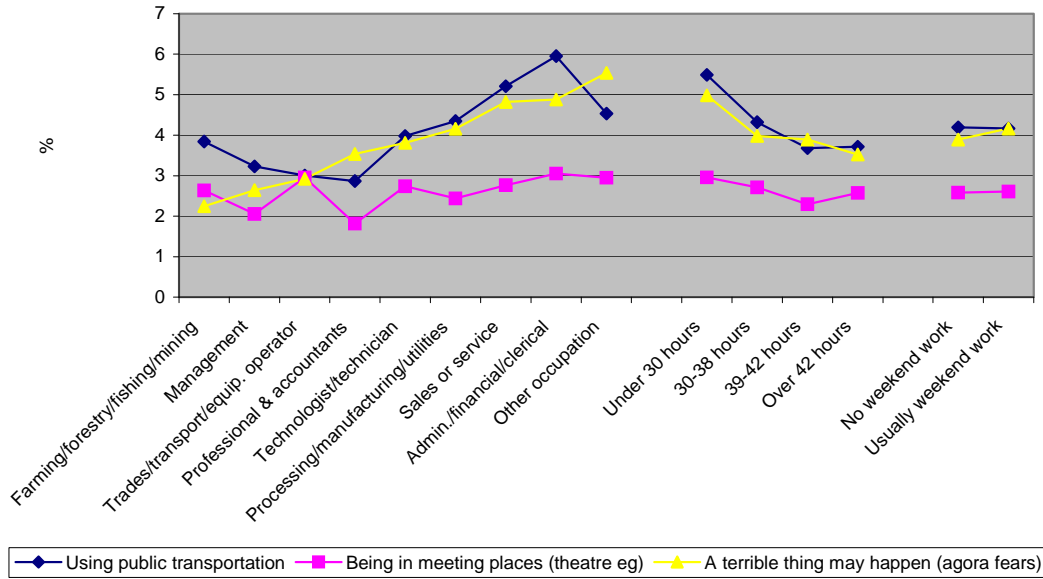


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

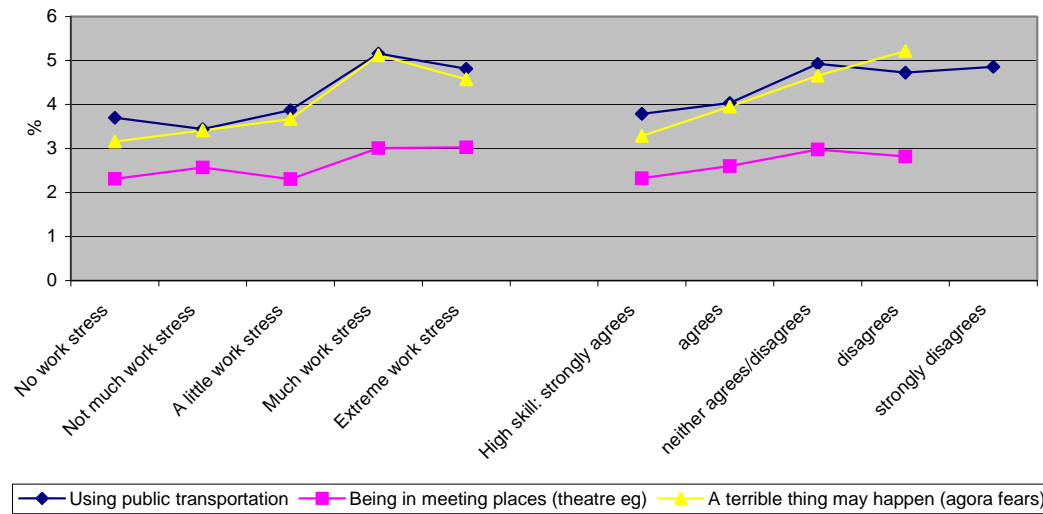
Question: Tell me if you ever strongly feared any of the following situations ...

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 (ages 15 to 74)**



**Chart 30. Level of work stress (main job), and skill requirement, past year (ages 15 to 74)**

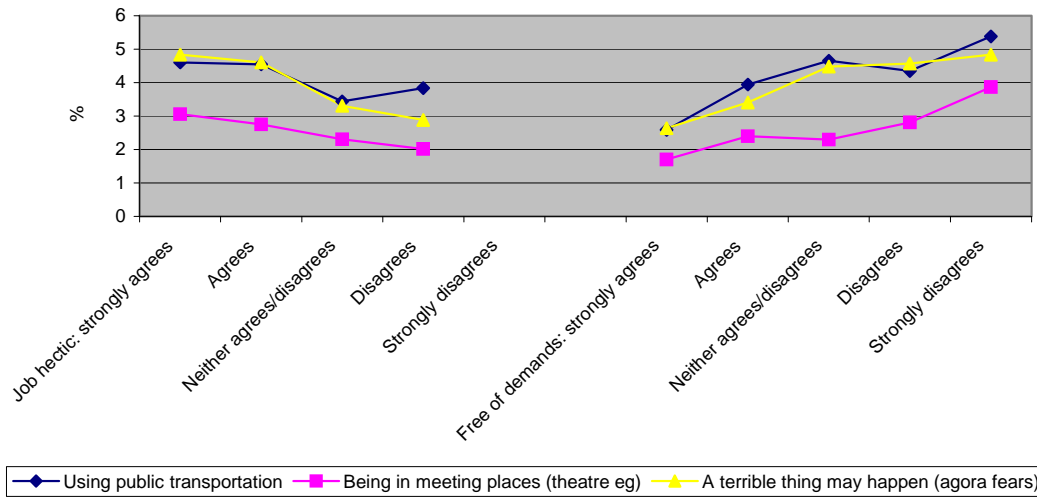


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

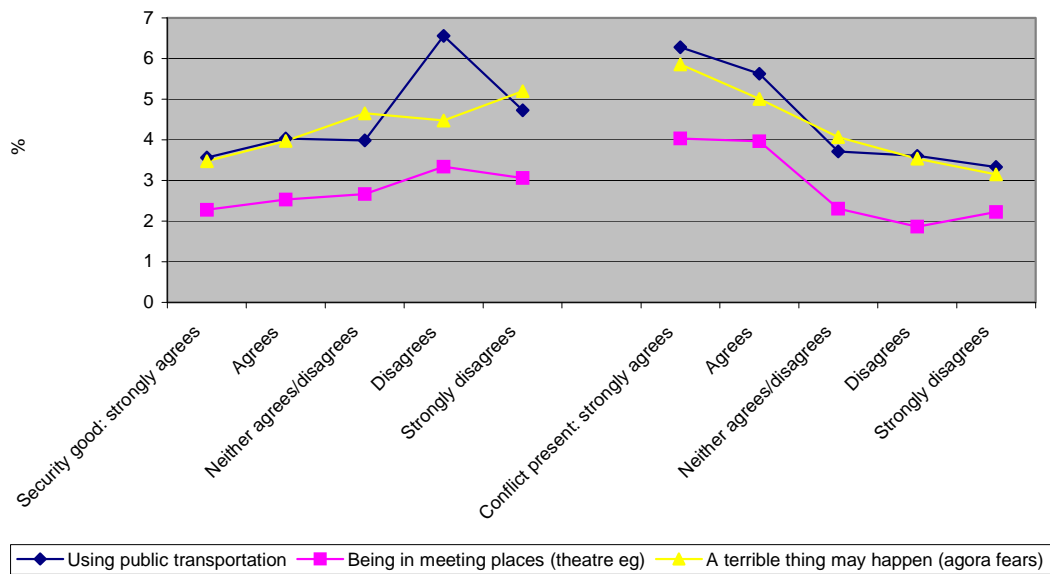
Question: Tell me if you ever strongly feared any of the following situations ...

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 (ages 15 to 74)**



**Chart 32. Job security; and presence of conflict with other employees (ages 15 to 74)**

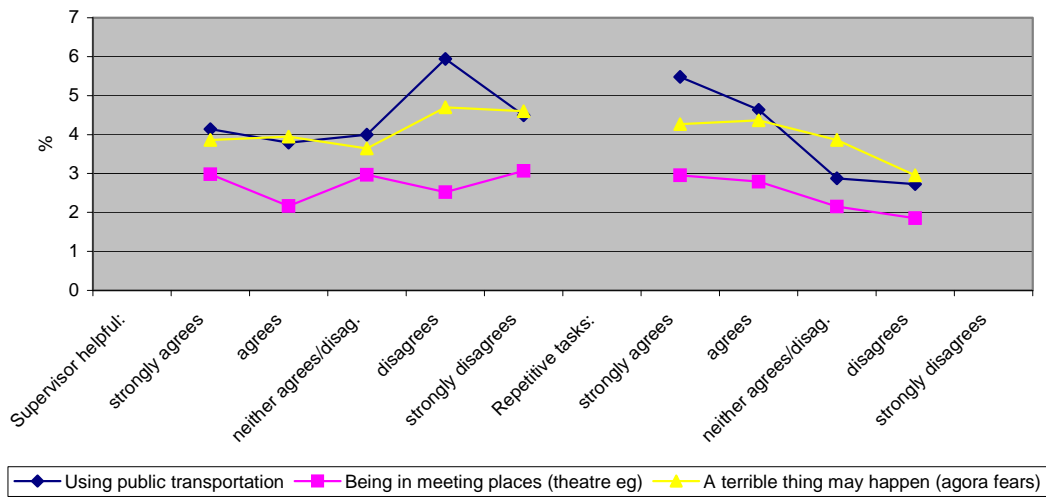


**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

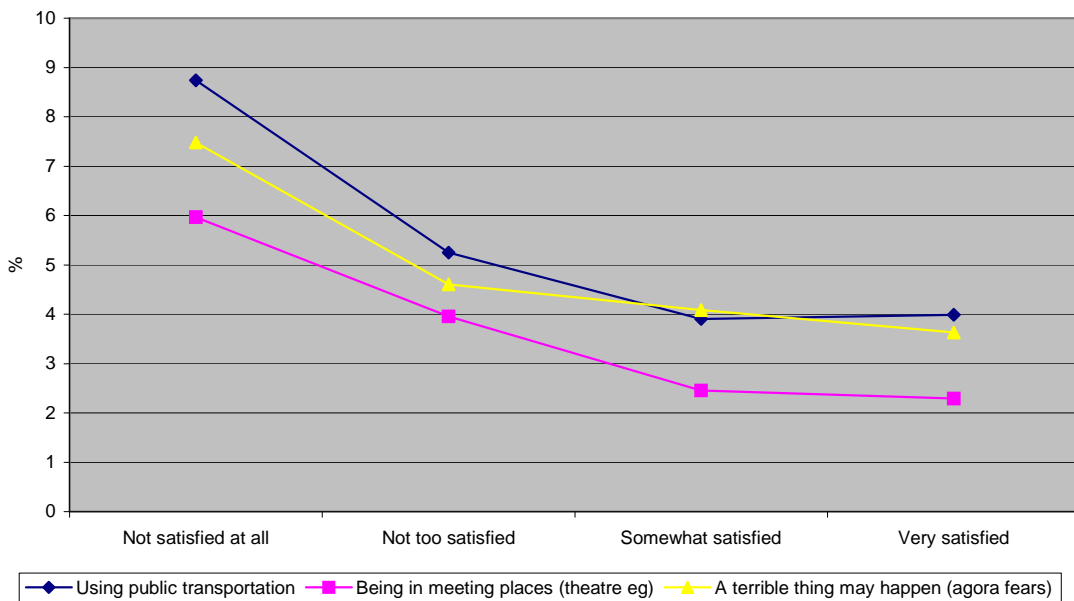
Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job (ages 15 to 74)**



**Chart 34. Job satisfaction (ages 15 to 74)**



**Percentage who have had strong fears of using public transportation, being in meeting places, agora**

Question: Tell me if you ever strongly feared any of the following situations ...

Source: Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

## **Chapter 3. Charts portraying very low religious commitment, medium commitment, and very high commitment in Canada**

The charts in this chapter use some of the estimates from section c of Appendix 2 Table 1. They provide answers to the following types of questions:

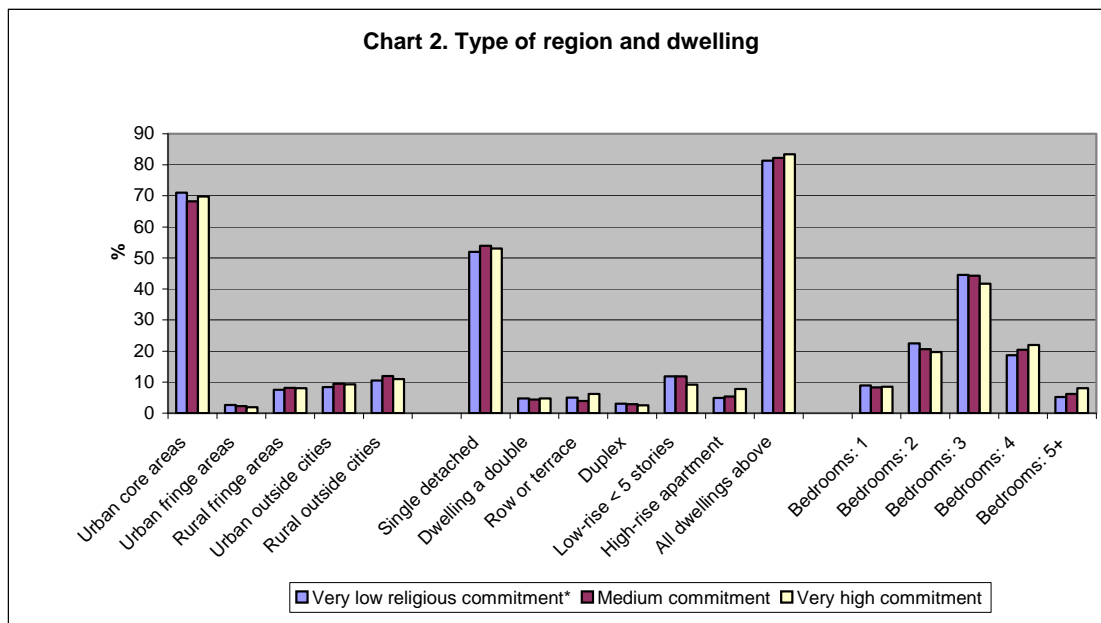
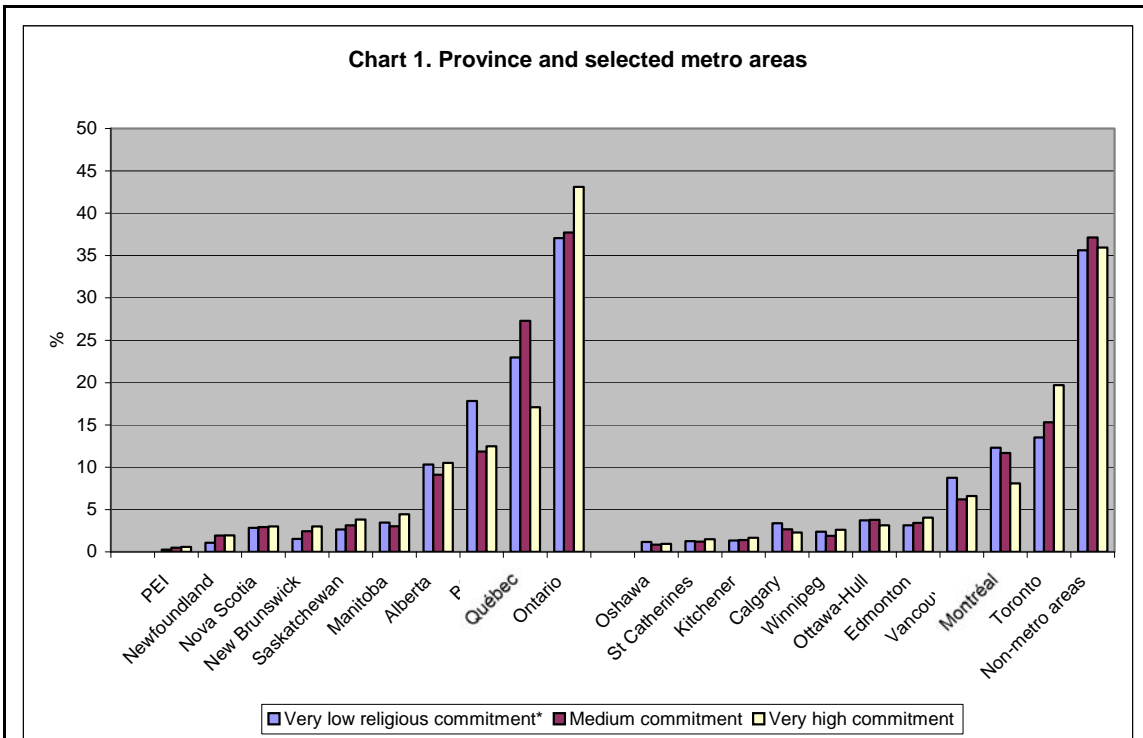
What percentage of Canada's population with very low religious commitment lives in Quebec? With medium commitment? With very high commitment? The answers appear in Chart 1: 23% very low, 27% medium, and 17% very high. The answer to the same questions for Ontario are 37%, 38% and 43%, respectively, quite a contrast.

What percentage of Canada's population with very low religious commitment has a post-secondary degree or diploma? With medium commitment? With very high commitment? The answers appear in Chart 7: 43% very low, 51% medium, and 49% very high.

What percentage of Canada's population with very low religious commitment has used marijuana more than once in their lifetime? With medium commitment? With very high commitment? The answers appear in Chart 21: 45% very low, 31% medium, and 12% very high.

What percentage of Canada's population with very low religious commitment reports being very satisfied with their life in general? With medium commitment? With very high commitment? The answers appear in Chart 28: 29% very low, 32% medium, and 40% very high.

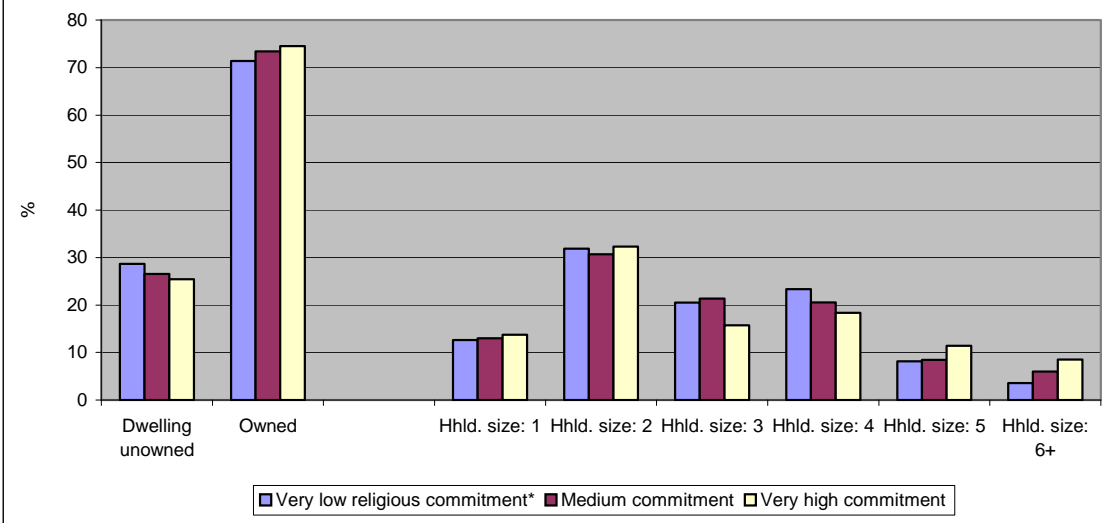
What percentage of Canada's population with very low religious commitment reports feeling useful almost always during the past month? With medium commitment? With very high commitment? The answers appear in Chart 28: 49% very low, 52% medium, and 62% very high.



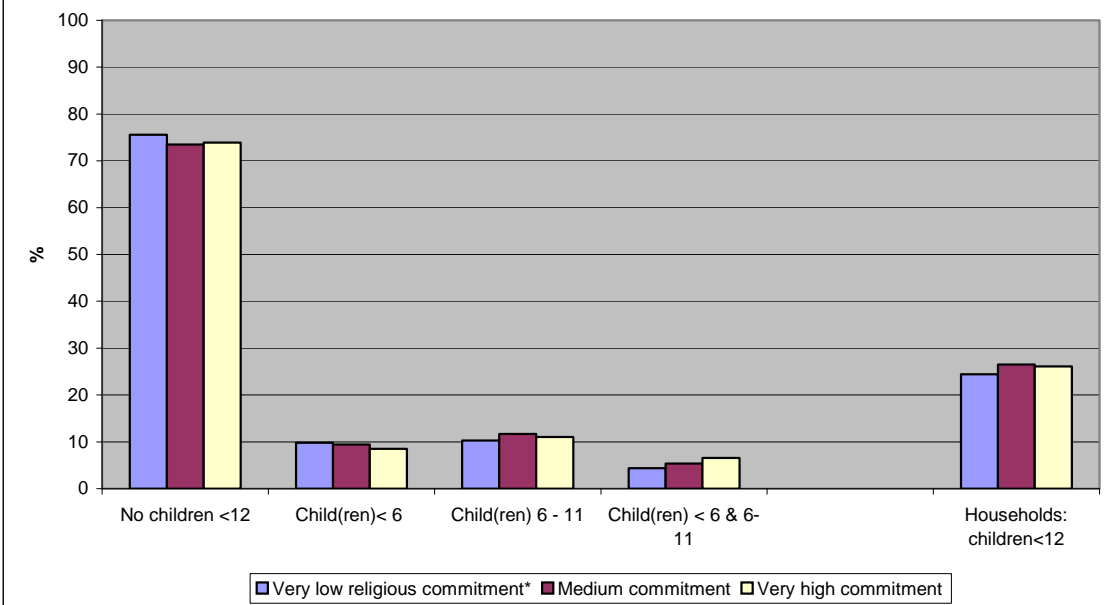
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 3. Dwelling ownership; household size**

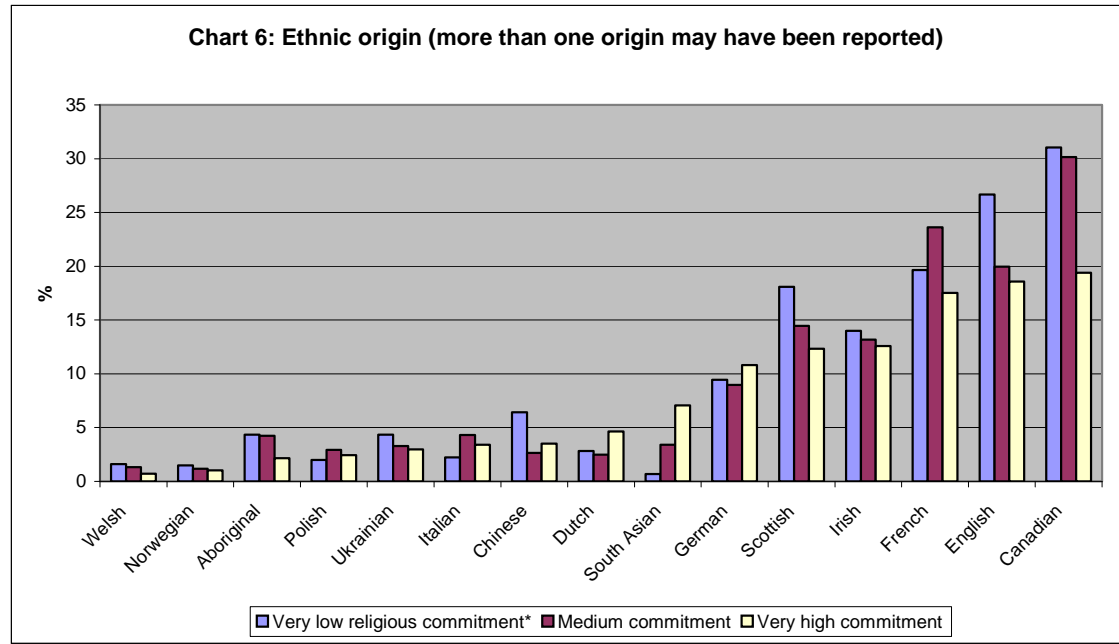
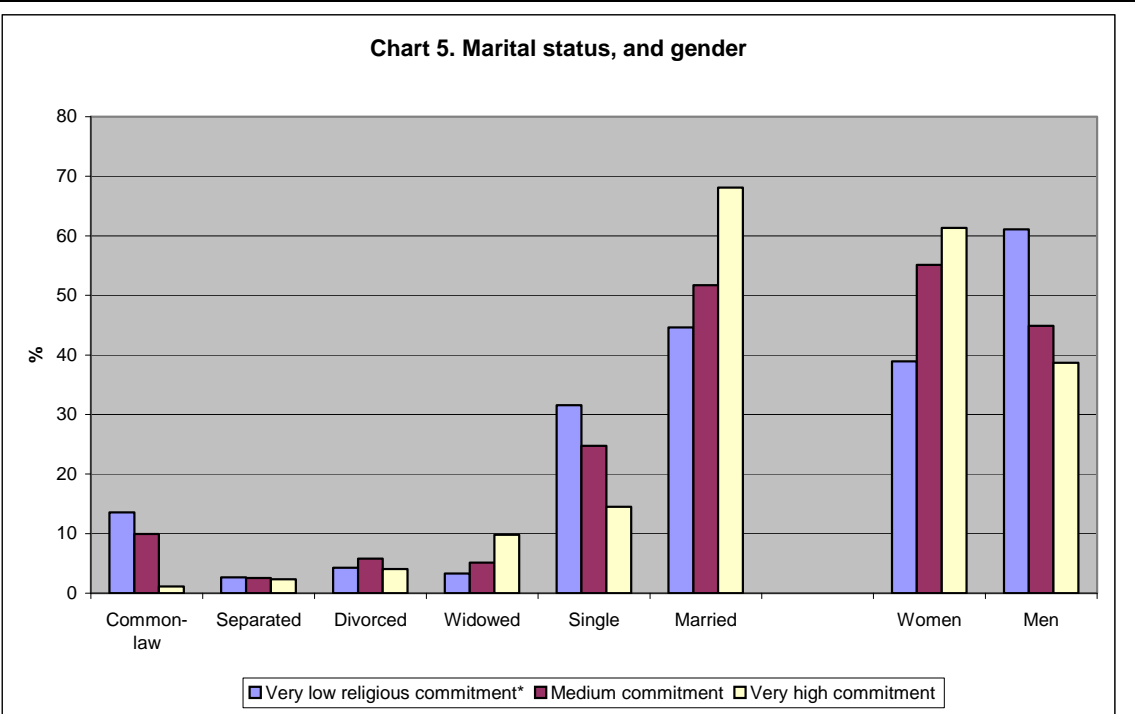


**Chart 4. Age groups of children in households**



**Percentage distribution by religious commitment**

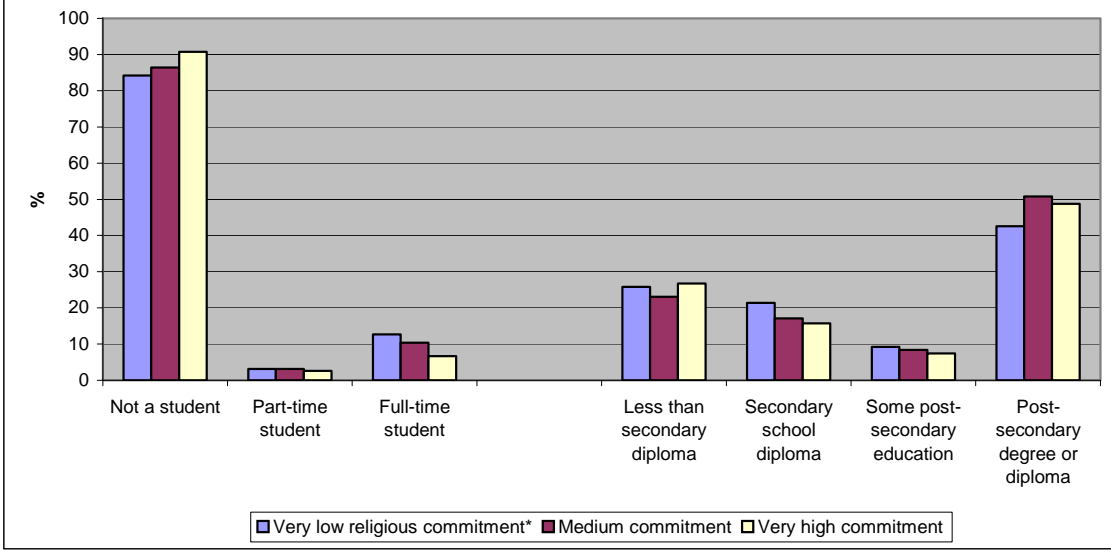
\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002



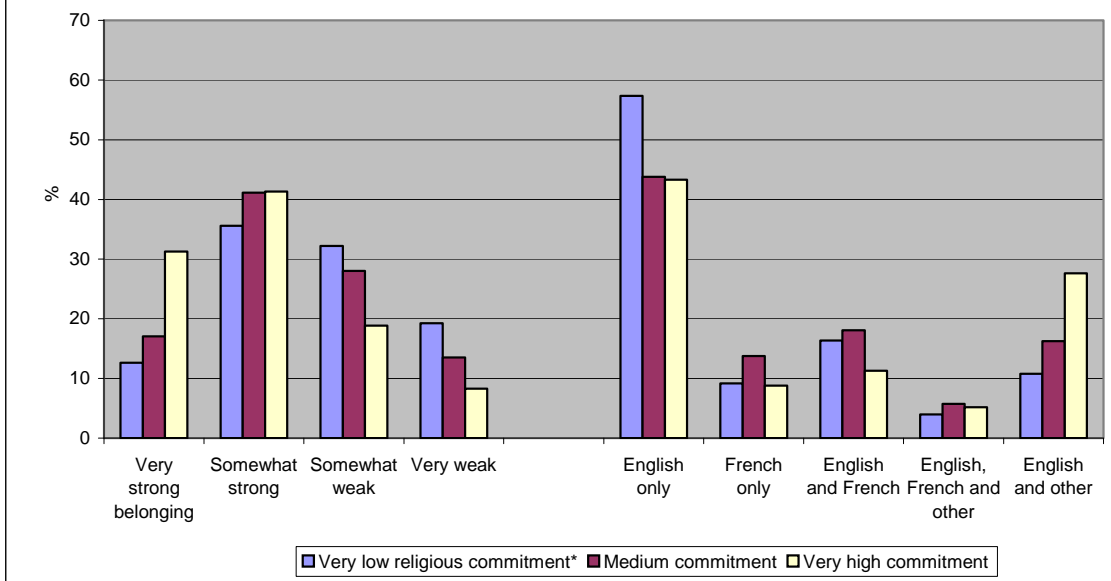
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 7. Student status; and level of education**

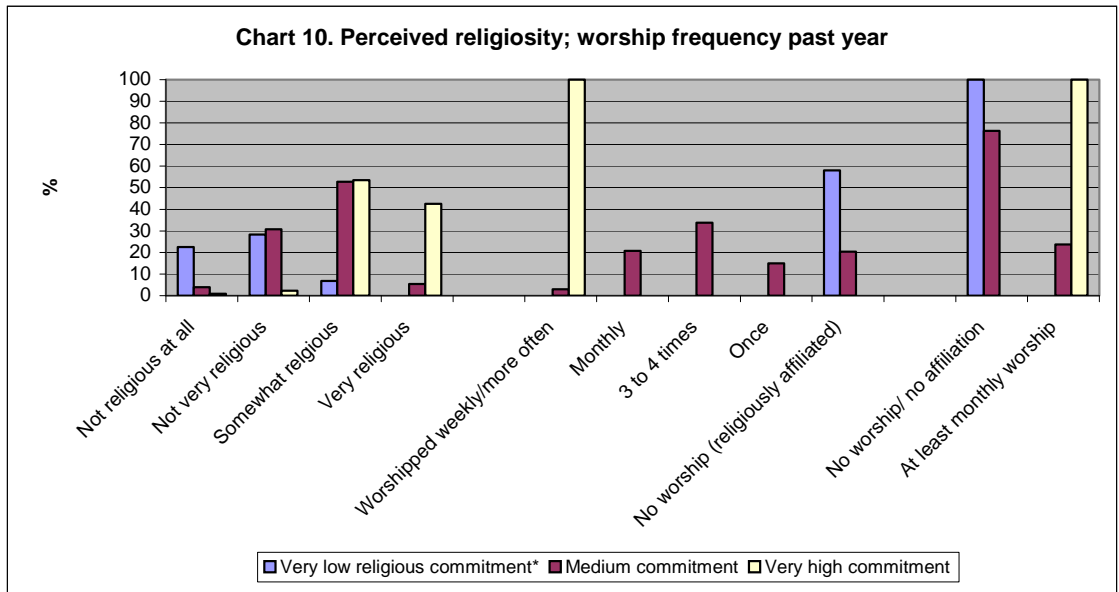
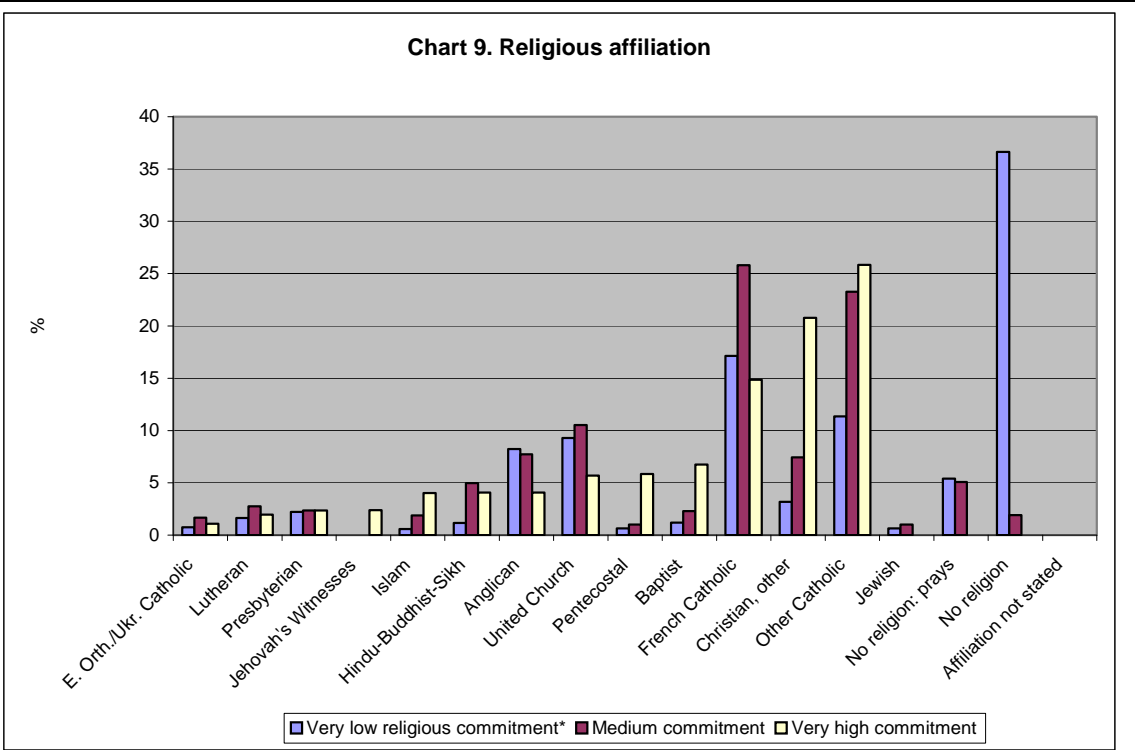


**Chart 8. Strength of belonging to their local community; and language(s)**



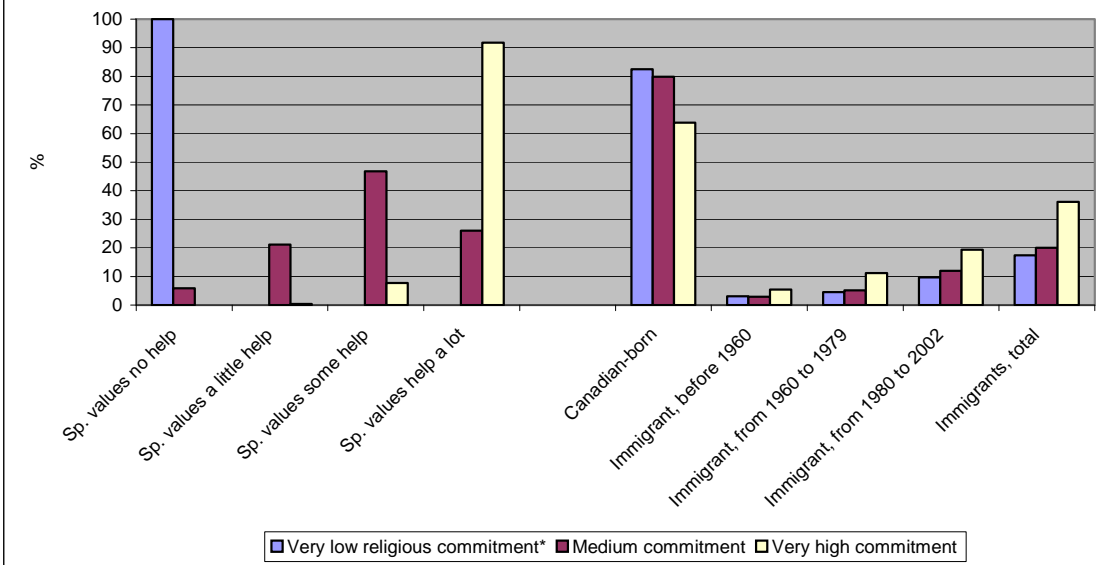
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

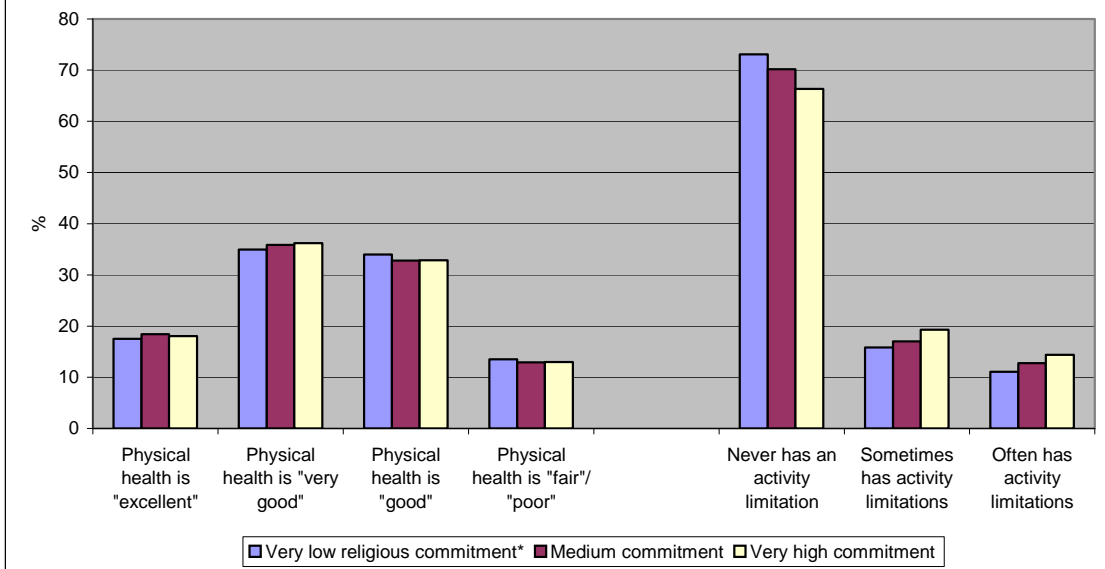


**Percentage distribution by religious commitment**  
 \* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



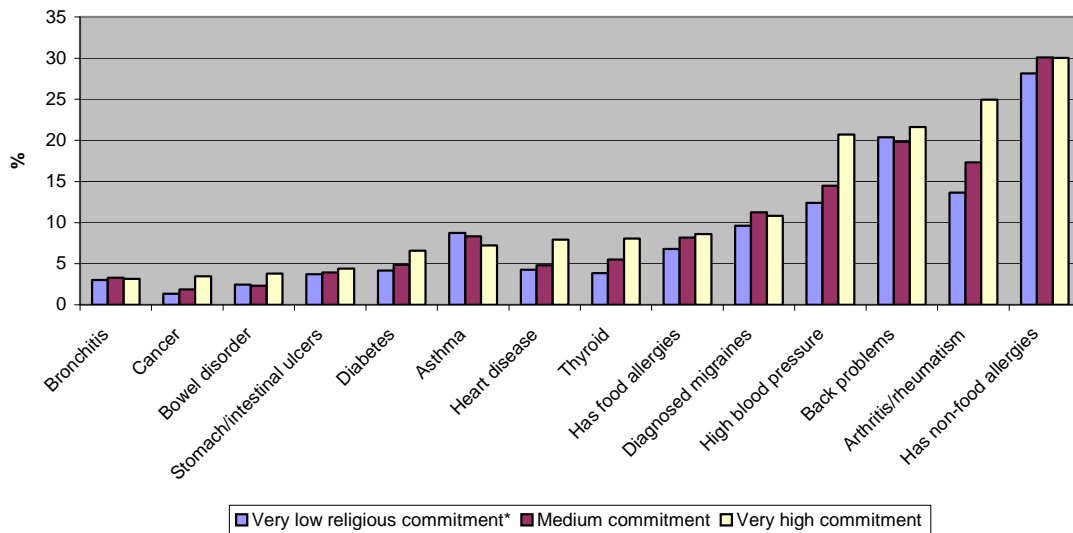
**Chart 12. Perceived physical health status; frequency of activity limitations**



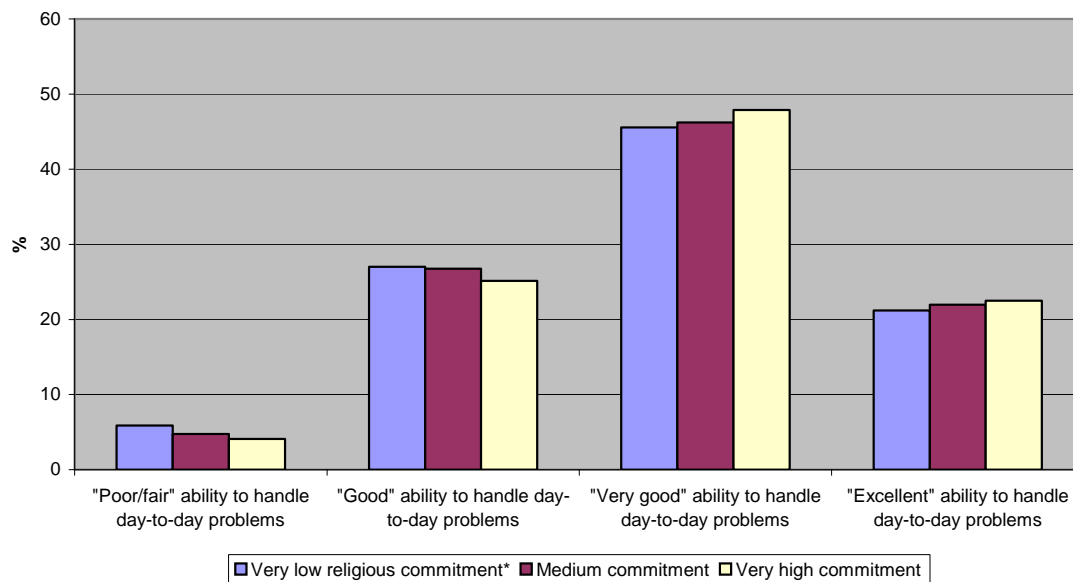
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 13. Selected chronic health problem  
(more than one may have been reported)**



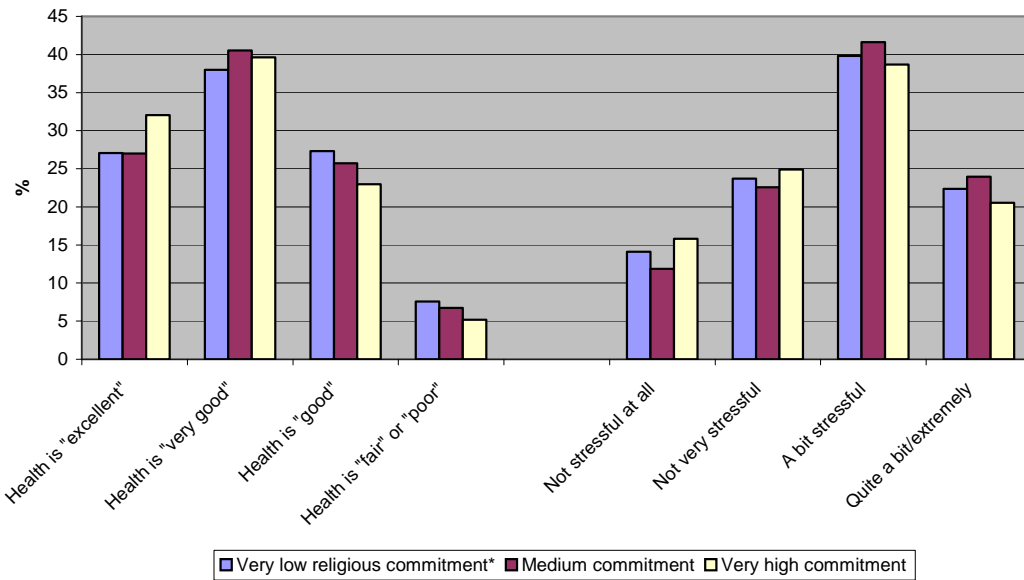
**Chart 14. Perceived ability to handle day-to-day problems**



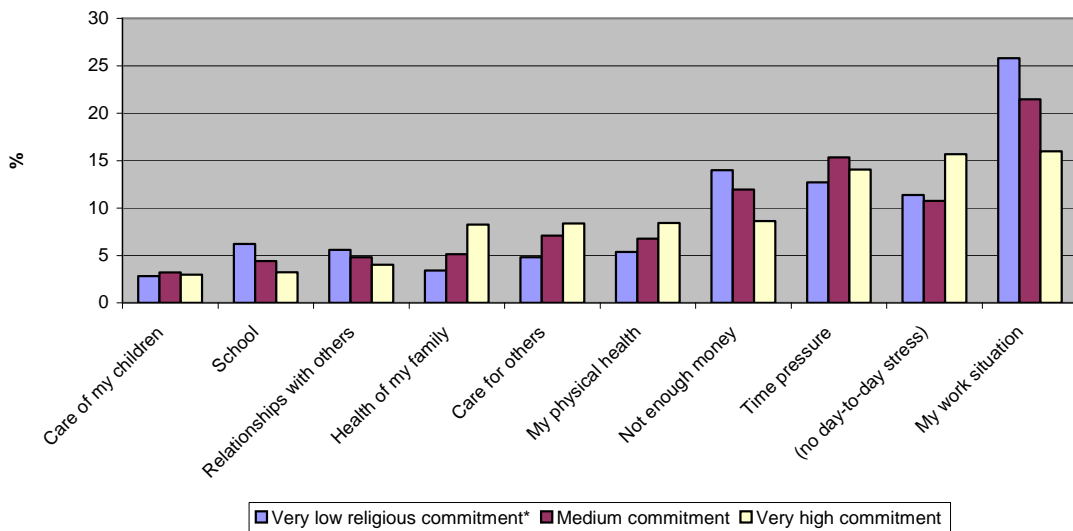
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



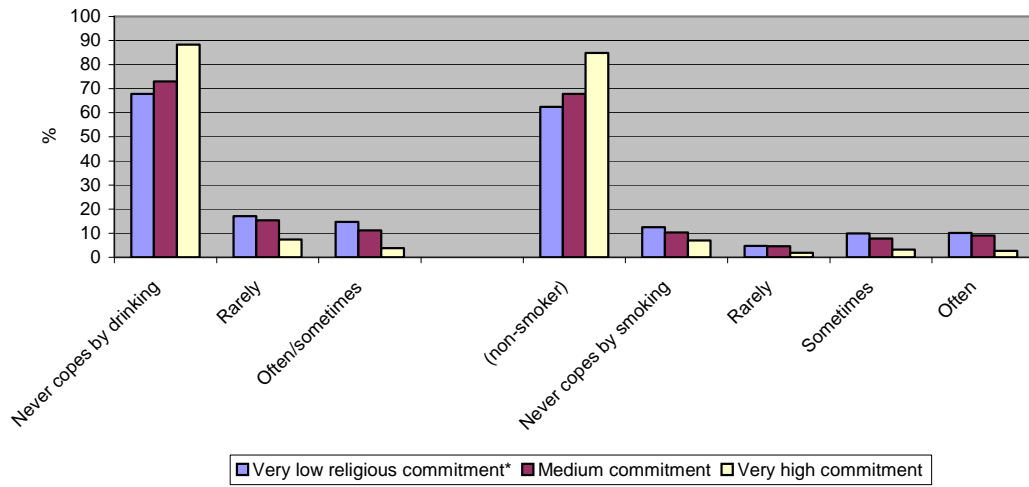
**Chart 16. Most important source of daily stress**



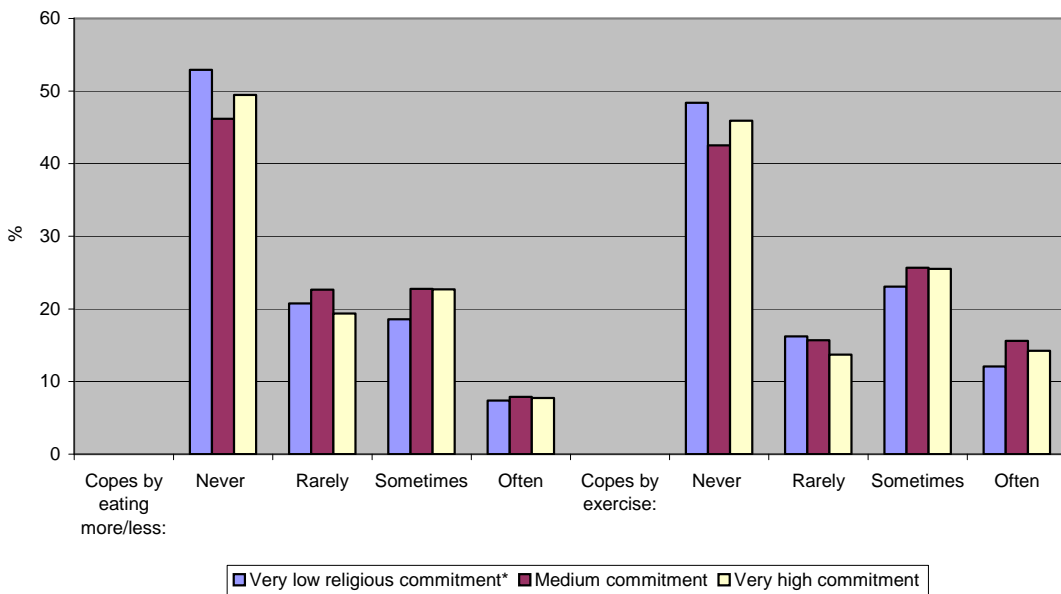
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



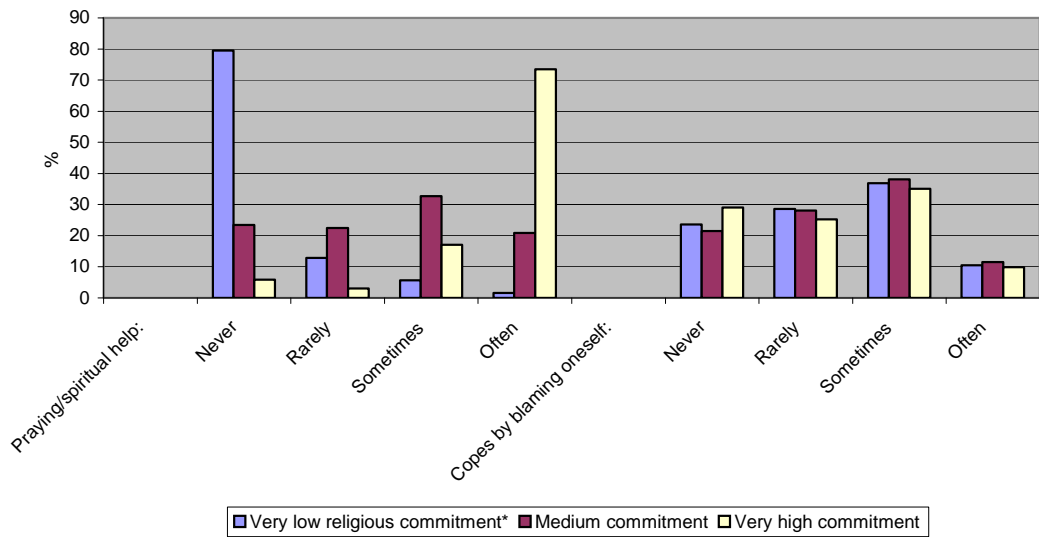
**Chart 18. Coping by eating more or less than usual; by jogging or exercise**



**Percentage distribution by religious commitment**

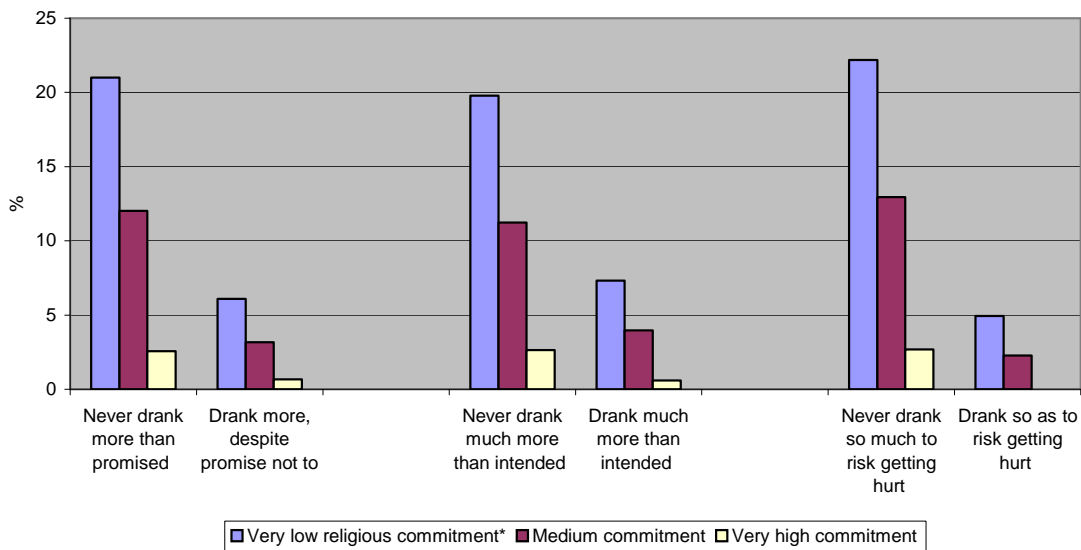
\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



■ Very low religious commitment\* ■ Medium commitment ■ Very high commitment

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

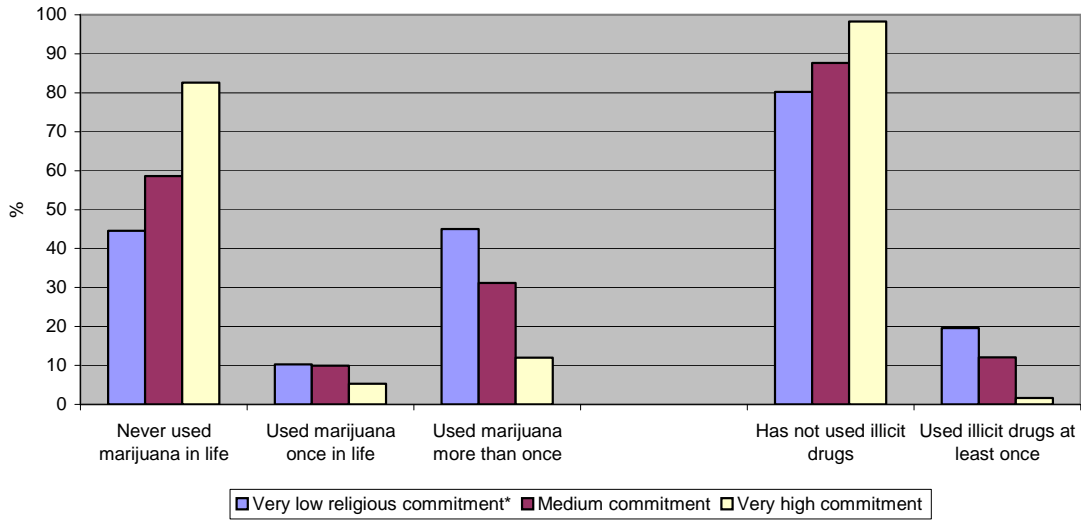


■ Very low religious commitment\* ■ Medium commitment ■ Very high commitment

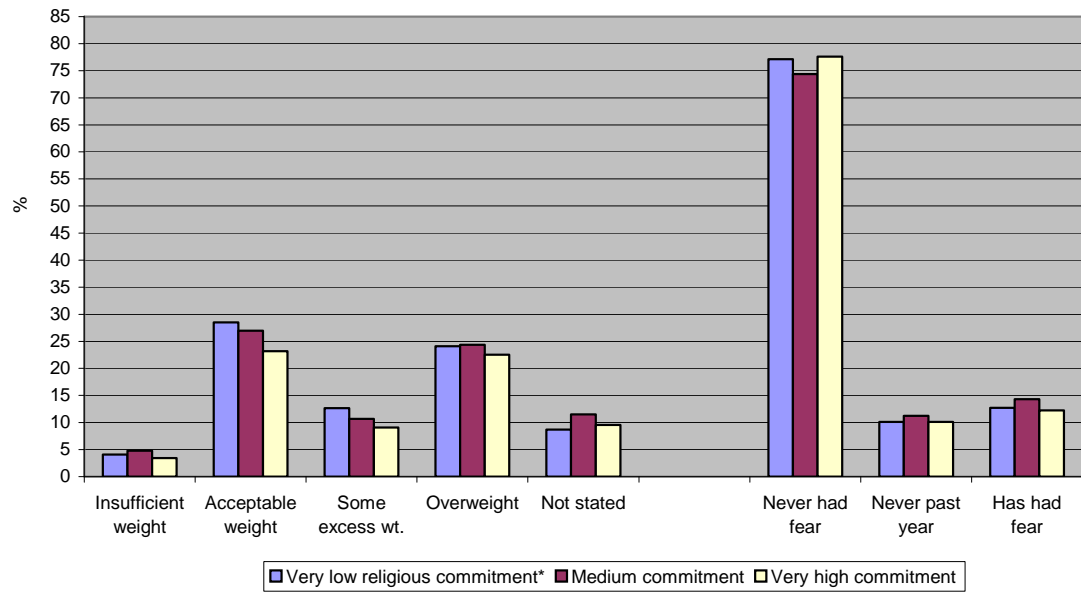
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



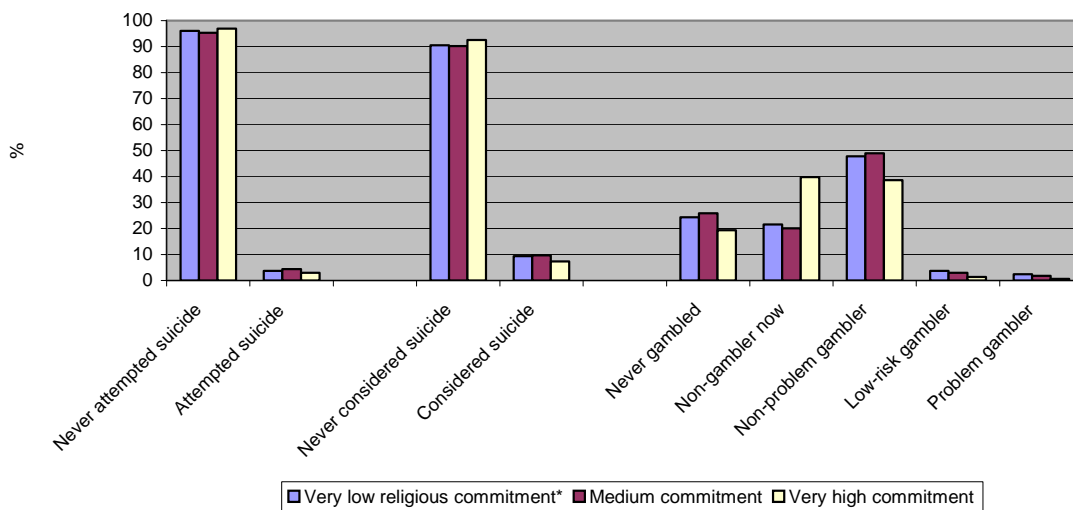
**Chart 22. Weight acceptability (according to the body mass index, ages 20 to 64); and fear of being overweight past year**



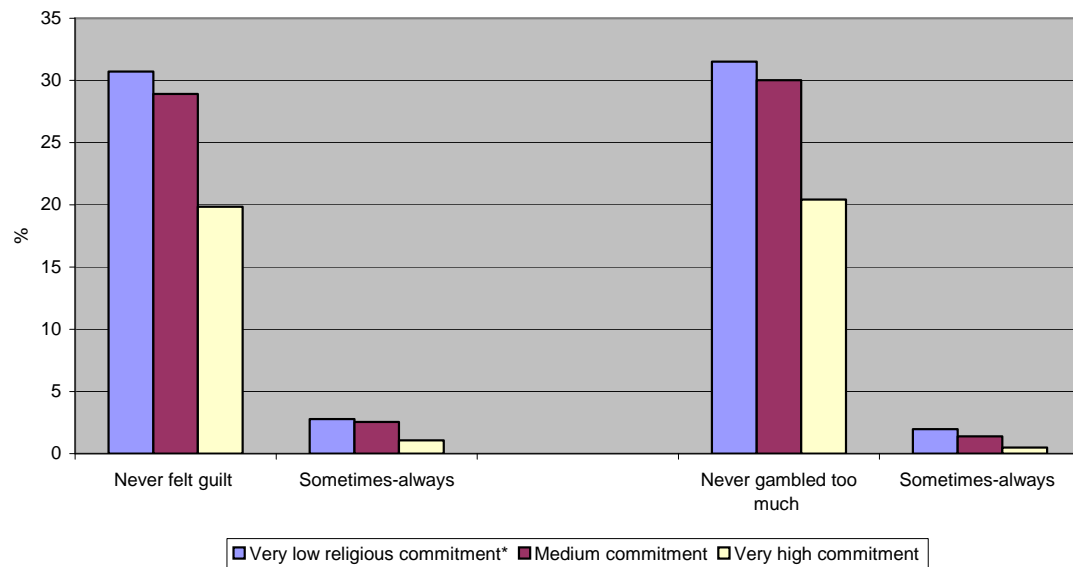
**Percentage: Canadians aged 15 plus (Chart 21), by strength of belonging to their local community**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



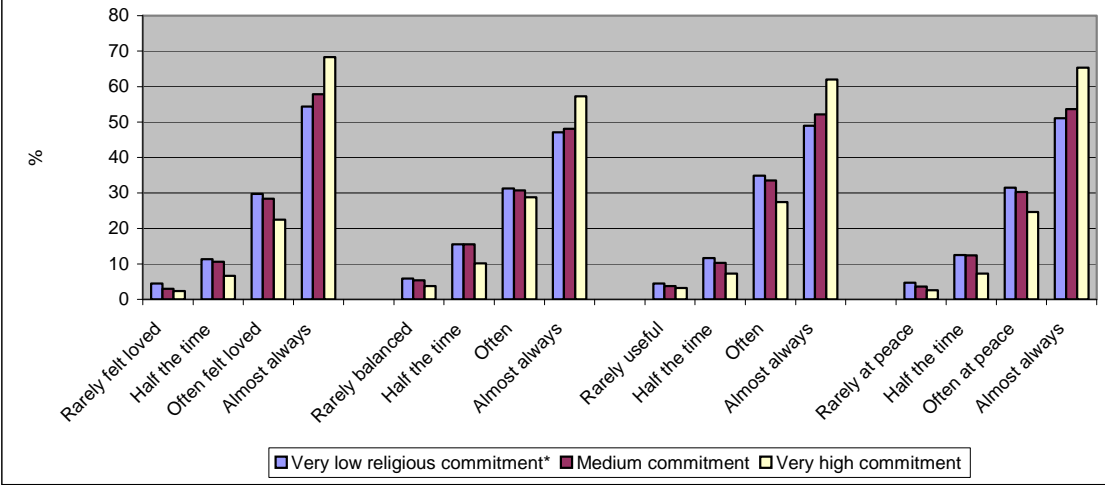
**Chart 24. Frequency of feeling guilt about gambling too much; frequency of gambling too much**



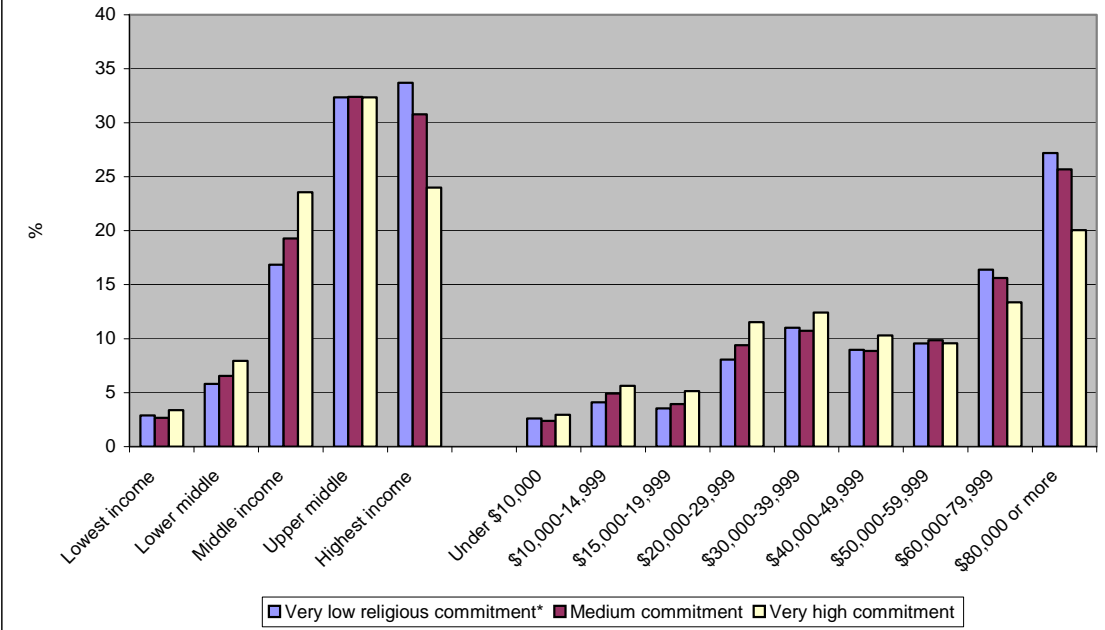
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



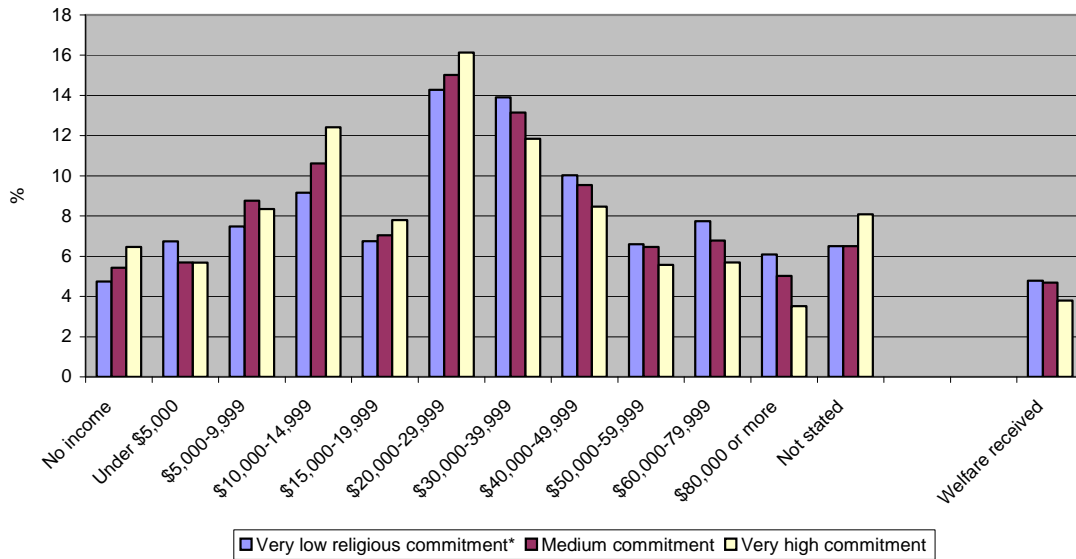
**Chart 26. Household income adequacy, and household income past year**



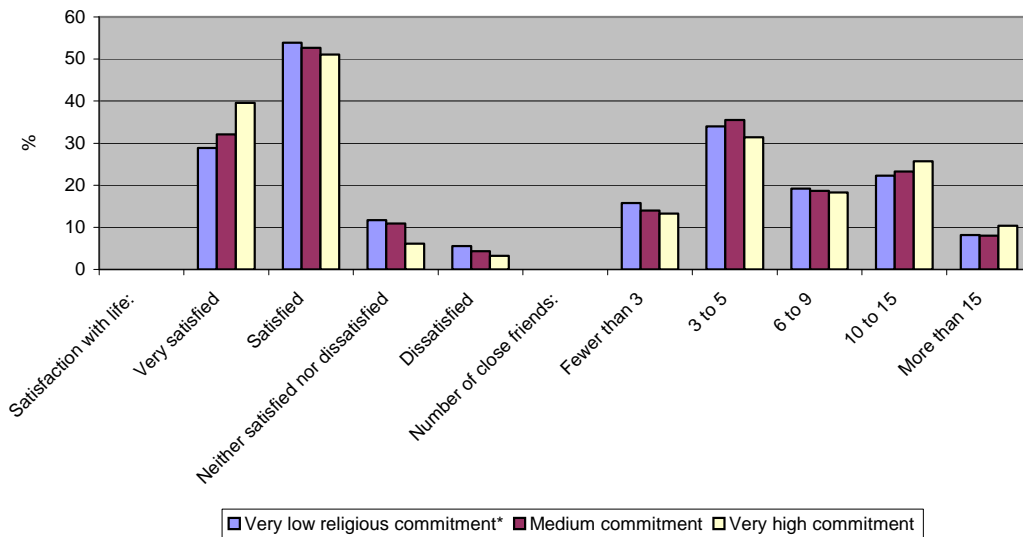
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

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



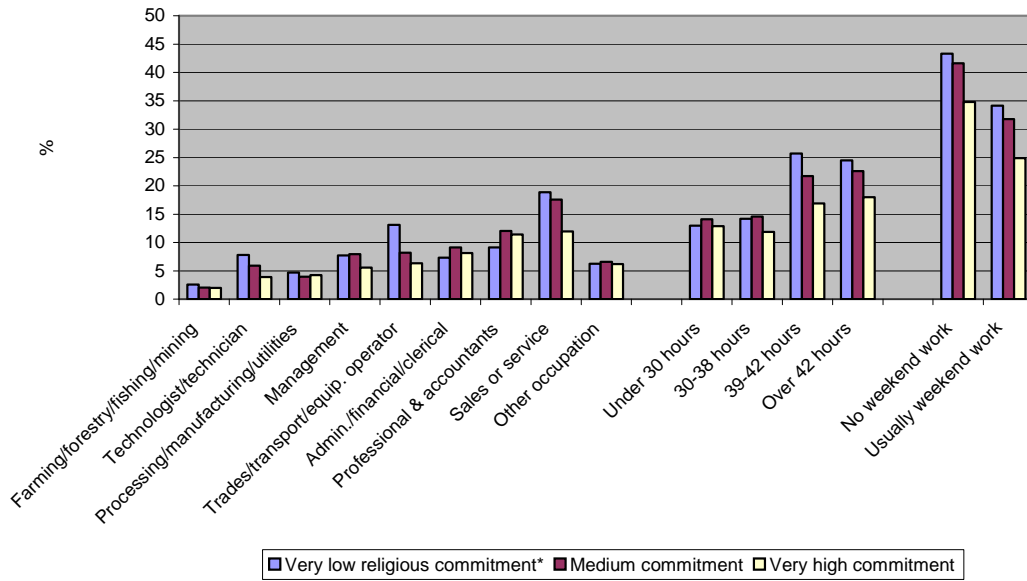
**Chart 28. Satisfaction with life in general; and number of close friends**



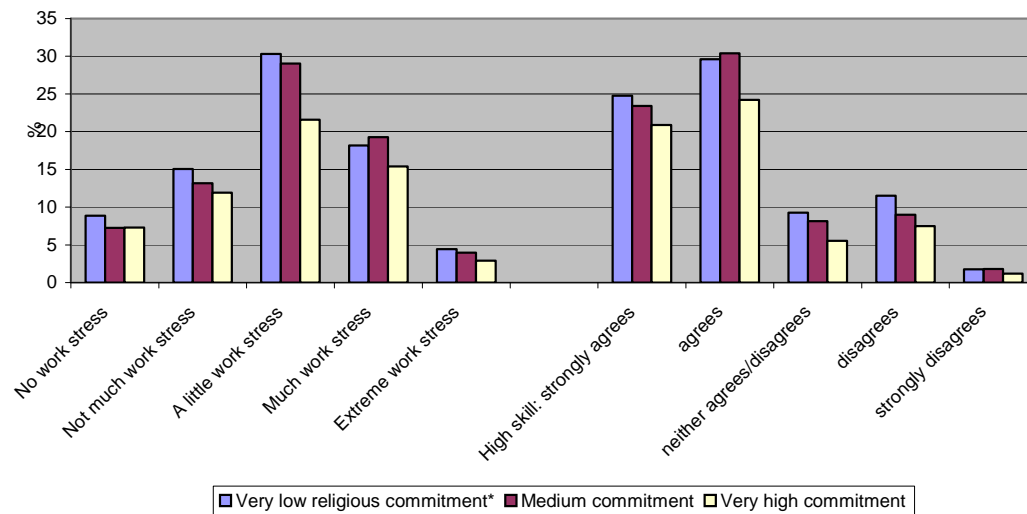
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- 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 (ages 15 to 74)**



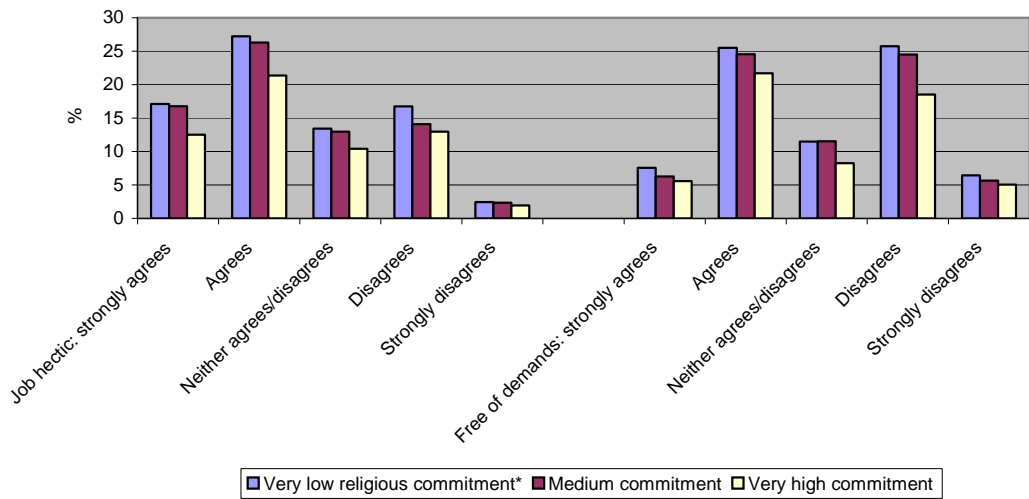
**Chart 30. Level of work stress (main job), and skill requirement, past year (ages 15 to 74)**



**Percentage distribution by religious commitment**

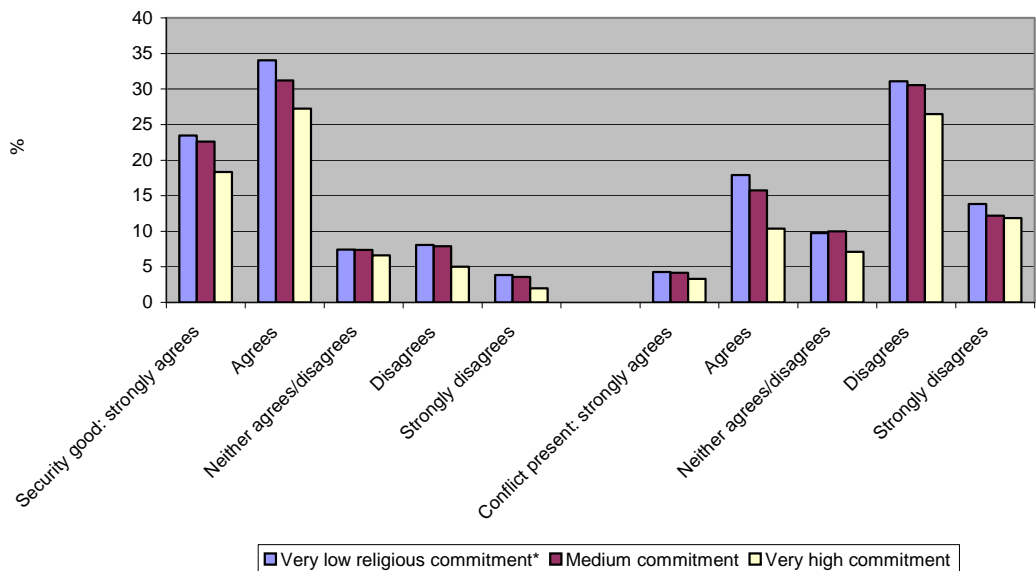
\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 31. Agreement that the job is very hectic; free from conflicting demands, employed (ages 15 to 74)**



Very low religious commitment\* Medium commitment Very high commitment

**Chart 32. Job security; and presence of conflict with other employees (ages 15 to 74)**

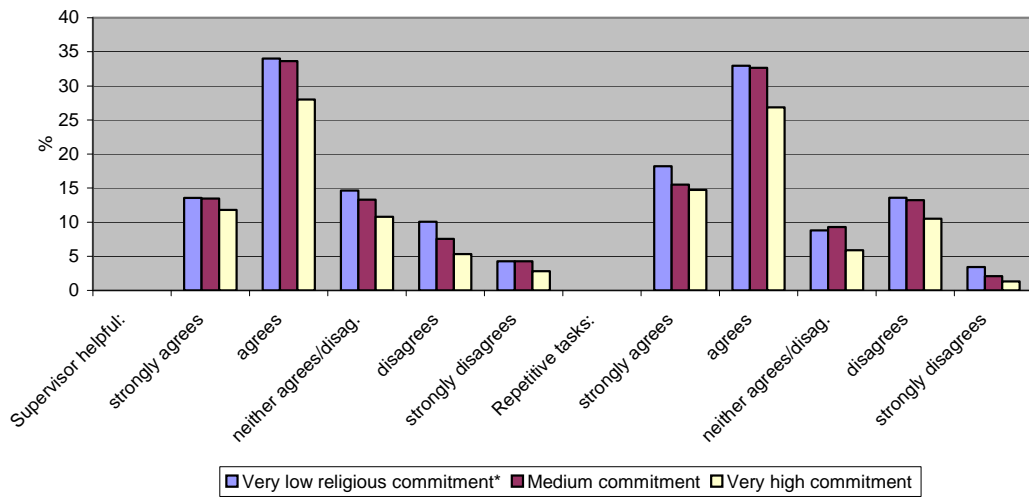


Very low religious commitment\* Medium commitment Very high commitment

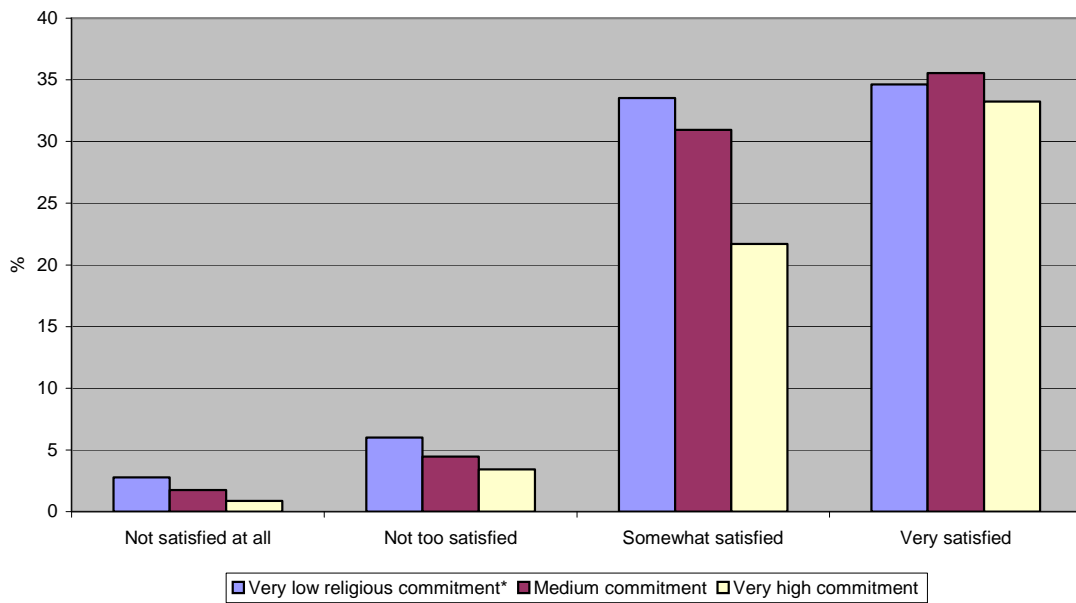
**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chart 33. Helpfulness of the supervisor; and repetitive tasks of the job (ages 15 to 74)**



**Chart 34. Job satisfaction (ages 15 to 74)**



**Percentage distribution by religious commitment**

\* Very low commitment: non-worshipper; spiritual values no daily help. Very high: weekly worshipper and spiritual values give a lot of strength to face everyday difficulties of life -- Canadian Community Health Survey Cycle 1.2, Statistics Canada, 2002

**Chapter 4. Results of regression analyses predicting  
the experience of strong fears among  
eight subpopulations of Canadians**

**Regression Table 1. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), Canadians aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 33,689		N= 33,689	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.398	12.6 **	0.402	12.0 **
Male (=1, female=0)	-0.035	-12.1 **	-0.026	-8.2 **
Age (natural log)	-0.042	-9.9 **	-0.011	-2.4
Married/widowed	0.002	0.5	-0.022	-5.7 **
Number of children under 6	-0.006	-1.9	-0.005	-1.8
Number of children 6 to 11	0.001	0.4	0.000	-0.2
Education (natural log)	-0.050	-5.9 **	-0.066	-7.4 **
French Roman Catholic	-0.032	-5.5 **	-0.008	-1.3
Other Roman Catholic	-0.007	-1.6	-0.007	-1.4
Conservative Christian	0.000	0.0	0.015	2.7 **
Non-Christian	0.011	1.6	-0.024	-3.4 **
No religious affiliation	-0.001	-0.3	0.000	0.0
Religious commitment index	0.003	2.2	-0.001	-1.0
Smoked marijuana in lifetime	0.001	1.5	0.006	7.6 **
Sleep (natural log of hours)	-0.005	-0.7	-0.035	-4.8 **
Atlantic region	-0.008	-1.4	-0.006	-1.0
Québec	-0.015	-2.8 **	-0.022	-4.1 **
Manitoba/Saskatchewan	-0.014	-2.2	0.003	0.5
Alberta	-0.016	-3.2 **	-0.012	-2.2
British Columbia	-0.004	-0.9	0.006	1.2
(Adjusted R squared:)	0.014	**	0.012	**
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 33,689		N= 33,689	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.599	15.5 **	0.756	18.5 **
Male (=1, female=0)	-0.039	-11.0 **	-0.062	-16.5 **
Age (natural log)	-0.041	-7.9 **	-0.050	-9.0 **
Married/widowed	-0.018	-4.0 **	-0.017	-3.7 **
Number of children under 6	-0.010	-2.7 **	-0.010	-2.7 **
Number of children 6 to 11	-0.003	-1.0	0.003	0.7
Education (natural log)	-0.081	-7.8 **	-0.109	-10.0 **
French Roman Catholic	-0.017	-2.4	-0.022	-2.9 **
Other Roman Catholic	-0.005	-0.9	-0.015	-2.5
Conservative Christian	0.012	2.0	0.012	1.8
Non-Christian	-0.011	-1.3	-0.018	-2.0
No religious affiliation	0.007	1.1	-0.006	-0.9
Religious commitment index	0.004	2.6 **	0.002	1.0
Smoked marijuana in lifetime	0.005	5.8 **	0.005	5.3 **
Sleep (natural log of hours)	-0.046	-5.5 **	-0.049	-5.6 **
Atlantic region	0.002	0.3	0.007	0.9
Québec	-0.029	-4.6 **	-0.033	-4.9 **
Manitoba/Saskatchewan	-0.003	-0.4	0.003	0.3
Alberta	-0.013	-2.1	-0.006	-0.9
British Columbia	0.005	0.9	0.004	0.7
(Adjusted R squared:)	0.016	**	0.022	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 2. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), women aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 18,475		N= 18,475	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.592	12.5 **	0.439	9.2 **
Male (=1, female=0)				
Age (natural log)	-0.061	-9.7 **	-0.018	-2.7 **
Married/widowed	0.005	1.0	-0.012	-2.2
Number of children under 6	-0.020	-4.7 **	-0.014	-3.2 **
Number of children 6 to 11	0.003	0.8	-0.003	-0.7
Education (natural log)	-0.084	-6.7 **	-0.067	-5.2 **
French Roman Catholic	-0.034	-4.0 **	-0.004	-0.5
Other Roman Catholic	0.001	0.2	0.006	0.8
Conservative Christian	0.008	1.0	0.017	2.2
Non-Christian	0.021	2.0	-0.027	-2.6
No religious affiliation	-0.010	-1.3	-0.011	-1.3
Religious commitment index	0.003	1.9	-0.002	-1.1
Smoked marijuana in lifetime	0.001	0.5	0.006	5.7 **
Sleep (natural log of hours)	-0.020	-2.0	-0.042	-4.1 **
Atlantic region	-0.016	-1.9	-0.009	-1.1
Québec	-0.022	-2.9 **	-0.023	-2.9 **
Manitoba/Saskatchewan	-0.021	-2.3	-0.007	-0.7
Alberta	-0.029	-3.7 **	-0.016	-2.0
British Columbia	-0.007	-1.1	0.014	2.1
(Adjusted R squared:)	0.015	**	0.009	**
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 18,475		N= 18,475	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.730	13.1 **	0.982	16.3 **
Male (=1, female=0)				
Age (natural log)	-0.053	-7.1 **	-0.073	-9.0 **
Married/widowed	-0.016	-2.5	-0.014	-2.1
Number of children under 6	-0.019	-3.9 **	-0.023	-4.1 **
Number of children 6 to 11	0.002	0.5	0.006	1.2
Education (natural log)	-0.109	-7.4 **	-0.150	-9.4 **
French Roman Catholic	-0.021	-2.0	-0.024	-2.2
Other Roman Catholic	0.006	0.8	-0.005	-0.6
Conservative Christian	0.018	2.1	0.020	2.1
Non-Christian	-0.020	-1.7	-0.009	-0.7
No religious affiliation	-0.013	-1.4	-0.023	-2.3
Religious commitment index	0.004	1.7	0.001	0.4
Smoked marijuana in lifetime	0.005	4.2 **	0.006	4.7 **
Sleep (natural log of hours)	-0.048	-4.1 **	-0.065	-5.1 **
Atlantic region	-0.002	-0.2	0.012	1.1
Québec	-0.039	-4.3 **	-0.037	-3.7 **
Manitoba/Saskatchewan	-0.024	-2.2	-0.017	-1.5
Alberta	-0.023	-2.5	-0.010	-1.1
British Columbia	-0.001	-0.2	0.010	1.2
(Adjusted R squared:)	0.016	**	0.020	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values. Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 3. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), men aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 15,213		N= 15,213	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.164	4.0 **	0.329	7.1 **
Male (=1, female=0)				
Age (natural log)	-0.025	-4.3 **	-0.002	-0.4
Married/widowed	-0.005	-1.0	-0.035	-6.2 **
Number of children under 6	0.009	2.4	0.005	1.1
Number of children 6 to 11	-0.001	-0.3	0.003	0.8
Education (natural log)	-0.014	-1.2	-0.063	-5.0 **
French Roman Catholic	-0.029	-3.8 **	-0.011	-1.3
Other Roman Catholic	-0.018	-3.0 **	-0.021	-3.0 **
Conservative Christian	-0.010	-1.4	0.013	1.7
Non-Christian	-0.001	-0.1	-0.023	-2.3
No religious affiliation	0.003	0.5	0.007	1.0
Religious commitment index	0.002	1.4	-0.001	-0.5
Smoked marijuana in lifetime	0.002	1.7	0.005	5.2 **
Sleep (natural log of hours)	0.013	1.4	-0.027	-2.6 **
Atlantic region	0.000	0.0	-0.004	-0.4
Québec	-0.007	-1.1	-0.022	-3.0 **
Manitoba/Saskatchewan	-0.006	-0.7	0.014	1.5
Alberta	-0.003	-0.5	-0.009	-1.1
British Columbia	-0.001	-0.1	-0.003	-0.4
(Adjusted R squared:)	0.006	**	0.014	**
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 15,213		N= 15,213	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.429	8.1 **	0.475	8.7 **
Male (=1, female=0)				
Age (natural log)	-0.030	-4.1 **	-0.027	-3.5 **
Married/widowed	-0.023	-3.6 **	-0.024	-3.7 **
Number of children under 6	0.001	0.2	0.002	0.4
Number of children 6 to 11	-0.009	-2.0	-0.001	-0.3
Education (natural log)	-0.053	-3.7 **	-0.071	-4.8 **
French Roman Catholic	-0.012	-1.2	-0.019	-1.9
Other Roman Catholic	-0.019	-2.4	-0.028	-3.5 **
Conservative Christian	0.006	0.6	0.003	0.3
Non-Christian	-0.004	-0.4	-0.028	-2.5
No religious affiliation	0.020	2.4	0.005	0.6
Religious commitment index	0.004	2.0	0.002	1.1
Smoked marijuana in lifetime	0.005	4.2 **	0.003	3.0 **
Sleep (natural log of hours)	-0.042	-3.6 **	-0.033	-2.7 **
Atlantic region	0.005	0.5	0.000	0.0
Québec	-0.019	-2.3	-0.029	-3.3 **
Manitoba/Saskatchewan	0.018	1.8	0.024	2.2
Alberta	-0.002	-0.3	-0.001	-0.1
British Columbia	0.013	1.6	-0.002	-0.2
(Adjusted R squared:)	0.012	**	0.011	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 4. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), parents aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 9,176		N= 9,176	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.408	5.2 **	0.432	5.3 **
Male (=1, female=0)	-0.029	-5.1 **	-0.016	-2.8 **
Age (natural log)	-0.032	-2.2	-0.016	-1.0
Married/widowed	-0.004	-0.6	-0.029	-3.8 **
Number of children under 6	-0.006	-1.4	-0.003	-0.6
Number of children 6 to 11	0.001	0.3	0.004	1.0
Education (natural log)	-0.067	-3.9 **	-0.066	-3.7 **
French Roman Catholic	-0.037	-3.4 **	-0.014	-1.3
Other Roman Catholic	-0.015	-1.8	-0.013	-1.6
Conservative Christian	0.003	0.3	0.025	2.5
Non-Christian	-0.011	-0.9	-0.035	-2.8 **
No religious affiliation	-0.005	-0.5	-0.005	-0.5
Religious commitment index	0.005	2.2	-0.002	-0.9
Smoked marijuana in lifetime	0.002	1.3	0.004	2.8 **
Sleep (natural log of hours)	-0.010	-0.7	-0.035	-2.5
Atlantic region	-0.004	-0.4	-0.003	-0.2
Québec	-0.010	-1.1	-0.030	-3.0 **
Manitoba/Saskatchewan	-0.010	-0.9	0.015	1.3
Alberta	-0.017	-1.8	-0.035	-3.5 **
British Columbia	0.000	0.0	-0.011	-1.2
(Adjusted R squared:)	0.009	**	0.013	**
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 9,176		N= 9,176	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.618	6.6 **	0.793	7.8 **
Male (=1, female=0)	-0.043	-6.4 **	-0.052	-7.1 **
Age (natural log)	-0.037	-2.0	-0.044	-2.3
Married/widowed	-0.013	-1.4	-0.028	-3.0 **
Number of children under 6	-0.013	-2.2	-0.011	-1.8
Number of children 6 to 11	0.003	0.7	0.005	1.0
Education (natural log)	-0.120	-5.8 **	-0.138	-6.2 **
French Roman Catholic	-0.027	-2.1	-0.026	-1.8
Other Roman Catholic	-0.016	-1.7	-0.024	-2.3
Conservative Christian	0.020	1.7	0.026	2.1
Non-Christian	-0.024	-1.6	-0.043	-2.7 **
No religious affiliation	0.004	0.3	-0.007	-0.5
Religious commitment index	0.005	1.9	0.002	0.7
Smoked marijuana in lifetime	0.006	4.0 **	0.004	2.3
Sleep (natural log of hours)	-0.017	-1.0	-0.035	-2.1
Atlantic region	0.029	2.2	0.026	1.9
Québec	-0.015	-1.3	-0.030	-2.4
Manitoba/Saskatchewan	0.008	0.6	0.023	1.6
Alberta	-0.021	-1.8	-0.014	-1.2
British Columbia	0.019	1.8	0.004	0.4
(Adjusted R squared:)	0.017	**	0.021	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 5. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), mothers aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 5,402		N= 5,402	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.646	5.8 **	0.496	4.5 **
Male (=1, female=0)				
Age (natural log)	-0.058	-2.8 **	-0.035	-1.7
Married/widowed	-0.011	-1.2	-0.017	-1.7
Number of children under 6	-0.014	-2.0	-0.013	-1.8
Number of children 6 to 11	0.000	-0.1	-0.001	-0.2
Education (natural log)	-0.114	-4.7 **	-0.055	-2.3
French Roman Catholic	-0.024	-1.6	-0.016	-1.0
Other Roman Catholic	-0.009	-0.8	-0.009	-0.8
Conservative Christian	0.013	1.0	0.009	0.7
Non-Christian	-0.004	-0.2	-0.054	-3.0 **
No religious affiliation	-0.011	-0.7	-0.013	-0.9
Religious commitment index	0.009	2.8 **	0.001	0.3
Smoked marijuana in lifetime	0.000	-0.2	0.006	3.5 **
Sleep (natural log of hours)	-0.016	-0.9	-0.055	-3.1 **
Atlantic region	-0.019	-1.3	-0.006	-0.4
Québec	-0.032	-2.4	-0.029	-2.1
Manitoba/Saskatchewan	-0.018	-1.2	-0.013	-0.8
Alberta	-0.032	-2.3	-0.036	-2.6 **
British Columbia	-0.005	-0.4	-0.010	-0.8
(Adjusted R squared:)	0.010	**	0.010	
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 5,402		N= 5,402	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.864	6.6 **	1.163	8.2 **
Male (=1, female=0)				
Age (natural log)	-0.084	-3.4 **	-0.105	-3.9 **
Married/widowed	-0.025	-2.2	-0.030	-2.4
Number of children under 6	-0.028	-3.4 **	-0.024	-2.7 **
Number of children 6 to 11	0.003	0.5	0.007	1.0
Education (natural log)	-0.130	-4.5 **	-0.174	-5.5 **
French Roman Catholic	-0.035	-1.9	-0.021	-1.0
Other Roman Catholic	-0.019	-1.4	-0.024	-1.6
Conservative Christian	0.017	1.1	0.009	0.5
Non-Christian	-0.037	-1.7	-0.047	-2.1
No religious affiliation	-0.015	-0.8	-0.023	-1.2
Religious commitment index	0.011	2.8 **	0.006	1.4
Smoked marijuana in lifetime	0.007	3.2 **	0.005	2.3
Sleep (natural log of hours)	-0.036	-1.6	-0.064	-2.7 **
Atlantic region	0.035	1.9	0.038	2.0
Québec	-0.032	-2.0	-0.041	-2.3
Manitoba/Saskatchewan	-0.027	-1.5	-0.011	-0.5
Alberta	-0.026	-1.6	-0.012	-0.7
British Columbia	0.015	0.9	0.019	1.1
(Adjusted R squared:)	0.018	**	0.018	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 6. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), fathers aged 15 plus, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 3,773		N= 3,773	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.085	0.8	0.381	3.1 **
Male (=1, female=0)				
Age (natural log)	-0.004	-0.2	0.001	0.0
Married/widowed	0.006	0.5	-0.048	-3.8 **
Number of children under 6	0.002	0.2	0.006	0.9
Number of children 6 to 11	0.003	0.5	0.011	1.8
Education (natural log)	-0.005	-0.2	-0.087	-3.3 **
French Roman Catholic	-0.046	-3.0 **	-0.013	-0.8
Other Roman Catholic	-0.022	-1.8	-0.020	-1.5
Conservative Christian	-0.009	-0.7	0.044	2.9 **
Non-Christian	-0.021	-1.3	-0.015	-0.8
No religious affiliation	-0.004	-0.3	0.002	0.1
Religious commitment index	0.000	0.0	-0.006	-1.7
Smoked marijuana in lifetime	0.004	2.2	0.001	0.4
Sleep (natural log of hours)	-0.001	0.0	-0.006	-0.3
Atlantic region	0.011	0.7	0.000	0.0
Québec	0.011	0.9	-0.033	-2.3
Manitoba/Saskatchewan	-0.004	-0.2	0.049	2.8 **
Alberta	-0.003	-0.2	-0.031	-2.2
British Columbia	0.003	0.2	-0.011	-0.8
(Adjusted R squared:)	0.002		0.018	**
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 3,773		N= 3,773	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.280	2.1	0.292	2.0
Male (=1, female=0)				
Age (natural log)	0.017	0.6	0.031	1.1
Married/widowed	0.011	0.8	-0.022	-1.4
Number of children under 6	0.003	0.4	0.003	0.4
Number of children 6 to 11	0.004	0.6	0.004	0.5
Education (natural log)	-0.107	-3.6 **	-0.100	-3.2 **
French Roman Catholic	-0.015	-0.8	-0.029	-1.4
Other Roman Catholic	-0.013	-0.9	-0.025	-1.6
Conservative Christian	0.026	1.5	0.048	2.7 **
Non-Christian	-0.013	-0.6	-0.045	-2.0
No religious affiliation	0.016	1.0	0.003	0.2
Religious commitment index	-0.002	-0.5	-0.003	-0.6
Smoked marijuana in lifetime	0.005	2.7 **	0.003	1.2
Sleep (natural log of hours)	0.007	0.3	-0.001	0.0
Atlantic region	0.019	1.1	0.008	0.4
Québec	0.000	0.0	-0.020	-1.2
Manitoba/Saskatchewan	0.049	2.5	0.065	3.0 **
Alberta	-0.015	-0.9	-0.018	-1.0
British Columbia	0.025	1.6	-0.012	-0.7
(Adjusted R squared:)	0.009		0.013	

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 7. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), married mothers, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 3,849		N= 3,849	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.663	5.0 **	0.622	4.7 **
Male (=1, female=0)				
Age (natural log)	-0.079	-3.0 **	-0.061	-2.4
Married/widowed	-0.001	-0.1	-0.003	-0.2
Number of children under 6	-0.014	-1.8	-0.014	-1.8
Number of children 6 to 11	0.004	0.6	-0.003	-0.4
Education (natural log)	-0.099	-3.4 **	-0.068	-2.4
French Roman Catholic	-0.028	-1.5	-0.026	-1.4
Other Roman Catholic	-0.019	-1.4	-0.009	-0.7
Conservative Christian	-0.001	-0.1	0.010	0.7
Non-Christian	-0.077	-3.7 **	-0.074	-3.6 **
No religious affiliation	-0.005	-0.3	-0.005	-0.3
Religious commitment index	0.014	3.6 **	0.001	0.4
Smoked marijuana in lifetime	0.000	-0.2	0.004	2.1
Sleep (natural log of hours)	-0.014	-0.6	-0.057	-2.6 **
Atlantic region	-0.036	-2.0	-0.006	-0.4
Québec	-0.050	-3.1 **	-0.019	-1.2
Manitoba/Saskatchewan	-0.018	-1.0	-0.005	-0.3
Alberta	-0.039	-2.4	-0.031	-1.9
British Columbia	-0.018	-1.2	-0.016	-1.1
(Adjusted R squared:)	0.016	**	0.010	
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 3,849		N= 3,849	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.911	5.8 **	1.226	7.1 **
Male (=1, female=0)				
Age (natural log)	-0.123	-4.0 **	-0.132	-3.9 **
Married/widowed	0.016	0.9	-0.010	-0.5
Number of children under 6	-0.027	-2.8 **	-0.021	-2.1
Number of children 6 to 11	0.005	0.7	0.011	1.4
Education (natural log)	-0.108	-3.2 **	-0.159	-4.2 **
French Roman Catholic	-0.040	-1.9	-0.034	-1.4
Other Roman Catholic	-0.041	-2.6 **	-0.042	-2.5
Conservative Christian	0.007	0.4	-0.005	-0.2
Non-Christian	-0.113	-4.6 **	-0.121	-4.5 **
No religious affiliation	-0.006	-0.3	-0.024	-1.1
Religious commitment index	0.017	3.8 **	0.011	2.2
Smoked marijuana in lifetime	0.006	2.4	0.004	1.4
Sleep (natural log of hours)	-0.044	-1.7	-0.080	-2.8 **
Atlantic region	0.024	1.2	0.033	1.5
Québec	-0.043	-2.2	-0.055	-2.6 **
Manitoba/Saskatchewan	-0.035	-1.6	-0.010	-0.4
Alberta	-0.028	-1.5	-0.011	-0.5
British Columbia	-0.007	-0.4	0.009	0.5
(Adjusted R squared:)	0.023	**	0.023	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

**Regression Table 8. Distinguishing those who have ever had strong fears (of crowds, of travelling away from home, of using public transit, and of meeting places\*), single mothers, 2002**

	<i>Fear of being in crowds =1; no =0</i>		<i>Fear of travelling away from home =1; no =0</i>	
	N= 1,552		N= 1,552	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.633	3.2 **	0.179	0.9
Male (=1, female=0)				
Age (natural log)	-0.040	-1.1	0.013	0.3
Married/widowed	-0.005	-0.2	-0.005	-0.2
Number of children under 6	-0.018	-1.0	-0.011	-0.6
Number of children 6 to 11	-0.015	-1.3	0.011	0.9
Education (natural log)	-0.108	-2.3	-0.003	-0.1
French Roman Catholic	0.033	1.1	0.034	1.1
Other Roman Catholic	0.028	1.2	-0.009	-0.4
Conservative Christian	0.081	3.2 **	0.002	0.1
Non-Christian	0.306	8.5 **	0.033	0.9
No religious affiliation	-0.019	-0.6	-0.052	-1.7
Religious commitment index	-0.017	-2.6	-0.004	-0.5
Smoked marijuana in lifetime	-0.004	-1.0	0.015	3.9 **
Sleep (natural log of hours)	-0.032	-1.0	-0.053	-1.7
Atlantic region	0.049	1.6	-0.014	-0.4
Québec	0.013	0.5	-0.068	-2.6 **
Manitoba/Saskatchewan	-0.018	-0.6	-0.054	-1.7
Alberta	0.014	0.5	-0.055	-2.0
British Columbia	0.084	3.1 **	0.023	0.8
(Adjusted R squared:)	0.062	**	0.012	
	<i>Fear of using public transit =1; no =0</i>		<i>Fear of being in meeting places =1; no =0</i>	
	N= 1,552		N= 1,552	
	"B" coefficient	"t" value	"B" coefficient	"t" value
Constant	0.883	3.6 **	1.113	4.3 **
Male (=1, female=0)				
Age (natural log)	-0.043	-0.9	-0.069	-1.4
Married/widowed	-0.028	-0.9	-0.033	-1.1
Number of children under 6	-0.054	-2.5	-0.056	-2.5
Number of children 6 to 11	0.003	0.2	-0.002	-0.1
Education (natural log)	-0.172	-2.9 **	-0.200	-3.3 **
French Roman Catholic	0.044	1.2	0.075	2.0
Other Roman Catholic	0.072	2.5	0.053	1.8
Conservative Christian	0.059	1.8	0.072	2.1
Non-Christian	0.272	6.0 **	0.244	5.1 **
No religious affiliation	-0.029	-0.8	-0.008	-0.2
Religious commitment index	-0.022	-2.7 **	-0.025	-2.9 **
Smoked marijuana in lifetime	0.010	2.2	0.010	2.1
Sleep (natural log of hours)	-0.033	-0.8	-0.042	-1.0
Atlantic region	0.069	1.8	0.048	1.2
Québec	0.001	0.0	-0.007	-0.2
Manitoba/Saskatchewan	-0.005	-0.1	-0.026	-0.7
Alberta	0.003	0.1	0.004	0.1
British Columbia	0.147	4.3 **	0.089	2.5
(Adjusted R squared:)	0.049	**	0.037	**

Notes: Details on variable definitions are given in Appendix 1. Source: Statistics Canada's *Canadian Community Health Survey 1.2*.

Reference groups: other marital statuses for married/widowed; households with no children under 12; liberal Protestant affiliations (United Church, Anglican, Presbyterian, Lutheran -- conservative Christian = smaller Christian denominations); and for the regions, Ontario. The religious commitment index increases with worship frequency, and the daily help of spiritual values.

Note the number of observations depends on the number of respondents answering all questions used to form the variables.

\*Strong fear, yes= 1; no= 0; the dependent variable. *Meeting places* include movie theatres, lecture halls, churches, etc.

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

# Appendix 1. Notes on the survey, sample and variables

## The *Canadian Community Health Survey*

### A. 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 intention 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.