

16-21 YEAR-OLD MANITOBANS' EXPERIENCES DUE TO PANDEMIC

INCREASED MENTAL HEALTH CHALLENGES & SUBSTANCE USE DUE TO THE PANDEMIC



57.6%

reported an increase in daily stress and anxiety



54.2%

reported an increase in feeling down/ depressed



35.1%

of cannabis-users reported an increase in use



18.2%

of alcohol-users reported an increase in use

INCREASED INTERPERSONAL

CONFLICT DUE TO PANDEMIC



24.0% with an intimate partner

19.9% with parents

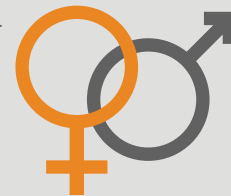
15.2% with sibling

FEMALES REPORTED GREATER

BURDEN VS MALES

more financial hardship

more stress/ anxiety



more feelings of depression

more conflict with parents

18-21 YEAR-OLDS REPORTED GREATER

BURDEN VS 16-17 YEAR-OLDS

more financial hardship



more feelings of depression

HIGHER HOUSEHOLD INCOME WAS

PROTECTIVE OF...



alcohol consumption

conflict with parents

lack of emotional support

16 to 21 year-old Manitobans may benefit from evidence-based supports to cope with their pandemic experiences. Interventions may need to be tailored for females and 18-21 year-olds.



Full study by Salmon, S., Taillieu, T., Fortier, J., Stewart-Tufescu, A., Afifi, T. O. (2022). Pandemic-related experiences, mental health symptoms, substance use, and relationship conflict among older adolescents and young adults from Manitoba, Canada. *Psychiatry Research*, 311:114495. doi:10.1016/j.psychres.2022.114495