

# Anxiety and Depression During the Covid-19 Pandemic and the Role of Sex and Gender

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**The results of a study with nearly 2000 participants showed:  
Following the pandemic**



Anxiety symptoms >>> Increased by 74%

Depressive symptoms >>> Increased by 57%



**While people of different sexes and genders had  
more symptoms of anxiety and depression  
following the pandemic . . .**

**Women and nonbinary people  
experienced higher levels of  
anxiety and depression than men.**

For a list of mental health services in ontario, please visit:  
[www.ontario.ca/page/find-mental-health-support](http://www.ontario.ca/page/find-mental-health-support)

