

2.14 MENTAL HEALTH

Table 2.14.1

Perception of mental health according to sex and age, population 15 years and older, Quebec, 1998

	Excellent	Very good	Good	Average or poor
	%			
Men				
15-24 years	38.0	34.9	19.0	8.1
25-44 years	38.7	33.6	20.2	7.5
45-64 years	38.7	36.0	18.4	6.9
65+	34.9	33.6	26.4	5.0
Total	38.2	34.5	20.2	7.2
Women				
15-24 years	28.9	35.0	23.4	12.7
25-44 years	31.4	37.5	21.5	9.8
45-64 years	34.5	36.5	22.0	7.0
65+	33.2	36.1	24.0	6.8
Total	32.2	36.6	22.3	9.0
Both sexes				
15-24 years	33.5	35.0	21.2	10.4
25-44 years	35.1	35.5	20.8	8.6
45-64 years	36.6	36.2	20.2	7.0
65+	33.9	35.0	25.0	6.0
Total	35.1	35.6	21.3	8.1
Pop '000	2 045	2 071	1 240	470

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.14.2

Perception of mental health according to satisfaction with social life, population 15 years and older, Quebec, 1998

	Excellent	Very good	Good	Average or poor
	%			
Very satisfied	55.8	31.9	10.2	2.0
More or less satisfied	28.8	39.9	24.7	6.7
Not satisfied	13.7	26.6	31.3	28.4

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.14.3

High level of psychological distress (indicator) according to sex and age, population 15 years and older, Quebec, 1998

	1987	1992-1993	1998	Pop
	%			'000
Men				
15-24 years	17.4	29.7	23.1	115
25-44 years	14.9	22.8	17.7	207
45-64 years	13.7	20.8	16.7	141
65+	11.6	9.3	8.0	28
Total	14.8	22.1	17.3	491
Women				
15-24 years	29.6	40.8	33.5	159
25-44 years	22.9	32.2	22.8	262
45-64 years	22.1	26.4	21.5	187
65+	21.1	20.0	12.8	60
Total	23.8	30.4	22.8	668
Both sexes				
15-24 years	23.4	35.2	28.2	274
25-44 years	19.0	27.5	20.2	469
45-64 years	18.0	23.7	19.2	328
65+	17.0	15.4	10.7	88
Total	19.4	26.3	20.1	1 159

Source: Santé Québec, enquête *Santé Québec 1987* et *Enquête sociale et de santé 1992-1993*.
 Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.14.4

High level of psychological distress (indicator) according to sex, age and marital status, population 15 years and older, Quebec, 1998

	%
Men	
Married	12.4
Common law	19.2
Widowed, separated or divorced	19.7
Single	23.1
Women	
Married	18.3
Common law	23.4
Widowed, separated or divorced	22.9
Single	30.0
Both sexes	
15-24	
Married	24.9*
Common law	27.5
Widowed, separated or divorced	-
Single	28.5
25-44	
Married	16.2
Common law	20.7
Widowed, separated or divorced	30.3
Single	24.7
45-64	
Married	16.5
Common law	21.2
Widowed, separated or divorced	24.6
Single	24.5
65+	
Married	9.0
Common law	7.7**
Widowed, separated or divorced	13.8
Single	8.6**
Total both sexes	
Married	15.3
Common law	21.3
Widowed, separated or divorced	21.8
Single	26.3

*Interpret with caution

**Imprecise estimate, indication only

Source: Institut de la statistique du Québec, *Enquête sociale et de santé 1998*.

Table 2.14.5**Level of psychological distress (indicator) by mother tongue, Quebec, 1998**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Low to average		76.98%	76.87%	73.30%	59.55%
High		19.04%	18.56%	20.67%	15.28%
Unknown		3.98%	4.57%	6.03%	25.17%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.

Table 2.14.6**Perception of mental health by mother tongue, Quebec, 1998**

	N=	18211	1029	1045	445
		French	English	Other	n/a
Excellent		33.97%	33.14%	31.29%	25.17%
Very good		34.28%	36.64%	36.17%	27.42%
Good		21.39%	19.34%	22.49%	19.33%
Average		6.54%	6.51%	5.55%	5.62%
Poor		1.41%	2.92%	0.96%	0.00%
Unknown		2.41%	1.46%	3.54%	21.57%
		100.00%	100.00%	100.00%	100.00%

Source: Institut de la statistique du Québec, *Enquête social et de santé 1998*.