

Indicator: Self-Rated Mental Health

Data Years: 2003, 2005, 2007–2008, 2009–2010, 2011–2012, 2013

Indicator Description: Age-standardized prevalence rate of population age 18 and older who reported perceiving their own mental health status as poor or fair (per 100)

Rationale: The Self-Rated Mental Health indicator measures an individual's perception of his or her mental health status and provides an estimate of the population suffering from mental disorders, distress, or emotional or mental problems.¹ Fair or poor self-rated mental health among Canadians has been found to be associated with a wide variety of mental morbidity measures, such as having a self-reported mental disorder diagnosed by a health professional.²

Data Source: Canadian Community Health Survey (CCHS), Statistics Canada

Income Disaggregator: Self-reported adjusted household income from the CCHS

Denominator Description: CCHS respondents age 18 and older

Exclusions:

1. Non-response categories (“refusal,” “don’t know” and “not stated”)
2. Respondents from the 3 territories (as income quintile data is unavailable)

Numerator Description: CCHS respondents age 18 and older who reported perceiving their own mental health status as fair or poor

Survey Weight: Person level

Method of Age-Standardization: Direct age-standardization to the Canada 2011 standard population

Age Groupings for Standardization: 18–19; 20–24; 25–29; 30–34; 35–39; 40–44; 45–49; 50–54; 55–59; 60–64; 65–69; 70–74; 75–79; 80–84; 85–89; 90–94; 95–99; 100+

Geographic Assignment: Respondent's province of residence according to postal code in the CCHS

Geographic Coverage: All 10 provinces (territories excluded)

Interpretation: Lower rates are desirable.

Case Selection Criteria: Respondents who reported perceiving their own mental health status as fair or poor

Variable: GENDMHI (derived from Perceived Mental Health variable GEN_02B)

Responses: Poor, fair

Survey Question: “In general, would you say your mental health is excellent, very good, good, fair or poor?” (GEN_Q02C)

Percentage Missing Due to Income:

	2003	2005	2007–2008	2009–2010	2011–2012	2013
Percentage Missing*	15.1	14.8	15.2	17.4	12.9	11.8

Note

* Percentage missing refers to the proportion of CCHS respondents who did not report income for this indicator and are therefore excluded from analyses based on self-reported adjusted household income quintiles.

Data Source Description:

Canadian Community Health Survey: The CCHS is a cross-sectional survey that collects information related to health status, health care utilization and health determinants for the community-dwelling Canadian population on an ongoing basis. The primary purpose of data collection is health surveillance and population health research. The CCHS target population is Canadians age 12 and older in all provinces and territories. Excluded from the sampling frame are individuals living on Indian reserves and Crown lands, institutional residents, full-time members of the Canadian Armed Forces and residents of certain remote regions (Région du Nunavik and Région des Terres-Cries-de-la-Baie-James). Altogether, these exclusions represent less than 3% of the target population.³

Sample Size: 130,000 (prior to 2007); 65,000 (2007 onward)

References

1. Statistics Canada. *Health Profile—Definitions, Sources and Symbols*. Ottawa, ON: Statistics Canada; 2014.
2. Mawani FN, Gilmour H. *Validation of Self-Rated Mental Health*. Ottawa, ON: Statistics Canada; 2010. <http://www.statcan.gc.ca/pub/82-003-x/2010003/article/11288-eng.pdf>. Accessed December 19, 2014.
3. Statistics Canada. *Canadian Community Health Survey—Annual Component (CCHS)*. <http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=3226>. Updated July 30, 2014. Accessed February 2, 2015.