

MY HEALTH, YOUR HEALTH, OUR HEALTH

A Study on Mental Health and Risk-Taking Behaviors of Young Adults
On Five University Campuses in the Heart of Canada

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Highlights

The transition to adulthood is one of the most important stages in life, as many disruptions can have important consequences on psychological health and adaptation to change throughout one's lifetime. Postsecondary institutions are privileged settings for mental health promotion, as they allow for regular contact with young adults over many years. A health promotion strategy is therefore necessary in these environments.

According to the Mental Health Commission of Canada, strategies to promote mental health and treat and prevent mental health issues on university campuses are more successful if they are geared toward 1) knowing who to reach; 2) strengthening protective factors and reducing risk factors; 3) setting clear goals; 4) giving communities what they need to take action; and 5) planning for the long term. Health determinants such as individual and economic factors, social supports, coping skills, physical environments and access to health services are other important factors to consider when developing health promotion strategies.

More than 2000 students from five universities in three provinces (Manitoba, Ontario and Quebec) participated in this study. Sociodemographic and ethnolinguistic profiles were variable between student populations on different campuses; comparison between universities would have been of little benefit. Instead, results are presented for each institution separately.

Nonetheless, interesting findings emerge across campuses, such as:

- Many students simultaneously work and study;
- Many depend on their parents for financial support;
- Participants report a mental health status that is comparable to that of the national average; however, a significant proportion of students report depression, anxiety, suicidal ideation, lack of sleep and poor body image;
- Alcohol and cannabis are the most commonly used substances; drinking or taking drugs and driving is however not a common practice;
- Speeding and using a cellphone while driving is common;
- Legalization of cannabis will not increase use of this substance, say two thirds of the participants;
- Condoms are the most common form of contraception and protection against STI's: however, a significant proportion of participants don't use them all the time;
- New technologies appear to figure significantly, with almost 50% of participants spending 3 hours or more a day on social media, texting or streaming.

Subsequent analyses will be necessary to identify risk and protective factors related to mental health status and risk-taking behaviors specific to student populations on each campus.

Summary

The transition from adolescence to adulthood is a time of dramatic change in one's life. At this stage, youth are developing skills to be able to support themselves and manage academic and financial responsibilities, while maintaining a healthy lifestyle. Studies have shown that disturbances at this stage may have a strong impact on one's psychological health and ability to adapt to change; emotional instability may have repercussions on performance and psychosocial functioning. Due to direct contact with young adults, postsecondary institutions are privileged settings for health promotion activities. A mental health strategy developed by the Mental Health Commission of Canada suggests that to successfully promote health, and treat and prevent mental health issues, the following should be considered: 1) know who to reach; 2) strengthen protective factors and reduce risk factors; 3) set clear goals; 4) give communities what they need to take action; and 5) plan for the long term. This research project builds on this strategy. Our long term goal is to promote the well-being of university students by developing a screening tool and developing sustainable initiatives on campus and within the community, taking into consideration available resources. As such, we must first gain insight into the mental health status of the student population, including the risk and protective factors specific to these students. Thus, health promotion efforts will be more efficient, as they will have been created according to student needs and in consultation with this population.

This study was conducted in five universities in three provinces, Manitoba, Ontario and Quebec, to gain insight into the impact of the linguistic context on mental health and risk-taking behaviors of students. The five participating universities were chosen mainly because of their small size and linguistic environment: Brandon University and the Université du Québec en Abitibi-Témiscamingue are in linguistic majority settings, whereas the Université de Saint-Boniface and Bishop's University are in linguistic minority communities. In addition, participants were recruited from the only bilingual university in the country (University of Ottawa). Thus, data will be analysed according to various influencing factors, including the linguistic environment.

The conceptual framework chosen for this study presents global health with two main components: health behaviors (nutrition, physical activity and sleep), and risk behaviors (excessive consumption and dangerous practices). These behaviors are influenced by many health-related determinants, including individual and economic factors, social supports, coping skills, physical environments and access to health services. These determinants are all relevant for young adults in a postsecondary setting. However, two determinants are of greater interest to us, given the focus of our study: cultural identity and access to health services.

With respect to cultural identity, some studies show that individuals with stronger ethnic and cultural identity generally have better mental health, psychological well-being, self-esteem and interpersonal relationships, and fewer risk behaviors; other studies suggest that perceived discrimination or minority status is linked to depressive disorders and certain risk behaviors. Cultural identity can therefore be perceived as a protective or a fragilizing influence on one's well-being. In universities located in linguistic minority environments, where student populations are diverse, individual, economic and social determinants specific to young adults should be considered as well as cultural identity in their achievement of academic success and well-being. Access to services is another important factor; a national study revealed that only 1 in 5 students access mental health services on their campus. On smaller campuses, resources are generally limited, and more so for services in the official language of the minority, as reported in Manitoba and Ontario. Furthermore, language barriers may have an impact not only on access to services but also on quality of care. Our study will allow us to determine if students in a minority or majority language setting use support services made available to them either on campus or in the community in the official language of their choice.

The main objective of this study is to gain insight into the mental health status and predominant risk behaviors of university students in both majority and minority linguistic settings in Canada and to identify protective and risk factors relative to their well-being. The ultimate goal is to help those in need achieve academic success. This report is descriptive: it presents general data related to sociodemographic and ethnolinguistic profiles, mental health and related behaviors, road safety, bullying and sexual harassment, sexual practices, alcohol, drug and tobacco use and use of new technologies, according to gender, for each of the postsecondary institutions. A survey was conducted online or in print form at the end of November 2018 and in February 2019. In total, 2075 students participated. Statistical analysis of frequencies and proportions according to gender were used to describe participants and their behaviors.

In general, participants' sociodemographic profile mirrored the general student population profile in each institution, although more women participated in the study. However, participants' sociodemographic and linguistic profiles varied between institutions: for example, participants from the University of Ottawa and Université de Saint-Boniface were more often first-year students, whereas students from the Université du Québec en Abitibi-Témiscamingue were more often mature students with jobs. Comparisons between institutions would not be very helpful as many sociodemographic factors may influence at-risk behaviors. Data are therefore presented for each campus separately.

Nonetheless, a few findings emerge for several participants in the five universities and may be of some importance for further analysis. For example, many students study full time and work, and many depend on their parents for financial support. Does this mean that students have little time for rest and relaxation? Is financial dependence a source of support or stress? Although participants' mental health status compares favorably to the national average in 2016 (ACHA, 2016), a significant proportion of participants reported depression, anxiety, suicidal ideation, lack of sleep and poor body image. Which factors influence these behaviors which are closely associated to a languishing mental health? Do students with emotional problems and suicidal ideation have a support system, either formal or informal? Alcohol and cannabis are the substances most commonly used by students and generally, drinking and driving is not a common practice. However, speeding and using a cellphone while driving were reported by a significant proportion of participants, regardless of their university affiliation. Furthermore, legalization of cannabis will not have an impact on consumption of this substance according to almost two thirds of participants. Do participants who often use these substances also display other risk behaviors, such as those related to poor mental health or unsafe driving practices? Regarding sexual practices, condoms are the most common form of contraception and STI's prevention; however a significant proportion of participants reported not using condoms all the time, and withdrawal was also a common practice. Are sexual practice promotion initiatives needed on campuses? Are these behaviors related to sexual harassment reported by certain participants? Lastly, the use of new technologies appears to figure significantly in participants' daily lives. Does their excessive use have an impact on their mental health and related behaviors?

These findings provide us with food for thought. Subsequent analyses should take into account the multiple sociodemographic factors which differ between men and women in our sample: age, marital status, being a first-year student, rural or urban upbringing and country of origin are only a few examples. Consideration for students' ethnolinguistic profile and the linguistic context of their institution or province is also important. Our future endeavours include identification of protective factors that contribute to a flourishing mental health, and risk factors that lead to stress, suicidal ideation and other risk behaviors. Only then will we gain a better understanding of university students' needs and be able to offer them appropriate supports to achieve academic success.

1. Introduction

This study was conducted to gain insight into self-reported mental health status and prevalence of risk-taking behaviors among young adults on five Canadian campuses. Our research interests also included the impact of the province's official language and the language of postsecondary education on young people from minority and majority linguistic groups, as well as protective and risk factors associated to student well-being and academic success. Participants, mostly 18 to 24 years of age, were from five universities in three provinces: Manitoba, Ontario and Quebec. Participants were students from either two French speaking universities, the first in Quebec (Université du Québec en Abitibi-Témiscamingue) and the second in a minority language community in Manitoba (Université de Saint-Boniface), or two English universities, one in Manitoba (Brandon University) and the other in a minority language community in Quebec (Bishop's University). These universities are considered small universities (≤ 5000 students), allowing for a fair contextual comparison of our participants. Recruitment was also done at the University of Ottawa, the only bilingual university in Canada. Although considered a larger university, it was included in this study to enable comparisons with English and French-speaking students in a bilingual setting.

The research team members were selected to have an interdisciplinary, interuniversity and interprovincial representation. Researchers come from the following fields of study: nursing, psychoeducation, statistics, psychology and science; a mental health counsellor and a few administrators complete the team. Furthermore, research assistants, currently students in one of the five universities, were hired to help with data collection and knowledge transfer. Each team member brought their professional perspective and expertise to the table, enriching reflection and sharing of ideas in a complementary fashion for the development of research tools, analysis, interpretation of data and knowledge sharing among stakeholders, thus widening the scope of the study.

The study's goal was to provide evidence concerning the health of young adults in university settings and inform stakeholders of the issues related to their well-being and academic success. Ultimately, we hope to promote student well-being by developing sustainable initiatives on campus and in the community, taking into consideration available resources. Our focus was mostly on small universities, where resources are limited. In addition, we focused on linguistic minority communities, as our earlier research indicated a correlation between ethnolinguistic identity and mental health among certain youth living in this context (Gueye, de Moissac and Touchette, 2018). Findings of this study will help inform university administrators, student services staff, professors and students of the needs of the student population, specific to different ethnolinguistic groups.

A quantitative approach was used to determine principal trends of student behavior pertaining to their mental health and risk-taking behavior. Over a period of three weeks at the end of November 2018 and three weeks in February 2019, a survey was conducted, either on line or on paper. The survey included questions pertaining to sociodemographic and ethnolinguistic profiles, mental health and related behaviors, road safety, bullying and sexual harassment, sexual practices, alcohol, drug and tobacco use, and use of new technologies. Statistical analysis was conducted to compare tendencies between men and women for each university.

This report starts with a description of our interest for young adults' health on campuses, followed by a brief overview of each university's setting, including the local context, the general student profile and support services provided to students. The conceptual framework guiding this study is then explained, as well as our research objectives and the chosen methodology. Descriptive results are presented for each university, comparing women and men. Data is presented by theme (e.g. road safety); frequencies and percentages are presented in table form following a brief summary of findings. The discussion presents an overview of key findings for each university, with some comparisons to a national reference group (ACHA, 2016). The conclusion focuses on findings common to all universities and suggests avenues for further analysis.

1.1 Why Study Young Adults in University Settings?

The transition from adolescence to adulthood is a time of dramatic change in one's life. At this stage, young people are developing skills required to become independent (Cloutier & Drapeau, 2008) and are learning to manage academic and financial responsibilities while maintaining a healthy lifestyle (Bornstein et al, 2003). Many studies have shown that disturbances during this stage can be destabilizing for a person's well-being and may contribute to mental health problems (Cleary, Walter & Jackson, 2011; Ruberman, 2014). Several factors, including a traumatic event, an unfavorable environment, daily stress, academic demands, job searching and attaining financial autonomy may have a marked effect on psychological health and adaptability to change (Desmarais et al, 2000; Nelson & Padilla-Walker, 2013). Indirectly, emotional instability brought about by all these factors may impact academic performance (Owens et al, 2012; Ruthig et al, 2011) and psychosocial functioning (Dawson & Pooley, 2013; Farell & Langrehr, 2017). Transitioning into adulthood is a critical period in one's life; traumatic events at this time may have important long-term repercussions (Poon & Knight, 2013).

At this stage in their lives, many young adults attend university; campuses are therefore a privileged setting for health promotion geared toward this at-risk population. Postsecondary institutions today are more focused on student well-being; they seek awareness of students' mental health and risk-taking behaviors as well as provide some support systems (Mental Health Commission of Canada, 2013; American College Health Association, 2016). Increasingly, associations in this field (Canadian Association of College & University Student Services; Centre for Innovation in Campus Mental Health; Mental Health Commission of Canada) recognize the important role that postsecondary institutions play in promoting student well-being, preventing risk-taking behaviors and improving access to resources and support services. The Mental Health Commission of Canada recently published the *Mental Health Strategy for Canada: A Youth Perspective* (Commission de la santé mentale du Canada/Mental Health Commission of Canada, 2013). They suggest that strategies promoting mental health and those focusing on treatment and prevention of mental health issues are more successful if they: 1) know who to reach; 2) strengthen protective factors and reduce risk factors; 3) set clear goals; 4) give communities what they need to take action; and 5) plan for the long term. This research project is based on this approach: our long term goal is to promote the well-being of young adults on campuses by developing a screening tool and sustainable support initiatives on campus and in the community, taking into account available resources. As such, we must first enquire into current student mental health, and risk and protective factors related to at-risk behaviors. Thus, prevention and health promotion will be more efficient as initiatives will have been created in consultation with students and according to their specific needs.

1.2 University Settings

1.2.1 Université de Saint-Boniface

Local Context

Located in the heart of Manitoba's capital, the Université de Saint-Boniface (USB) is central to Winnipeg's French Quarter; it celebrated the 200-year anniversary of education in French in Western Canada in 2018. In 2016, Winnipeg's population was 696 265, of which approximately 10.2% had a working knowledge of French, as compared to 8.7% in Manitoba.

The Université de Saint-Boniface (USB) is the oldest postsecondary education institution in Western Canada and the only French language university in Manitoba. It offers university programs in the Faculties of Arts and Sciences and the Faculty of Education and Professional Studies, as well as professional or technical programs at the Community College (École technique et professionnelle) and the School of Nursing and Health Studies (École des sciences infirmières et des études de la santé). More than 75% of the student population is registered in university programs, 9% at the Community College and 10% in the School of Nursing and Health Studies.

The university has one residence, the Père-Théophile-Lavoie-O.M.I. residence, which houses more than 100 students in apartments able to accommodate one or two people.

Student Profile

In 2018-2019, the Université de Saint-Boniface had 1414 registered students, mostly women (69%); 23% were first-year students and 16% had student visas (International students). Students came mostly from the only francophone school division in the province (Division scolaire franco-manitobaine) and the province's immersion schools. International students were mostly from French speaking African countries including Sénégal and Morocco.

Mental Health Supports on Campus

Counseling services are offered to students by a community-based non profit organisation, the Renaissance Centre. The Centre offers long and short-term counseling and psychotherapy in both French and English to adolescents, couples and adults. Services are available on campus two days a week, as well as off campus for students who prefer to access services in the community.

1.2.2 Brandon University**Local Context**

Brandon, Manitoba is located in the southwest corner of the Province of Manitoba, roughly 200 km from the Capital city of Winnipeg. Brandon has a population of approximately 49,000 people and is the second largest city in Manitoba. Individuals that identify as First Nation, Metis and/or Inuit account for 13% of the population, and individuals that identify as immigrants account for 15% of the population (Statistics Canada, 2016). According to the 2016 census, 92% of the population in Brandon speak only English, 5.3% speak English and French, and 2.5% speak a language other than English or French (Statistics Canada, 2016).

Brandon University (BU) is located within the city limits of Brandon. The university was founded on July 13, 1899 as Brandon College and was chartered as a university in 1967. Brandon University offers programs in the Faculties of Health, Science, Arts, and Education, and through the School of Music.

Brandon University has three residences: McMaster Hall (for men and women), Flora Cowan Hall (for women) and Darrach Hall (for men). At full capacity, these residences can accommodate 559 students.

Student Profile

In the 2018-2019 calendar year, Brandon University enrolled 3662 students of whom 69% were studying full time. Among the student population were 427 international students (11.7%) and 486 students that self-identified as Indigenous (13.3%). Many students were under the age of 25 years and identified as female (70.4%).

Mental Health Supports on Campus

Brandon University has 2 full-time counsellors available to students. Counselling services at Student Services offers individual, couple and group counseling, as well as information about and referral to other campus and community resources. In addition, students have access to the I.M. Well App (Integrated Mental Wellness) through Student VIP (Health insurance program).

1.2.3 University of Ottawa**Local Context**

The University of Ottawa is located in the heart of Canada's capital, Ottawa, and is the largest bilingual university in the world, offering programs in both French and English.

The University of Ottawa has ten faculties, including Social Sciences, Medicine, Health Sciences, Common and Civil Law, and Education. In 2018, 42,566 students were registered at the University of Ottawa, 29,701 identified as English-speaking students (70%) and 12,555 as French-speaking (30%). Despite the small number of French-speaking students, all courses and services are offered in both official languages.

The university offers six different types of lodgings divided into 11 separate residences and a few houses. Eight of these are on the main campus. Three learning communities allow students with common interests to live together in a residence. Most students live in private rooms.

Student Profile

In 2018-2019, of the 42,256 students registered at the University, 57% were women, 41% were men and 2% identified as other gender; 84% were undergraduate students and 17% were international students. Within the latter group, 71% chose English as their language of correspondence.

Mental Health Services on Campus

The University of Ottawa offers many mental health services on campus. A family health team offers counseling services to individuals, couples or families, ranging from 6 to 8 sessions, for different mental health or psychosocial problems such as interpersonal relationships, depression, stress, a traumatic experience and substance abuse. Psychoeducational groups meet to discuss topics such as anxiety and attention deficit disorders. The Center for Psychological Services and Research (CPSR) provides psychological services in French and English by the University of Ottawa's psychology students to university students and residents of the Ottawa-Gatineau area. Individual, group, couple and family therapy include evaluation and intervention for different problems; participants can attend up to 20 sessions. The Student Academic Success Service (SASS) is designed to offer help and counsel to students who have difficulties with their mental health as it relates to academic achievement. The university also houses a walk-in medical clinic and an online therapy service (TAO).

1.2.4 Université du Québec en Abitibi-Témiscamingue

Local Context

Since 1969, the Université du Québec en Abitibi-Témiscamingue (UQAT) instigates socioeconomic development for surrounding regions. Successively affiliated with the Université du Québec à Trois-Rivières (UQTR), the Université du Québec (UQ) and the Université du Québec in the Outaouais area (UQO), the university was fully integrated into the UQ system in 1983. The university has 3 campuses and 7 student centres offering services to a student population spread out over a vast area. It offers undergraduate and graduate programs.

After a period of 25 years of existence, the UQAT distinguishes itself in teaching, research and community services. Thanks to its recognized expertise, the university plays a significant role at the regional level as well as the provincial, national and international levels.

Student Profile

In 2016-2017, 3700 students were registered at the UQAT, of whom 76% were women and 60% were part time students. Average age of students was 31 years. First generation students (whose parents had never gone to university) comprised 72% of the student population; most students come from the college system (CÉGEP), although many are admitted based on their work experience.

Mental Health Supports on Campus

Social workers and human relations officers at the UQAT offer counseling services to students to address various issues, be they personal, social, family or marital problems.

1.2.5 Bishop's University

Local Context

Bishop's University is in the borough of Lennoxville, Quebec (population 5488), located at the junction of the St. Francis and Massawippi Rivers approximately five kilometres south of downtown Sherbrooke, set amid the rolling hills and rivers of the Eastern Townships. Lennoxville is officially a borough of greater Sherbrooke (population 139 565) where, according to the 2016 census, 44% of the population of the area speak both English and French, 54% speak only French, and 1% speak only English (Statistics Canada, 2016).

Bishop's University was founded as Bishop's College in 1843, under the Anglican Bishop of Quebec. In 1853, the University received a Royal Charter granting it the right to grant degrees. Bishop's remained under the support of the Church of England until 1947, when the Corporation of the University was reestablished as a non-denominational body.

Bishop's University is set on a 550-acre campus featuring 25 buildings, including 7 residences, two theatres, a sports and recreation centre, which includes three gyms, an indoor pool and a seating area for 800 people, a historic chapel and music hall and a stunning new Library Learning Commons. Bishop's University offers mostly undergraduate programs in the Faculties of Business, Education, Humanities, Natural Sciences and Social Sciences but has a small number of master's degree programs in Education, Arts, and Science.

Student Profile

In the 2018-2019 calendar year, Bishop's University enrolled 2867 students of whom 91% were studying full time. The student population consists of 686 international students (24%), 1400 students from Quebec (49%), 781 students from across the rest of Canada (27%) and 35 students that identify as Indigenous (1%). Most students are under 25 years of age, and there is a near even spread of genders with 55% identifying as female.

70% of first-year students live in one of the seven residences on campus and 97% of students live within walking distance of the campus.

Mental Health Supports on Campus

Bishop's University has a team of six mental health workers available to support students: two counsellors, two psychologists, a spiritual counsellor and a social worker who coordinates services in cases of sexual harassment. Student Services primarily offers individual and couples counselling, as well as various workshops throughout the year focused on mental health and wellbeing. In addition to the counselling team, Bishop's has an Indigenous Student Support and Community Liaison Officer who works closely with Bishop's and the local community to provide resources, create opportunities for learning and be a voice for indigenous youth. In addition, outside of student services, Bishop's University employs two doctors and a nurse in the health center on campus, providing mental and physical health supports.

1.3 Conceptual Framework

For this study, we have framed our research on the writings of Bantuelle and Demeulemeester (2008) relating to risk behaviors in adolescents. The conceptual framework we have chosen presents global health (physical and mental) divided into two main components: health behaviors (nutrition, physical activity and sleep) and risk behaviors (excessive consumption and dangerous practices). These two components form part of a more complex behavior called lifestyle, which has a direct impact on academic success, health and well-being.

According to these authors, health and risk behaviors share common determinants or factors that can either protect or make one more fragile (Bantuelle & Demeulemeester, 2008). These factors relate not only to the individual, but also to the family, institutional, social, cultural and economic environment in which it evolves (Rousseau et al, 2007). Canada's Public Health Agency (Gouvernement du Canada/Government of Canada, 2018) has identified twelve determinants of health, which include individual (gender, healthy behaviors) and economic (salary, employment) factors, as well as social supports and coping skills, physical environments and access to health services. Our conceptual framework has led us to focus on some of these determinants: research indicates that personal and economic factors, social supports, coping skills and physical environments are highly relevant for young adults in postsecondary institutions (Gefen & Fish, 2013; Poon & Knight, 2013; Shyleydo & Godley, 2012). However, two determinants more closely associated to our student population, given the linguistic context of our universities, are cultural identity and access to health services.

Cultural identity of young adults living in a minority language community is of interest, as our previous studies and those of others have shown that students with a strong ethnic or cultural identity generally have better outcomes related to mental health, psychological well-being, self-esteem and interpersonal relationships, as well as less risk-taking behaviors (Choi et al, 2007; Gueye, de Moissac & Touchette, 2018; Hardy et al, 2013; Levesque & de Moissac, 2018; Neblett, Rivas-Drake & Umaña-Taylor, 2012; Osborne & Taylor, 2010). However, other research has shown that perceived discrimination based on ethnicity is directly linked to depressive disorders (Huynh & Fuligni, 2012; Tobler et al, 2013) and behavioral risks such as smoking, alcohol consumption and substance abuse (Gibbons, Pomery & Gerrard, 2010; Tran, Lee &

Burgess, 2010). For some minority groups, identifying with one's ethnic group seems to mediate this link (Brittian et al, 2015; Rogers-Sirin & Gupta, 2012). Cultural identity can therefore be viewed as a protective or a fragilizing factor. In a university within a minority language community where students are diverse and cosmopolitan, cultural identity should be considered as a fundamental characteristic, as it may contribute to academic achievement and well-being along with other personal, economic and social determinants relevant to a young adult population.

The second determinant of significance for our study is access to health services. A study undertaken in 41 Canadian postsecondary institutions has revealed that although high percentages of students suffer from anxiety and depression, few access mental health services: 37% of surveyed students had talked to a counsellor, a psychologist or a therapist in their lifetime and 19% had accessed mental health services offered on campus (American College Health Association, 2016). Whereas large universities generally offer counselling services, resources are limited and waiting times for an appointment can be long (Pin & Martin, 2012). In smaller universities located in small cities and in isolated areas, lack of resources in the community is problematic (Hutchins, 2017). A further obstacle is observed in minority language communities: health services available in the minority language are very limited, such as reported in Ontario (Bouchard et al, 2012) and Manitoba (de Moissac, Giasson & Roch-Gagné, 2015). Students attending universities and colleges in a minority language community are therefore at greater risk of poor access to formal support services.

Limited access to resources in the language of one's choice can be a major barrier to delivery of mental health resources. Impact of language barriers between patients and service providers have been studied (Bowen, 2015) and have shown to affect quality of care (Bauer & Alegria, 2010; Bouchard et al, 2017; de Moissac & Bowen, 2018; Flores, 2005) and access to services (de Moissac & Bowen, 2017; Schwei & al, 2016). The effects are even greater when accessing mental health services (Ohtani et al, 2015), when speaking in one's mother tongue becomes a necessity. Access to mental health support systems, either formal or informal, has been studied among a subgroup of our student population (Levesque & de Moissac, 2018); results indicate the need for equitable access to support services in the language of choice for the student.

2. Objectives

The main objective of this study is to gain insight into self-reported mental health status and predominant risk behaviors of university students in both majority and minority language communities in Canada.

More specifically, our goals are to enquire into:

- 1) the sociodemographic and ethnolinguistic profiles of young adults attending a university in Manitoba, Ontario and Quebec
- 2) the mental health status and prevalence of risk behaviors among young adults as it pertains to
 - road safety
 - bullying and sexual harassment
 - sexual practices
 - alcohol, drug and tobacco use
 - use of new technologies
- 3) access to formal and informal supports, and anxiety management techniques adopted by students

These objectives will allow the research team to inform stakeholders (students, professors, student services staff and administrators) of key findings relative to specific student needs. A knowledge mobilization strategy based upon our findings accompanies this study in some of the participating universities.

3. Methodology

Considering the objectives stated above, a quantitative research approach was deemed appropriate. This study was therefore conducted using both an online and paper-based survey, administered to students

from five pre-selected universities. Ethics approval was received from each of the universities' Research Ethics Board before data collection was initiated.

3.1 Sampling and Recruitment

Participating students were recruited from various faculties, schools and programs in five Canadian universities (Université de Saint-Boniface, Brandon University, Université d'Ottawa, Université du Québec en Abitibi-Témiscamingue and Bishop's University). Recruitment was done through invitations sent by email or in class presentations. Convenience sampling was used to recruit as many students as possible and to guarantee anonymity and confidentiality for all participants during data collection. As presented below, each university proceeded slightly differently for student recruitment and data collection, according to standard research practices in their institution.

3.1.1 Université de Saint-Boniface

Data collection was conducted from November 19 to December 7, 2018 and from February 4 to February 22, 2019. Participating students were recruited through class announcements one week prior to survey administration. Invitations were extended to students in 29 classes in undergraduate and community college programs. Three research assistants conducted the survey in the classrooms. Before filling in the survey, participating students were given a clear and concise explanation of the nature of the research. Consent was given by the participating students acknowledging their role in the study. The survey did not identify participants in any way and data collection remained anonymous. An informed consent form, given in hard copy to participants before the study, provided contact information to government and community mental health support services.

3.1.2 Brandon University

Data collection was conducted from November 19 to December 7, 2018 only, as a different health-related survey was being distributed in February 2019. Letters of invitation were sent to all Faculty members at Brandon University. This included both campuses (Brandon and satellite campus in Winnipeg). Faculty interested in offering their students a chance to participate in the study made themselves known to the research team. Research assistants attended interested Faculty's classrooms to introduce the study. The research assistants provided a brief description of the study and informed consent procedures. Any student interested in participating in the study was provided an informed consent form and was then given a hard copy of the survey or a link to the online survey. All participants could fill a ballot for an opportunity to win one of four \$25 gift certificates to the local campus coffee shop.

3.1.3 University of Ottawa

Data collection was conducted from November 19 to December 7, 2018 and from February 4 to February 22, 2019. Participants were recruited by means of class announcements to students registered in Introduction to Psychology courses and an online portal research participation program run by the School of Psychology. Students earned one percentage point of their introductory course grades in Psychology (fundamental or applied) for their participation. Students who started the survey but did not finish it still earned the one percentage point. Before answering the online survey, participating students were given a clear and concise explanation of the nature of the research. Consent was given by the participating students acknowledging their role in the study. Participants were given an anonymous ID number by the online portal (ISPR) which allowed them to participate in many research projects. Researchers had therefore no access to information which would identify the students, such as their names. Only ISPR staff could access the identity of the participating student based on their anonymous ID, but staff did not have access to research data. University and community resources in mental health were clearly identified to participants, including contact information to access these resources.

3.1.4 Université du Québec en Abitibi-Témiscamingue

Data collection was conducted from December 3 to December 21, 2018 and February 4 to February 22, 2019. Participants were recruited in one of two ways. The first was an email sent to all students in undergraduate programs inviting them to participate in the study. This email was sent four times and included a link to the website for the survey. For the second wave of recruitment, four research assistants

were sent to several classes to explain the study and encourage students to participate. Ten participating students were randomly selected to receive a prize valued at \$100.00 each.

Students wishing to participate were invited to click on a hyperlink to the survey site which provided a clear and concise explanation of the nature of the research and the role of participating students. Participants would then check a box confirming both their consent and understanding of their role in the study. Both the survey responses and data collection remained anonymous. The consent form contained a clear listing of government and community resources in mental health, including contact information to access these resources.

3.1.5 Bishop's University

Data collection was conducted from December 3 to December 21, 2018 and February 4 to February 22, 2019. In the fall session, an invitation was extended to all professors on campus. The invitation asked permission to present the research projects to students in their classes. A link to the website was provided on the class management site (Moodle) to make it accessible to all students. In February, all students received an email encouraging them to participate in the study.

3.2 Data Collection Tool

The data collection tool was a survey developed by members of the research team at the Université de Saint-Boniface for a similar survey conducted in 2012. The survey consisted of questions from various questionnaires, including the Multigroup Ethnic Identity Measure (Phinney, 1992), modified by Roberts and collaborators (1999) and validated by Ponterotto and collaborators (2003). This questionnaire is a tool widely used to study ethnic identity in adolescents and adults from various ethnic groups in multicultural environments. The questionnaire has been widely used in the United States and has been adapted to reflect the Canadian linguistic context. The questionnaire consists of twelve questions, with a possibility of 4 answers. Questions are divided into two different categories, the first being the level of self-affirmation and belonging, such as a feeling of pride and well-being related to ethnic identity. The second relates to exploration and engagement to this identity. For instance, in the first category, one statement reads: "I have a strong sense of belonging to my own cultural and linguistic group" and in the second category "I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs". A total score was calculated by using the average score of items, allowing us to gauge the level of belonging to an ethnolinguistic group. It should be noted that higher scores indicate a stronger sense of belonging.

Questions relating to mental health were taken from the *Mental Health Continuum-Short Form*, which uses 14 questions to measure three basic determinants of mental health: emotional well-being (being happy and satisfied with life), social well-being (feeling that you belong to a community, believing that society is a better place) and psychological well-being (that you like most parts of your personality, are good at managing daily responsibilities, have warm and trusting relationships with others) (Keyes, 2002). The tool, which has been translated in many languages including French, has been tested and validated among a population of various ages and diverse origins (Keyes, 2009). Mental health scores, taking into consideration emotional, social and psychological well-being, allow classification in three categories of mental health: flourishing, moderate or languishing. A flourishing mental health is equivalent to a fulfilling and prosperous life; a languishing mental health involves a state of exhaustion related to suffering. A moderate state is neither one of the above. Other variables of mental health were also measured, such as lack of sleep caused by worries, prolonged sadness, suicidal thoughts, negative body image and general physical and mental health. These questions were taken from the *Survey on Canadian Campuses* (Adlaf, Demers et Gliksmann, 2005).

Rosenberg's self-esteem scale (Rosenberg, 1965), translated and validated in French by Vaillières and Vallerand (1990), is the most widely used scale in research on self-esteem (Donnellan, Trzesniewski and Robins (2015). It consists of 10 statements (for instance: "I feel I have a number of good qualities", "I am able to do things as well as most other people", "I feel I do not have much to be proud of", etc.) used to measure participant's global self-esteem. The participants indicate their level of agreement with each statement according to a 4-point Likert scale, where 1 corresponds to "Strongly disagree" and 4

to “Strongly agree”. Total score is measured by first inverting scores of the five questions with negative polarity, and then adding scores of the ten questions. The score varies from a minimum of 10 to a maximum of 40. Higher scores indicate greater self-esteem. This scale is generally considered to be unidimensional (Schmitt et Allik, 2005).

The self-esteem single item scale is, as its’ name indicates, a gauge of self-esteem comprising of only one question. The participant indicates his level of agreement with the statement “I have a high self-esteem” on a 5 point Likert scale, where 1 corresponds to “Strongly disagree” and 5 corresponds to “Strongly agree”. Research indicates that this one item scale has psychometric properties equivalent to Rosenberg’s scale (Brailovskaia and Margraf, 2018; Robins, Hendin, and Trzesniewski, 2001). It was included in the questionnaire to validate its’ psychometric properties on a sampling of French-speaking participants.

Questions relating to risk-taking behaviors including road safety, bullying and sexual harassment, sexual practices, use of alcohol, illicit drugs and tobacco were inspired by the American College Health Survey (ACHA, 2016). These questions were used to be able to compare with the national reference group. Answers were based on a multiple choice or Likert scale format.

The questionnaire was revised by members of the research team of participating universities; linguistic comprehension was verified in both official languages by 20 students from different universities. The survey was made available online through Limesurvey; a hard copy was also made available during data collection. Data from the hard copies were transferred to the LimeSurvey platform. The questionnaire is available in Appendix 1.

3.3 Analysis

Analyses were done using SPSS version 21 software (Inc., Chicaga, IL). Descriptive statistics (means and standard deviations or ratios) were calculated to describe participants’ socioeconomic and academic characteristics, variables in risk-taking behaviors, and mental health and ethnolinguistic profiles. Presentation of these variables according to gender is justified in other studies (Poole and Greaves, 2007). We note however that a few participants identified as “other” gender. To ensure anonymity of these participants, they were not included in the women/men categories but were included in the total number of participants. Comparison of the variables between men and women was done using a Chi-square test or Fisher’s exact test for qualitative variables and t-test for quantitative variables. Statistical significance was set at 5%.

4. Results

Results are presented for each university and according to themes targeted in this study. Frequency and percentages for women, men and all participants are presented in comparative tables. Even though some participants did identify as being of a gender other than male or female, they were too few and the risk of identifying them was high. They have therefore been included where all participants are considered. It should also be mentioned that these findings are based on self-reported behaviors and feelings by participants; no objective measurements were taken. Where there are significant statistical differences between women and men (set at 5%), the assigned value (p) is in bold lettering. Key results are described, followed by tables with corresponding data.



4.1 Université de Saint-Boniface

4.1.1 Sociodemographic Profile

In total, 664 students participated in the study. As shown in Table 1, average age of participants was 22 years (standard deviation \pm 5.64) and ranged from 18 to 53 years. On average, men were older (23.3 years) than women (21.5 years). A greater proportion of participants were women (68.7%), heterosexuals (86.5%) and single (81.7%); 16.9% were married or in a common-law relationship and 9.2% had at least one child. Most were full-time students (91.7%) and most had a job (70.5%), with a higher percentage of men (35.8%) not working as opposed to women (26.2%). Just over one third of students (37.4%) were first-year students. Overall, most students were studying in the Faculty of Arts (23.4%), University 1 (23.3%), Faculty of Education (13.3%) or Nursing (10.3%). There were more women studying in the Faculty of Arts (25.8%) and Nursing (13.2%) than there were men (18.4% and 4% respectively), and more men studying in Business (18.9%) and in a technical college program (14.9%) than women (4.8% and 4.2% respectively). The vast majority of students (92.6%) reported achieving passing grades (ranging from 60% to 100%).

Table 1. Sociodemographic Profile (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
Age (average years ± standard deviation)		21.48 ± 5.15		23.26 ± 6.41		22.03 ± 5.64		0.000
		n	%	n	%	n	%	P
Sexual orientation	Heterosexual	390	86.9	175	88.8	565	86.5	0.486
	Other ^a	59	13.1	22	11.2	88	13.5	
Marital status	Single	371	81.5	165	82.5	541	81.7	0.925
	Married or common-law	78	17.1	32	16.0	112	16.9	
	Separated or widowed	6	1.3	3	1.5	9	1.4	
Number of children	None	413	90.6	182	91.5	601	90.8	0.717
	1 or more	43	9.4	17	8.5	61	9.2	
Enrollment status	Full-Time	411	90.7	188	93.5	606	91.7	0.233
	Part-Time	42	9.3	13	6.5	55	8.3	
Employment (average hours per week)	None	119	26.2	72	35.8	195	29.5	0.015
	Less than 20 hours	259	57.0	91	45.3	353	53.3	
	20 hours or more	76	16.7	38	18.9	114	17.2	
Volunteering (in the last year)	Never	154	33.9	71	35.5	225	34.0	0.019
	A few times	177	39.0	91	45.5	269	40.7	
	Approximately once a month	54	11.9	25	12.5	84	12.7	
	Once a week or more	69	15.2	13	6.5	83	12.6	
First-year student	Yes	174	39.4	66	33.7	241	37.4	0.171
Field of study	University 1	114	25.1	40	19.9	154	23.3	0.000
	Faculty of Arts	117	25.8	37	18.4	155	23.4	
	Business	22	4.8	38	18.9	61	9.2	
	Education	53	11.7	33	16.4	88	13.3	
	Nursing	60	13.2	8	4.0	68	10.3	
	Faculty of Science	52	11.5	10	5.0	64	9.7	
	Social Work	12	2.6	4	2.0	17	2.6	
	Technical college program	19	4.2	30	14.9	49	7.4	
	Other ^b	5	1.1	1	0.5	6	0.9	
Grade average	60% to 100%	418	92.5	185	92.5	610	92.6	0.997
	Less than 60% or uncertain	14	3.1	6	3.0	20	3.0	
	Not in school last year	20	4.4	9	4.5	29	4.4	

Notes:

^a: includes LGBTQ2+^b: includes Continuing Education and Translation Studies

The residency profile is shown in Table 2. Most students (70.5%) were from Manitoba, whereas 22.4% came from an African country to study at the Université de Saint-Boniface. Most participants (64.9%) were born in Canada, and 26.3% had been living in Canada for less than 5 years. More women (80.5%) reported being Manitoban than men (47.0%) and more men (43.4%) came from an African country than women (13.4%). Most students were from an urban area (79.2%). At the time of the study, more than half of the participants (58.5%) lived with their parents and family, 12.8% with friends, acquaintances or roommates and 11.2%, with a spouse or partner. More than half of the participants (62.3%) lived at in their parents' home and 24.1% in an apartment or a rented house. Women were more likely to live with their parents and family (65.9%) or in their parents' home (70.1%) than men (42.0% and 44.2% respectively); men were more likely to live with friends (20%) or in an apartment (37.2%) than women (9.9% and 18.2% respectively).

Table 2. Residency Profile (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Residence prior to university studies	Manitoba	367	80.5	93	47.0	466	70.5	0.000
	Another province or territory	16	3.5	7	3.5	23	3.5	
	European country	3	0.7	9	4.5	12	1.8	
	African country	61	13.4	86	43.4	148	22.4	
	Other country ^c	9	2.0	3	1.5	12	1.8	
Where did you spend most of your life?	Rural	102	22.4	35	17.5	137	20.7	0.121
	Urban	353	77.6	164	82.0	524	79.2	
	Reserve or First Nations Community or Métis Community	0	0.0	1	0.5	1	0.2	
How long have you lived in Canada?	Born in Canada	330	74.7	84	42.4	420	64.9	0.000
	In Canada less than 5 years	77	17.4	92	46.5	170	26.3	
	In Canada 5 or more years	35	7.9	22	11.1	57	8.8	
Current living situation	Alone	22	4.8	28	14.0	50	7.6	0.000
	With spouse/partner	53	11.6	19	9.5	74	11.2	
	With parents and family	300	65.9	84	42.0	387	58.5	
	With other family members (not parents)	29	6.4	28	14.0	58	8.8	
	With friends, acquaintances, roommate	45	9.9	40	20.0	85	12.8	
	No fixed address	0	0.0	1	0.5	1	0.2	
	Other ^d	6	1.3	0	0.0	7	1.1	
Type of residence	House, condominium (of which I am the owner)	31	6.8	13	6.5	44	6.7	0.000
	Parent's or family member's home	319	70.1	88	44.2	412	62.3	
	Apartment	83	18.2	74	37.2	159	24.1	
	Student residence	20	4.4	24	12.1	44	6.7	
	No fixed address	2	0.4	0	0.0	2	0.3	

Notes:

^c: includes, amongst others, the United States and Peru^d: includes host families, living with a religious congregation and living with one's children without one's partner

The financial profile (Table 3) shows that most students (87.2%) reported some type of income: 68.1% made less than \$15,000 a year and 19.1% made more. More men (33.5%) than women (13.0%) reported making more than \$15,000. Considering all student loans, more than half of the participants (60.3%) reported no student debt, 24.5% owed less than \$15,000 and 15.2% owed more. More women (27.4%) than men (18.2%) reported owing less than \$15,000. Of indebted students, most reported they would pay it back themselves (87.4%) and almost one third of the participants (37.7%) would do so with the help of their parents. More than half of the participants (59.6%) depended on their parents for financial support.

Table 3. Financial Profile (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Annual income	\$0	57	12.8	26	13.4	83	12.8	0.000
	\$1 to \$15,000	332	74.3	103	53.1	441	68.1	
	\$15,000 or more	58	13.0	65	33.5	124	19.1	
Student loans (total)	\$0	259	57.3	132	66.7	396	60.3	0.033
	\$1 to \$15,000	124	27.4	36	18.2	161	24.5	
	\$15,000 or more	69	15.3	30	15.2	100	15.2	
Responsibility for repayment of student loans*†	Myself	153	83.6	53	84.1	208	83.9	0.923
	Parent or guardian	76	41.5	19	30.2	96	38.7	0.110
	Other ^e	17	9.3	1	1.6	18	7.3	0.049
Dependence on parents/guardians for financial support	Yes	276	60.9	112	56.3	393	59.6	0.266

Notes:

*: of those who have a debt

†: participants could select more than one answer

^e: includes scholarships, partner, grand-parents, or the government

4.1.2 Ethnolinguistic Profile

The ethnolinguistic profile is shown in Table 4. More than half of the participants at the Université de Saint-Boniface reported having French, French and English, or French and another language as their mother tongue (57.3%); slightly less used French as the prominent language at home (46%). One third of participants (33.8%) reported English as their mother tongue and almost half (47.8%) as the language most often used at home. Men were more likely to report French as their mother tongue (57.5%) and language used at home (49%) than women (35.7% and 23.0% respectively).

Slightly more than half of the participants (52.5%) self-identified as White or Caucasian, almost one quarter (24.6%) as Black and 7.9% as Métis or First Nation. Men were more likely to identify as Black (41.2%) than women (17.2%). Slightly more than half of the participants (56.2%) reported having a religious or spiritual practice, men being more likely to worship (66.2%) than women (52.2%). The largest religious affiliation was Catholic (35.7%) followed by Muslim (18.2%). Men would more often identify as Muslim (35.5%) as compared to women (10.6%) and women as Catholic (41.6%) as compared to men (23.4%). Approximately one fifth of participants self-identified as agnostic or atheist (21.0%).

Table 4. Ethnolinguistic Profile (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
First language learned and still understood	French +/- another language other than English	158	35.7	115	57.5	276	42.5	0.000
	English +/- another language other than French	182	41.1	35	17.5	220	33.8	
	Another language (including an Indigenous language)	33	7.4	25	12.5	58	8.9	
	French and English	70	15.8	25	12.5	96	14.8	
Language most often used at home	French +/- another language other than English	102	23.0	98	49.0	203	31.2	0.000
	English +/- another language other than French	248	56.0	59	29.5	311	47.8	
	Another language (including an Indigenous language)	23	5.2	17	8.5	40	6.2	
	French and English	70	15.8	26	13.0	96	14.8	
Which of the following best describes you?	Arab	16	3.7	27	13.6	43	6.7	0.000
	Asian	30	6.9	4	2.0	34	5.3	
	Caucasian/White	263	60.3	70	35.2	337	52.5	
	Métis or Indigenous	38	8.7	11	5.5	51	7.9	
	Black	75	17.2	82	41.2	158	24.6	
	Latino-American, Central-American, South-American	10	2.3	0	0.0	10	1.6	
	Other ^f	4	0.9	5	2.5	9	1.4	
Religious or spiritual practice	Regular or occasional practice	229	52.2	131	66.2	362	56.2	0.001
	No practice, with or without feeling of belonging	210	47.8	67	33.8	282	43.8	
Religious or spiritual affiliation	Catholic	180	41.4	46	23.4	228	35.7	0.000
	Muslim	46	10.6	70	35.5	116	18.2	
	Christian (other than Catholic)	34	7.8	19	9.6	54	8.5	
	Personal spirituality without religious affiliation	35	8.0	7	3.6	43	6.7	
	Agnostic or Atheist	94	21.6	38	19.3	134	21.0	
	Other ^g	46	10.6	17	8.6	64	10.0	

Notes:

^f: includes those who identify as mixed (e.g. Black and Asian), Berbers, White from South America^g: includes Buddhism and Judaism

Data pertaining to ethnolinguistic identity scores can be found in Appendix 2; average scores are shown in Table 5. Average scores for ethnolinguistic identity were in the higher range for affirmation and sense of belonging (3.1) but lower for exploration and engagement (2.7). Average total identity score was 2.90, a score of 4 being the highest level of ethnic identity on the scale.

Table 5. Ethnolinguistic Identity Score (USB), according to gender

	Women (n=456)	Men (n=201)	Total (n=664)	
	Average ± standard deviation	Average ± standard deviation	Average ± standard deviation	<i>p</i>
Identity score (affirmation and sense of belonging)	3.06 ± 0.60	3.04 ± 0.68	3.05 ± 0.62	0.742
Identity score (exploration and engagement)	2.68 ± 0.67	2.73 ± 0.66	2.70 ± 0.67	0.378
Global identity score	2.90 ± 0.58	2.91 ± 0.62	2.90 ± 0.60	0.789

4.1.3 Mental Health and Related Behaviors

As shown in Table 6, most participants rated their health as good to excellent (88.1%); however, fewer reported positive mental or emotional health (67.1%) or life satisfaction (60.6%). On these three health indicators, more men reported having generally excellent physical and mental health and life satisfaction than women.

Table 6. Mental Health Status (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
In general, how would you rate your health?	Excellent	65	14.9	59	29.9	125	19.5	0.000
	Very good	172	39.4	70	35.5	245	38.3	
	Good	141	32.3	52	26.4	194	30.3	
	Fair	47	10.8	11	5.6	60	9.4	
	Poor	11	2.5	5	2.5	16	2.5	
How would you rate your mental or emotional health?	Excellent	39	9.0	57	28.9	97	15.2	0.000
	Very good	86	19.8	53	26.9	140	21.9	
	Good	145	33.3	46	23.4	192	30.0	
	Fair	115	26.4	28	14.2	146	22.8	
	Poor	50	11.5	13	6.6	64	10.0	
At what point are you dissa- tisfied or satisfied with your life generally?	Totally dissatisfied	10	2.3	19	9.6	29	4.5	0.000
	Somewhat dissatisfied	78	17.9	29	14.7	110	17.2	
	Uncertain	80	18.3	33	16.8	113	17.7	
	Somewhat satisfied	166	38.1	55	27.9	223	34.8	
	Totally satisfied	102	23.4	61	31.0	165	25.8	

Individual data used to measure the mental health score are found in Appendix 3. As shown in Table 7, total mental health score averaged 46.28. Women scored lower than men for all three health indicators, except for psychological well-being where men and women had similar scores. Overall, slightly more than half of the participants (57.8%) obtained a score indicating a flourishing mental health, slightly over one third (35.3%) a moderate mental health and 7.0% a languishing mental health. Men (64.6%) were more likely to obtain scores indicating a flourishing mental health than women (54.3%).

Table 7. Mental Health Score (USB), according to gender

	Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
	Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Mental health score	45.43 ± 14.58		48.48 ± 15.57		46.28 ± 15.03		0.022
Emotional well-being score	10.66 ± 3.00		11.27 ± 3.17		10.84 ± 3.09		0.022
Social well-being score	14.08 ± 6.24		15.43 ± 6.27		14.46 ± 6.29		0.015
Psychological well-being score	20.8 ± 6.56		21.75 ± 7.40		21.04 ± 6.87		0.131
Mental health status according to scale	n	%	n	%	n	%	<i>p</i>
Languishing	23	6.1	15	8.4	39	7.0	0.013
Moderate	149	39.6	48	27.0	198	35.3	
Flourishing	204	54.3	115	64.6	324	57.8	

Data relating to self-esteem, body image and eating disorders are shown in Table 8. Results for individual items used to measure this score are found in Appendix 4. Average score for self-esteem was 29.16; scores were higher for men (30.57) than women (28.62). Overall, 59.6% of participants reported being totally or somewhat in agreement with the following statement: « I have high self-esteem», with 51.1% reported being satisfied most or all of the time with their body image or size; more men reported being always satisfied (31.3%) as opposed to women (12.4%). Many participants reported eating less than the recommended caloric intake (43.7%), exercising excessively (35.6%), binge-eating (30.9%), and vomiting to control weight (10.5%) in the previous year. Women (33.9%) were more likely than men (23.0%) to report vomiting to control weight, and a higher percentage of men (43.0%) than women (32.5%) reported exercising excessively in the past year.

Table 8. Self-esteem, Body Image and Eating Disorders (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Self esteem score		28.62 ± 6.01		30.57 ± 5.36		29.16 ± 5.93		0.000
		n	%	n	%	n	%	<i>p</i>
Indicate at what point you agree with the following statement “I have high self-esteem”.	Totally agree	93	21.3	77	39.3	172	26.9	0.000
	Somewhat agree	144	33.0	64	32.7	209	32.7	
	Uncertain	58	13.3	27	13.8	87	13.6	
	Somewhat disagree	83	19.0	20	10.2	104	16.3	
	Totally disagree	58	13.3	8	4.1	67	10.5	
In the last month, have you felt satisfied with your body image/size?	Never	62	14.3	16	8.3	79	12.5	0.000
	Sometimes	179	41.1	51	26.6	231	36.4	
	Most of the time	140	32.2	65	33.9	209	33.0	
	Always	54	12.4	60	31.3	115	18.1	
Have you used a laxative to control your weight?	In the last year	30	6.9	17	8.9	49	7.8	0.400
Have you taken diet pills?	In the last year	23	5.3	4	2.1	29	4.6	0.070
Have you binge eaten?	In the last year	147	33.9	43	23.0	194	30.9	0.007
Have you purged?	In the last year	51	11.9	13	7.0	65	10.5	0.069
Have you exercised excessively?	In the last year	139	32.5	80	43.0	221	35.6	0.012
Have you eaten less than the recommended caloric intake (other than for religious reasons)?	In the last year	197	45.8	73	38.4	274	43.7	0.087
Have you vomited to control your weight?	In the last year	28	6.5	8	4.2	37	5.9	0.261

Questions pertaining to behaviors commonly associated with poor mental health were also included in this survey. As shown in Table 9, many participants at the Université de Saint-Boniface reported having lost somewhat or more sleep than usual because of worry (55.0%). In the last year, almost half of the participants (46.3%) reported having felt sad or depressed for 2 consecutive weeks or more, at which time they were unable to do normal daily activities. In the previous year, 13.6% of participants had seriously thought about suicide, 8.5% had prepared a plan on how to attempt suicide and 6.1% had attempted suicide. Women (9.9%) had more often thought out a plan for suicide than men (5.2%).

Table 9. Sleep, Depression and Suicidal Ideation (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
In the last year:								
have you lost much sleep because of worry?	Not at all	47	10.8	29	14.9	76	12.0	0.051
	No more than usual	132	30.4	74	38.1	210	33.1	
	Rather more than usual	152	35.0	55	28.4	210	33.1	
	Much more than usual	103	23.7	36	18.6	139	21.9	
have you felt sad or depressed each day for 2 consecutive weeks or more, where you felt unable to do normal daily activities?	Yes	207	47.7	84	43.3	294	46.3	0.307
have you thought seriously of attempting suicide?	Yes	62	14.4	22	11.3	86	13.6	0.307
have you prepared a plan on how you would attempt suicide?	Yes	43	9.9	10	5.2	54	8.5	0.049
have you attempted suicide?	Yes	31	7.1	7	3.6	38	6.1	0.089
how many times have you attempted suicide?	Once	18	4.1	3	1.6	21	3.3	0.194
	More than once	13	3.0	4	2.1	18	2.8	

Results on anxiety and anxiety management are shown in Table 10. Roughly one third of participants (34.7%) reported suffering from anxiety most of the time or always, with women (42.7%) more likely to report more anxiety than men (16.1%). Of those having anxiety, most managed it by healthy living practices (exercise, healthy diet and good sleeping habits) (74.6%) or by practising meditation or mindfulness (43.5%). Most reported confiding in friends (71.2%), their parents (56.3%), their spouse or partner (39.9%) or siblings (39.8%) when they needed to talk to someone about their problems. Men (16.6%) were more likely than women (8.3%) to report not having anyone to confide in when they had problems. Some reported benefitting from individual or group therapy or counselling (16.8%), or sought help from either a counselor on campus (5.1%) or a health professional (10.1%).

Table 10. Anxiety and Coping Mechanisms (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Do you experience anxiety?	Never	69	16.0	82	42.5	152	24.1	0.000
	Sometimes	178	41.3	80	41.5	260	41.2	
	Most of the time	114	26.5	26	13.5	141	22.3	
	Always	70	16.2	5	2.6	78	12.4	
How do you manage your anxiety?* †	Individual or group therapy or counselling	56	17.8	10	11.9	68	16.8	0.198
	Prescription medication	39	12.4	7	8.3	47	11.6	0.302
	Self-medication (including marijuana/cannabis)	42	13.3	18	21.4	62	15.3	0.065
	Registered with Student Accommodation Services at my university	18	5.7	2	2.4	21	5.2	0.213
	Healthy living (exercise, healthy diet, good sleeping habits)	236	74.9	63	75.0	302	74.6	0.988
	Meditation, mindfulness	141	44.8	32	38.1	176	43.5	0.273
	Other ^h	57	18.1	18	21.4	77	19.0	0.487
When you need to talk to someone about your problems, who do you confide in usually?†	I don't feel the need, therefore I speak to no one in particular.	37	8.7	48	26.5	85	13.9	0.000
	I have no one to confide in.	35	8.3	30	16.6	65	10.6	0.003
	Spouse/partner	190	44.9	51	28.2	244	39.9	0.000
	One of my parents	263	62.2	76	42.0	344	56.3	0.000
	Brother or sister	186	44.0	56	30.9	243	39.8	0.003
	Friend	332	78.5	98	54.1	435	71.2	0.000
	Counsellor or therapist on campus	20	4.7	10	5.5	31	5.1	0.680
	Elder or knowledge keeper	21	5.0	13	7.2	35	5.7	0.279
	Health professional	45	10.6	14	7.7	62	10.1	0.271
	Spiritual advisor	19	4.5	9	5.0	28	4.6	0.797
Other ⁱ	18	4.3	4	2.2	23	3.8	0.219	

Notes:

*: of those who experience anxiety

†: participants could select more than one answer

^h: includes positive strategies, such as talking to a loved one, praying and activities to change one's mind, as well as negative strategies such as isolating oneself, denial, and alcohol or drug consumption

ⁱ: includes, amongst others, God, other members of the family, and professors

4.1.4 Road Safety

Table 11 presents behaviors related to road safety. Of the 664 participants, 86.8% had a driver's licence; among these, 18.9% reported drinking and driving, 10.5% driving after using cannabis and 2.8% driving after having taken illicit drugs in their lifetime. Men would more often report these behaviors than women. In their lifetime, 62.5% of participants reported speeding and 50.3% using a cellphone while driving. In the month prior to the study, 46.0% reported speeding, 39.2% using a cellphone while driving and 8.8% drinking and driving. Men would more often report drinking and driving than women. Overall, in the previous month, 11.6% had been passengers in a car driven by an impaired driver. In addition, 17.2% of participants with a driver's licence reported being involved in a car accident while they were driving, one to three times in the previous year.

Table 11. Road Safety (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Do you have a driver's licence?	Yes	375	87.8	160	85.6	539	86.8	0.441
Have you driven a car or other vehicle after you had been drinking alcohol?*	In my lifetime	56	15.0	44	28.0	101	18.9	0.000
	During the past month	21	5.6	26	16.6	47	8.8	0.000
Have you driven a car or other vehicle after you had been using cannabis (marijuana)?*	In my lifetime	33	8.8	23	14.6	56	10.5	0.047
	During the past month	13	3.5	18	11.5	31	5.8	0.000
Have you driven a car or other vehicle after you had been using illegal drugs?*	In my lifetime	6	1.6	9	5.7	15	2.8	0.009
	During the past month	3	0.8	5	3.2	8	1.5	0.040
Have you ridden in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	In my lifetime	102	23.9	49	26.5	151	24.4	0.493
	During the past month	46	10.8	26	14.1	72	11.6	0.247
Have you driven over the speed limit (more than 10km/hr than the limit)?*	In my lifetime	231	61.9	98	62.8	333	62.5	0.847
	During the past month	172	46.1	72	46.2	245	46.0	0.993
Have you driven a car or motor vehicle while using a hand-held cell phone (to talk or text)? *	In my lifetime	189	50.7	75	48.1	268	50.3	0.586
	During the past month	145	38.9	62	39.7	209	39.2	0.852
In the last year, have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?*	1 to 3 times	8	13.3	6	23.1	15	17.2	0.261

Note:

*: of those who have a driver's licence

4.1.5 Bullying and Sexual Harassment

Results pertaining to bullying and sexual harassment are shown in Table 12. In the year prior to the study, 45.9% of participants reported being ridiculed; 35.6% being told mean things about their body shape, weight or appearance; 36.8% being verbally threatened, 22.9% being insulted because of their race or culture, and 5.7% being insulted because of their sexual orientation. More than one quarter of participants (27.8%) reported receiving a request to provide personal information on the Internet, and 17.6% felt uneasy with this request; 10.9% reported being harassed via the Internet by, for instance, having something about them posted on social media or sent by email. In addition, 21.8% of participants reported being intimidated by inappropriate sexual comments or unwanted physical sexual contact. Women (26.4%) were more subject to this type of behavior than men (10.9%). During their lifetime, 10.3% of participants reported being physically forced to have sexual relations against their will and 8.5% being forced other than physically; women reported this behavior more often than men. Few respondents (2.2%) reported having sexual relations in exchange for money, food, a place to sleep, alcohol or drugs.

Table 12. Bullying and Sexual Harassment (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
How many times in the last year have you been:								
verbally threatened?	Yes	177	35.0	88	39.6	270	36.8	0.504
	1 to 5 times	116	27.0	59	31.6	179	28.7	
	6 times or more	34	7.9	15	8.0	50	8.0	
harmed physically?	Yes	100	16.	65	26.9	166	19.3	0.003
	1 to 5 times	61	14.4	41	22.0	103	16.7	
	6 times or more	7	1.7	9	4.8	16	2.6	
threatened or harmed physically by your girlfriend or boyfriend?	Yes	56	6.3	29	6.5	87	6.6	0.92
	1 to 5 times	21	4.9	10	5.4	32	5.2	
	6 times or more	6	1.4	2	1.1	9	1.5	
threatened or harmed with a weapon (gun, knife, stick)?	Yes	36	1.9	30	7.1	66	3.4	0.004
	1 to 5 times	6	1.4	11	6.0	17	2.7	
	6 times or more	2	0.5	2	1.1	4	0.6	
ridiculed or mocked?	Yes	226	46.1	98	44.3	329	45.9	0.905
	1 to 5 times	147	34.4	62	33.5	211	34.1	
	6 times or more	50	11.7	20	10.8	73	11.8	
been told mean thing about your race or culture?	Yes	110	19.2	74	31.7	185	22.9	0.002
	1 to 5 times	68	15.9	46	24.7	115	18.5	
	6 times or more	14	3.3	13	7.0	27	4.3	
been told mean things about your sexual orientation?	Yes	47	4.2	29	6.5	81	5.7	0.116
	1 to 5 times	14	3.3	6	3.3	21	3.4	
	6 times or more	4	0.9	6	3.3	14	2.3	
been told mean things about your body shape, weight or appearance?	Yes	186	36.5	76	32.8	266	35.6	0.280
	1 to 5 times	125	29.4	44	23.7	173	28.0	
	6 times or more	30	7.1	17	9.1	47	7.6	

Table 12. Bullying and Sexual Harassment (USB), according to gender (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
How many times in the last year have you been:								
asked for personal information on the Internet (ex. address, phone number, family name)?	Yes	138	25.4	76	32.8	217	27.8	0.028
	1 to 5 times	80	18.8	37	19.9	118	19.1	
	6 times or more	28	6.6	24	12.9	54	8.7	
uncomfortable while communicating with this person by Internet?	Yes	106	17.6	46	17.1	154	17.6	0.981
	1 to 5 times	57	13.4	24	12.8	83	13.4	
	6 times or more	18	4.2	8	4.3	26	4.2	
intimidated by Internet (ex. having something posted on social media or sent by email)?	Yes	74	10.1	40	12.	116	10.9	0.478
	1 to 5 times	34	8.0	15	8.2	50	8.1	
	6 times or more	9	2.1	7	3.8	17	2.8	
intimidated by inappropriate sexual comments or unwanted physical sexual contact?	Yes	144	26.4	38	10.9	184	21.8	0.000
	1 to 5 times	77	18.2	12	6.6	90	14.7	
	6 times or more	35	8.3	8	4.4	44	7.2	
Have you been forced physically to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	54	13.0	7	3.9	62	10.3	0.001
Have you been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	45	10.9	5	2.8	51	8.5	0.001
Have you participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	In my lifetime	7	1.7	6	3.4	13	2.2	0.203

4.1.6 Sexual Practices

Results relating to sexual practices are shown in Table 13. Most participants (69.8%) reported having had consensual sexual relationships, with 26.0% reporting having had 6 or more sexual partners in their lifetime. In the three months prior to the study, 58.8% had had sexual relations: of these, most had sexual relations with one person (84.1%) and 15.9% with 2 partners or more. For participants having had at least one sexual relation, methods more commonly used to prevent sexually transmitted infections and pregnancy were condoms (79.7%), hormonal contraceptives (60.7%) and withdrawal (47.6%).

Of those who had at least one sexual relation, condom use was reported as often or always by 60.5%. Reasons most commonly reported for not using condoms all the time were because another form of protection was used (42.6%), trust in their partner (34.0%) or because they don't like how condoms feel (25.8%). Most were comfortable talking to their sexual partner about using condoms or birth control (86.8%) and about sexually transmitted infections (76.4%).

Table 13. Sexual Practices (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
In your lifetime, have you ever had consensual sexual relations?	Yes	270	66.7	132	76.7	407	69.8	0.016
In your lifetime, with how many individuals have you had vaginal or anal intercourse?*	1 person	102	38.1	33	24.4	136	33.4	0.000
	2 to 5 persons	118	44.0	44	32.6	165	40.5	
	6 persons or more	48	17.9	58	43.0	106	26.0	
In the last three months, have you had sexual relations?*	Yes	233	57.1	109	63.4	345	58.8	0.161
In the last three months, with how many individuals have you had vaginal or anal intercourse?*	1 person	213	91.4	74	67.9	290	84.1	0.000
	2 persons or more	20	8.6	35	32.1	55	15.9	
If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy?*†	No method was used to prevent pregnancy and/or STI's	19	7.4	10	7.8	30	7.7	0.908
	Withdrawal (pulling out before ejaculation)	133	52.0	51	39.5	185	47.6	0.021
	Birth control (pills, injection, patch or ring)	183	71.5	51	39.5	236	60.7	0.000
	Condoms (Male or female)	198	77.3	108	83.7	310	79.7	0.144
	Morning after pill	49	19.1	17	13.2	67	17.2	0.143
	Sex dam	1	0.4	3	2.3	4	1.0	0.077
	Calendar method	27	10.5	10	7.8	37	9.5	0.380
	Other ^k	10	3.9	2	1.6	12	3.1	0.209
In general, when you have sex, how often do you use condoms?*	Never or rarely	115	44.2	40	30.5	156	39.5	0.009
	Often or always	145	55.8	91	69.5	239	60.5	

Table 13. Sexual Practices (USB), according to gender (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Which of the following are the major reasons you do not use condoms all the time?* †	I use another form of protection.	130	52.6	29	23.2	160	42.6	0.000
	It is against my beliefs.	0	0.0	2	1.6	2	0.5	0.046
	I was under the influence of drugs or alcohol.	17	6.9	11	8.8	28	7.4	0.508
	I want a baby.	8	3.2	4	3.2	12	3.2	0.984
	I don't like how condoms feel.	64	25.9	33	26.4	97	25.8	0.919
	I trust my partner(s).	99	40.1	28	22.4	128	34.0	0.001
	My partner(s) won't wear a condom.	13	5.3	2	1.6	15	4.0	0.090
	My partner(s) and I are both females.	2	0.8	1	0.8	3	0.8	0.992
	I only have oral sex.	3	1.2	0	0.0	3	0.8	0.216
	Other [‡]	13	5.3	4	3.2	17	4.5	0.368
How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	Never or rarely	27	10.4	24	18.5	51	13.0	0.030
	Often or always	232	89.6	105	80.8	341	86.8	
How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	Never or rarely	54	20.9	37	28.9	91	23.3	0.075
	Often or always	204	79.1	90	70.3	298	76.4	

Notes:

*: of those who have had sexual relations

†: participants could select more than one answer

‡: includes being sterile

!: includes allergies, not having condoms at hand, or being uncomfortable to initiate the topic

4.1.7 Alcohol, Drug and Tobacco Use

Results pertaining to use of alcohol are shown in Table 14. Most participants (80.1%) reported having consumed alcohol in their lifetime and 65.3% had done so in the month prior to the study. Most reported drinking 1 to 2 days (31.0%), or 3 to 5 days (33.3%) per month. However, 13.5% reported drinking 10 days or more. More than half of the participants (63.6%) reported having five or more drinks of alcohol over a period of 2 to 3 hours in their lifetime, and 40.7% during the month prior to the study.

Table 14. Alcohol Use (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Have you ever consumed at least one drink of alcohol?	In my lifetime	350	84.5	126	69.6	482	80.1	0.000
	During the last month	280	67.6	108	59.7	393	65.3	0.061
Have you ever consumed five or more drinks of alcohol within a period of 2 to 3 hours?	In my lifetime	263	64.5	108	61.7	375	63.6	0.527
	During the last month	166	40.7	73	41.7	240	40.7	0.817
During the past month, on how many days did you have at least one drink of alcohol?*	1 or 2 days	93	33.2	28	25.9	122	31.0	0.000
	3 to 5 days	100	35.7	29	26.9	131	33.3	
	6 to 9 days	62	22.1	24	22.2	87	22.1	
	10 days or more	25	8.9	27	25.0	53	13.5	
During the past month, on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?*	Never in my lifetime	55	19.6	11	10.2	67	17.0	0.018
	Yes, but not during the past month.	60	21.4	24	22.2	87	22.1	
	1 or 2 days	108	38.6	35	32.4	143	36.4	
	3 to 5 days	39	13.9	26	24.1	66	16.8	
	6 days or more	18	6.4	12	11.1	30	7.6	

Note:

*: of those who have consumed alcohol in the last month

Results for consumption of energy drinks and a combination of alcohol and drugs are shown in Table 15. Almost half of the participants (46.2%) reported having had energy drinks in their lifetime and 15.8% in the month prior to the study. Among these, 37.2% reported drinking them 3 days or more in this time period. During their lifetime, 26.4% reported combining energy drinks and alcohol and 31.2% combining alcohol and drugs, of whom 15.6% reported combining alcohol and drugs in the month prior to the study.

Table 15. Consumption of Energy Drink and Alcohol Mixes (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Have you ever consumed energy drinks (Redbull, Monster, etc.)?	In my lifetime	166	40.0	104	60.1	275	46.2	0.000
	During the last month	46	11.1	45	26.0	94	15.8	0.000
During the past month, on how many days did you have energy drinks?	1 or 2 days	33	71.7	25	55.6	59	62.8	0.108
	3 days or more	13	28.3	20	44.4	35	37.2	
Have you consumed alcohol and energy drinks combined?	In my lifetime	107	26.1	48	27.7	156	26.4	0.681
	During the last month	18	4.4	14	8.1	32	5.4	0.073
Have you consumed a combination of alcohol and drugs?	In my lifetime	122	29.8	60	34.9	184	31.2	0.223
	During the last month	61	14.9	30	17.4	92	15.6	0.437

Safety measures adopted by participants when partying or socializing are shown in Table 16. On these occasions, 43.8% of participants reported consuming alcohol most of the time or always. Most participants reported using these safe drinking practices all the time or always: using a designated driver (87.2%), staying with the same group of friends (82.1%), eating before and/or during drinking (75.8%), keeping track of how many drinks they were having (63.1%) and drinking the same type of alcohol (48.5%).

Table 16. Safety Measures at Parties (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
consume alcohol?	Never	89	21.5	58	33.7	149	25.1	0.080
	Rarely	49	11.8	21	12.2	71	12.0	
	Sometimes	84	20.3	27	15.7	113	19.1	
	Most of the time	145	35.0	43	25.0	190	32.0	
	Always	47	11.4	23	13.4	70	11.8	
alternate non-alcoholic with alcoholic beverages?*	Never	46	14.2	21	18.4	69	15.6	0.688
	Rarely	58	17.9	23	20.2	81	18.3	
	Sometimes	104	32.1	36	31.6	142	32.1	
	Most of the time	86	26.5	24	21.1	111	25.1	
	Always	30	9.3	10	8.8	40	9.0	
avoid drinking games?*	Never	78	24.2	31	27.7	111	25.3	0.707
	Rarely	73	22.7	28	25.0	101	23.0	
	Sometimes	78	24.2	23	20.5	103	23.5	
	Most of the time	50	15.5	13	11.6	63	14.4	
	Always	43	13.4	17	15.2	61	13.9	
choose not to drink alcohol?*	Never	31	9.6	22	19.8	55	12.5	0.021
	Rarely	94	29.0	27	24.3	121	27.5	
	Sometimes	145	44.8	40	36.0	187	42.5	
	Most of the time	48	14.8	17	15.3	66	15.0	
	Always	6	1.9	5	4.5	11	2.5	
determine, in advance, not to exceed a set number of drinks?*	Never	58	18.0	31	27.9	91	20.7	0.267
	Rarely	53	16.4	17	15.3	70	15.9	
	Sometimes	96	29.7	30	27.0	126	28.7	
	Most of the time	80	24.8	23	20.7	106	24.1	
	Always	36	11.1	10	9.0	46	10.5	
eat before and/or during drinking?*	Never	4	1.2	8	7.1	14	3.2	0.010
	Rarely	20	6.2	4	3.6	24	5.4	
	Sometimes	49	15.1	20	17.9	69	15.6	
	Most of the time	123	38.0	44	39.3	167	37.9	
	Always	128	39.5	36	32.1	167	37.9	

Table 16. Safety Measures at Parties (USB), according to gender (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
During the last year, if you partied /socialized, how often did you: have a friend let you know when you've had enough?*	Never	87	27.0	43	38.4	134	30.5	0.190
	Rarely	64	19.9	15	13.4	79	18.0	
	Sometimes	54	16.8	19	17.0	73	16.6	
	Most of the time	61	18.9	18	16.1	79	18.0	
	Always	56	17.4	17	15.2	74	16.9	
keep track of how many drinks you were having?*	Never	28	8.7	14	12.6	42	9.6	0.495
	Rarely	34	10.5	9	8.1	43	9.8	
	Sometimes	54	16.7	23	20.7	77	17.5	
	Most of the time	89	27.6	31	27.9	121	27.6	
	Always	118	36.5	34	30.6	156	35.5	
pace your drinks to 1 or fewer per hour?*	Never	71	22.3	37	33.0	111	25.5	0.098
	Rarely	92	28.8	21	18.8	113	25.9	
	Sometimes	77	24.1	29	25.9	106	24.3	
	Most of the time	38	11.9	14	12.5	53	12.2	
	Always	41	12.9	11	9.8	53	12.2	
stayed with the same group of friends while drinking?*	Never	7	2.2	7	6.3	15	3.4	0.080
	Rarely	12	3.7	3	2.7	15	3.4	
	Sometimes	33	10.2	16	14.3	49	11.1	
	Most of the time	109	33.6	42	37.5	153	34.7	
	Always	163	50.3	44	39.3	209	47.4	
drink the same type of alcohol when drinking?*	Never	21	6.5	9	8.0	30	6.8	0.072
	Rarely	60	18.5	8	7.1	70	15.9	
	Sometimes	89	27.5	38	33.9	127	28.8	
	Most of the time	116	35.8	43	38.4	162	36.7	
	Always	38	11.7	14	12.5	52	11.8	
use a designated driver?*	Never	10	3.1	8	7.3	19	4.3	0.000
	Rarely	6	1.9	10	9.1	16	3.7	
	Sometimes	9	2.8	12	10.9	21	4.8	
	Most of the time	40	12.4	20	18.2	60	13.7	
	Always	258	79.9	60	54.5	322	73.5	

Note:

*: of those who consumed alcohol at a party in the last year

Data on substance use are shown in Table 17. Substances most often used by participants in their lifetime were recreational cannabis (43.7%), caffeine pills (11.3%), mushrooms (11.1%) and other prescribed or over the counter drugs to get a buzz (8.5%). The most commonly used substance in the month prior to the study was recreational cannabis (22.8%); 46.7% of participants reported using it three or more times in the previous month. The route most commonly used to consume drugs was smoking, inhaling or vaping (89.3%) or by swallowing (41.6%). When asked if cannabis legalization had or would increase their use of this substance, 63.3% reported that it would make no difference, whereas 12.8% said yes, just to try it out, and 8.8% for more regular use.

Table 17. Substance Use (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Have you ever used recreational marijuana/cannabis (pot, hash, weed)?	In my lifetime	171	41.6	82	47.4	258	43.7	0.197
	During the last year	123	29.9	62	35.8	188	31.8	0.161
	During the last month	84	20.4	49	28.3	135	22.8	0.038
Within the last month, how many times did you use recreational marijuana/cannabis (pot, hash, weed)?	1 or 2 times	52	61.9	17	34.7	70	51.9	0.010
	3 times or more	31	36.9	31	63.3	63	46.7	
Have you ever used medicinal marijuana/cannabis (prescribed)?	In my lifetime	27	6.6	19	11.0	46	7.8	0.072
	During the last year	16	3.9	13	7.5	29	4.9	0.067
	During the last month	6	1.5	10	5.8	16	2.7	0.004
Have you ever used cocaine (uptown, up, powder, crack, rock, freebase)?	In my lifetime	22	5.3	16	9.3	38	6.4	0.077
	During the last year	14	3.4	6	3.5	20	3.4	0.956
	During the last month	4	1.0	1	0.6	5	0.8	0.641
Have you ever used inhalants (glue, solvents, gas)?	In my lifetime	4	1.0	6	3.5	10	1.7	0.032
	During the last year	0	0.0	2	1.2	2	0.3	0.028
	During the last month	0	0.0	1	0.6	1	0.2	0.120
Have you ever used heroin (dust, junk, horse, smack)?	In my lifetime	5	1.2	6	3.5	11	1.9	0.065
	During the last year	1	0.2	1	0.6	2	0.3	0.523
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used fentanyl?	In my lifetime	1	0.2	4	2.3	5	0.8	0.013
	During the last year	0	0.0	2	1.2	2	0.3	0.028
	During the last month	0	0.0	2	1.2	2	0.3	0.028
Have you ever used ecstasy (E, X, MDMA)?	In my lifetime	29	7.0	17	9.9	46	7.8	0.245
	During the last year	14	3.4	8	4.7	22	3.7	0.468
	During the last month	1	0.2	1	0.6	2	0.3	0.523
Have you ever used methamphetamine (crystal meth, ice, crank, jib)?	In my lifetime	5	1.2	5	2.9	10	1.7	0.148
	During the last year	1	0.2	1	0.6	2	0.3	0.520
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used methadone?	In my lifetime	3	0.7	3	1.7	6	1.0	0.267
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used morphine?	In my lifetime	15	3.6	6	3.5	22	3.7	0.924
	During the last year	3	0.7	2	1.2	5	0.8	0.605
	During the last month	0	0.0	1	0.6	1	0.2	0.122

Table 17. Substance Use (USB), according to gender (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
Have you ever used mushrooms?	In my lifetime	42	10.2	22	13.0	65	11.1	0.328
	During the last year	17	4.1	7	4.1	25	4.3	0.997
	During the last month	1	0.2	0	0.0	2	0.3	0.521
Have you ever used hallucinogens (LSD, PCP)?	In my lifetime	11	2.7	10	5.9	21	3.6	0.064
	During the last year	4	1.0	4	2.4	8	1.4	0.201
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used anabolic steroids (testosterone), without prescription?	In my lifetime	1	0.2	3	1.8	4	0.7	0.044
	During the last year	0	0.0	1	0.6	1	0.2	0.121
	During the last month	0	0.0	1	0.6	1	0.2	0.121
Have you ever used other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)?	In my lifetime	18	4.4	5	2.9	24	4.1	0.408
	During the last year	8	1.9	2	1.2	11	1.9	0.508
	During the last month	3	0.7	1	0.6	4	0.7	0.845
Have you ever used sedatives (downers, ludes)?	In my lifetime	6	1.5	2	1.2	8	1.4	0.784
	During the last year	2	0.5	2	1.2	4	0.7	0.364
	During the last month	2	0.5	1	0.6	3	0.5	0.880
Have you ever used other club drugs (GHB, ketamine, Rohypnol)?	In my lifetime	4	1.0	6	3.5	10	1.7	0.032
	During the last year	3	0.7	0	0.0	3	0.5	0.263
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other illegal drugs?	In my lifetime	8	1.9	7	4.1	15	2.6	0.133
	During the last year	7	1.7	5	2.9	12	2.0	0.340
	During the last month	1	0.2	3	1.8	4	0.7	0.044
Have you ever used other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)?	In my lifetime	35	8.5	14	8.2	50	8.5	0.890
	During the last year	20	4.9	8	4.7	28	4.8	0.918
	During the last month	6	1.5	2	1.2	8	1.4	0.782
Have you ever used caffeine pills?	In my lifetime	45	11.0	20	11.8	66	11.3	0.766
	During the last year	32	7.8	10	5.9	43	7.3	0.426
	During the last month	15	3.7	4	2.4	19	3.2	0.428
If you used any of these drugs, what route was most commonly used?†	Injecting	0	0.0	1	1.8	1	0.5	0.123
	Smoking, inhaling or vaping	120	88.9	52	91.2	176	89.3	0.628
	Snorting	15	11.1	1	1.8	16	8.1	0.032
	Swallowing	57	42.2	22	38.6	82	41.6	0.641
	Through the skin or mucus membrane	2	1.5	2	3.5	4	2.0	0.369
Has legalisation of cannabis increased or could it increase your use of cannabis?	Yes, just to try it out	54	13.4	19	11.4	74	12.8	0.568
	Yes, I'll use it more regularly	32	7.9	19	11.4	51	8.8	
	Uncertain	62	15.4	24	14.4	87	15.1	
	No	255	63.3	105	62.9	365	63.3	

Notes:

†: participants could select more than one answer

Data related to smoking are presented in Table 18. In their lifetime, 34.0% of participants reported smoking at least one cigarette, whereas vaping and smoking cigars, cigarillos, small cigars or clove cigarettes were reported by 27.3% and 25.2% respectively. Men would more often than women report this type of behavior in their lifetime. In the month prior to the study, 7.5% of respondents reported having smoked and 8.5% reported vaping.

Table 18. Tobacco Use (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
Have you ever smoked a cigarette, even just a few puffs?	In my lifetime	122	29.9	78	44.8	200	34.0	0.001
	During the last year	54	13.2	46	26.4	100	17.0	0.000
	During the last month	22	5.4	22	12.6	44	7.5	0.002
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	In my lifetime	6	1.5	21	12.3	27	4.6	0.000
	During the last year	2	0.5	9	5.3	11	1.9	0.000
	During the last month	0	0.0	5	2.9	5	0.9	0.001
Have you ever smoked cigars, cigarillos, little cigars or clove cigarettes?	In my lifetime	89	21.8	58	33.7	148	25.2	0.003
	During the last year	42	10.3	30	17.4	73	12.4	0.017
	During the last month	6	1.5	13	7.6	19	3.2	0.000
Have you ever used E-cigarettes?	In my lifetime	58	14.3	52	30.4	110	18.8	0.000
	During the last year	38	9.3	31	18.1	69	11.8	0.003
	During the last month	16	3.9	10	5.8	26	4.4	0.310
Have you ever had tobacco from a water pipe (Hookah/ Sheesha)?	In my lifetime	59	14.5	40	23.3	99	16.9	0.011
	During the last year	27	6.6	22	12.8	49	8.4	0.015
	During the last month	4	1.0	12	7.0	16	2.7	0.000
Have you vaped?	In my lifetime	108	26.5	52	30.4	160	27.3	0.334
	During the last year	70	17.2	33	19.3	103	17.6	0.539
	During the last month	38	9.3	12	7.0	50	8.5	0.370

4.1.8 New Technologies

As shown in Table 19, most participants reported daily use of new technologies, some spending 3 hours or more a day on social media, streaming or texting (48.8%, 39.5% and 38.5% respectively). Women reported spending more time on social media than men. Online gambling, electronic games and viewing pornographic websites were less common practices. Men were more likely to play electronic games (68.6%) and view pornographic websites (59.9%) than women (49.0% and 20.4% respectively).

Table 19. Use of New Technologies (USB), according to gender

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
film streaming (Netflix)?	Never	31	7.6	14	8.0	45	7.6	0.349
	Less than an hour	83	20.3	28	16.1	112	19.0	
	1-2 hours	135	33.0	61	35.1	199	33.8	
	3-4 hours	94	23.0	33	19.0	128	21.7	
	5 hours or more	66	16.1	38	21.8	105	17.8	
social media?	Never	16	3.9	14	8.1	30	5.1	0.006
	Less than an hour	52	12.7	31	17.9	83	14.1	
	1-2 hours	135	33.0	52	30.1	189	32.1	
	3-4 hours	107	26.2	26	15.0	137	23.3	
	5 hours or more	99	24.2	50	28.9	150	25.5	
electronic games?	Never	207	51.0	53	31.4	262	45.0	0.000
	Less than an hour	106	26.1	34	20.1	141	24.2	
	1-2 hours	46	11.3	35	20.7	83	14.3	
	3-4 hours	31	7.6	13	7.7	45	7.7	
	5 hours or more	16	3.9	34	20.1	51	8.8	
gambling online?	Never	393	96.1	151	87.3	551	93.5	0.001
	Less than an hour	10	2.4	12	6.9	22	3.7	
	1-2 hours	4	1.0	3	1.7	7	1.2	
	3-4 hours	2	0.5	3	1.7	5	0.8	
	5 hours or more	0	0.0	4	2.3	4	0.7	
texting?	Never	8	2.0	10	5.8	18	3.1	0.072
	Less than an hour	115	28.3	53	30.8	169	28.8	
	1-2 hours	129	31.7	42	24.4	173	29.5	
	3-4 hours	74	18.2	29	16.9	105	17.9	
	5 hours or more	81	19.9	38	22.1	121	20.6	
pornographic websites?	Never	324	79.6	67	40.1	393	67.6	0.000
	Less than an hour	63	15.5	67	40.1	134	23.1	
	1-2 hours	16	3.9	14	8.4	31	5.3	
	3-4 hours	3	0.7	8	4.8	11	1.9	
	5 hours or more	1	0.2	11	6.6	12	2.1	



4.2 Brandon University

4.2.1 Sociodemographic Profile

In total, 324 students participated in the study. As shown in Table 20, average age of participants was 22.4 years (standard deviation \pm 5.51) and ranged from 18 to 49 years. A greater proportion of participants were women (76.2%), heterosexuals (90.7%) and single (78.1%); 21.3% were married or in a common-law relationship and 9% had at least one child. Most students were full time students (94.1%), and 63.5% were also working. One third of participants (34.7%) were first-year students. Overall, most students were studying in Nursing (36.5%), Business (18.6%) and the Faculty of Arts (13.9%). More women were enrolled in Nursing (43.9%) than men (13.0%) and more men in Business (36.4%) or Sciences (24.7%) than women (13.0% and 6.9% respectively). Overall, 87% of participants reported achieving passing grades (ranging from 60% to 100%).

Table 20. Sociodemographic Profile(BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Age (average years ± standard deviation)		22.03 ± 5.25		23.53 ± 6.2		22.39 ± 5.51		0.061
Sexual orientation	Heterosexual	222	90.6	70	90.9	292	90.7	0.938
	Other ^a	23	9.4	7	9.1	30	9.3	
Marital status	Single	192	77.7	61	79.2	253	78.1	0.627
	Married or common-law	54	21.9	15	19.5	69	21.3	
	Separated or widowed	1	0.4	1	1.3	2	0.6	
Number of children	None	223	90.7	71	92.2	294	91.0	0.677
	1 or more	23	9.3	6	7.8	29	9.0	
Enrollment status	Full-Time	230	93.5	74	96.1	304	94.1	0.396
	Part-Time	16	6.5	3	3.9	19	5.9	
Employment (average hours per week)	None	87	35.4	31	40.3	118	36.5	0.415
	Less than 20 hours	120	48.8	31	40.3	151	46.7	
	20 hours or more	39	15.9	15	19.5	54	16.7	
Volunteering (in the last year)	Never	86	35.4	31	40.3	117	36.6	0.539
	A few times	99	40.7	27	35.1	126	39.4	
	Approximately once a month	28	11.5	12	15.6	40	12.5	
	Once a week or more	30	12.3	7	9.1	37	11.6	
First-year student	Yes	80	32.9	31	40.3	111	34.7	0.238
Field of study	University 1	4	1.6	0	0.0	4	1.2	0.000
	Faculty of Arts	32	13.0	13	16.9	45	13.9	
	Business	32	13.0	28	36.4	60	18.6	
	Education	38	15.4	2	2.6	40	12.4	
	Music	6	2.4	2	2.6	8	2.5	
	Indigenous studies	0	0.0	1	1.3	1	0.3	
	Nursing	108	43.9	10	13.0	118	36.5	
	Faculty of Science	17	6.9	19	24.7	36	11.1	
	Other ^b	9	3.7	2	2.6	11	3.4	
Grade average	60% to 100%	217	88.2	64	83.1	281	87.0	0.216
	Less than 60% or uncer- tain	17	6.9	5	6.5	22	6.8	
	Not in school last year	12	4.9	8	10.4	20	6.2	

Notes:

^a: includes LGBTQ2+^b: includes programs such as the Applied Disaster and Emergency Studies and the Integrated Bachelor of Arts and Bachelor of Education program

The residency profile is shown in Table 21. Most students (78.3%) were from Manitoba, whereas 11.1% came from another country and 10.6% from another province or territory to study at Brandon University. Most participants (77.2%) were born in Canada and 12.8% had been in Canada less than 5 years. Gender differences are observed: men were more likely to have moved to Canada within the last 5 years than women. Almost half of the participants (48.5%) were from rural (48.5%) or urban (49.4%) areas and 2.2% had spent most of their life on a reserve or First Nations community. At the time of the study, 31.5% of participants lived with friends or acquaintances, 25.6% with their parents and family, and 21.3% with their spouse or partner. Almost half of the participants (45.3%) lived in an apartment, 29.5% in their parents' home and 15.2% in their own home or condo.

Table 21. Residency Profile (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Residence prior to university studies	Manitoba	198	80.5	54	71.1	252	78.3	0.011
	Another province or territory	28	11.4	6	7.9	34	10.6	
	European country	0	0.0	1	1.3	1	0.3	
	African country	10	4.1	5	6.6	15	4.7	
	Other country ^c	10	4.1	10	13.2	20	6.2	
Where did you spend most of your life?	Rural	133	53.8	24	31.2	157	48.5	0.001
	Urban	108	43.7	52	67.5	160	49.4	
	Reserve or First Nations Community or Métis Community	6	2.4	1	1.3	7	2.2	
How long have you lived in Canada?	Born in Canada	195	79.9	52	68.4	247	77.2	0.001
	In Canada less than 5 years	22	9.0	19	25.0	41	12.8	
	In Canada 5 or more years	27	11.1	5	6.6	32	10.0	
Current living situation	Alone	33	13.4	10	13.0	43	13.3	0.776
	With spouse/partner	55	22.3	14	18.2	69	21.3	
	With parents and family	59	23.9	24	31.2	83	25.6	
	With other family members (not parents)	17	6.9	5	6.5	22	6.8	
	With friends, acquaintances, roommate	78	31.6	24	31.2	102	31.5	
	No fixed address	1	0.4	0	0.0	1	0.3	
	Other ^d	4	1.6	0	0.0	4	1.2	
Type of residence	House, condominium (of which I am the owner)	46	18.7	7	9.1	53	16.4	0.388
	Parent's or family member's home	71	29.0	24	31.2	95	29.5	
	Apartment	107	43.7	39	50.6	146	45.3	
	Student residence	19	7.8	7	9.1	26	8.1	
	No fixed address	2	0.8	0	0.0	2	0.6	

Notes:

^c: includes, amongst others, Argentina, India and China^d: includes living with one's children without one's partner

The financial profile (Table 22) shows that most students reported some income: 70.5% were making less than \$15,000 a year whereas 18.5% were making more. Men were more likely to have a higher income (32%) than women (14.3%). Considering all student loans, almost half of the participants (48.6%) reported having no student debt, with 20.8% owing more than \$15,000. Of indebted students, most reported they would pay it back themselves (88.9%) or with help from their parents (29.7%). Slightly less than half (44.7%) of participants were dependent on their parents for financial support.

Table 22. Financial Profile (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Annual income	\$0	24	9.8	11	14.7	35	11.0	0.001
	\$1 to \$15,000	185	75.8	40	53.3	225	70.5	
	\$15,000 or more	35	14.3	24	32.0	59	18.5	
Student loans (total)	\$0	115	47.5	39	52.0	154	48.6	0.689
	\$1 to \$15,000	77	31.8	20	26.7	97	30.6	
	\$15,000 or more	50	20.7	16	21.3	66	20.8	
Responsibility for repayment of student loans*†	Myself	117	93.6	27	75.0	144	88.9	0.001
	Parent or guardian	35	28.0	10	27.8	45	27.8	0.979
	Other ^e	5	4.0	2	5.6	7	4.3	0.887
Dependence on parents/guardians for financial support	Yes	110	44.9	34	44.2	144	44.7	0.909

Notes:

*: of those who have a debt

†: participants could select more than one answer

^e: includes siblings, partners, or band funding

4.2.2 Ethnolinguistic Profile

The ethnolinguistic profile is shown in Table 23. Most participants at BU reported English, or English and another language as their mother tongue (80.1%) and language used at home (89.7%). Other languages (other than French) were second highest, including Aboriginal languages. Almost two thirds of participants (63.7%) self-identified as Caucasian or White, whereas 12.1% identified as First Nation or Metis, 9.6% as Asian and 7.8% as Black. Almost half (45%) of the participants reported having a religious or spiritual practice; a greater proportion (27.3%) identified as being Catholic. Approximately 30% of participants self-identified as agnostic or atheist.

Table 23. Ethnolinguistic Profile (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
First language learned and still understood	French +/- another language other than English	6	2.4	1	1.3	7	2.2	0.156
	English +/- another language other than French	202	82.4	56	72.7	258	80.1	
	Another language (including an Indigenous language)	33	13.5	17	22.1	50	15.5	
	French and English	4	1.6	3	3.9	7	2.2	
Language most often used at home	English +/- another language other than French	220	90.2	68	88.3	288	89.7	0.727
	Another language (including an Indigenous language)	23	9.4	9	11.7	32	10.0	
	French and English	1	0.4	0	0.0	1	0.3	
Which of the following best describes you?	Asian	21	8.6	10	13.0	31	9.6	0.704
	Caucasian/White	158	64.5	47	61.0	205	63.7	
	Métis or Indigenous	32	13.1	7	9.1	39	12.1	
	Black	17	6.9	8	10.4	25	7.8	
	Latino-American, Central-American, South-American	7	2.9	2	2.6	9	2.8	
	Other ^f	10	4.1	3	3.9	13	4.0	
Religious or spiritual practice	Regular or occasional practice	115	47.3	28	37.3	143	45.0	0.128
	No practice, with or without feeling of belonging	128	52.7	47	62.7	175	55.0	
Religious or spiritual affiliation	Catholic	70	29.3	16	21.1	86	27.3	0.352
	Muslim	3	1.3	0	0.0	3	1.0	
	Christian (other than Catholic)	21	8.8	11	14.5	32	10.2	
	Personal spirituality without religious affiliation	21	8.8	6	7.9	27	8.6	
	Agnostic or Atheist	67	28.0	27	35.5	94	29.8	
	Other ^g	57	23.8	16	21.1	73	23.2	

Notes:

^f: includes those who identify as mixed (e.g. Black and White)^g: includes Buddhism, Hinduism, and Judaism

Data to measure ethnolinguistic identity are presented in Appendix 2; mean scores are in Table 24. Scores for ethnolinguistic identity were in the higher range for affirmation and sense of belonging (2.99) but lower for exploration and engagement (2.44). Total identity score was 2.76, a score of 4 is the highest level of ethnic identity on this scale.

Table 24. Ethnolinguistic Identity Score (BU), according to gender

	Women (n=247)	Men (n=77)	Total (n=324)	
	Average ± standard deviation	Average ± standard deviation	Average ± standard deviation	<i>p</i>
Identity score (affirmation and sense of belonging)	2.98 ± 0.68	3.01 ± 0.76	2.99 ± 0.7	0.744
Identity score (exploration and engagement)	2.43 ± 0.69	2.45 ± 0.77	2.44 ± 0.71	0.890
Global identity score	2.75 ± 0.63	2.78 ± 0.71	2.76 ± 0.65	0.782

4.2.3 Mental Health Status and Related Behaviors

As shown in Table 25, most participants rated their health as good to excellent (86.5%); however, fewer reported positive mental or emotional health (64.8%) or life satisfaction (64%). Women were more likely than men to report poor mental health (13.6% vs 3.9%).

Table 25. Mental Health Status (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
		n	%	n	%	n	%	
In general, how would you rate your health?	Excellent	30	12.4	18	23.4	48	15.0	0.186
	Very good	97	40.1	30	39.0	127	39.8	
	Good	81	33.5	20	26.0	101	31.7	
	Fair	28	11.6	8	10.4	36	11.3	
	Poor	6	2.5	1	1.3	7	2.2	
How would you rate your mental or emotional health?	Excellent	12	5.0	10	13.2	22	6.9	0.007
	Very good	55	22.7	25	32.9	80	25.2	
	Good	83	34.3	20	26.3	103	32.4	
	Fair	59	24.4	18	23.7	77	24.2	
	Poor	33	13.6	3	3.9	36	11.3	
At what point are you dissatisfied or satisfied with your life generally?	Totally dissatisfied	8	3.3	1	1.3	9	2.8	0.512
	Somewhat dissatisfied	37	15.4	11	14.3	48	15.1	
	Uncertain	47	19.6	10	13.0	57	18.0	
	Somewhat satisfied	116	48.3	42	54.5	158	49.8	
	Totally satisfied	32	13.3	13	16.9	45	14.2	

Results for items measuring mental health scores are found in Appendix 3. As shown in Table 26, the total mental health score averaged 41.78. Men were more likely to obtain a higher total mental health score (45.14 vs 40.68) and emotional health score (13.59 vs 11.54) than women. Overall, almost half of the participants (44.5%) scored with a flourishing mental health, 46.7% a moderate mental health (middle of scale) and 8.8% a languishing mental health.

Table 26. Mental Health Score (BU), according to gender

	Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
	Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Mental health score	40.68 ± 14.22		45.14 ± 12.37		41.78 ± 13.9		0.016
Emotional well-being score	10.22 ± 3.11		10.95 ± 2.98		10.4 ± 3.09		0.075
Social well-being score	11.54 ± 5.65		13.59 ± 5.33		12.04 ± 5.64		0.006
Psychological well-being score	19.08 ± 6.96		20.45 ± 6.08		19.41 ± 6.77		0.121
Mental health status according to scale	n	%	n	%	n	%	<i>p</i>
Languishing	19	9.3	5	7.4	24	8.8	0.560
Moderate	98	48.0	29	42.6	127	46.7	
Flourishing	87	42.6	34	50.0	121	44.5	

Data related to self-esteem, body image and eating disorders are shown in Table 27. Results for individual items are in Appendix 4. The average self-esteem score was 29.22. Men had a higher self-esteem score (30.8) than women (28.69). Overall, 54.1% of participants reported being totally or somewhat in agreement with the following statement: “I have high self-esteem”, with men more likely to be totally in agreement (33.8%) than women (11.6%). Women were more likely to agree with statements such as “I certainly feel useless at times” and “At times, I think I am no good at all”, and they were less likely to feel they were able to do things as well as most other people. With respect to body image and size, 42.0% of participants reported being satisfied most of the time or always, with more men (24.7%) being always satisfied than women (9.5%) in the year prior to the study. Many participants reported eating less than the recommended caloric intake (53.9%), binge-eating (41.6%) or exercising excessively (38.9%). Women were more likely to report these behaviors than men.

Table 27. Self-esteem, Body Image and Eating Disorders (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		
		Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		<i>p</i>
Self esteem score		28.69 ± 6.62		30.8 ± 6.3		29.22 ± 6.6		0.016
		n	%	n	%	n	%	<i>p</i>
Indicate at what point you agree with the following statement “I have high self-esteem”.	Totally agree	28	11.6	26	33.8	54	17.0	0.000
	Somewhat agree	89	36.9	29	37.7	118	37.1	
	Uncertain	40	16.6	11	14.3	51	16.0	
	Somewhat disagree	48	19.9	6	7.8	54	17.0	
	Totally disagree	36	14.9	5	6.5	41	12.9	
In the last month, have you felt satisfied with your body image/size?	Never	48	19.8	10	13.0	58	18.2	0.001
	Sometimes	105	43.4	22	28.6	127	39.8	
	Most of the time	66	27.3	26	33.8	92	28.8	
	Always	23	9.5	19	24.7	42	13.2	
Have you used a laxative to control your weight?	In the last year	21	8.7	1	1.3	22	6.9	0.026
Have you taken diet pills?	In the last year	20	8.3	2	2.6	22	6.9	0.087
Have you binge eaten?	In the last year	112	46.7	20	26.0	132	41.6	0.001
Have you purged?	In the last year	54	22.4	4	5.3	58	18.4	0.001
Have you exercised excessively?	In the last year	94	39.7	28	36.4	122	38.9	0.606
Have you eaten less than the recommended caloric intake (other than for religious reasons)?	In the last year	142	58.7	30	39.0	172	53.9	0.003
Have you vomited to control your weight?	In the last year	30	12.4	1	1.3	31	9.7	0.004

Questions pertaining to behaviors commonly associated with poor mental health were also included in this survey. As shown in Table 28, many participants at Brandon University reported having lost somewhat or more sleep than usual because of worry (47.3%), and more so for women (54.4%) than men (25.0%). Many participants reported having felt sad or depressed for 2 consecutive weeks or more where they felt unable to do daily activities (35.6%) in the previous year. In the year prior to the study, 15.1% of participants reported having seriously thought of attempting suicide, 10.1% reported having prepared a plan on how to commit suicide and 3.8% had attempted suicide.

Table 28. Sleep, Depression and Suicidal Ideation (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
		n	%	n	%	n	%	
In the last year:								
have you lost much sleep because of worry?	Not at all	14	5.8	19	25.0	33	10.4	0.000
	No more than usual	96	39.8	38	50.0	134	42.3	
	Rather more than usual	77	32.0	13	17.1	90	28.4	
	Much more than usual	54	22.4	6	7.9	60	18.9	
have you felt sad or depressed each day for 2 consecutive weeks or more, where you felt unable to do normal daily activities?	Yes	93	38.6	20	26.3	113	35.6	0.051
have you thought seriously of attempting suicide?	Yes	37	15.3	11	14.5	48	15.1	0.862
have you prepared a plan on how you would attempt suicide?	Yes	27	11.2	5	6.6	32	10.1	0.243
have you attempted suicide?	Yes	12	5.0	0	0.0	12	3.8	0.047
how many times have you attempted suicide?	Once	6	2.5	0	0.0	6	1.9	0.140
	More than once	6	2.5	0	0.0	6	1.9	

Data related to anxiety and anxiety management are shown in Table 29. More than one third of participants (37.1%) reported suffering from anxiety most of the time or always, with women (41.7%) reportedly more so than men (22.7%). Most participants reported managing their anxiety by healthy living practices (exercise, healthy diet and good sleeping habits) (67.5%) or by practicing meditation or mindfulness (45.2%). Most reported confiding in friends (75.5%), their parents (56.0%), their spouse or partner (47.5%) or siblings (45.3%) when they needed to talk to someone about their problems. Men were more likely to choose the following statement: “I don’t feel the need, therefore I speak to no one in particular” (23.4%) than women (8.3%). Some benefitted from individual or group therapy or counselling (16.7%) or sought help from either a counsellor on campus (5.3%) or a health professional (9.7%).

Table 29. Anxiety and Coping Mechanisms (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Do you experience anxiety?	Never	17	7.1	12	16.0	29	9.2	0.005
	Sometimes	123	51.3	46	61.3	169	53.7	
	Most of the time	48	20.0	11	14.7	59	18.7	
	Always	52	21.7	6	8.0	58	18.4	
How do you manage your anxiety?* †	Individual or group therapy or counselling	38	18.9	4	7.8	42	16.7	0.058
	Prescription medication	33	16.4	10	19.6	43	17.1	0.589
	Self-medication (including marijuana/cannabis)	38	18.9	15	29.4	53	21.0	0.100
	Registered with Student Accommodation Services at my university	7	3.5	4	7.8	11	4.4	0.173
	Healthy living (exercise, healthy diet, good sleeping habits)	137	68.2	33	64.7	170	67.5	0.638
	Meditation, mindfulness	92	45.8	22	43.1	114	45.2	0.736
	Other ^h	51	25.4	15	29.4	66	26.2	0.558
When you need to talk to someone about your problems, who do you confide in usually?†	I don’t feel the need, therefore I speak to no one in particular.	20	8.3	18	23.4	38	11.9	0.000
	I have no one to confide in.	12	5.0	6	7.8	18	5.7	0.352
	Spouse/partner	121	50.2	30	39.0	151	47.5	0.085
	One of my parents	147	61.0	31	40.3	178	56.0	0.001
	Brother or sister	123	51.0	21	27.3	144	45.3	0.000
	Friend	193	80.1	47	61.0	240	75.5	0.001
	Counsellor or therapist on campus	15	6.2	2	2.6	17	5.3	0.218
	Elder or knowledge keeper	7	2.9	1	1.3	8	2.5	0.433
	Health professional	26	10.8	5	6.5	31	9.7	0.269
	Spiritual advisor	11	4.6	4	5.2	15	4.7	0.820
	Other ⁱ	15	6.2	2	2.6	17	5.3	0.218

Notes:

*: of those who experience anxiety

†: participants could select more than one answer

^h: includes positive strategies, such as talking to a loved one, praying and activities to change one’s mind, as well as negative strategies such as isolating oneself, denial, and alcohol or drug consumption

ⁱ: includes, amongst others, other family members and professors

4.2.4 Road Safety

Behaviors related to road safety are shown in Table 30. Of the 324 participants, 91.8% had a driver's licence; among these, 36.2% reported drinking and driving, 21% using cannabis and driving and 8% using illicit drugs and driving in their lifetime. In this same time frame, 79.3% of participants reported speeding, and 74.8% using a cellphone while driving. In the month prior to the study, 13.4% reported drinking and driving and 10% using cannabis and driving. In addition, 57.2% reported speeding and 54.5% using a cellphone while driving, and more so for women. Overall, in the month prior to the study, 15.3% of participants reported being a passenger in a car driven by an impaired driver. Also, 5.6% of participants with a driver's licence reported being involved in a car accident while they were driving, one to three times in the previous year.

Table 30. Road Safety (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Do you have a driver's licence?	Yes	220	91.3	70	93.3	290	91.8	0.573
Have you driven a car or other vehicle after you had been drinking alcohol?*	In my lifetime	77	35.0	28	40.0	105	36.2	0.448
	During the past month	27	12.3	12	17.1	39	13.4	0.298
Have you driven a car or other vehicle after you had been using cannabis (marijuana)?*	In my lifetime	43	19.5	18	25.7	61	21.0	0.270
	During the past month	18	8.2	11	15.7	29	10.0	0.067
Have you driven a car or other vehicle after you had been using illegal drugs?*	In my lifetime	14	6.4	9	13.0	23	8.0	0.077
	During the past month	2	0.9	3	4.3	5	1.7	0.058
Have you ridden in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	In my lifetime	95	43.4	32	46.4	127	44.1	0.662
	During the past month	30	13.7	14	20.3	44	15.3	0.184
Have you driven over the speed limit (more than 10km/hr than the limit)?*	In my lifetime	177	80.5	53	75.7	230	79.3	0.394
	During the past month	133	60.5	33	47.1	166	57.2	0.050
Have you driven a car or motor vehicle while using a hand-held cell phone (to talk or text)? *	In my lifetime	169	76.8	48	68.6	217	74.8	0.166
	During the past month	128	58.2	30	42.9	158	54.5	0.025
In the last year, have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?*	1 to 3 times	2	7.4	0	0.0	2	5.6	0.401

Note:

*: of those who have a driver's licence

4.2.5 Bullying and Sexual Harassment

Data related to bullying and sexual harassment are shown in Table 31. In the year prior to the study, 29.4% of participants reported being verbally threatened (more so for men), 43.6% being ridiculed, 34.6% being told mean things about their body shape, weight or appearance and 20.6% being told mean things because of their race or culture. Almost one quarter of participants reported having received a request for personal information on the Internet: 18.5% feeling uneasy with this request; 15.7% reported being harassed via the Internet by, for instance, having something about them posted on social media or sent by email. In addition, 27% of participants reported being intimidated by inappropriate sexual comments or unwanted physical sexual contact, women more so than men (31.0% vs 13.5%). In their lifetime, 8.7% of participants reported being forced physically and against their will to have sexual relations, and 12.9% of being forced other than physically, more so for women than for men. Few respondents (3.2%) reported having sexual relations in exchange for money, food, a place to sleep, alcohol or drugs.

Table 31. Bullying and Sexual Harassment (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
How many times in the last year have you been:								
verbally threatened?	Yes	71	27.0	31	37.8	103	29.4	0.033
	1 to 5 times	54	22.4	27	36.5	82	25.6	
	6 times or more	11	4.6	1	1.4	12	3.8	
harmed physically?	Yes	30	10.3	12	12.2	44	11.2	0.476
	1 to 5 times	22	9.1	9	12.2	33	10.3	
	6 times or more	3	1.2	0	0.0	3	0.9	
threatened or harmed physically by your girlfriend or boyfriend?	Yes	26	7.5	4	1.4	30	6.0	0.143
	1 to 5 times	13	5.4	1	1.4	14	4.4	
	6 times or more	5	2.1	0	0.0	5	1.6	
threatened or harmed with a weapon (gun, knife, stick)?	Yes	16	4.5	5	1.4	21	3.7	0.452
	1 to 5 times	10	4.1	1	1.4	11	3.4	
	6 times or more	1	0.4	0	0.0	1	0.3	
ridiculed or mocked?	Yes	113	44.4	34	41.1	149	43.6	0.798
	1 to 5 times	76	31.5	20	27.4	98	30.7	
	6 times or more	31	12.9	10	13.7	41	12.9	
been told mean thing about your race or culture?	Yes	55	20.3	19	21.6	75	20.6	0.947
	1 to 5 times	41	17.0	13	17.6	55	17.2	
	6 times or more	8	3.3	3	4.1	11	3.4	
been told mean things about your sexual orientation?	Yes	29	9.5	11	10.8	43	10.6	0.932
	1 to 5 times	18	7.5	6	8.1	27	8.4	
	6 times or more	5	2.1	2	2.7	7	2.2	
been told mean things about your body shape, weight or appearance?	Yes	98	38.4	20	23.0	119	34.6	0.051
	1 to 5 times	65	26.9	12	16.2	78	24.3	
	6 times or more	28	11.6	5	6.8	33	10.3	

Table 31. Bullying and Sexual Harassment (BU), according to gender (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
		n	%	n	%	n	%	
How many times in the last year have you been:								
asked for personal information on the Internet (ex. address, phone number, family name)?	Yes	64	24.4	17	18.9	82	23.1	0.584
	1 to 5 times	41	16.9	9	12.2	51	15.9	
	6 times or more	18	7.4	5	6.8	23	7.2	
uncomfortable while communicating with this person by Internet?	Yes	57	21.2	12	11.0	69	18.5	0.073
	1 to 5 times	43	17.8	5	6.8	48	15.0	
	6 times or more	8	3.3	3	4.1	11	3.4	
intimidated by Internet (ex. having something posted on social media or sent by email)?	Yes	47	16.7	13	13.5	60	15.7	0.800
	1 to 5 times	31	12.9	8	10.8	39	12.2	
	6 times or more	9	3.8	2	2.7	11	3.4	
intimidated by inappropriate sexual comments or unwanted physical sexual contact?	Yes	80	31.0	13	13.5	95	27.1	0.012
	1 to 5 times	56	23.1	8	10.8	66	20.6	
	6 times or more	19	7.9	2	2.7	21	6.5	
Have you been forced physically to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	25	10.5	2	2.7	27	8.7	0.037
Have you been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	36	15.2	4	5.4	40	12.9	0.028
Have you participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	In my lifetime	8	3.4	2	2.7	10	3.2	0.792

4.2.6 Sexual Practices

Results relating to sexual practices are shown in Table 32. Most participants (75%) reported having had consensual sexual relations, with 35.6% reporting having had 6 sexual partners or more in their lifetime. In the three months prior to the study, 64.6% of participants had had sexual relations, of whom 86.6% with one partner, and 13.4% with 2 partners or more. For participants having had sexual relations at least once, methods most commonly used to prevent sexually transmitted infections and pregnancy were condoms (64.1%), hormonal contraceptives (63.6%) and withdrawal (42.9%).

Of participants having had sexual relations at least once, condom use was reported as often or always by 45.3%, and more so for men. Reasons most commonly reported for not using condoms all the time were because another form of protection was being used (43.6%), they trusted their partner (37.3%) or they don't like how condoms feel (29.8%). Most were comfortable talking to their sexual partner about using condoms or birth control (87.1%) and about sexually transmitted infections (71.6%).

Table 32. Sexual Practices (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
In your lifetime, have you ever had consensual sexual relations?	Yes	173	73.9	58	78.4	231	75.0	0.441
In your lifetime, with how many individuals have you had vaginal or anal intercourse?*	1 person	41	23.4	15	25.9	56	24.0	0.701
	2 to 5 persons	69	39.4	25	43.1	94	40.3	
	6 persons or more	65	37.1	18	31.0	83	35.6	
In the last three months, have you had sexual relations?*	Yes	156	65.8	45	60.8	201	64.6	0.431
In the last three months, with how many individuals have you had vaginal or anal intercourse?*	1 person	137	87.8	37	82.2	174	86.6	0.332
	2 persons or more	19	12.2	8	17.8	27	13.4	
If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy?* †	No method was used to prevent pregnancy and/or STI's	15	8.7	3	5.2	18	7.8	0.39
	Withdrawal (pulling out before ejaculation)	76	43.9	23	39.7	99	42.9	0.569
	Birth control (pills, injection, patch or ring)	118	68.2	29	50.0	147	63.6	0.013
	Condoms (male or female)	104	60.1	44	75.9	148	64.1	0.031
	Morning after pill	27	15.6	12	20.7	39	16.9	0.371
	Sex dam	1	0.6	0	0.0	1	0.4	0.562
	Calendar method	9	5.2	6	10.3	15	6.5	0.169
	Other ^k	10	5.8	2	3.4	12	5.2	0.489

Table 32. Sexual Practices (BU), according to gender (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
In general, when you have sex, how often do you use condoms?*	Never or rarely	103	59.2	23	39.7	126	54.3	0.026
	Often or always	70	40.2	35	60.3	105	45.3	
Which of the following are the major reasons you do not use condoms all the time?†	I use another form of protection	83	49.1	15	26.8	98	43.6	0.003
	I was under the influence of drugs or alcohol.	19	11.2	5	8.9	24	10.7	0.627
	I want a baby.	3	1.8	1	1.8	4	1.8	0.996
	I don't like how condoms feel.	49	29.0	18	32.1	67	29.8	0.655
	I trust my partner(s).	68	40.2	16	28.6	84	37.3	0.118
	My partner(s) won't wear a condom.	12	7.1	1	1.8	13	5.8	0.140
	My partner(s) and I are both females.	2	1.2	0	0.0	2	0.9	0.414
	Other [‡]	8	4.7	4	7.1	12	5.3	0.487
How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	Never or rarely	20	11.5	9	15.5	29	12.5	0.620
	Often or always	153	87.9	49	84.5	202	87.1	
How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	Never or rarely	44	25.3	20	34.5	64	27.6	0.266
	Often or always	129	74.1	37	63.8	166	71.6	

Notes:

*: of those who have had sexual relations

†: participants could select more than one answer

‡: includes vasectomy, being sterile, and limiting one's sexual partners

!: includes being sterile, vasectomy, using condoms only when ovulating

4.2.7 Alcohol, Drug and Tobacco Use

Results related to alcohol use are presented in Table 33. Most participants (92.3%) reported having consumed alcohol in their lifetime and 71% in the month prior to the study. Most reported drinking 1 to 2 days (34.1%) or 3 and 5 days (32.3%) per month. However, 15.9% reported drinking 10 or more days. Almost three quarters of participants (73.8%) reported having had five or more drinks of alcohol within a period of 2 to 3 hours in their lifetime, and 48.5% in the previous month. No significant differences were noted between men and women.

Table 33. Alcohol Use (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Have you ever consumed at least one drink of alcohol?	In my lifetime	217	92.3	69	92.0	286	92.3	0.923
	During the last month	170	72.3	50	66.7	220	71.0	0.346
Have you ever consumed five or more drinks of alcohol within a period of 2 to 3 hours?	In my lifetime	176	74.3	53	70.7	234	73.8	0.539
	During the last month	115	48.5	34	45.3	153	48.3	0.630
During the past month, on how many days did you have at least one drink of alcohol?*	1 or 2 days	64	37.6	11	22.0	75	34.1	0.227
	3 to 5 days	51	30.0	20	40.0	71	32.3	
	6 to 9 days	29	17.1	10	20.0	39	17.7	
	10 days or more	26	15.3	9	18.0	35	15.9	
During the past month, on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?*	Never in my lifetime	20	11.8	7	14.0	27	12.3	0.571
	Yes, but not during the past month.	36	21.2	11	22.0	47	21.4	
	1 or 2 days	65	38.2	13	26.0	78	35.5	
	3 to 5 days	32	18.8	13	26.0	45	20.5	
	6 days or more	17	10.0	6	12.0	23	10.5	

Note:

*: of those who have consumed alcohol in the last month

Data related to consuming energy drinks and combining alcohol and drugs are shown in Table 34. Many participants (62.2%) reported having had energy drinks in their lifetime, with 26.6% doing so in the month prior to the study, men (37.5%) more so than women (23.2%). Of those who had had energy drinks in the previous month, 47% reported drinking them 3 days or more. In their lifetime, 32.8% reported having had a drink combining alcohol and energy drinks, and 40.2% having mixed alcohol and drugs. Of the latter, 19.0% reported doing so in the month prior to the study.

Table 34. Consumption of Energy Drink and Alcohol Mixes (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
		n	%	n	%	n	%	
Have you ever consumed energy drinks (Redbull, Monster, etc.)?	In my lifetime	135	57.0	59	78.7	194	62.2	0.001
	During the last month	55	23.2	28	37.3	83	26.6	0.016
During the past month, on how many days did you have energy drinks?	1 or 2 days	30	54.5	14	50.0	44	53.0	0.695
	3 days or more	25	45.5	14	50.0	39	47.0	
Have you consumed alcohol and energy drinks combined?	In my lifetime	70	29.5	32	43.2	102	32.8	0.028
	During the last month	12	5.1	5	6.8	17	5.5	0.576
Have you consumed a combination of alcohol and drugs?	In my lifetime	90	38.1	35	46.7	125	40.2	0.189
	During the last month	43	18.2	16	21.3	59	19.0	0.549

Safety measures adopted during parties and when socializing are shown in Table 35. On these occasions, 42.3% of participants reported consuming alcohol most of the time or always and using the following safety measures most of the time or always : using a designated driver (88.5%), staying with the same group of friends (83.1%), eating before and/or during drinking (70.1%), and keeping track of how many drinks they were having (49.4%). Women were more likely than men to report these practices.

Table 35. Safety Measures at Parties (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		<i>p</i>
		n	%	n	%	n	%	
During the last year, if you partied /socialized, how often did you:								
consume alcohol?	Never	38	16.0	13	17.3	51	16.3	0.896
	Rarely	38	16.0	12	16.0	50	16.0	
	Sometimes	64	27.0	17	22.7	81	26.0	
	Most of the time	69	29.1	24	32.0	97	30.6	
	Always	28	11.8	9	12.0	37	11.7	
alternate non-alcoholic with alcoholic beverages?*	Never	32	16.2	17	27.9	49	18.9	0.052
	Rarely	45	22.7	19	31.1	64	24.7	
	Sometimes	59	29.8	15	24.6	74	28.6	
	Most of the time	40	20.2	5	8.2	45	17.4	
	Always	22	11.1	5	8.2	27	10.4	
avoid drinking games?*	Never	66	33.3	16	25.8	82	31.5	0.220
	Rarely	54	27.3	11	17.7	65	25.0	
	Sometimes	27	13.6	12	19.4	39	15.0	
	Most of the time	24	12.1	11	17.7	35	13.5	
	Always	27	13.6	12	19.4	39	15.0	
choose not to drink alcohol?*	Never	31	15.8	10	16.1	41	15.9	0.356
	Rarely	55	28.1	18	29.0	73	28.3	
	Sometimes	62	31.6	23	37.1	85	32.9	
	Most of the time	42	21.4	7	11.3	49	19.0	
	Always	6	3.1	4	6.5	10	3.9	
determine, in advance, not to exceed a set number of drinks?*	Never	46	23.1	18	29.5	64	24.6	0.092
	Rarely	31	15.6	16	26.2	47	18.1	
	Sometimes	48	24.1	12	19.7	60	23.1	
	Most of the time	29	14.6	9	14.8	38	14.6	
	Always	45	22.6	6	9.8	51	19.6	
eat before and/or during drinking?*	Never	6	3.0	2	3.2	8	3.1	0.037
	Rarely	12	6.0	6	9.7	18	6.9	
	Sometimes	32	16.1	20	32.3	52	19.9	
	Most of the time	74	37.2	19	30.6	93	35.6	
	Always	75	37.7	15	24.2	90	34.5	

Table 35. Safety Measures at Parties (BU), according to gender (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		
During the last year, if you partied /socialized, how often did you:		n	%	n	%	n	%	p
have a friend let you know when you've had enough?*	Never	49	24.7	27	44.3	76	29.3	0.007
	Rarely	44	22.2	15	24.6	59	22.8	
	Sometimes	44	22.2	8	13.1	52	20.1	
	Most of the time	29	14.6	9	14.8	38	14.7	
	Always	32	16.2	2	3.3	34	13.1	
keep track of how many drinks you were having?*	Never	37	18.6	11	17.7	48	18.4	0.645
	Rarely	16	8.0	8	12.9	24	9.2	
	Sometimes	45	22.6	15	24.2	60	23.0	
	Most of the time	40	20.1	14	22.6	54	20.7	
	Always	61	30.7	14	22.6	75	28.7	
pace your drinks to 1 or fewer per hour?*	Never	45	22.8	25	40.3	70	27.0	0.045
	Rarely	51	25.9	17	27.4	68	26.3	
	Sometimes	49	24.9	11	17.7	60	23.2	
	Most of the time	21	10.7	5	8.1	26	10.0	
	Always	31	15.7	4	6.5	35	13.5	
stayed with the same group of friends while drinking?*	Never	4	2.0	2	3.2	6	2.3	0.001
	Rarely	5	2.5	4	6.5	9	3.5	
	Sometimes	14	7.1	15	24.2	29	11.2	
	Most of the time	71	35.9	21	33.9	92	35.4	
	Always	104	52.5	20	32.3	124	47.7	
drink the same type of alcohol when drinking?*	Never	11	5.5	5	8.1	16	6.1	0.750
	Rarely	20	10.1	7	11.3	27	10.3	
	Sometimes	51	25.6	19	30.6	70	26.8	
	Most of the time	77	38.7	22	35.5	99	37.9	
	Always	40	20.1	9	14.5	49	18.8	
use a designated driver?*	Never	4	2.0	7	11.3	11	4.2	0.015
	Rarely	2	1.0	1	1.6	3	1.1	
	Sometimes	12	6.0	4	6.5	16	6.1	
	Most of the time	34	17.1	14	22.6	48	18.4	
	Always	147	73.9	36	58.1	183	70.1	

Note:

*: of those who consumed alcohol at a party in the last year

Data related to substance use is presented in Table 36. Substances most often consumed by participants in their lifetime were recreational cannabis (58.1%), mushrooms (14.6%), cocaine (14.2%), and ecstasy (11.7%). The most commonly used substance in the month prior to the study was recreational or medicinal cannabis (31% and 5.8% respectively). Of those using these substances, 51.6% reported using recreational cannabis and 58.8% reported using medicinal cannabis at least 3 times in the last month. The route most commonly used to consume drugs was smoking, inhaling or vaping (87.2%). When asked if cannabis legalization had or could increase their use of this substance, 64.1% of respondents reported that it would make no difference, whereas 10.8% said yes, just to try it out, and 7.8% for more regular use.

Table 36. Substance Use (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Have you ever used recreational marijuana/cannabis (pot, hash, weed)?	In my lifetime	136	57.6	44	59.5	180	58.1	0.780
	During the last year	99	41.9	32	43.2	131	42.3	0.844
	During the last month	71	30.1	25	33.8	96	31.0	0.548
Within the last month, how many times did you use recreational marijuana/cannabis (pot, hash, weed)?	1 or 2 times	35	50.0	10	40.0	45	47.4	0.190
	3 times or more	35	50.0	14	56.0	49	51.6	
Have you ever used medicinal marijuana/cannabis (prescribed)?	In my lifetime	15	6.4	9	12.2	24	7.8	0.105
	During the last year	14	6.0	7	9.5	21	6.8	0.297
	During the last month	12	5.1	6	8.1	18	5.8	0.336
Have you ever used cocaine (uptown, up, powder, crack, rock, freebase)?	In my lifetime	25	10.6	19	25.7	44	14.2	0.001
	During the last year	11	4.7	7	9.5	18	5.8	0.126
	During the last month	5	2.1	5	6.8	10	3.2	0.050
Have you ever used inhalants (glue, solvents, gas)?	In my lifetime	6	2.6	1	1.4	7	2.3	0.551
	During the last year	2	0.9	1	1.4	3	1.0	0.696
	During the last month	1	0.4	1	1.4	2	0.7	0.382
Have you ever used heroin (dust, junk, horse, smack)?	In my lifetime	2	0.9	1	1.4	3	1.0	0.685
	During the last year	1	0.4	0	0.0	1	0.3	0.579
	During the last month	1	0.4	0	0.0	1	0.3	0.579
Have you ever used fentanyl?	In my lifetime	8	3.4	3	4.1	11	3.6	0.792
	During the last year	1	0.4	0	0.0	1	0.3	0.574
	During the last month	1	0.4	0	0.0	1	0.3	0.574
Have you ever used ecstasy (E, X, MDMA)?	In my lifetime	25	10.6	11	14.9	36	11.7	0.323
	During the last year	8	3.4	3	4.1	11	3.6	0.792
	During the last month	4	1.7	1	1.4	5	1.6	0.835
Have you ever used methamphetamine (crystal meth, ice, crank, jib)?	In my lifetime	4	1.7	1	1.4	5	1.6	0.835
	During the last year	2	0.9	0	0.0	2	0.6	0.426
	During the last month	1	0.4	0	0.0	1	0.3	0.574
Have you ever used methadone?	In my lifetime	2	0.9	1	1.4	3	1.0	0.705
	During the last year	1	0.4	1	1.4	2	0.6	0.388
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used morphine?	In my lifetime	16	6.8	5	6.8	21	6.8	0.988
	During the last year	4	1.7	1	1.4	5	1.6	0.835
	During the last month	0	0.0	0	0.0	0	0.0	-

Table 36. Substance Use (BU), according to gender (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Have you ever used mushrooms?	In my lifetime	30	12.8	15	20.3	45	14.6	0.114
	During the last year	13	5.6	6	8.1	19	6.2	0.426
	During the last month	2	0.9	0	0.0	2	0.6	0.425
Have you ever used hallucinogens (LSD, PCP)?	In my lifetime	13	5.5	7	9.6	20	6.5	0.219
	During the last year	4	1.7	3	4.1	7	2.3	0.228
	During the last month	2	0.9	2	2.7	4	1.3	0.213
Have you ever used anabolic steroids (testosterone), without prescription?	In my lifetime	2	0.9	6	8.1	8	2.6	0.001
	During the last year	1	0.4	1	1.4	2	0.6	0.388
	During the last month	1	0.4	0	0.0	1	0.3	0.573
Have you ever used other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)?	In my lifetime	23	9.8	7	9.5	30	9.7	0.934
	During the last year	11	4.7	5	6.8	16	5.2	0.482
	During the last month	7	3.0	2	2.7	9	2.9	0.902
Have you ever used sedatives (downers, ludes)?	In my lifetime	9	3.9	6	8.1	15	4.9	0.140
	During the last year	6	2.6	2	2.7	8	2.6	0.952
	During the last month	1	0.4	1	1.4	2	0.7	0.390
Have you ever used other club drugs (GHB, ketamine, Rohypnol)?	In my lifetime	2	0.9	5	6.8	7	2.3	0.003
	During the last year	1	0.4	1	1.4	2	0.6	0.386
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other illegal drugs?	In my lifetime	6	2.6	7	9.6	13	4.2	0.009
	During the last year	1	0.4	2	2.7	3	1.0	0.079
	During the last month	0	0.0	1	1.4	1	0.3	0.072
Have you ever used other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)?	In my lifetime	16	6.9	10	13.5	26	8.5	0.074
	During the last year	9	3.9	3	4.1	12	3.9	0.941
	During the last month	4	1.7	0	0.0	4	1.3	0.257
Have you ever used caffeine pills?	In my lifetime	18	7.7	11	14.9	29	9.4	0.064
	During the last year	4	1.7	5	6.8	9	2.9	0.024
	During the last month	1	0.4	2	2.7	3	1.0	0.081
If you used any of these drugs, what route was most commonly used?†	Injecting	0	0.0	0	0.0	0	0.0	-
	Smoking, inhaling or vaping	90	87.4	33	86.8	123	87.2	0.932
	Snorting	11	10.7	8	21.1	19	13.5	0.109
	Swallowing	29	28.2	12	31.6	41	29.1	0.691
	Through the skin or mucus membrane	3	2.9	0	0.0	3	2.1	0.288
Has legalisation of cannabis increased or could it increase your use of cannabis?	Yes, just to try it out	24	10.3	9	12.2	33	10.8	0.299
	Yes, I'll use it more regularly	22	9.5	2	2.7	24	7.8	
	Uncertain	39	16.8	14	18.9	53	17.3	
	No	147	63.4	49	66.2	196	64.1	

Notes:

†: participants could select more than one answer

Results for tobacco use are shown in Table 37. Of all participants, 56% reported smoking at least one cigarette in their lifetime, whereas vaping and smoking cigars, cigarillos, small cigars or clove cigarettes were reported by 43% and 38.8%, respectively. In the month prior to the study, 19.7% of respondents reported smoking cigarettes and 14.9% reported vaping.

Table 37. Tobacco Use (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
Have you ever smoked a cigarette, even just a few puffs?	In my lifetime	127	54.0	46	62.2	173	56.0	0.220
	During the last year	77	32.8	27	36.5	104	33.7	0.555
	During the last month	46	19.6	15	20.3	61	19.7	0.896
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	In my lifetime	35	14.9	27	36.5	62	20.1	0.000
	During the last year	10	4.3	13	17.6	23	7.4	0.000
	During the last month	5	2.1	3	4.1	8	2.6	0.363
Have you ever smoked cigars, cigarillos, little cigars or clove cigarettes?	In my lifetime	83	35.3	37	50.0	120	38.8	0.024
	During the last year	29	12.3	18	24.3	47	15.2	0.012
	During the last month	14	6.0	4	5.4	18	5.8	0.860
Have you ever used E-cigarettes?	In my lifetime	56	23.8	25	33.8	81	26.2	0.090
	During the last year	35	14.9	14	18.9	49	15.9	0.408
	During the last month	20	8.5	8	10.8	28	9.1	0.548
Have you ever had tobacco from a water pipe (Hookah/ Sheesha)?	In my lifetime	25	10.6	13	17.6	38	12.3	0.113
	During the last year	13	5.5	3	4.1	16	5.2	0.617
	During the last month	4	1.7	1	1.4	5	1.6	0.835
Have you vaped?	In my lifetime	100	42.6	33	44.6	133	43.0	0.757
	During the last year	70	29.8	20	27.0	90	29.1	0.649
	During the last month	37	15.7	9	12.2	46	14.9	0.450

4.2.8 New Technologies

Most participants reported using new technologies daily, as shown in Table 38. Approximately half of the participants reported streaming or spending 3 hours or more per day on social media. Women reported spending more hours on social media and texting than men. Online gambling, electronic games and viewing pornographic websites were less common occurrences. Men were more likely to play electronic games (81.9%) and view pornographic websites (68.5%) than women (respectively 50.0% and 20.5%).

Table 38. Use of New Technologies (BU), according to gender

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
film streaming (Netflix)?	Never	11	4.7	5	6.8	16	5.2	0.099
	Less than an hour	28	12.0	13	17.6	41	13.3	
	1-2 hours	73	31.2	26	35.1	99	32.1	
	3-4 hours	58	24.8	21	28.4	79	25.6	
	5 hours or more	64	27.4	9	12.2	73	23.7	
social media?	Never	5	2.1	4	5.4	9	2.9	0.014
	Less than an hour	17	7.3	13	17.6	30	9.8	
	1-2 hours	69	29.6	26	35.1	95	30.9	
	3-4 hours	57	24.5	14	18.9	71	23.1	
	5 hours or more	85	36.5	17	23.0	102	33.2	
electronic games?	Never	117	50.0	13	18.1	130	42.5	0.000
	Less than an hour	60	25.6	12	16.7	72	23.5	
	1-2 hours	24	10.3	23	31.9	47	15.4	
	3-4 hours	14	6.0	13	18.1	27	8.8	
	5 hours or more	19	8.1	11	15.3	30	9.8	
gambling online?	Never	225	96.6	69	93.2	294	95.8	0.197
	Less than an hour	4	1.7	4	5.4	8	2.6	
	1-2 hours	3	1.3	0	0.0	3	1.0	
	5 hours or more	1	0.4	1	1.4	2	0.7	
texting?	Never	4	1.7	3	4.1	7	2.3	0.002
	Less than an hour	52	22.2	31	41.9	83	26.9	
	1-2 hours	71	30.3	20	27.0	91	29.5	
	3-4 hours	43	18.4	13	17.6	56	18.2	
	5 hours or more	64	27.4	7	9.5	71	23.1	
pornographic websites?	Never	186	79.5	23	31.5	209	68.1	0.000
	Less than an hour	45	19.2	37	50.7	82	26.7	
	1-2 hours	3	1.3	9	12.3	12	3.9	
	3-4 hours	0	0.0	1	1.4	1	0.3	
	5 hours or more	0	0.0	3	4.1	3	1.0	

4.3 University of Ottawa



4.3.1 Sociodemographic Profile

In total, 328 students participated in this study. As shown in Table 39, average age of participants was 19.6 years (standard deviation ± 2.7) ranging in age from 18 to 40 years. A greater proportion of participants were women (73.7%), heterosexuals (89.0%) and single (87.7%); 12.0% were married or in a common-law relationship and 1.2% had at least one child. Most students (92.9%) were studying full time and 49.1% had a job. More than two-thirds of participants (70.7%) were in their first year of study. Overall, most students were studying in the Faculties of Science (34.7%) or Arts (32.2%), men studying more often in Sciences (42.4%) and women in Arts (36.5%); 87.7% reported achieving passing grades (from 60% to 100%).

Table 39. Sociodemographic Profile(UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Age (average years ± standard deviation)		19.46 ± 2.89		19.79 ± 2.01		19.57 ± 2.72		0.323
Sexual orientation	Heterosexual	210	87.1	81	94.2	291	89.0	0.073
	Other ^a	31	12.9	5	5.8	36	11.0	
Marital status	Single	206	86.2	79	91.9	285	87.7	0.360
	Married or common-law	32	13.4	7	8.1	39	12.0	
	Separated or widowed	1	0.4	0	0.0	1	0.3	
Number of children	None	234	99.2	84	97.7	318	98.8	0.289
	1 or more	2	0.8	2	2.3	4	1.2	
Enrollment status	Full-Time	227	94.2	76	89.4	303	92.9	0.139
	Part-Time	14	5.8	9	10.6	23	7.1	
Employment (average hours per week)	None	121	50.4	39	45.3	160	49.1	0.181
	Less than 20 hours	93	38.8	31	36.0	124	38.0	
	20 hours or more	26	10.8	16	18.6	42	12.9	
Volunteering (in the last year)	Never	91	37.8	31	36.0	122	37.3	0.700
	A few times	112	46.5	37	43.0	149	45.6	
	Approximately once a month	23	9.5	12	14.0	35	10.7	
	Once a week or more	15	6.2	6	7.0	21	6.4	
First-year student	Yes	176	73.9	53	61.6	229	70.7	0.031
Field of study	University 1	4	1.7	3	3.5	7	2.1	0.007
	Faculty of Arts	88	36.5	17	20.0	105	32.2	
	Business	3	1.2	3	3.5	6	1.8	
	Education	1	0.4	1	1.2	2	0.6	
	Engineering	4	1.7	1	1.2	5	1.5	
	Nursing	16	6.6	4	4.7	20	6.1	
	Faculty of Science	77	32.0	36	42.4	113	34.7	
	Social Work	16	6.6	0	0.0	16	4.9	
	Other ^b	32	13.3	20	23.5	52	16.0	
Grade average	60% to 100%	208	86.7	78	90.7	286	87.7	0.620
	Less than 60% or uncertain	20	8.3	5	5.8	25	7.7	
	Not in school last year	12	5.0	3	3.5	15	4.6	

Notes:

^a: includes LGBTQ2+^b: includes programs such as Human Kinetics and International Economics and Development

The residency profile is shown in Table 40. Most students were from Ontario (70.4%) and 17.3% came from another country to study at the University of Ottawa. Most students (61.8%) were born in Canada, and 19.9% had been in Canada less than 5 years. Almost three quarters (73.6%) were from an urban area. At the time of the study, 45.3% of participants lived with their parents or a family member, 30.0% with friends or acquaintances and 11.9% lived alone. Almost half of the participants (48.2%) lived in one of their parent's home, 24.2% in an apartment and 19.9% in a university residence.

Table 40. Residency Profile (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
Residence prior to university studies	Ontario	163	68.5	65	75.6	228	70.4	0.157
	Another province or territory	28	11.8	12	14.0	40	12.3	
	European country	7	2.9	1	1.2	8	2.5	
	African country	25	10.5	2	2.3	27	8.3	
	Other country ^c	15	6.3	6	7.0	21	6.5	
Where did you spend most of your life?	Rural	60	24.9	26	30.6	86	26.4	0.306
	Urban	181	75.1	59	69.4	240	73.6	
How long have you lived in Canada?	Born in Canada	143	59.8	56	67.5	199	61.8	0.327
	In Canada less than 5 years	52	21.8	12	14.5	64	19.9	
	In Canada 5 or more years	44	18.4	15	18.1	59	18.3	
Current living situation	Born in Canada	26	10.8	13	15.1	39	11.9	0.176
	In Canada less than 5 years	17	7.1	1	1.2	18	5.5	
	In Canada 5 or more years	102	42.3	46	53.5	148	45.3	
	Alone	18	7.5	4	4.7	22	6.7	
	With spouse/partner	76	31.5	22	25.6	98	30.0	
	With parents and family	1	0.4	0	0.0	1	0.3	
	With other family members (not parents)	1	0.4	0	0.0	1	0.3	
Type of residence	With friends, acquaintances, roommate	15	6.3	5	5.8	20	6.1	0.128
	No fixed address	107	44.6	50	58.1	157	48.2	
	Other ^d	63	26.3	16	18.6	79	24.2	
	House, condominium (of which I am the owner)	52	21.7	13	15.1	65	19.9	
	Parent's or family member's home	1	0.4	2	2.3	3	0.9	
	Other ^e	2	0.8	0	0.0	2	0.6	

Notes:

^c: includes, amongst others, the United States, China and Turkey^d: includes living with one's children without one's partner^e: includes living at a host family's home

The financial profile (Table 41) shows that most students had some type of income: 58.5% made less than \$15,000 a year while 13.9% made more. Considering all student loans, almost half of the participants (47.2%) reported having no student debt while others (19.6%) owed more than \$15,000. Most of the indebted students reported they would pay back the debt themselves (88.9%) or with the help of their parents (63.4%). Almost three quarters (74.0%) of the participants depended on their parents for financial support.

Table 41. Financial Profile (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Annual income	\$0	70	29.5	19	22.1	89	27.6	0.304
	\$1 to \$15,000	137	57.8	52	60.5	189	58.5	
	\$15,000 or more	30	12.7	15	17.4	45	13.9	
Student loans (total)	\$0	106	44.9	46	53.5	152	47.2	0.378
	\$1 to \$15,000	81	34.3	26	30.2	107	33.2	
	\$15,000 or more	49	20.8	14	16.3	63	19.6	
Responsibility for repayment of student loans*†	Myself	110	85.9	37	92.5	147	87.5	0.273
	Parent or guardian	84	65.6	23	57.5	107	63.7	0.351
	Other ^f	10	7.8	7	17.5	17	10.1	0.076
Dependence on parents/guardians for financial support	Yes	178	73.9	64	74.4	242	74.0	0.919

Notes:

*: of those who have a debt

†: participants could select more than one answer

^f: includes the government and other family members

4.3.2 Ethnolinguistic Profile

The ethnolinguistic profile is presented in Table 42. Half of the participants at the University of Ottawa reported French, French and English, or French and another language as their mother tongue (58.8%) and language used at home (52.3%); 24.5% of participants reported English as their mother tongue and 35.5% as language most often used at home.

Half of the participants (51.9%) self-identified as White or Caucasian, whereas 17.7% identified as Black. An equal number of participants (10.4%) self-identified as Arab or Asian. Almost half of the participants (45.8%) reported having a religious or spiritual practice, a greater proportion (41.8%) reported being Catholic. Approximately 23.8% self-identified as agnostic or atheist.

Table 42. Ethnolinguistic Profile (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
First language learned and still understood	French +/- another language other than English	124	52.1	45	52.9	169	52.3	0.496
	English +/- another language other than French	62	26.1	17	20.0	79	24.5	
	Another language (including an Indigenous language)	36	15.1	18	21.2	54	16.7	
	French and English	16	6.7	5	5.9	21	6.5	
Language most often used at home	French +/- another language other than English	101	42.6	39	46.4	140	43.6	0.508
	English +/- another language other than French	89	37.6	25	29.8	114	35.5	
	Another language (including an Indigenous language)	26	11.0	13	15.5	39	12.1	
	French and English	21	8.9	7	8.3	28	8.7	
Which of the following best describes you?	Arab	22	9.4	11	13.3	33	10.4	0.218
	Asian	24	10.3	9	10.8	33	10.4	
	Caucasian/White	126	54.1	38	45.8	164	51.9	
	Black	44	18.9	12	14.5	56	17.7	
	Latino-American, Central-American, South-American	9	3.9	6	7.2	15	4.7	
	Other ^g	8	3.4	7	8.4	15	4.7	
Religious or spiritual practice	Regular or occasional practice	104	44.4	42	49.4	146	45.8	0.431
	No practice, with or without feeling of belonging	130	55.6	43	50.6	173	54.2	
Religious or spiritual affiliation	Catholic	102	42.9	33	38.8	135	41.8	0.467
	Muslim	31	13.0	16	18.8	47	14.6	
	Christian (other than Catholic)	15	6.3	4	4.7	19	5.9	
	Personal spirituality without religious affiliation	10	4.2	2	2.4	12	3.7	
	Agnostic or Atheist	59	24.8	18	21.2	77	23.8	
	Other ^h	21	8.8	12	14.1	33	10.2	

Notes:

^g: includes those who identify as mixed (e.g. Black and Asian), Berbers, Persian^h: includes Buddhism, Hinduism and Judaism

Data used to score ethnolinguistic identity can be found in Appendix 2; mean scores are presented in Table 43. Scores for ethnolinguistic identity were in the higher range for affirmation and sense of belonging (2.94) but lower on the scale for exploration and engagement (2.51). Total identity score averaged 2.76, a score of 4 being the highest level of ethnic identity on this scale.

Table 43. Ethnolinguistic Identity Score (UO), according to gender

	Women (n=241)	Men (n=86)	Total (n=328)	
	Average ± standard deviation	Average ± standard deviation	Average ± standard deviation	<i>p</i>
Identity score (affirmation and sense of belonging)	2.95 ± 0.75	2.88 ± 0.76	2.94 ± 0.75	0.443
Identity score (exploration and engagement)	2.51 ± 0.75	2.5 ± 0.72	2.51 ± 0.74	0.890
Global identity score	2.77 ± 0.71	2.72 ± 0.71	2.76 ± 0.71	0.590

4.3.3 Mental Health and Related Behaviors

As shown in Table 44, most participants rated their health as good to excellent (89.9%); however, fewer reported positive mental or emotional health (68.6%) or life satisfaction (61.1%). For these three indicators, more women than men reported poor general and mental health and less satisfaction with life.

Table 44. Mental Health Status (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		
		n	%	n	%	n	%	<i>p</i>
In general, how would you rate your health?	Excellent	49	21.0	32	38.6	81	25.6	0.000
	Very good	93	39.9	40	48.2	133	42.1	
	Good	64	27.5	6	7.2	70	22.2	
	Fair	22	9.4	2	2.4	24	7.6	
	Poor	5	2.1	3	3.6	8	2.5	
How would you rate your mental or emotional health?	Excellent	25	10.9	23	27.7	48	15.3	0.000
	Very good	54	23.5	29	34.9	83	26.5	
	Good	66	28.7	18	21.7	84	26.8	
	Fair	56	24.3	10	12.0	66	21.1	
	Poor	29	12.6	3	3.6	32	10.2	
At what point are you dissatisfied or satisfied with your life generally?	Totally dissatisfied	16	6.9	2	2.4	18	5.7	0.000
	Somewhat dissatisfied	34	14.7	7	8.5	41	13.1	
	Uncertain	54	23.3	9	11.0	63	20.1	
	Somewhat satisfied	88	37.9	32	39.0	120	38.2	
	Totally satisfied	40	17.2	32	39.0	72	22.9	

Results for items measuring the mental health score can be found in Appendix 3. As shown in Table 45, total mental health score averaged 43.4. On all indicators, women scored lower than men. Overall, 48.5% of participants obtained scores indicative of a flourishing mental health, 43.5% of a moderate mental health (mid-scale) and 8.1% of a languishing mental health. Women would more often than men obtain scores indicative of a languishing or moderate mental health.

Table 45. Mental Health Score (UO), according to gender

	Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
	Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Mental health score	41.51 ± 4.81		48.99 ± 3.44		43.4 ± 14.78		0.000
Emotional well-being score	10.18 ± 3.32		11.51 ± 2.94		10.55 ± 3.26		0.001
Social well-being score	12.31 ± 6.14		15.74 ± 5.27		13.18 ± 6.10		0.000
Psychological well-being score	18.8 ± 6.97		22.03 ± 6.37		19.63 ± 6.94		0.000
Mental health status according to scale	n	%	n	%	n	%	<i>p</i>
Languishing	19	9.5	3	4.2	22	8.1	0.000
Moderate	100	50.0	18	25.4	118	43.5	
Flourishing	81	40.5	50	70.4	131	48.3	

Data related to self-esteem, body image and eating disorders is presented in Table 46. Results for individual items used to measure self-esteem are found in Appendix 4. Average self-esteem score was 28.82, with men reporting higher self-esteem (31.1) than women (28.0). Overall, 53.8% of participants reported being totally or somewhat in agreement with the following statement: “I have high self-esteem”, with men more likely to totally agree (39.8%) than women (13.5%). Women were more likely to totally agree with statements such as: “I certainly feel useless at times” and “At times, I think I am no good at all” for seven of the ten questions pertaining to self-esteem. With respect to body image or size, 47.4% reported being satisfied most of the time or always, with a higher percentage of men (30.5%) than women (11.0%) being always satisfied. Many participants reported eating less than the recommended caloric intake (47.8%), binge-eating (42.6%) or exercising excessively (39.5%) in the previous year. Women were more likely to adopt these behaviors than men.

Table 46. Self-esteem, Body Image and Eating Disorders (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		
		Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		<i>p</i>
Self esteem score		27.98 ± 5.91		31.13 ± 6.02		28.82 ± 6.07		0.000
		n	%	n	%	n	%	<i>p</i>
Indicate at what point you agree with the following statement “I have high self-esteem”.	Totally agree	31	13.5	33	39.8	64	20.5	0.000
	Somewhat agree	74	32.3	30	36.1	104	33.3	
	Uncertain	46	20.1	11	13.3	57	18.3	
	Somewhat disagree	42	18.3	7	8.4	49	15.7	
	Totally disagree	36	15.7	2	2.4	38	12.2	
In the last month, have you felt satisfied with your body image/size?	Never	42	18.4	13	15.9	55	17.7	0.000
	Sometimes	92	40.4	16	19.5	108	34.8	
	Most of the time	69	30.3	28	34.1	97	31.3	
	Always	25	11.0	25	30.5	50	16.1	
Have you used a laxative to control your weight?	In the last year	13	5.7	7	8.4	20	6.5	0.390
Have you taken diet pills?	In the last year	17	7.4	6	7.2	23	7.4	0.954
Have you binge eaten?	In the last year	109	47.6	24	28.9	133	42.6	0.003
Have you purged?	In the last year	38	16.7	11	13.3	49	15.8	0.456
Have you exercised excessively?	In the last year	87	38.5	35	42.2	122	39.5	0.558
Have you eaten less than the recommended caloric intake (other than for religious reasons)?	In the last year	121	52.8	28	33.7	149	47.8	0.003
Have you vomited to control your weight?	In the last year	19	8.3	6	7.2	25	8.0	0.759

Questions pertaining to behaviors commonly associated with poor mental health were also included in the survey, as shown in Table 47. Many participants at the University of Ottawa reported losing somewhat or more than usual sleep because of worry (51.9%), more so for women (55.2%) than for men (42.7%). Many participants reported having felt sad or depressed for 2 consecutive weeks, to the point of being unable to do normal daily activities (43.7%) in the previous year, and more so for women. In the year prior to the study, 12.9% seriously considered committing suicide (women at 15.3%), 8.4% had prepared a plan on how to attempt suicide and 3.9% had attempted suicide.

Table 47. Sleep, Depression and Suicidal Ideation (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
In the last year:								
have you lost much sleep because of worry?	Not at all	19	8.3	21	25.6	40	12.9	0.000
	No more than usual	83	36.4	26	31.7	109	35.2	
	Rather more than usual	81	35.5	30	36.6	111	35.8	
	Much more than usual	45	19.7	5	6.1	50	16.1	
have you felt sad or depressed each day for 2 consecutive weeks or more, where you felt unable to do normal daily activities?	Yes	112	48.9	24	29.3	136	43.7	0.002
have you thought seriously of attempting suicide?	Yes	35	15.3	5	6.1	40	12.9	0.033
have you prepared a plan on how you would attempt suicide?	Yes	22	9.6	4	4.9	26	8.4	0.184
have you attempted suicide?	Yes	10	4.4	2	2.4	12	3.9	0.420
how many times have you attempted suicide?	Once	7	3.1	1	1.2	8	2.6	0.650
	More than once	3	1.3	1	1.2	4	1.3	

Data related to anxiety and anxiety management techniques are shown in Table 48. Approximately one third of participants (29.7%) reported suffering from anxiety most of the time or always, with women (37.1%) reporting anxiety more than men (8.6%). Of those who reported suffering from anxiety, most managed their anxiety by adopting healthy living practices (exercise, healthy diet and good sleeping habits) (67.7%) or by meditating or practicing mindfulness (47.1%). In addition, 24.9% reported benefitting from individual or group therapy or counseling. Most reported confiding in friends (77.9%), their parents (62.2%), siblings (46.5%) or their spouse or partner (33.0%) when they needed to talk to someone about their problems. Men were more likely than women to choose the following statement: “I don’t feel the need, therefore I speak to no one in particular”. Some participants sought counseling on campus (8.7%) or the help of a health professional (15.4%).

Table 48. Anxiety and Coping Mechanisms (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Do you experience anxiety?	Never	41	17.9	29	35.8	70	22.6	0.000
	Sometimes	103	45.0	45	55.6	148	47.7	
	Most of the time	54	23.6	7	8.6	61	19.7	
	Always	31	13.5	0	0.0	31	10.0	
How do you manage your anxiety?* †	Individual or group therapy or counselling	38	25.0	9	24.3	47	24.9	0.932
	Prescription medication	27	17.8	3	8.1	30	15.9	0.150
	Self-medication (including marijuana/cannabis)	25	16.4	7	18.9	32	16.9	0.719
	Registered with Student Accommodation Services at my university	8	5.3	2	5.4	10	5.3	0.972
	Healthy living (exercise, healthy diet, good sleeping habits)	102	67.1	26	70.3	128	67.7	0.712
	Meditation, mindfulness	77	50.7	12	32.4	89	47.1	0.046
	Other ⁱ	21	13.8	3	8.1	24	12.7	0.350
When you need to talk to someone about your problems, who do you confide in usually?†	I don't feel the need, therefore I speak to no one in particular.	32	14.0	23	27.7	55	17.6	0.005
	I have no one to confide in.	32	14.0	13	15.7	45	14.4	0.708
	Spouse/partner	76	33.2	27	32.5	103	33.0	0.913
	One of my parents	141	61.6	53	63.9	194	62.2	0.713
	Brother or sister	106	46.3	39	47.0	145	46.5	0.913
	Friend	182	79.5	61	73.5	243	77.9	0.261
	Counsellor or therapist on campus	20	8.7	7	8.4	27	8.7	0.934
	Elder or knowledge keeper	25	10.9	9	10.8	34	10.9	0.985
	Health professional	38	16.6	10	12.0	48	15.4	0.325
	Spiritual advisor	13	5.7	6	7.2	19	6.1	0.612
Other ^k	17	7.4	4	4.8	21	6.7	0.417	

Notes:

*: of those who experience anxiety

†: participants could select more than one answer

ⁱ: includes positive strategies, such as talking to a loved one, praying and activities to change one's mind, as well as negative strategies such as isolating oneself, denial, and alcohol or drug consumption

^k: includes, amongst others, professors, God and writing in one's personal journal

4.3.4 Road Safety

Behaviors related to road safety are shown in Table 49. Of the 328 participants, 84.2% held a driver's licence; among them, 13.4% reported drinking and driving, 11.5% driving after cannabis use and 5.0% driving after taking illicit drugs in their lifetime. In this same time frame, 61.5% of participants reported speeding and 42.9% using a cellphone while driving. In the month prior to the study, 8.4% reported drinking and driving, 7.3% driving after cannabis use, 2.7% driving after having used illicit drugs, 49.6% speeding and 29.1% using a cellphone while driving. Men were more likely to drive after having consumed alcohol or cannabis than women. In the month prior to the study, 9.2% of participants reported being passengers in a car driven by an impaired driver. In addition, of participants with a driver's licence, 15.8% reported having been involved in a car accident while driving, one to three times during the previous year.

Table 49. Road Safety (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Do you have a driver's licence?	Yes	184	81.1	77	92.8	261	84.2	0.012
Have you driven a car or other vehicle after you had been drinking alcohol?*	In my lifetime	17	9.2	18	23.4	35	13.4	0.002
	During the past month	9	4.9	13	16.9	22	8.4	0.001
Have you driven a car or other vehicle after you had been using cannabis (marijuana)?*	In my lifetime	17	9.2	13	16.9	30	11.5	0.077
	During the past month	9	4.9	10	13.0	19	7.3	0.022
Have you driven a car or other vehicle after you had been using illegal drugs?*	In my lifetime	7	3.8	6	7.9	13	5.0	0.172
	During the past month	3	1.6	4	5.3	7	2.7	0.102
Have you ridden in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	In my lifetime	37	20.1	15	19.7	52	20.0	0.946
	During the past month	16	8.7	8	10.5	24	9.2	0.643
Have you driven over the speed limit (more than 10km/hr than the limit)?*	In my lifetime	113	61.4	47	61.8	160	61.5	0.948
	During the past month	88	47.8	41	53.9	129	49.6	0.369
Have you driven a car or motor vehicle while using a hand-held cell phone (to talk or text)? *	In my lifetime	81	44.0	31	40.3	112	42.9	0.575
	During the past month	52	28.3	24	31.2	76	29.1	0.637
In the last year, have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?*	1 to 3 times	3	11.5	3	25.0	6	15.8	0.290

Note:

*: of those who have a driver's licence

4.3.5 Bullying and Sexual Harassment

Data related to bullying and sexual harassment are shown in Table 50. In the year prior to the survey, 33.3% of participants reported being verbally threatened, 50.3% being ridiculed, 39.1% being told mean things because of their physical profile, their weight or appearance and 25.2% being insulted about their race or culture. More than one quarter (28.5%) reported having been asked to provide personal information on the Internet and 24.0% feeling uneasy about this request; 15.8% reported being harassed via the Internet by, for instance, seeing information about them posted on social media or received by email. Furthermore, 19.9% of participants reported feeling intimidated by inappropriate sexual comments or unwanted physical sexual contact, and more so for women. In addition, 10.0% of participants reported being physically forced to have sexual relations against their will and 8.7% of being forced other than physically to have sexual relations in their lifetime. Few respondents (2.9%) had sexual relations in exchange for money, food, a place to sleep, alcohol or drugs.

Table 50. Bullying and Sexual Harassment (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Have many times in the last year have you been:								
	verbally threatened?							
	Yes	87	32.5	32	34.9	120	33.3	0.111
1 to 5 times	60	26.3	18	21.7	79	25.3		
6 times or more	14	6.1	11	13.3	25	8.0		
harmed physically?	Yes	55	18.4	25	25.6	81	20.6	0.318
	1 to 5 times	38	16.7	18	22.0	57	18.3	
	6 times or more	4	1.8	3	3.7	7	2.3	
threatened or harmed physically by your girlfriend or boyfriend?	Yes	35	8.8	12	9.8	47	9.1	0.279
	1 to 5 times	19	8.4	6	7.3	25	8.1	
	6 times or more	1	0.4	2	2.4	3	1.0	
threatened or harmed with a weapon (gun, knife, stick)?	Yes	19	2.6	12	10.8	32	5.1	0.010
	1 to 5 times	4	1.8	5	6.0	10	3.2	
	6 times or more	2	0.9	4	4.8	6	1.9	
ridiculed or mocked?	Yes	135	53.5	38	42.2	173	50.3	0.168
	1 to 5 times	81	35.5	21	25.3	102	32.7	
	6 times or more	41	18.0	14	16.9	55	17.6	
been told mean thing about your race or culture?	Yes	66	22.9	30	31.7	96	25.2	0.114
	1 to 5 times	41	18.1	17	20.7	58	18.7	
	6 times or more	11	4.8	9	11.0	20	6.5	
been told mean things about your sexual orientation?	Yes	23	4.4	10	7.3	33	5.1	0.401
	1 to 5 times	7	3.1	3	3.7	10	3.2	
	6 times or more	3	1.3	3	3.7	6	1.9	
been told mean things about your body shape, weight or appearance?	Yes	110	42.5	28	30.1	138	39.1	0.021
	1 to 5 times	75	32.9	14	16.9	89	28.5	
	6 times or more	22	9.6	11	13.3	33	10.6	

Table 50. Bullying and Sexual Harassment (UO), according to gender (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
Have many times in the last year have you been: asked for personal information on the Internet (ex. address, phone number, family name)?	Yes	84	31.1	20	20.5	105	28.5	0.182
	1 to 5 times	46	20.2	11	13.3	58	18.6	
	6 times or more	25	11.	6	7.2	31	9.9	
uncomfortable while communicating with this person by Internet?	Yes	286	25.4	135	20.5	427	24.0	0.212
	1 to 5 times	48	21.1	11	13.3	59	18.9	
	6 times or more	10	4.4	6	7.2	16	5.1	
intimidated by Internet (ex. having something posted on social media or sent by email)?	Yes	264	15.4	133	17.1	403	15.8	0.800
	1 to 5 times	27	11.9	10	12.2	37	11.9	
	6 times or more	8	3.5	4	4.9	12	3.9	
intimidated by inappropriate sexual comments or unwanted physical sexual contact?	Yes	283	24.1	124	7.2	414	19.9	0.012
	1 to 5 times	43	18.9	4	4.8	48	15.4	
	6 times or more	12	5.3	2	2.4	14	4.5	
Have you been forced physically to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	25	11.1	6	7.2	31	10.0	0.320
Have you been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	23	10.2	4	4.8	27	8.7	0.139
Have you participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	In my lifetime	5	2.2	4	4.8	9	2.9	0.227

4.3.6 Sexual Practices

Results relative to sexual practices are shown in Table 51. Two thirds of participants (64.5%) reported having had consensual sexual relations, with 17.7% having had 6 sexual partners or more in their lifetime. In the three months prior to the study, 50.7% of participants reported having sexual relations, of whom 74.8% had done so with one partner and 25.2% with 2 partners or more. Among participants having had sexual relations at least once, methods most commonly used to prevent sexually transmitted infections or avoid pregnancy were condoms (77.2%), hormonal contraceptives (70.7%) and withdrawal (50.0%). Of those who had sexual relations at least once, 55.2% reported often or always using condoms, and more so for men. Reasons most commonly reported for not using condoms all the time were because another form of protection was being used (50.5%), trust in their partner (42.4%) or they did not like how condoms feel (35.9%). Most were comfortable speaking to their sexual partners about condom use or birth control (88.7%) and about sexually transmitted infections (78.9%).

Table 51. Sexual Practices (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
In your lifetime, have you ever had consensual sexual relations?	Yes	139	62.1	59	71.1	198	64.5	0.142
In your lifetime, with how many individuals have you had vaginal or anal intercourse?*	1 person	49	38.3	16	27.6	65	34.9	0.291
	2 to 5 persons	59	46.1	29	50.0	88	47.3	
	6 persons or more	20	15.6	13	22.4	33	17.7	
In the last three months, have you had sexual relations?*	Yes	110	49.3	45	54.2	155	50.7	0.447
In the last three months, with how many individuals have you had vaginal or anal intercourse?*	1 person	86	78.2	30	66.7	116	74.8	0.134
	2 persons or more	24	21.8	15	33.3	39	25.2	
If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy?*	No method was used to prevent pregnancy and/or STI's	10	7.9	5	8.8	15	8.2	0.837
	Withdrawal (pulling out before ejaculation)	71	55.9	21	36.8	92	50.0	0.017
	Birth control (pills, injection, patch or ring)	98	77.2	32	56.1	130	70.7	0.004
	Condoms (Male or female)	92	72.4	50	87.7	142	77.2	0.022
	Morning after pill	30	23.6	11	19.3	41	22.3	0.515
	Sex dam	0	0.0	1	1.8	1	0.5	0.134
	Calendar method	8	6.3	3	5.3	11	6.0	0.784
	Other [†]	2	1.6	1	1.8	3	1.6	0.929

Table 51. Sexual Practices (UO), according to gender (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
In general, when you have sex, how often do you use condoms?*	Never or rarely	64	50.4	18	32.1	82	44.8	0.022
	Often or always	63	49.6	38	67.9	101	55.2	
Which of the following are the major reasons you do not use condoms all the time?†	I use another form of protection.	74	58.3	19	33.3	93	50.5	0.002
	It is against my beliefs.	0	0.0	0	0.0	0	0.0	-
	I was under the influence of drugs or alcohol.	11	8.7	5	8.8	16	8.7	0.980
	I want a baby.	1	0.8	1	1.8	2	1.1	0.559
	I don't like how condoms feel.	49	38.6	17	29.8	66	35.9	0.252
	I trust my partner(s).	59	46.5	19	33.3	78	42.4	0.096
	My partner(s) won't wear a condom.	5	3.9	1	1.8	6	3.3	0.441
	My partner(s) and I are both females.	3	2.4	0	0.0	3	1.6	0.242
	I only have oral sex.	1	0.8	3	5.3	4	2.2	0.054
	Other ^m	8	6.3	1	1.8	9	4.9	0.186
How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	Never or rarely	9	7.0	11	19.0	20	10.8	0.043
	Often or always	118	92.2	47	81.0	165	88.7	
How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	Never or rarely	27	21.1	11	19.3	38	20.5	0.763
	Often or always	100	78.1	46	80.7	146	78.9	

Notes:

*: of those who have had sexual relations

†: participants could select more than one answer

!: includes being sterile

^m: includes allergies, being uncomfortable to initiate the topic or the fact that the sexual relations were not consensual

4.3.7 Alcohol, Drug and Tobacco Use

Results for behaviors related to alcohol use are shown in Table 52. Most participants (81.2%) reported having consumed alcohol in their lifetime and 62.0% within the month prior to the study. Most reported drinking alcohol 1 to 2 days (36.6%), or 3 to 5 days (31.4%) in the last month. However, 12.0% reported drinking ten days or more in that time frame. More than half of the participants (59%), in their lifetime, reported having consumed 5 or more alcoholic drinks within a period of two to three hours, and 34.2% reported doing so in the previous month. No significant differences are noted between men and women.

Table 52. Alcohol Use (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Have you ever consumed at least one drink of alcohol?	In my lifetime	186	82.3	64	78.0	250	81.2	0.399
	During the last month	136	60.2	55	67.1	191	62.0	0.270
Have you ever consumed five or more drinks of alcohol within a period of 2 to 3 hours?	In my lifetime	127	56.2	55	66.3	183	59.0	0.111
	During the last month	70	31.0	35	42.2	106	34.2	0.066
During the past month, on how many days did you have at least one drink of alcohol?*	1 or 2 days	54	39.7	16	29.1	70	36.6	0.450
	3 to 5 days	41	30.1	19	34.5	60	31.4	
	6 to 9 days	27	19.9	11	20.0	38	19.9	
	10 days or more	14	10.3	9	16.4	23	12.0	
During the past month, on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?*	Never in my lifetime	33	24.3	6	10.9	39	20.4	0.116
	Yes, but not during the past month.	34	25.0	15	27.3	49	25.7	
	1 or 2 days	36	26.5	21	38.2	57	29.8	
	3 to 5 days	25	18.4	7	12.7	32	16.8	
	6 days or more	8	5.9	6	10.9	14	7.3	

Note:

*: of those who have consumed alcohol in the last month

Data related to consumption of energy drinks and a combination of alcohol and energy drinks is presented in Table 53. Approximately half of the participants (50.8%) reported having had energy drinks in their lifetime: 20.1% in the month prior to the study, of whom 54.8% reported drinking them 3 days or more. In their lifetime, 31.9% of participants reported mixing alcohol and energy drinks, and 34.8% reported mixing alcohol and drugs. Of the latter, 17.4% reported mixing alcohol and drugs in the month prior to the study.

Table 53. Consumption of Energy Drink and Alcohol Mixes (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
Have you ever consumed energy drinks (Redbull, Monster, etc.)?	In my lifetime	104	46.0	53	63.9	157	50.8	0.005
	During the last month	34	15.0	28	33.7	62	20.1	0.000
During the past month, on how many days did you have energy drinks?	1 or 2 days	13	38.2	15	53.6	28	45.2	0.227
	3 days or more	21	61.8	13	46.4	34	54.8	
Have you consumed alcohol and energy drinks combined?	In my lifetime	67	29.5	32	38.6	99	31.9	0.131
	During the last month	20	8.8	13	15.7	33	10.6	0.083
Have you consumed a combination of alcohol and drugs?	In my lifetime	76	33.5	32	38.6	108	34.8	0.406
	During the last month	38	16.7	16	19.3	54	17.4	0.602

Safety measures adopted while partying or socializing are found in Table 54. On these occasions, 39.3% reported consuming alcohol most of the time or always, and several reported adopting these safe drinking practices always or most of the time: staying with the same group of friends (81.8%), using a designated driver (79.0%), eating before and/or while drinking (71.7%) and keeping track of how many drinks they were having (60.4%).

Table 54. Safety Measures at Parties (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
During the last year, if you partied /socialized, how often did you:								
consume alcohol?	Never	66	29.1	24	28.9	90	29.0	0.199
	Rarely	34	15.0	8	9.6	42	13.5	
	Sometimes	37	16.3	20	24.1	57	18.4	
	Most of the time	64	28.2	22	27.5	86	27.7	
	Always	26	11.5	9	10.8	36	11.6	
alternate non-alcoholic with alcoholic beverages?*	Never	39	24.2	9	15.3	48	21.8	0.331
	Rarely	25	15.5	14	23.7	39	17.7	
	Sometimes	51	31.7	19	32.2	70	31.8	
	Most of the time	31	19.3	14	23.7	45	20.5	
	Always	15	9.3	3	5.1	18	8.2	
avoid drinking games?*	Never	39	24.4	14	23.7	53	24.2	0.066
	Rarely	55	34.4	19	32.2	74	33.8	
	Sometimes	27	16.9	17	28.8	44	20.1	
	Most of the time	25	15.6	2	3.4	27	12.3	
	Always	14	8.8	7	11.9	21	9.6	
choose not to drink alcohol?*	Never	24	14.9	9	15.5	33	15.1	0.630
	Rarely	52	32.3	17	29.3	69	31.5	
	Sometimes	54	33.5	25	43.1	79	36.1	
	Most of the time	28	17.4	6	10.3	34	15.5	
	Always	3	1.9	1	1.7	4	1.8	
determine, in advance, not to exceed a set number of drinks?*	Never	40	24.8	15	25.4	55	25.0	0.253
	Rarely	35	21.7	15	25.4	50	22.7	
	Sometimes	35	21.7	14	23.7	49	22.3	
	Most of the time	28	17.4	13	22.0	41	18.6	
	Always	23	14.3	2	3.4	25	11.4	
eat before and/or during drinking?*	Never	8	5.0	2	3.4	10	4.6	0.499
	Rarely	12	7.5	2	3.4	14	6.4	
	Sometimes	24	15.0	14	23.7	38	17.4	
	Most of the time	67	41.9	23	39.0	90	41.1	
	Always	49	30.6	18	30.5	67	30.6	

Table 54. Safety Measures at Parties (UO), according to gender (continued)

During the last year, if you partied /socialized, how often did you:		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
have a friend let you know when you've had enough?*	Never	50	31.1	19	32.8	69	31.5	0.632
	Rarely	25	15.5	12	20.7	37	16.9	
	Sometimes	27	16.8	12	20.7	39	17.8	
	Most of the time	34	21.1	9	15.5	43	19.6	
	Always	25	15.5	6	10.3	31	14.2	
keep track of how many drinks you were having?*	Never	17	10.6	8	13.6	25	11.4	0.027
	Rarely	23	14.3	0	0.0	23	10.5	
	Sometimes	25	15.5	14	23.7	39	17.7	
	Most of the time	43	26.7	19	32.2	62	28.2	
	Always	53	32.9	18	30.5	71	32.3	
pace your drinks to 1 or fewer per hour?*	Never	53	32.9	20	34.5	73	33.3	0.077
	Rarely	38	23.6	13	22.4	51	23.3	
	Sometimes	34	21.1	16	27.6	50	22.8	
	Most of the time	13	8.1	8	13.8	21	9.6	
	Always	23	14.3	1	1.7	24	11.0	
stayed with the same group of friends while drinking?*	Never	3	1.9	1	1.7	4	1.8	0.091
	Rarely	7	4.3	0	0.0	7	3.2	
	Sometimes	16	9.9	13	22.0	29	13.2	
	Most of the time	56	34.8	21	35.6	77	35.0	
	Always	79	49.1	24	40.7	103	46.8	
drink the same type of alcohol when drinking?*	Never	8	5.0	3	5.1	11	5.0	0.151
	Rarely	18	11.2	9	15.3	27	12.3	
	Sometimes	47	29.2	26	44.1	73	33.2	
	Most of the time	58	36.0	13	22.0	71	32.3	
	Always	30	18.6	8	13.6	38	17.3	
use a designated driver?*	Never	15	9.3	4	6.8	19	8.6	0.487
	Rarely	7	4.3	2	3.4	9	4.1	
	Sometimes	10	6.2	8	13.6	18	8.2	
	Most of the time	15	9.3	6	10.2	21	9.5	
	Always	114	70.8	39	66.1	153	69.5	

Note:

*: of those who consumed alcohol at a party in the last year

Data related to substance use is shown in Table 55. Substances most often consumed by participants during their lifetime were recreational cannabis (47.7%), amphetamines (Ritalin, Adderall, Concerta, uppers and bennies) (11.0%), prescribed or over the counter drugs to get a « buzz » (8.4%), caffeine pills (8.1%), ecstasy (7.8%) and cocaine (7.4%). In the month prior to the study, the most commonly used substance was recreational cannabis (27.9%); 47.7% of participants had used it at least three times. The route most commonly used to consume drugs was smoking, inhaling or vaping (87.9%) and swallowing (34.7%). When asked if cannabis legalization had or could increase their use of this substance, 68.3% reported that it would make no difference, 12.3% said yes, to try it out, and 9.7% for more regular use.

Table 55. Substance Use (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Have you ever used recreational marijuana/ cannabis (pot, hash, weed)?	In my lifetime	102	45.3	45	54.2	147	47.7	0.166
	During the last year	87	38.7	37	44.6	124	40.3	0.348
	During the last month	55	24.4	31	37.3	86	27.9	0.025
Within the last month, how many times did you use recreational marijuana/ cannabis (pot, hash, weed)?	1 or 2 times	32	58.2	11	35.5	43	50.0	0.035
	3 times or more	23	41.8	18	58.1	41	47.7	
Have you ever used medicinal marijuana/ cannabis (prescribed)?	In my lifetime	14	6.2	12	14.5	26	8.4	0.021
	During the last year	9	4.0	7	8.4	16	5.2	0.120
	During the last month	1	0.4	3	3.6	4	1.3	0.029
Have you ever used cocaine (uptown, up, powder, crack, rock, freebase)?	In my lifetime	14	6.2	9	10.8	23	7.4	0.164
	During the last year	11	4.8	7	8.4	18	5.8	0.232
	During the last month	6	2.6	1	1.2	7	2.3	0.450
Have you ever used inhalants (glue, solvents, gas)?	In my lifetime	4	1.8	6	7.2	10	3.2	0.016
	During the last year	3	1.3	3	3.6	6	1.9	0.194
	During the last month	2	0.9	1	1.2	3	1.0	0.797
Have you ever used heroin (dust, junk, horse, smack)?	In my lifetime	1	0.4	4	4.9	5	1.6	0.006
	During the last year	0	0.0	1	1.2	1	0.3	0.096
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used fentanyl?	In my lifetime	2	0.9	5	6.1	7	2.3	0.007
	During the last year	0	0.0	3	3.7	3	1.0	0.004
	During the last month	0	0.0	1	1.2	1	0.3	0.096
Have you ever used ecstasy (E, X, MDMA)?	In my lifetime	12	5.3	12	14.8	24	7.8	0.006
	During the last year	9	4.0	10	12.3	19	6.2	0.007
	During the last month	3	1.3	1	1.2	4	1.3	0.953
Have you ever used methamphetamine (crystal meth, ice, crank, jib)?	In my lifetime	0	0.0	5	6.0	5	1.6	0.000
	During the last year	0	0.0	3	3.6	3	1.0	0.004
	During the last month	0	0.0	1	1.2	1	0.3	0.098
Have you ever used methadone?	In my lifetime	1	0.4	5	6.0	6	1.9	0.002
	During the last year	0	0.0	3	3.6	3	1.0	0.004
	During the last month	0	0.0	1	1.2	1	0.3	0.098
Have you ever used morphine?	In my lifetime	6	2.7	5	6.0	11	3.6	0.157
	During the last year	2	0.9	4	4.8	6	1.9	0.026
	During the last month	0	0.0	0	0.0	0	0.0	-

Table 55. Substance Use (UO), according to gender (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Have you ever used mushrooms?	In my lifetime	9	4.0	9	10.8	18	5.8	0.022
	During the last year	8	3.5	4	4.8	12	3.9	0.606
	During the last month	2	0.9	2	2.4	4	1.3	0.293
Have you ever used hallucinogens (LSD, PCP)?	In my lifetime	1	0.4	9	11.0	10	3.2	0.000
	During the last year	0	0.0	5	6.1	5	1.6	0.000
	During the last month	0	0.0	3	3.7	3	1.0	0.004
Have you ever used anabolic steroids (testosterone), without prescription?	In my lifetime	2	0.9	6	7.2	8	2.6	0.002
	During the last year	1	0.4	4	4.8	5	1.6	0.007
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)?	In my lifetime	23	10.2	11	13.3	34	11.0	0.444
	During the last year	16	7.1	7	8.4	23	7.4	0.688
	During the last month	9	4.0	5	6.0	14	4.5	0.444
Have you ever used sedatives (downers, ludes)?	In my lifetime	3	1.3	6	7.2	9	2.9	0.006
	During the last year	0	0.0	3	3.6	3	1.0	0.004
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other club drugs (GHB, ketamine, Rohypnol)?	In my lifetime	1	0.4	5	6.0	6	1.9	0.002
	During the last year	0	0.0	3	3.6	3	1.0	0.004
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other illegal drugs?	In my lifetime	4	1.8	5	6.0	9	2.9	0.049
	During the last year	0	0.0	3	3.6	3	1.0	0.004
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)?	In my lifetime	18	8.0	8	9.6	26	8.4	0.638
	During the last year	12	5.3	6	7.2	18	5.8	0.523
	During the last month	5	2.2	1	1.2	6	1.9	0.569
Have you ever used caffeine pills?	In my lifetime	13	5.7	12	14.5	25	8.1	0.012
	During the last year	7	3.1	7	8.4	14	4.5	0.045
	During the last month	1	0.4	3	3.6	4	1.3	0.028
If you used any of these drugs, what route was most commonly used?†	Injecting	1	1.1	0	0.0	1	0.8	0.513
	Smoking, inhaling or vaping	76	87.4	33	89.2	109	87.9	0.775
	Snorting	10	11.5	2	5.4	12	9.7	0.294
	Swallowing	29	33.3	14	37.8	43	34.7	0.630
	Through the skin or mucus membrane	2	2.3	1	2.7	3	2.4	0.893
Has legalisation of cannabis increased or could it increase your use of cannabis?	Yes, just to try it out	24	10.6	14	16.9	38	12.3	0.005
	Yes, I'll use it more regularly	15	6.6	15	18.1	30	9.7	
	Uncertain	24	10.6	6	7.2	30	9.7	
	No	163	72.1	48	57.8	211	68.3	

Notes:

†: participants could select more than one answer

Data for tobacco use is shown in Table 56. Of the participants, 36.2% reported smoking at least one cigarette in their lifetime, whereas vaping or smoking cigars, cigarillos, small cigars or clove cigarettes was reported by respectively 35.6% and 21.0% of participants. In the month prior to the study, 10.0% of respondents reported having smoked and 12.3% having vaped.

Table 56. Tobacco Use (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
Have you ever smoked a cigarette, even just a few puffs?	In my lifetime	67	29.5	34	41.0	101	32.6	0.057
	During the last year	42	18.5	23	27.7	65	21.0	0.078
	During the last month	22	9.7	9	10.8	31	10.0	0.765
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	In my lifetime	11	4.8	16	19.3	27	8.7	0.000
	During the last year	7	3.1	9	10.8	16	5.2	0.006
	During the last month	1	0.4	3	3.6	4	1.3	0.028
Have you ever smoked cigars, cigarillos, little cigars or clove cigarettes?	In my lifetime	38	16.8	27	32.5	65	21.0	0.003
	During the last year	20	8.8	14	16.9	34	11.0	0.046
	During the last month	6	2.7	3	3.6	9	2.9	0.657
Have you ever used E-cigarettes?	In my lifetime	39	17.2	19	23.2	58	18.8	0.234
	During the last year	23	10.1	11	13.4	34	11.0	0.416
	During the last month	9	4.0	4	4.9	13	4.2	0.724
Have you ever had tobacco from a water pipe (Hookah/ Sheesha)?	In my lifetime	35	15.4	18	21.7	53	17.1	0.194
	During the last year	24	10.6	8	9.6	32	10.3	0.811
	During the last month	9	4.0	3	3.6	12	3.9	0.887
Have you vaped?	In my lifetime	76	33.6	34	41.0	110	35.6	0.233
	During the last year	59	26.1	24	28.9	83	26.9	0.621
	During the last month	25	11.1	13	15.7	38	12.3	0.275

4.3.8 New Technologies

Most participants reported using new technologies daily, as shown in Table 57. Approximately half of the participants reported streaming, sending text messages or browsing on social media three or more hours per day (42.9%, 42.9% and 58.7% respectively). Women reported spending more time on social media than men, whereas men were more likely to play video games (81.9%) and view pornographic websites (75.9%) than women (44.5% and 25.6% respectively).

Table 57. Use of New Technologies (UO), according to gender

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
film streaming (Netflix)?	Never	8	3.5	7	8.4	15	4.8	0.104
	Less than an hour	35	15.4	20	24.1	55	17.7	
	1-2 hours	82	36.1	25	30.1	107	34.5	
	3-4 hours	58	25.6	15	18.1	73	23.5	
	5 hours or more	44	19.4	16	19.3	60	19.4	
social media?	Never	1	0.4	4	4.8	5	1.6	0.001
	Less than an hour	12	5.3	13	15.7	25	8.1	
	1-2 hours	70	30.8	28	33.7	98	31.6	
	3-4 hours	70	30.8	20	24.1	90	29.0	
	5 hours or more	74	32.6	18	21.7	92	29.7	
electronic games?	Never	126	55.5	15	18.1	141	45.5	0.000
	Less than an hour	58	25.6	7	8.4	65	21.0	
	1-2 hours	25	11.0	24	28.9	49	15.8	
	3-4 hours	9	4.0	17	20.5	26	8.4	
	5 hours or more	9	4.0	20	24.1	29	9.4	
gambling online?	Never	217	95.6	74	89.2	291	93.9	0.160
	Less than an hour	5	2.2	4	4.8	9	2.9	
	1-2 hours	2	0.9	1	1.2	3	1.0	
	3-4 hours	1	0.4	3	3.6	4	1.3	
	5 hours or more	2	0.9	1	1.2	3	1.0	
texting?	Never	5	2.2	3	3.6	8	2.6	0.388
	Less than an hour	45	19.8	19	22.9	64	20.6	
	1-2 hours	72	31.7	33	39.8	105	33.9	
	3-4 hours	50	22.0	13	15.7	63	20.3	
	5 hours or more	55	24.2	15	18.1	70	22.6	
pornographic websites?	Never	169	74.4	20	24.1	189	61.0	0.000
	Less than an hour	42	18.5	38	45.8	80	25.8	
	1-2 hours	10	4.4	17	20.5	27	8.7	
	3-4 hours	4	1.8	6	7.2	10	3.2	
	5 hours or more	2	0.9	2	2.4	4	1.3	

4.4 Université du Québec en Abitibi-Témiscamingue

4.4.1 Sociodemographic Profile

In total, 549 students participated in this study. As shown in Table 58, the average age of participants was 27.8 years (standard deviation ± 7.44) with a range of 18 to 67 years. A greater proportion of participants were women (77.4%) and heterosexuals (86.8%); approximately half were married or in a common-law relationship (51.7%) whereas 45.5% were single; 25.8% had at least one child. Approximately two-thirds studied full time (65.4%) and most students (81.4%) had a job. More men (25.2%) reported not working than women (16.3%) and more women (49.8%) reported working 20 or more hours per week than men (33.9%). Slightly less than one third of students (29.0%) were in their first year of study. Overall, most students were registered in Nursing (18.2%), Education (17.9%), Social Work (13.9%) or Business (13.9%). There were more women in Education and Nursing. Most students (92.5%) reported achieving passing grades (ranging from 60% to 100%).

Table 58. Sociodemographic Profile(UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Age (average years ± standard deviation)		27.93 ± 7.25		27.49 ± 8.16		27.8 ± 7.44		0.575
Sexual orientation	Heterosexual	374	88.4	100	87.0	475	86.8	0.668
	Other ^a	49	11.6	15	13.0	72	13.2	
Marital status	Single	171	40.4	71	61.7	249	45.5	0.000
	Married or common-law	237	56.0	44	38.3	283	51.7	
	Separated or widowed	15	3.5	0	0.0	15	2.7	
Number of children	None	307	72.6	92	80.0	406	74.2	0.107
	1 or more	116	27.4	23	20.0	141	25.8	
Enrollment status	Full-Time	260	61.5	89	78.1	357	65.4	0.001
	Part-Time	163	38.5	25	21.9	189	34.6	
Employment (average hours per week)	None	69	16.3	29	25.2	102	18.6	0.006
	Less than 20 hours	144	34.0	47	40.9	194	35.4	
	20 hours or more	211	49.8	39	33.9	252	46.0	
Volunteering (in the last year)	Never	167	39.6	46	40.0	218	39.9	0.157
	A few times	174	41.2	48	41.7	225	41.2	
	Approximately once a month	46	10.9	6	5.2	52	9.5	
	Once a week or more	35	8.3	15	13.0	51	9.3	
First-year student	Yes	112	26.8	43	37.4	157	29.0	0.027
Field of study	University 1	3	0.7	0	0.0	3	0.5	0.000
	Faculty of Arts	8	1.9	1	0.9	9	1.6	
	Business	58	13.7	18	15.7	76	13.9	
	Digital media and design	25	5.9	33	28.7	62	11.3	
	Education	88	20.8	9	7.8	98	17.9	
	Engineering	7	1.7	13	11.3	20	3.6	
	Indigenous studies	0	0.0	1	0.9	1	0.2	
	Nursing	90	21.2	10	8.7	100	18.2	
	Faculty of Science	28	6.6	6	5.2	34	6.2	
	Social Work	62	14.6	12	10.4	76	13.9	
	Other ^b	55	13.0	12	10.4	69	12.6	
Grade average	60% to 100%	391	92.2	106	93.0	506	92.5	0.956
	Less than 60% or uncertain	9	2.1	2	1.8	11	2.0	
	Not in school last year	24	5.7	6	5.3	30	5.5	

Notes:

^a: includes LGBTQ2+^b: includes programs such as Art Therapy, Workplace Health and Safety, and Ecology

The residency profile is shown in Table 59. Most students (85.4%) were from the province of Québec, whereas 4.2% had moved from another Canadian province or territory and 5.9% from a European country to study at UQAT. In fact, most participants (86.1%) were born in Canada and 8.9% had been in Canada less than five years. More men (22.6%) than women (7.3%) reported having moved from another country to study at UQAT. Most students (61.2%) were from urban areas. At the time of the study, approximately half of the participants lived with their partner or spouse (51.3%), 15.5% lived alone, 14.8% lived with their parents and family, and 14.2% lived with friends, acquaintances or roommates. Approximately half of the participants (46.0%) lived in an apartment or rented a house, 31.8% lived in a home they owned and 16.1% lived in their parents' home.

Table 59. Residency Profile (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Residence prior to university studies	Québec	371	87.7	87	75.7	467	85.4	0.000
	Another province or territory	21	5.0	2	1.7	23	4.2	
	European country	19	4.5	13	11.3	32	5.9	
	African country	8	1.9	8	7.0	16	2.9	
	Other country ^c	4	0.9	5	4.3	9	1.6	
Where did you spend most of your life?	Rural	169	40.0	38	33.3	208	38.1	0.078
	Urban	253	59.8	74	64.9	334	61.2	
	Reserve or First Nations Community or Métis Community	1	0.2	2	1.8	4	0.7	
How long have you lived in Canada?	Born in Canada	368	88.5	87	76.3	464	86.1	0.000
	In Canada less than 5 years	26	6.3	22	19.3	48	8.9	
	In Canada 5 or more years	22	5.3	5	4.4	27	5.0	
Current living situation	Alone	66	15.6	15	13.0	85	15.5	0.000
	With spouse/partner	237	55.9	43	37.4	281	51.3	
	With parents and family	58	13.7	20	17.4	81	14.8	
	With other family members (not parents)	9	2.1	5	4.3	14	2.6	
	With friends, acquaintances, roommate	46	10.8	31	27.0	78	14.2	
	Other ^d	8	1.9	1	0.9	9	1.6	
Type of residence	House, condominium (of which I am the owner)	149	35.1	25	21.7	174	31.8	0.000
	Parent's or family member's home	68	16.0	18	15.7	88	16.1	
	Apartment	188	44.3	57	49.6	252	46.0	
	Student residence	15	3.5	15	13.0	30	5.5	
	Other ^e	4	0.9	0	0.0	4	0.7	

Notes:

^c: includes, amongst others, Mexico and Brazil^d: includes living with one's children without one's partner or living with roommates during the week and with one's partner during the weekend^e: includes living in an apartment block of which the student is the owner and multiple residences (e.g. apartment during the week and a parent's home during the weekend)

The financial profile (Table 60) shows that most students (95.4%) reported some type of income: 37.1% made less than \$15,000 a year and 58.3% made more. Women (62.4%) were more likely than men (46.1%) to make \$15,000 or more annually. Considering all student loans, 44.8% reported having no debt whereas 32.4% owed less than \$15,000 and 22.9% owed more. Almost all indebted students reported they would pay back the debt themselves (98.7%) or with help from their parents (18.8%). One third of participants (30.2%) depended on their parents for financial support.

Table 60. Financial Profile (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Annual income	\$0	13	3.1	12	10.4	25	4.6	0.000
	\$1 to \$15,000	146	34.5	50	43.5	203	37.1	
	\$15,000 or more	264	62.4	53	46.1	319	58.3	
Student loans (total)	\$0	184	43.5	58	50.4	245	44.8	0.378
	\$1 to \$15,000	142	33.6	32	27.8	177	32.4	
	\$15,000 or more	97	22.9	25	21.7	125	22.9	
Responsibility for repayment of student loans*†	Myself	238	100	50	92.6	294	98.7	0.000
	Parent or guardian	43	18.1	13	24.1	56	18.8	0.311
	Other ^f	10	4.2	4	7.4	14	4.7	0.200
Dependence on parents/guardians for financial support	Yes	120	28.5	41	36.0	164	30.2	0.123

Notes:

*: of those who have a debt

†: participants could select more than one answer

^f: includes scholarships, partner or employer

4.4.2 Ethnolinguistic Profile

The ethnolinguistic profile is shown in Table 61. Most participants at the Université du Québec en Abitibi-Témiscamingue reported French, French and English, or French and another language as their maternal tongue (93.6%) and language used at home (94.2%). Most participants (86.9%) self-identified as White or Caucasian and approximately three quarters of students (75.1%) reported having no religious or spiritual practice. While some self-identified as being Catholic (41.1%), slightly fewer self-identified as agnostic or atheist (36.8%).

Table 61. Ethnolinguistic Profile (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
First language learned and still understood	French +/- another language other than English	378	90.9	102	89.5	487	90.4	0.375
	English +/- another language other than French	7	1.7	0	0.0	7	1.3	
	Another language (including an Indigenous language)	19	4.6	8	7.0	28	5.2	
	French and English	12	2.9	4	3.5	17	3.2	
Language most often used at home	French +/- another language other than English	380	91.6	98	86.0	485	90.1	0.243
	English +/- another language other than French	11	2.7	4	3.5	15	2.8	
	Another language (including an Indigenous language)	11	2.7	4	3.5	16	3.0	
	French and English	13	3.1	8	7.0	22	4.1	
Which of the following best describes you?	Arab	9	2.2	4	3.5	13	2.4	0.137
	Asian	7	1.7	4	3.5	11	2.1	
	Caucasian/White	367	89.3	90	79.6	463	86.9	
	Métis or Indigenous	10	2.4	5	4.4	18	3.4	
	Black	12	2.9	5	4.4	17	3.2	
	Latino-American, Central-American, South-American	4	1.0	2	1.8	6	1.1	
	Other ^g	2	0.5	3	2.7	5	0.9	
Religious or spiritual practice	Regular or occasional practice	99	23.9	31	27.2	134	24.9	0.463
	No practice, with or without feeling of belonging	316	76.1	83	72.8	404	75.1	
Religious or spiritual affiliation	Catholic	175	42.1	44	38.9	221	41.1	0.404
	Muslim	12	2.9	4	3.5	16	3.0	
	Christian (other than Catholic)	6	1.4	3	2.7	9	1.7	
	Personal spirituality without religious affiliation	52	12.5	10	8.8	63	11.7	
	Agnostic or Atheist	152	36.5	42	37.2	198	36.8	
	Other ^h	19	4.6	10	8.8	31	5.8	

Notes:

^g: includes those who identify as mixed (e.g. Black and Asian), Berbers, Creole^h: includes Buddhism and Hinduism

Data used to measure ethnolinguistic scores are found in Appendix 2; mean scores are shown in Table 62. Scores for ethnolinguistic identity were in the higher range for affirmation and sense of belonging (2.69) but lower for exploration and engagement (2.37). Total identity score averaged 2.55. On the scale used, a score of 4 is the highest level of ethnic identification.

Table 62. Ethnolinguistic Identity Score (UQAT), according to gender

	Women (n=425)	Men (n=115)	Total (n=549)	
	Average ± standard deviation	Average ± standard deviation	Average ± standard deviation	<i>p</i>
Identity score (affirmation and sense of belonging)	2.67 ± 0.67	2.75 ± 0.68	2.69 ± 0.67	0.245
Identity score (exploration and engagement)	2.33 ± 0.66	2.49 ± 0.7	2.37 ± 0.67	0.021
Global identity score	2.52 ± 0.62	2.64 ± 0.66	2.55 ± 0.63	0.075

4.4.3 Mental Health and Related Behaviors

As shown in Table 63, most participants rated their health as good to excellent (84.4%); slightly fewer reported positive mental or emotional health (70.2%) or life satisfaction (73.5%).

Table 63. Mental Health Status (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		
		n	%	n	%	n	%	<i>p</i>
In general, how would you rate your health?	Excellent	70	17.5	25	23.1	97	18.7	0.487
	Very good	146	36.4	42	38.9	189	36.5	
	Good	119	29.7	29	26.9	151	29.2	
	Fair	55	13.7	10	9.3	68	13.1	
	Poor	11	2.7	2	1.9	13	2.5	
How would you rate your mental or emotional health?	Excellent	37	9.3	18	16.7	55	10.7	0.115
	Very good	112	28.1	35	32.4	148	28.7	
	Good	125	31.3	31	28.7	159	30.8	
	Fair	99	24.8	19	17.6	120	23.3	
	Poor	26	6.5	5	4.6	34	6.6	
At what point are you dissatisfied or satisfied with your life generally?	Totally dissatisfied	7	1.7	1	0.9	8	1.5	0.461
	Somewhat dissatisfied	45	11.2	18	16.8	66	12.8	
	Uncertain	50	12.5	12	11.2	63	12.2	
	Somewhat satisfied	148	36.9	33	30.8	185	35.8	
	Totally satisfied	151	37.7	43	40.2	195	37.7	

Results for items to measure mental health can be found in Appendix 3. As shown in Table 64, total mental health score averaged 45.42. Overall, slightly more than half of the participants (55.3%) obtained a score indicating a flourishing mental health, 41.4% a moderate state of health and 3.3% a languishing mental health.

Table 64. Mental Health Score (UQAT), according to gender

	Women (n=425)		Men (n=115)		Total (n=549)		
	Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		<i>p</i>
Mental health score	45.41 ± 12.8		46.1 ± 13.56		45.42 ± 12.96		0.638
Emotional well-being score	11.4 ± 2.7		11.38 ± 2.78		11.4 ± 2.7		0.963
Social well-being score	12.77 ± 5.92		13.43 ± 6.21		12.86 ± 5.98		0.315
Psychological well-being score	21.29 ± 5.73		21.38 ± 6.05		21.24 ± 5.82		0.890
Mental health status according to scale	n	%	n	%	n	%	<i>p</i>
Languishing	11	3.1	4	4.3	15	3.3	0.769
Moderate	149	41.6	36	38.7	190	41.4	
Flourishing	198	55.3	53	57.0	254	55.3	

Data relating to self-esteem, body image and eating disorders are presented in Table 65. Results for individual items used to measure self-esteem are found in Appendix 4. Mean score for self-esteem was 31.16. Overall, more than half (62.6%) of participants reported being totally or somewhat in agreement with the following statement: "I have a high self-esteem", with men (75.0%) being more likely to report higher self-esteem than women (59.6%). With respect to body image, 49.8% of respondents reported being satisfied with their body image and size most of the time or always; men would more often report being always satisfied (24.8%) with body image than women (9.1%). Many participants reported eating less than the recommended caloric intake (39.6%), binge-eating (28.0%) and exercising excessively (23.9%) in the previous year.

Table 64. Self-esteem, Body Image and Eating Disorders (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		<i>p</i>
		Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Self esteem score		31.17 ± 5.81		31.33 ± 5.79		31.16 ± 5.81		0.797
		n	%	n	%	n	%	<i>p</i>
Indicate at what point you agree with the following statement "I have high self-esteem".	Totally agree	71	17.7	33	30.6	106	20.5	0.010
	Somewhat agree	168	41.9	48	44.4	218	42.1	
	Uncertain	50	12.5	9	8.3	61	11.8	
	Somewhat disagree	80	20.0	15	13.9	96	18.5	
	Totally disagree	32	8.0	3	2.8	37	7.1	
In the last month, have you felt satisfied with your body image/size?	Never	56	14.1	9	8.6	66	12.9	0.000
	Sometimes	162	40.8	25	23.8	190	37.3	
	Most of the time	143	36.0	45	42.9	192	37.6	
	Always	36	9.1	26	24.8	62	12.2	
Have you used a laxative to control your weight?	In the last year	21	5.3	2	1.9	23	4.5	0.142
Have you taken diet pills?	In the last year	30	7.6	1	1.0	32	6.3	0.012
Have you binge eaten?	In the last year	119	29.9	22	21.0	143	28.0	0.069
Have you purged?	In the last year	21	5.3	0	0.0	22	4.3	0.016
Have you exercised excessively?	In the last year	94	23.7	26	24.8	122	23.9	0.817
Have you eaten less than the recommended caloric intake (other than for religious reasons)?	In the last year	164	41.2	36	34.6	202	39.6	0.222
Have you vomited to control your weight?	In the last year	20	5.0	1	1.0	22	4.3	0.063

Questions pertaining to behaviors commonly associated with poor mental health were also included in the survey. As shown in Table 66, many participants at UQAT reported having lost somewhat or more sleep than usual because of worry (55.7%). In the previous year, almost half of the participants (40.1%) reported having felt sad or depressed for two consecutive weeks or more, at which time they were unable to do normal daily activities. With respect to suicidal ideation and attempted suicides, in the year prior to the study, 8.4% had seriously thought of committing suicide, 3.1% had prepared a plan on how to commit suicide and 0.2% reported attempting suicide.

Table 66. Sleep, Depression and Suicidal Ideation (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
In the last year:								
have you lost much sleep because of worry?	Not at all	34	8.5	18	17.0	52	10.1	0.006
	No more than usual	129	32.3	43	40.6	176	34.2	
	Rather more than usual	158	39.5	27	25.5	187	36.4	
	Much more than usual	79	19.8	18	17.0	99	19.3	
have you felt sad or depressed each day for 2 consecutive weeks or more, where you felt unable to do normal daily activities?	Yes	161	40.3	41	38.7	206	40.1	0.769
have you thought seriously of attempting suicide?	Yes	34	8.5	8	7.5	43	8.4	0.752
have you prepared a plan on how you would attempt suicide?	Yes	15	3.8	1	0.9	16	3.1	0.142
have you attempted suicide?	Yes	0	0.0	1	0.9	1	0.2	0.052
how many times have you attempted suicide?	Once	0	0.0	1	0.9	1	0.2	0.052

Data related to anxiety and anxiety management techniques are shown in Table 67. Approximately one-third of participants (30.7%) reported suffering from anxiety most or all of the time, with women (33.0%) more likely to report anxiety than men (21.7%). Of participants suffering from anxiety, most managed their anxiety by adopting healthy living practices (exercise, health diet and good sleeping habits) (51.9%), by meditating or practicing mindfulness (14.5%) or by taking prescription drugs (14.5%). Most reported confiding in friends (80.5%), their spouse or partner (64.3%), their parents (58.2%) or siblings (37.7%) when they needed to talk to someone about their problems. Few benefitted from individual or group therapy or counselling (5.4%) or consulting a counsellor on campus (6.3%). A higher proportion (18.0%) reported consulting with a health professional.

Table 67. Anxiety and Coping Mechanisms (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Do you experience anxiety?	Never	55	13.8	36	34.0	92	17.9	0.000
	Sometimes	213	53.3	47	44.3	264	51.4	
	Most of the time	86	21.5	19	17.9	107	20.8	
	Always	46	11.5	4	3.8	51	9.9	
How do you manage your anxiety?* †	Individual or group therapy or counselling	19	5.9	1	1.7	21	5.4	0.182
	Prescription medication	47	14.6	8	13.6	56	14.5	0.828
	Self-medication (including marijuana/cannabis)	14	4.4	4	6.8	19	4.9	0.422
	Registered with Student Accommodation Services at my university	3	0.9	0	0.0	3	0.8	0.456
	Healthy living (exercise, healthy diet, good sleeping habits)	170	53.0	29	49.2	201	51.9	0.590
	Meditation, mindfulness	46	14.3	9	15.3	56	14.5	0.853
	Other ⁱ	22	6.9	8	13.6	31	8.0	0.079
When you need to talk to someone about your problems, who do you confide in usually?†	I don't feel the need, therefore I speak to no one in particular.	31	7.8	23	22.1	56	10.9	0.000
	I have no one to confide in.	14	3.5	7	6.7	22	4.3	0.142
	Spouse/partner	273	68.3	53	51.0	329	64.3	0.001
	One of my parents	242	60.5	53	51.0	298	58.2	0.079
	Brother or sister	148	37.0	43	41.3	193	37.7	0.416
	Friend	335	83.8	71	68.3	412	80.5	0.000
	Counsellor or therapist on campus	25	6.3	7	6.7	32	6.3	0.858
	Elder or knowledge keeper	21	5.3	7	6.7	29	5.7	0.557
	Health professional	77	19.3	10	9.6	92	18.0	0.021
	Spiritual advisor	8	2.0	5	4.8	13	2.5	0.108
Other ^k	21	5.3	2	1.9	23	4.5	0.148	

Notes:

*: of those who experience anxiety

†: participants could select more than one answer

ⁱ: includes positive strategies, such as talking to a loved one, praying, and doing activities to change one's mind, as well as negative strategies such as isolating oneself, denial, and alcohol or drug consumption

^k: includes, amongst others, work colleagues, other members of the family and professors

4.4.4 Road Safety

Behaviors related to road safety are shown in Table 68. Of the 549 participants, 94.2% had a driver's licence; among these, 31.9% reported drinking and driving, 6.6% driving after using cannabis and 3.0% driving after taking illicit drugs. In their lifetime, 67.9% of participants reported speeding and 45.1% using a hand-held device while driving. In the month prior to the study, 55.8% reported speeding, 32.9% using a cellphone while driving, 15.3% drinking and driving and 3% driving after having used cannabis. Women (36.1%) were more likely than men (20.4%) to report using a cellphone while driving. Also, 8.4% of participants reported being a passenger in a car driven by an impaired driver in the month prior to the study. In addition, 10.6% of participants with a driver's licence reported being involved in a car accident while driving, 1 to 3 times in the previous year.

Table 68. Road Safety (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Do you have a driver's licence?	Yes	370	95.6	93	89.4	470	94.2	0.016
Have you driven a car or other vehicle after you had been drinking alcohol?*	In my lifetime	119	32.2	29	31.2	150	31.9	0.856
	During the past month	57	15.4	14	15.1	72	15.3	0.933
Have you driven a car or other vehicle after you had been using cannabis (marijuana)?*	In my lifetime	25	6.8	4	4.3	31	6.6	0.379
	During the past month	9	2.4	3	3.2	14	3.0	0.670
Have you driven a car or other vehicle after you had been using illegal drugs?*	In my lifetime	10	2.7	3	3.2	14	3.0	0.791
	During the past month	1	0.3	1	1.1	3	0.6	0.292
Have you ridden in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	In my lifetime	92	25.1	16	17.2	109	23.3	0.326
	During the past month	32	8.7	6	6.5	39	8.4	0.194
Have you driven over the speed limit (more than 10km/hr than the limit)?*	In my lifetime	252	69.0	58	63.0	315	67.9	0.271
	During the past month	212	58.1	45	48.9	259	55.8	0.113
Have you driven a car or motor vehicle while using a hand-held cell phone (to talk or text)? *	In my lifetime	178	48.4	30	32.3	211	45.1	0.005
	During the past month	133	36.1	19	20.4	154	32.9	0.004
In the last year, have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?*	1 to 3 times	4	10.3	1	14.3	5	10.6	0.752

Note:

*: of those who have a driver's licence

4.4.5 Bullying and Sexual Harassment

Data related to bullying and sexual harassment are shown in Table 69. In the year prior to the study, 43.0% of participants reported having been ridiculed, 32.4% having been verbally threatened and 31.9% being told mean things about their body shape, their weight or their appearance. More than one quarter of participants (26.8%) reported getting a request for personal information on the Internet: 15.1% were uncomfortable with this request, and 7.2% reported having been harassed on the Internet by, for instance, having information about them posted on social media or receiving an email. Furthermore, 15.5% of participants reported being intimidated by inappropriate sexual comments or unwanted physical sexual contact. In their lifetime, 16.7% of participants reported being physically forced against their will to have sexual relations and 16.9% of being forced other than physically to do so. Women were more likely to report this behavior than men. Few respondents (5.2%) had sexual relations in exchange for money, food, a place to sleep, alcohol or drugs.

Table 69. Bullying and Sexual Harassment (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
How many times in the last year have you been:								
verbally threatened?	Yes	165	32.6	45	32.7	213	32.4	0.449
	1 to 5 times	60	26.3	18	21.7	79	25.3	
	6 times or more	14	6.1	11	13.3	25	8.0	
harmed physically?	Yes	101	16.1	27	15.4	130	15.7	0.435
	1 to 5 times	38	16.7	18	22.0	57	18.3	
	6 times or more	4	1.8	3	3.7	7	2.3	
threatened or harmed physically by your girlfriend or boyfriend?	Yes	61	5.2	13	1.9	76	4.6	0.248
	1 to 5 times	17	4.4	1	1.0	19	3.8	
	6 times or more	3	0.8	1	1.0	4	0.8	
threatened or harmed with a weapon (gun, knife, stick)?	Yes	44	1.0	12	1.0	58	1.2	0.944
	1 to 5 times	4	1.0	1	1.0	6	1.2	
ridiculed or mocked?	Yes	209	43.7	52	38.8	267	43.0	0.513
	1 to 5 times	134	34.9	34	33.0	172	34.7	
	6 times or more	34	8.9	6	5.8	41	8.3	
been told mean thing about your race or culture?	Yes	82	10.7	27	15.4	110	11.5	0.415
	1 to 5 times	31	8.1	12	11.5	43	8.7	
	6 times or more	10	2.6	4	3.8	14	2.8	
been told mean things about your sexual orientation?	Yes	59	4.2	18	6.7	80	5.1	0.545
	1 to 5 times	12	3.1	5	4.8	19	3.8	
	6 times or more	4	1.0	2	1.9	6	1.2	
been told mean things about your body shape, weight or appearance?	Yes	171	33.7	36	24.	212	31.9	0.168
	1 to 5 times	96	25.1	18	17.3	116	28.5	
	6 times or more	33	8.6	7	6.7	42	10.6	

Table 69. Bullying and Sexual Harassment (UQAT), according to gender (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
How many times in the last year have you been:								
asked for personal information on the Internet (ex. address, phone number, family name)?	Yes	149	28.1	34	22.1	186	26.8	0.034
	1 to 5 times	72	18.8	9	8.7	83	16.7	
	6 times or more	36	9.4	14	13.5	50	10.1	
uncomfortable while communicating with this person by Internet?	Yes	105	16.9	20	8.7	127	15.1	0.111
	1 to 5 times	55	14.3	8	7.7	63	12.7	
	6 times or more	10	2.6	1	1.0	12	2.4	
intimidated by Internet (ex. having something posted on social media or sent by email)?	Yes	72	8.3	14	2.9	88	7.2	0.162
	1 to 5 times	23	6.0	2	1.9	26	5.2	
	6 times or more	9	2.3	1	1.0	10	2.0	
intimidated by inappropriate sexual comments or unwanted physical sexual contact?	Yes	111	18.7	15	3.8	128	15.5	0.001
	1 to 5 times	60	15.5	3	2.9	64	12.9	
	6 times or more	12	3.1	1	1.0	13	2.6	
Have you been forced physically to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	79	20.9	2	2.0	81	16.7	0.000
Have you been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	77	20.4	5	5.1	82	16.9	0.000
Have you participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	In my lifetime	19	5.1	6	6.1	25	5.2	0.690

4.4.6 Sexual Practices

Results related to sexual practices are presented in Table 70. Most participants (92.4%) reported having consensual sex, with 46.8% having had sex with 6 partners or more in their lifetime. In the three months prior to the study, 80.4% of participants had had sexual relations, of whom most had done so with one partner (89.7%) and 10.3% with 2 partners or more. Of those having had at least one sexual relation, methods most commonly used to prevent transmission of sexual infections or pregnancy were hormonal contraceptives (56.3%) and condoms (23.9%). Women were more likely to report using birth control and men more likely to report using condoms.

Of participants who had sexual relations at least once, 35.1% reported often or always using a condom. Reasons most commonly reported for not using condoms all the time were because another form of protection was being used (34.3%) and they trusted their partner (25.9%). Most felt comfortable talking to their sexual partner about condom use or birth control (85.7%) and about sexually transmitted infections (75.5%).

Table 70. Sexual Practices (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
In your lifetime, have you ever had consensual sexual relations?	Yes	361	95.3	84	84.8	449	92.4	0.000
In your lifetime, with how many individuals have you had vaginal or anal intercourse?*	1 person	52	14.6	14	17.1	66	14.9	0.566
	2 to 5 persons	134	37.5	34	41.5	170	38.3	
	6 persons or more	171	47.9	34	41.5	208	46.8	
In the last three months, have you had sexual relations?*	Yes	320	84.9	65	65.7	389	80.4	0.000
In the last three months, with how many individuals have you had vaginal or anal intercourse?*	1 person	291	90.9	56	86.2	349	89.7	0.238
	2 persons or more	29	9.1	9	13.8	40	10.3	
If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy?*†	No method was used to prevent pregnancy and/or STI's	21	5.9	3	3.8	24	5.5	0.456
	Withdrawal (pulling out before ejaculation)	23	6.5	9	11.4	32	7.3	0.131
	Birth control (pills, injection, patch or ring)	217	61.1	28	35.4	247	56.3	0.000
	Condoms (Male or female)	70	19.7	32	40.5	105	23.9	0.000
	Morning after pill	1	0.3	0	0.0	1	0.2	0.637
	Calendar method	2	0.6	1	1.3	3	0.7	0.496
	Other [‡]	21	5.9	5	6.3	26	5.9	0.889

Table 70. Sexual Practices (UQAT), according to gender (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		<i>p</i>
		n	%	n	%	n	%	
In general, when you have sex, how often do you use condoms?*	Never or rarely	240	67.4	45	55.6	287	64.9	0.043
	Often or always	116	32.6	36	44.4	155	35.1	
Which of the following are the major reasons you do not use condoms all the time?†	I use another form of protection	125	35.1	25	31.6	151	34.3	0.558
	I was under the influence of drugs or alcohol.	10	2.8	0	0.0	11	2.5	0.132
	I want a baby.	20	5.6	2	2.5	22	5.0	0.257
	I don't like how condoms feel.	13	3.7	9	11.4	22	5.0	0.005
	I trust my partner(s).	94	26.4	17	21.5	114	25.9	0.368
	My partner(s) won't wear a condom.	5	1.4	0	0.0	5	1.1	0.289
	My partner(s) and I are both females.	5	1.4	0	0.0	5	1.1	0.289
	Other ^m	39	11.0	6	7.6	45	10.2	0.375
How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	Never or rarely	46	13.0	17	21.0	63	14.3	0.064
	Often or always	309	87.0	64	79.0	378	85.7	
How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	Never or rarely	82	23.1	26	32.1	108	24.5	0.090
	Often or always	273	76.9	55	67.9	333	75.5	

Notes:

*: of those who have had sexual relations

†: participants could select more than one answer

!: includes vasectomy, tubal ligation, and having regular screening tests

^m: includes being sterile, being uncomfortable to initiate the topic or having trouble asserting oneself

4.4.7 Alcohol, Drug and Tobacco Use

Results of behaviors related to alcohol use are presented in Table 71. Most participants (94.4%) reported having consumed alcohol over their lifetime and 82.4% during the month prior to the study. Most reported drinking 1 to 2 days (32.7%) or 6 to 9 days (25.7%) in the month prior to the study. However, 17.4% reported drinking 10 days or more. Approximately three quarters of participants (74.0%) reported having 5 drinks or more over a 2 to 3-hour period in their lifetime, with 36.7% doing so in the month prior to the study.

Table 71. Alcohol Use (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Have you ever consumed at least one drink of alcohol?	In my lifetime	354	94.1	94	95.9	455	94.4	0.493
	During the last month	308	81.9	82	83.7	397	82.4	0.685
Have you ever consumed five or more drinks of alcohol within a period of 2 to 3 hours?	In my lifetime	271	72.7	78	78.8	355	74.0	0.216
	During the last month	132	35.4	41	41.4	176	36.7	0.269
During the past month, on how many days did you have at least one drink of alcohol?*	1 or 2 days	102	33.1	24	29.3	130	32.7	0.084
	3 to 5 days	71	23.1	23	28.0	96	24.2	
	6 to 9 days	74	24.0	27	32.9	102	25.7	
	10 days or more	61	19.8	8	9.8	69	17.4	
During the past month, on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?*	Never in my lifetime	63	20.5	12	14.6	76	19.1	0.455
	Yes, but not during the past month.	113	36.7	29	35.4	145	36.5	
	1 or 2 days	91	29.5	26	31.7	120	30.2	
	3 to 5 days	28	9.1	8	9.8	36	9.1	
	6 days or more	13	4.2	7	8.5	20	5.0	

Note:

*: of those who have consumed alcohol in the last month

Data related to consumption of energy drinks and a combination of alcohol and drugs are shown in Table 72. Approximately half of the participants (50.2%) reported consuming energy drinks in their lifetime: 18.2% in the month prior to the study, of whom 54.5% reported drinking them 3 days or more. In their lifetime, 33.5% reported mixing alcohol and energy drinks and 40.6% mixing alcohol and drugs. Among the latter, 11.8% reported mixing alcohol and drugs in the month prior to the study.

Table 72. Consumption of Energy Drink and Alcohol Mixes (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		<i>p</i>
		n	%	n	%	n	%	
Have you ever consumed energy drinks (Redbull, Monster, etc.)?	In my lifetime	194	51.5	59	59.6	256	52.9	0.149
	During the last month	69	18.3	18	18.2	88	18.2	0.978
During the past month, on how many days did you have energy drinks?	1 or 2 days	30	43.5	10	55.6	40	45.5	0.360
	3 days or more	39	56.5	8	44.4	48	54.5	
Have you consumed alcohol and energy drinks combined?	In my lifetime	131	34.8	30	30.3	162	33.5	0.396
	During the last month	11	2.9	4	4.0	15	3.1	0.573
Have you consumed a combination of alcohol and drugs?	In my lifetime	156	41.5	36	36.4	196	40.6	0.355
	During the last month	38	10.1	16	16.2	57	11.8	0.091

Safety measures adopted by participants when partying or socializing are shown in Table 73. Of all participants, 54.5% reported drinking alcohol most of the time when partying or socializing. On those occasions, participants reported using these safe drinking practices most of the time or always : staying with the same group of friends (88.6%), eating before and/or during drinking (78.8%), using a designated driver (78.2%), drinking the same type of alcohol all evening (64.7%) and keeping track of how many drinks they were having (63.9%).

Table 73. Safety Measures at Parties (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
During the last year, if you partied /socialized, how often did you:	consume alcohol?							0.808
	Never	46	12.2	12	12.1	58	12.0	
	Rarely	54	14.4	17	17.2	73	15.1	
	Sometimes	69	18.4	19	19.2	89	18.4	
	Most of the time	142	37.8	30	30.3	176	36.4	
	Always	65	17.3	21	21.2	87	18	
alternate non-alcoholic with alcoholic beverages?*	Never	44	13.3	16	18.4	62	14.6	0.059
	Rarely	48	14.5	19	21.8	67	15.8	
	Sometimes	93	28.2	26	29.9	120	28.2	
	Most of the time	106	32.1	23	26.4	133	31.3	
	Always	39	11.8	3	3.4	43	10.1	
avoid drinking games?*	Never	48	14.5	14	16.1	63	14.8	0.251
	Rarely	54	16.4	22	25.3	78	18.4	
	Sometimes	59	17.9	16	18.4	75	17.6	
	Most of the time	65	19.7	16	18.4	82	19.3	
	Always	104	31.5	19	21.8	127	29.9	
choose not to drink alcohol?*	Never	46	14.0	16	18.4	63	14.9	0.091
	Rarely	88	26.8	31	35.6	120	28.4	
	Sometimes	135	41.2	23	26.4	162	38.3	
	Most of the time	55	16.8	17	19.5	74	17.5	
	Always	4	1.2	0	0.0	4	0.9	
determine, in advance, not to exceed a set number of drinks?*	Never	79	23.9	18	20.9	98	23.1	0.071
	Rarely	46	13.9	22	25.6	70	16.5	
	Sometimes	104	31.5	20	23.3	125	29.5	
	Most of the time	73	22.1	16	18.6	90	21.2	
	Always	28	8.5	10	11.6	41	9.7	
eat before and/or during drinking?*	Never	5	1.5	2	2.3	7	1.6	0.007
	Rarely	12	3.6	6	6.9	18	4.2	
	Sometimes	40	12.1	23	26.4	65	15.3	
	Most of the time	178	53.9	37	42.5	219	51.5	
	Always	95	28.8	19	21.8	116	27.3	

Table 73. Safety Measures at Parties (UQAT), according to gender (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		
During the last year, if you partied /socialized, how often did you:		n	%	n	%	n	%	<i>p</i>
have a friend let you know when you've had enough?*	Never	164	49.8	48	55.2	216	50.9	0.707
	Rarely	70	21.3	15	17.2	87	20.5	
	Sometimes	42	12.8	9	10.3	53	12.5	
	Most of the time	35	10.6	8	9.2	43	10.1	
	Always	18	5.5	7	8.0	25	5.9	
keep track of how many drinks you were having?*	Never	31	9.5	10	11.5	42	9.9	0.906
	Rarely	42	12.8	13	14.9	55	13.0	
	Sometimes	46	14.0	10	11.5	56	13.2	
	Most of the time	95	29.0	23	26.4	120	28.4	
	Always	114	34.8	31	35.6	150	35.5	
pace your drinks to 1 or fewer per hour?*	Never	95	28.8	32	36.8	128	30.1	0.392
	Rarely	52	15.8	12	13.8	65	15.3	
	Sometimes	80	24.2	21	24.1	103	24.2	
	Most of the time	76	23.0	13	14.9	92	21.6	
	Always	27	8.2	9	10.3	37	8.7	
stayed with the same group of friends while drinking?*	Never	7	2.1	3	3.4	10	2.4	0.618
	Rarely	3	0.9	2	2.3	5	1.2	
	Sometimes	24	7.3	9	10.3	33	7.8	
	Most of the time	111	33.8	27	31.0	143	33.8	
	Always	183	55.8	46	52.9	232	54.8	
drink the same type of alcohol when drinking?*	Never	14	4.2	3	3.4	18	4.2	0.918
	Rarely	31	9.4	7	8.0	38	8.9	
	Sometimes	69	20.9	22	25.3	94	22.1	
	Most of the time	162	49.1	42	48.3	206	48.5	
	Always	54	16.4	13	14.9	69	16.2	
use a designated driver?*	Never	18	5.5	15	17.2	36	8.5	0.000
	Rarely	14	4.2	10	11.5	25	5.9	
	Sometimes	24	7.3	8	9.2	32	7.5	
	Most of the time	66	20.0	14	16.1	81	19.1	
	Always	208	63.0	40	46.0	251	59.1	

Note:

*: of those who consumed alcohol at a party in the last year

Data related to substance use is shown in Table 74. Substances most often used by participants during their lifetime include recreational cannabis (66.5%), amphetamines (20.9%), ecstasy (19.6%), mushrooms (17.8%) and cocaine (16.6%). In the month prior to the study, the most commonly used substance was recreational cannabis (19.0%), of which 52.7% had used three times or more during this time. The route most commonly used to consume drugs was smoking, inhaling or vaping (85.3%), swallowing (44.5%) or snorting (18.5%). When asked if cannabis legalization had or could increase their use of this substance, most (81.9%) reported that it would make no difference, 7.8% said yes, to try it out, and 2.5% for more regular use.

Table 74. Substance Use (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Have you ever used recreational marijuana/cannabis (pot, hash, weed)?	In my lifetime	253	67.6	59	61.5	318	66.5	0.252
	During the last year	113	30.2	31	32.3	148	31.0	0.694
	During the last month	64	17.1	23	24.0	91	19.0	0.123
Within the last month, how many times did you use recreational marijuana/cannabis (pot, hash, weed)?	1 or 2 times	31	48.4	9	39.1	41	45.1	0.462
	3 times or more	31	48.4	14	60.9	48	52.7	
Have you ever used medicinal marijuana/cannabis (prescribed)?	In my lifetime	17	4.5	5	5.2	23	4.8	0.784
	During the last year	9	2.4	2	2.1	12	2.5	0.852
	During the last month	6	1.6	1	1.0	8	1.7	0.685
Have you ever used cocaine (uptown, up, powder, crack, rock, freebase)?	In my lifetime	65	17.5	13	13.7	79	16.6	0.377
	During the last year	23	6.2	3	3.2	26	5.5	0.251
	During the last month	5	1.3	1	1.1	6	1.3	0.822
Have you ever used inhalants (glue, solvents, gas)?	In my lifetime	11	2.9	1	1.0	12	2.5	0.291
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used heroin (dust, junk, horse, smack)?	In my lifetime	2	0.5	0	0.0	2	0.4	0.473
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used fentanyl?	In my lifetime	3	0.8	1	1.1	4	0.8	0.813
	During the last year	0	0.0	1	1.1	1	0.2	0.047
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used ecstasy (E, X, MDMA)?	In my lifetime	78	21.0	13	13.7	93	19.6	0.107
	During the last year	12	3.2	4	4.2	18	3.8	0.641
	During the last month	2	0.5	2	2.1	4	0.8	0.140
Have you ever used methamphetamine (crystal meth, ice, crank, jib)?	In my lifetime	13	3.5	5	5.2	18	3.8	0.430
	During the last year	2	0.5	1	1.0	3	0.6	0.578
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used methadone?	In my lifetime	1	0.3	1	1.1	2	0.4	0.296
	During the last year	0	0.0	1	1.1	1	0.2	0.048
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used morphine?	In my lifetime	42	11.3	9	9.4	53	11.1	0.597
	During the last year	14	3.8	2	2.1	16	3.4	0.421
	During the last month	1	0.3	0	0.0	1	0.2	0.612

Table 74. Substance Use (UQAT), according to gender (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Have you ever used mushrooms?	In my lifetime	66	17.6	17	17.9	85	17.8	0.955
	During the last year	7	1.9	3	3.2	12	2.5	0.438
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used hallucinogens (LSD, PCP)?	In my lifetime	33	8.9	4	4.2	39	8.2	0.125
	During the last year	2	0.5	1	1.0	4	0.8	0.584
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used anabolic steroids (testosterone), without prescription?	In my lifetime	3	0.8	2	2.1	5	1.1	0.281
	During the last year	1	0.3	0	0.0	1	0.2	0.610
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)?	In my lifetime	79	21.1	18	18.8	100	20.9	0.608
	During the last year	25	6.7	11	11.5	39	8.2	0.117
	During the last month	16	4.3	7	7.3	25	5.2	0.222
Have you ever used sedatives (downers, ludes)?	In my lifetime	8	2.1	3	3.1	11	2.3	0.571
	During the last year	2	0.5	1	1.0	3	0.6	0.580
	During the last month	1	0.3	0	0.0	1	0.2	0.612
Have you ever used other club drugs (GHB, ketamine, Rohypnol)?	In my lifetime	9	2.4	4	4.2	13	2.7	0.353
	During the last year	1	0.3	1	1.0	2	0.4	0.301
	During the last month	0	0.0	1	1.0	1	0.2	0.049
Have you ever used other illegal drugs?	In my lifetime	14	3.8	3	3.1	17	3.6	0.762
	During the last year	2	0.5	1	1.0	3	0.6	0.583
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)?	In my lifetime	37	9.9	11	11.6	49	10.3	0.628
	During the last year	21	5.6	4	4.2	26	5.5	0.586
	During the last month	9	2.4	0	0.0	9	1.9	0.127
Have you ever used caffeine pills?	In my lifetime	35	9.4	9	9.4	44	9.2	0.998
	During the last year	11	2.9	3	3.1	14	2.9	0.928
	During the last month	6	1.6	1	1.0	7	1.5	0.683
If you used any of these drugs, what route was most commonly used?†	Injecting	2	1.2	1	2.5	3	1.4	0.539
	Smoking, inhaling or vaping	138	83.1	37	92.5	180	85.3	0.137
	Snorting	32	19.3	7	17.5	39	18.5	0.797
	Swallowing	75	45.2	17	42.5	94	44.5	0.118
	Through the skin or mucus membrane	2	1.2	2	5.0	4	1.9	0.123
Has legalisation of cannabis increased or could it increase your use of cannabis?	Yes, just to try it out	28	7.5	7	7.4	37	7.8	0.123
	Yes, I'll use it more regularly	9	2.4	3	3.2	12	2.5	
	Uncertain	24	6.4	13	13.7	37	7.8	
	No	312	83.6	72	75.8	390	81.9	

Results for tobacco use are shown in Table 75. Among participants, 56.2% reported having smoked at least one cigarette in their lifetime, whereas vaping or smoking cigars, cigarillos, small cigars or clove cigarettes was reported by 17.4% and 43.7% respectively. In the previous month, 16.1% of respondents reported having smoked and 44% having vaped.

Table 75. Tobacco Use (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
Have you ever smoked a cigarette, even just a few puffs?	In my lifetime	218	58.4	45	46.9	268	56.2	0.042
	During the last year	93	24.9	21	21.9	115	24.1	0.533
	During the last month	61	16.4	15	15.6	77	16.1	0.863
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	In my lifetime	13	3.5	9	9.4	22	4.6	0.015
	During the last year	3	0.8	4	4.2	7	1.5	0.016
	During the last month	3	0.8	2	2.1	5	1.1	0.278
Have you ever smoked cigars, cigarillos, little cigars or clove cigarettes?	In my lifetime	168	45.2	36	37.5	208	43.7	0.177
	During the last year	43	11.6	12	12.5	57	12.0	0.799
	During the last month	7	1.9	4	4.2	11	2.3	0.188
Have you ever used E-cigarettes?	In my lifetime	75	20.3	16	16.7	93	19.6	0.427
	During the last year	38	10.3	4	4.2	42	8.9	0.063
	During the last month	19	5.1	4	4.2	23	4.9	0.696
Have you ever had tobacco from a water pipe (Hookah/ Sheesha)?	In my lifetime	52	14.0	13	13.5	68	14.3	0.905
	During the last year	13	3.5	7	7.3	21	4.4	0.102
	During the last month	1	0.3	3	3.1	5	1.1	0.007
Have you vaped?	In my lifetime	63	17.0	17	17.9	82	17.4	0.842
	During the last year	35	9.5	9	9.5	44	9.3	0.997
	During the last month	17	4.6	4	4.2	21	4.4	0.872

4.4.8 New Technologies

Most participants reported daily use of new technologies. As shown in Table 76, participants spent three hours or more per day on social media, streaming and text messaging (33.9%, 28.7% and 21.3% respectively). Online gambling, playing electronic games and viewing pornographic websites were less common occurrences. Men were more likely to play electronic games (79.2%) and view pornographic websites (69.8%) than women (57.0% and 28.9% respectively).

Table 76. Use of New Technologies (UQAT), according to gender

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
film streaming (Netflix)?	Never	60	16.0	16	16.7	78	16.3	0.529
	Less than an hour	92	24.6	29	30.2	122	25.5	
	1-2 hours	112	29.9	26	27.1	141	29.5	
	3-4 hours	69	18.4	12	12.5	82	17.2	
	5 hours or more	41	11.0	13	13.5	55	11.5	
social media?	Never	13	3.5	6	6.3	20	4.2	0.073
	Less than an hour	70	18.7	23	24.2	94	19.7	
	1-2 hours	166	44.4	33	34.7	201	42.1	
	3-4 hours	81	21.7	15	15.8	98	20.5	
	5 hours or more	44	11.8	18	18.9	64	13.4	
electronic games?	Never	161	43.0	20	20.8	183	38.3	0.000
	Less than an hour	113	30.2	22	22.9	136	28.5	
	1-2 hours	58	15.5	17	17.7	76	15.9	
	3-4 hours	22	5.9	15	15.6	39	8.2	
	5 hours or more	20	5.3	22	22.9	44	9.2	
gambling online?	Never	366	97.9	92	95.8	466	97.5	0.262
	Less than an hour	5	1.3	4	4.2	9	1.9	
	1-2 hours	1	0.3	0	0.0	1	0.2	
	3-4 hours	2	0.5	0	0.0	2	0.4	
texting?	Never	7	1.9	3	3.1	10	2.1	0.919
	Less than an hour	171	46.0	45	46.9	219	46.0	
	1-2 hours	117	31.5	27	28.1	146	30.7	
	3-4 hours	42	11.3	12	12.5	55	11.6	
	5 hours or more	35	9.4	9	9.4	46	9.7	
pornographic websites?	Never	266	71.1	29	30.2	298	62.3	0.000
	Less than an hour	96	25.7	49	51.0	148	31.0	
	1-2 hours	11	2.9	9	9.4	21	4.4	
	3-4 hours	1	0.3	3	3.1	5	1.0	
	5 hours or more	0	0.0	6	6.3	6	1.3	



4.5 Bishop's University

4.5.1 Sociodemographic Profile

In total, 207 students participated in this study. As shown in Table 77, average age was 21.9 years (standard deviation ± 4.1) with a range of 18 to 45 years. Average age for men (23.4) was higher than for women (21.6). We note that 10 participants self-identified as other gender. As they were few, and to respect their anonymity, gender comparison did not consider this group. They were however included in the overall number of participants. A greater proportion of participants were women (75.8%), heterosexuals (72.0%) and single (79.6%); 19.4% were married or in a common-law relationship, and 1% had at least one child. Most were full-time students (96.1%) and nearly half (46.9%) had a job. Slightly less than one quarter (23.4%) were first-year students. Overall, most students were registered in the Faculties of Arts (43.0%), Science (25.1%) or Education (10.6%). There were more women registered in Arts (50.6%) than men (14.0%) and more men (34.9%) in the Faculty of Science than women (23.4%). Most of the students (91.8%) reported achieving passing grades (ranging from 60% to 100%).

Table 77. Sociodemographic Profile(B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
Age (average years ± standard deviation)		21.58 ± 4.06		23.42 ± 4.16		21.93 ± 4.07		0.009
		n	%	n	%	n	%	<i>p</i>
Sexual orientation	Heterosexual	113	73.4	35	81.4	149	72.0	0.280
	Other ^a	41	26.6	8	18.6	58	28.0	
Marital status	Single	119	77.8	36	83.7	164	79.6	0.359
	Married or common-law	33	21.6	6	14.0	40	19.4	
	Separated or widowed	1	0.7	1	2.3	2	1.0	
Number of children	None	153	99.4	42	97.7	205	99.0	0.332
	1 or more	1	0.6	1	2.3	2	1.0	
Enrollment status	Full-Time	146	95.4	42	97.7	198	96.1	0.510
	Part-Time	7	4.6	1	2.3	8	3.9	
Employment (average hours per week)	None	79	51.3	22	51.2	110	53.1	0.974
	Less than 20 hours	59	38.3	17	39.5	77	37.2	
	20 hours or more	16	10.4	4	9.3	20	9.7	
Volunteering (in the last year)	Never	36	23.4	11	25.6	49	23.7	0.953
	A few times	60	39.0	17	39.5	82	39.6	
	Approximately once a month	27	17.5	6	14.0	34	16.4	
	Once a week or more	31	20.1	9	20.9	42	20.3	
First-year student	Yes	42	27.5	6	14.3	48	23.4	0.079
Field of study	University 1	3	1.9	0	0.0	3	1.4	0.001
	Faculty of Arts	78	50.6	6	14.0	89	43.0	
	Business	8	5.2	8	18.6	16	7.7	
	Education	15	9.7	7	16.3	22	10.6	
	Engineering	0	0.0	1	2.3	1	0.5	
	Music	1	0.6	1	2.3	3	1.4	
	Nursing	1	0.6	0	0.0	1	0.5	
	Faculty of Science	36	23.4	15	34.9	52	25.1	
	Social Work	2	1.3	0	0.0	3	1.4	
Other ^b	10	6.5	5	11.6	17	8.2		
Grade average	60% to 100%	141	91.6	39	90.7	190	91.8	0.758
	Less than 60% or uncertain	9	5.8	2	4.7	11	5.3	
	Not in school last year	4	2.6	2	4.7	6	2.9	

Notes:

^a: includes LGBTQ2+^b: includes programs such as Sports Studies, Politics and International Studies, and Environmental Studies

The residency profile is shown in Table 78. Slightly more than half of the participants (52.7%) were from the province of Quebec and slightly more than one quarter (27.5%) had moved to Quebec from another province; 19.8% came from a foreign country to study at Bishop's University. Most participants (77.8%) were born in Canada and 18.7% had been in Canada less than 5 years. Half the students were from rural (50.5%) and urban (48.1%) areas and 1.5% had spent their life on a reserve or a First Nations community. At the time of the study, 46.4% of participants lived with friends, acquaintances or roommates, 26.6% lived alone, 14.5% with their spouse or partner and 9.7% with their parents and family. More than half of the participants (63.3%) lived in an apartment or a rented house, 24.2% in a university residence and 9.2% in their parent's house.

Table 78. Residency Profile (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Residence prior to university studies	Québec	79	51.3	27	62.8	109	52.7	0.372
	Another province or territory	46	29.9	8	18.6	57	27.5	
	European country	14	9.1	2	4.7	16	7.7	
	African country	1	0.6	0	0.0	1	0.5	
	Other country ^c	14	9.1	6	14.0	24	11.6	
Where did you spend most of your life?	Rural	76	49.7	21	48.8	104	50.5	0.890
	Urban	75	49.0	21	48.8	99	48.1	
	Reserve or First Nations Community or Métis Community	2	1.3	1	2.3	3	1.5	
How long have you lived in Canada?	Born in Canada	118	79.7	30	76.9	153	77.7	0.740
	In Canada less than 5 years	26	17.6	7	17.9	37	18.8	
	In Canada 5 or more years	4	2.7	2	5.1	7	3.6	
Current living situation	Alone	36	23.4	14	32.6	55	26.6	0.185
	With spouse/partner	25	16.2	4	9.3	30	14.5	
	With parents and family	14	9.1	5	11.6	20	9.7	
	With other family members (not parents)	5	3.2	0	0.0	5	2.4	
	With friends, acquaintances, roommate	74	48.1	19	44.2	96	46.4	
	No fixed address	0	0.0	1	2.3	1	0.5	
Type of residence	House, condominium (of which I am the owner)	2	1.3	4	9.3	6	2.9	0.092
	Parent's or family member's home	14	9.1	4	9.3	19	9.2	
	Apartment	98	63.6	27	62.8	131	63.3	
	Student residence	39	25.3	8	18.6	50	24.2	
	Other ^d	1	0.6	0	0.0	1	0.5	

Notes:

^c: includes, amongst others, the United States, Japan and Nepal^d: includes having multiple residences (e.g. apartment during the week and a parent's home during the weekend)

The financial profile (Table 79) shows that most participants had some type of income: 65.7% made less than \$15,000 a year and 15.5% made more. Considering all student loans, almost half of the participants (48.8%) reported having no debt, whereas 34.8% owed less than \$15,000 and 16.4% owed more. Of indebted students, most reported they would pay it back themselves (90.4%) or with help from their parents (38.5%). Most students (63.8%) depended on financial help from their parents.

Table 79. Financial Profile (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Annual income	\$0	27	17.5	8	18.6	39	18.8	0.976
	\$1 to \$15,000	103	66.9	28	65.1	136	65.7	
	\$15,000 or more	24	15.6	7	16.3	32	15.5	
Student loans (total)	\$0	73	47.4	24	55.8	101	48.8	0.197
	\$1 to \$15,000	58	37.7	10	23.3	72	34.8	
	\$15,000 or more	23	14.9	9	20.9	34	16.4	
Responsibility for repayment of student loans*†	Myself	74	92.5	15	83.3	94	90.4	0.224
	Parent or guardian	31	38.8	7	38.9	40	38.5	0.991
	Other ^e	1	1.3	0	0.0	1	1.0	0.634
Dependence on parents/guardians for financial support	Yes	96	62.3	28	65.1	132	63.8	0.739

Notes:

*: of those who have a debt

†: participants could select more than one answer

^e: includes the government

4.5.2 Ethnolinguistic Profile

The ethnolinguistic profile is shown in Table 80. Approximately half of the participants at Bishop's University reported English, English and French, or English and another language as their maternal tongue (61.6%) and language used at home (66.7%). French, or French and a second language, were second highest as mother tongue (31.8%) and language spoken at home (28.8%).

Most participants (84.4%) self-identified as White or Caucasian, whereas 5.7% self-identified as Asian and 3.6% as Black. Almost one third of participants (31.3%) reported having a religious or spiritual practice, with women (35.6%) being more likely to worship than men (15.4%). A greater proportion reported being Catholic (23.7%). Slightly more than one third (37.9%) of participants self-identified as agnostic or atheist. Women (28.9%) were more likely to report being Catholic than men (10.3%) and men (46.2%) more likely to report being agnostic or atheist than women (34.2%).

Table 80. Ethnolinguistic Profile (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
First language learned and still understood	French +/- another language other than English	44	29.5	15	38.5	63	31.8	0.382
	English +/- another language other than French	79	53.0	21	53.8	106	53.5	
	Another language (including an Indigenous language)	11	7.4	2	5.1	13	6.6	
	French and English	15	10.1	1	2.6	16	8.1	
Language most often used at home	French +/- another language other than English	42	28.2	13	33.3	57	28.8	0.169
	English +/- another language other than French	84	56.4	25	64.1	117	59.1	
	Another language (including an Indigenous language)	8	5.4	1	2.6	9	4.5	
	French and English	15	10.1	0	0.0	15	7.6	
Which of the following best describes you?	Arab	0	0.0	1	2.6	1	0.5	0.427
	Asian	7	4.8	2	5.3	11	5.7	
	Caucasian/White	123	84.8	32	84.2	162	84.4	
	Métis or Indigenous	3	2.1	1	2.6	4	2.1	
	Black	5	3.4	2	5.3	7	3.6	
	Latino-American, Central-American, South-American	3	2.1	0	0.0	3	1.6	
	Other ^f	4	2.8	0	0.0	4	2.1	
Religious or spiritual practice	Regular or occasional practice	53	35.6	6	15.4	62	31.3	0.016
	No practice, with or without feeling of belonging	96	64.4	33	84.6	136	68.7	
Religious or spiritual affiliation	Catholic	43	28.9	4	10.3	47	23.7	0.030
	Muslim	2	1.3	2	5.1	4	2.0	
	Christian (other than Catholic)	12	8.1	4	10.3	16	8.1	
	Personal spirituality without religious affiliation	15	10.1	8	20.5	25	12.6	
	Agnostic or Atheist	51	34.2	18	46.2	75	37.9	
	Other ^g	26	17.4	3	7.7	31	15.7	

Notes:

^f: includes those who identify as mixed (e.g. Black and Asian)^g: includes Buddhism and Hinduism

Data used to measure ethnolinguistic identity are in Appendix 2; mean scores are shown in Table 81. Scores for ethnolinguistic identity were in the higher range for affirmation and sense of belonging (2.82) but lower for exploration and engagement (2.42). Total identity score averaged 2.65. On the scale used, a score of 4 is the highest possible score for ethnic identity.

Table 81. Ethnolinguistic Identity Score (B'sU), according to gender

	Women (n=154)	Men (n=43)	Total (n=207)	
	Average ± standard deviation	Average ± standard deviation	Average ± standard deviation	<i>p</i>
Identity score (affirmation and sense of belonging)	2.86 ± 0.72	2.83 ± 0.72	2.82 ± 0.73	0.803
Identity score (exploration and engagement)	2.43 ± 0.73	2.47 ± 0.73	2.42 ± 0.73	0.759
Global identity score	2.68 ± 0.68	2.67 ± 0.63	2.65 ± 0.68	0.932

4.5.3 Mental Health and Related Behaviors

As shown in Table 82, most participants rated their health as good to excellent (86.3%), whereas fewer reported positive mental or emotional health (49.4%) or life satisfaction (62.6%).

Table 82. Mental Health Status (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
In general, how would you rate your health?	Excellent	21	15.6	8	21.6	29	15.9	0.266
	Very good	55	40.7	10	27.0	68	37.4	
	Good	41	30.4	15	40.5	60	33.0	
	Fair	12	8.9	1	2.7	15	8.2	
	Poor	6	4.4	3	8.1	10	5.5	
How would you rate your mental or emotional health?	Excellent	7	5.2	3	8.1	10	5.5	0.456
	Very good	12	8.9	5	13.5	17	9.3	
	Good	50	37.0	11	29.7	63	34.6	
	Fair	42	31.1	8	21.6	53	29.1	
	Poor	24	17.8	10	27.0	39	21.4	
At what point are you dissatisfied or satisfied with your life generally?	Totally dissatisfied	1	0.7	2	5.4	4	2.2	0.304
	Somewhat dissatisfied	25	18.5	9	24.3	36	19.8	
	Uncertain	20	14.8	6	16.2	28	15.4	
	Somewhat satisfied	73	54.1	16	43.2	93	51.1	
	Totally satisfied	16	11.9	4	10.8	21	11.5	

Results for items used to measure the mental health score are presented in Appendix 3. As shown in Table 83, total mental health score averaged 37.78. Overall, 26.3% of participants obtained a score indicative of a flourishing mental health, 60.3% a moderate mental health and 13.5% a languishing mental health.

Table 83. Mental Health Status (B'sU), according to gender

	Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
	Average ± standard deviation		Average ± standard deviation		Average ± standard deviation		
Mental health score	38.56 ± 13.2		38.54 ± 5.03		37.78 ± 3.86		0.994
Emotional well-being score	9.74 ± 3.14		10.08 ± 3.21		9.69 ± 3.22		0.567
Social well-being score	10.42 ± 5.24		10.92 ± 5.97		10.20 ± 5.52		0.623
Psychological well-being score	18.11 ± 6.28		17.61 ± 7.22		17.64 ± 6.61		0.681
Mental health status according to scale	n	%	n	%	n	%	<i>p</i>
Languishing	13	11.3	3	9.4	21	13.5	
Moderate	72	62.6	18	56.3	94	60.3	
Flourishing	30	26.1	11	34.4	41	26.3	

Data related to self-esteem, body image and eating disorders are shown in Table 84. Results of individual items used to measure self-esteem can be found in Appendix 4. The self-esteem score averaged 27.55. Overall, 40.7% of the participants reported being totally or somewhat in agreement with the following statement: "I have high self-esteem". With respect to body image and size, 41.7% of students reported being satisfied most of the time or always in the previous year. In the year prior to the study, many participants reported eating less than the recommended caloric intake (65.2%), binge-eating (44.8%), exercising excessively (30.4%) and vomiting to control weight (16.1%). Women (18.8%) were more likely to have vomited to control weight than men (5.4%) in the previous year.

Table 84. Self-esteem, Body Image and Eating Disorders (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		
		Average \pm standard deviation		Average \pm standard deviation		Average \pm standard deviation		<i>p</i>
Self esteem score		27.93 \pm 6.4		27.81 \pm 7.14		27.55 \pm 6.75		0.918
		n	%	n	%	n	%	<i>p</i>
Indicate at what point you agree with the following statement "I have high self-esteem".	Totally agree	14	10.4	8	21.6	22	12.1	0.244
	Somewhat agree	39	28.9	11	29.7	52	28.6	
	Uncertain	24	17.8	5	13.5	30	16.5	
	Somewhat disagree	35	25.9	5	13.5	43	23.6	
	Totally disagree	23	17.0	8	21.6	35	19.2	
In the last month, have you felt satisfied with your body image/size?	Never	19	14.2	6	16.7	29	16.1	0.642
	Sometimes	60	44.8	12	33.3	76	42.2	
	Most of the time	47	35.1	16	44.4	64	35.6	
	Always	8	6.0	2	5.6	11	6.1	
Have you used a laxative to control your weight?	In the last year	10	7.5	2	5.4	12	6.6	0.665
Have you taken diet pills?	In the last year	10	7.5	2	5.4	12	6.7	0.657
Have you binge eaten?	In the last year	63	47.0	13	35.1	81	44.8	0.198
Have you purged?	In the last year	25	18.8	2	5.4	29	16.1	0.049
Have you exercised excessively?	In the last year	41	30.6	13	35.1	55	30.4	0.599
Have you eaten less than the recommended caloric intake (other than for religious reasons)?	In the last year	89	66.4	21	56.8	118	65.2	0.277
Have you vomited to control your weight?	In the last year	20	14.9	2	5.6	23	12.8	0.137

Questions pertaining to behaviors commonly associated with poor mental health were also included in the survey. As shown in Table 85, many participants at Bishop's University reported losing sleep more than usual because of worry (52.5%). Slightly more than half of the participants reported having felt sad or depressed for 2 consecutive weeks or more where they were unable to do normal daily activities (53.0%) in the previous year. With respect to suicidal ideation and attempted suicide, in the year prior to the study, 28.7% had seriously thought of committing suicide, 15.6% had prepared a plan on how to attempt suicide and 8.2% had attempted suicide.

Table 85. Sleep, Depression and Suicidal Ideation (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
In the last year:								
have you lost much sleep because of worry?	Not at all	12	9.0	6	16.2	20	11.0	0.423
	No more than usual	52	38.8	10	27.0	66	36.5	
	Rather more than usual	43	32.1	12	32.4	57	31.5	
	Much more than usual	27	20.1	9	24.3	38	21.0	
have you felt sad or depressed each day for 2 consecutive weeks or more, where you felt unable to do normal daily activities?	Yes	70	52.2	18	48.6	96	53.0	0.699
have you thought seriously of attempting suicide?	Yes	34	25.4	11	29.7	52	28.7	0.594
have you prepared a plan on how you would attempt suicide?	Yes	20	14.9	5	13.9	28	15.6	0.876
have you attempted suicide?	Yes	12	9.0	2	5.4	14	8.2	0.486
how many times have you attempted suicide?	Once	8	6.0	2	5.4	10	5.5	0.560
	More than once	4	3.0	0	0.0	5	2.8	

Data related to anxiety and anxiety management techniques are shown in Table 86. Half of the participants (50.9%) reported suffering from anxiety most of the time or always. Of those suffering from anxiety, most managed their anxiety by adopting a healthy lifestyle (exercise, healthy eating and good sleeping habits) (65.6%) or by meditating or practicing mindfulness (46.1%) or by seeking individual or group therapy or counselling (33.1%). Most reported confiding in friends (78.3%), their parents (61.7%), their spouse or partner (44.4%), siblings (35.6%) or a university counsellor (25.6%) when they needed to talk to someone about their problems. Men (11.1%) were more likely than women (3.0%) to report speaking to an elder about their problems.

Table 86. Anxiety and Coping Mechanisms (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Do you experience anxiety?	Never	11	8.2	2	5.4	13	7.2	0.370
	Sometimes	52	38.8	20	54.1	76	42.0	
	Most of the time	41	30.6	10	27.0	51	28.2	
	Always	30	22.4	5	13.5	41	22.7	
How do you manage your anxiety?* †	Individual or group therapy or counselling	40	33.9	7	25.0	51	33.1	0.365
	Prescription medication	28	23.7	6	21.4	38	24.7	0.796
	Self-medication (including marijuana/cannabis)	34	28.8	12	42.9	49	31.8	0.150
	Registered with Student Accommodation Services at my university	16	13.6	5	17.9	22	14.3	0.560
	Healthy living (exercise, healthy diet, good sleeping habits)	81	68.6	16	57.1	101	65.6	0.247
	Meditation, mindfulness	50	42.4	15	53.6	71	46.1	0.284
	Other ^h	28	23.7	11	39.3	42	27.3	0.094
When you need to talk to someone about your problems, who do you confide in usually?†	I don't feel the need, therefore I speak to no one in particular.	11	8.2	6	16.7	17	9.4	0.133
	I have no one to confide in.	20	14.9	10	27.8	30	16.7	0.073
	Spouse/partner	63	47.0	12	33.3	80	44.4	0.142
	One of my parents	87	64.9	18	50.0	111	61.7	0.102
	Brother or sister	48	35.8	13	36.1	64	35.6	0.974
	Friend	108	80.6	24	66.7	141	78.3	0.075
	Counsellor or therapist on campus	31	23.1	9	25.0	46	25.6	0.815
	Elder or knowledge keeper	4	3.0	4	11.1	8	4.4	0.041
	Health professional	21	15.7	8	22.2	31	17.2	0.354
	Spiritual advisor	3	2.2	2	5.6	5	2.8	0.296
	Other ⁱ	6	4.5	4	11.1	13	7.2	0.133

Notes:

*: of those who experience anxiety

†: participants could select more than one answer

^h: includes positive strategies, such as talking to a loved one, praying, and doing activities to change one's mind, as well as negative strategies such as isolating oneself, denial, and alcohol or drug consumption

ⁱ: includes, amongst others, God, professors or writing in one's personal journal

4.5.4 Road Safety

Behaviors related to road safety are shown in Table 87. Of the 207 participants, 81.4% had a driver's licence, with men (97.2%) being more likely to report having one than women (77.3%). Of participants holding a driver's licence, 31.9% reported drinking and driving, 19.4% drinking after using cannabis and 8.3% driving after taking illicit drugs in their lifetime. Men (22.9%) were more likely to report driving after having consumed illicit drugs than women (2.9%). In their lifetime, 79.9% of participants reported speeding and 47.9% using a cellphone while driving. In the month prior to the study, 55.6% reported speeding, 26.4% using a cellphone while driving, 12.5% drinking and driving, 9.7% driving after using cannabis and 2.1% driving after taking illicit drugs. In this same time frame, men (22.9%) were more likely to drink and drive than women (9.8%). In the month prior to the study, overall, 13.2% reported being a passenger in a car with an impaired driver. In addition, of participants with a driver's licence, 7.1% reported being involved in a car accident while driving, 1 to 3 times in the previous year.

Table 87. Road Safety (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Do you have a driver's licence?	Yes	102	77.3	35	97.2	144	81.4	0.006
Have you driven a car or other vehicle after you had been drinking alcohol?*	In my lifetime	29	28.4	15	42.9	46	31.9	0.115
	During the past month	10	9.8	8	22.9	18	12.5	0.049
Have you driven a car or other vehicle after you had been using cannabis (marijuana)?*	In my lifetime	17	16.7	9	25.7	28	19.4	0.239
	During the past month	9	8.8	4	11.4	14	9.7	0.650
Have you driven a car or other vehicle after you had been using illegal drugs?*	In my lifetime	3	2.9	8	22.9	12	8.3	0.000
	During the past month	1	1.0	2	5.7	3	2.1	0.099
Have you ridden in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	In my lifetime	39	38.2	20	57.1	62	43.1	0.051
	During the past month	13	12.7	6	17.1	19	13.2	0.516
Have you driven over the speed limit (more than 10km/hr than the limit)?*	In my lifetime	81	79.4	29	82.9	115	79.9	0.658
	During the past month	58	56.9	20	57.1	80	55.6	0.977
Have you driven a car or motor vehicle while using a hand-held cell phone (to talk or text)? *	In my lifetime	48	47.1	20	57.1	69	47.9	0.303
	During the past month	26	25.5	12	34.3	38	26.4	0.316
In the last year, have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?*	1 to 3 times	1	9.1	0	0.0	1	7.1	0.657

Note:

*: of those who have a driver's licence

4.5.5 Bullying and Sexual Harassment

Data related to bullying and sexual harassment are presented in Table 87. In the year prior to the study, 56.4% of participants reported being ridiculed, 47.5% being told mean things about their body shape, their weight or their appearance, 40.2% being verbally threatened and 24.8% being told mean things about their race or culture and 13.5% about their sexual orientation. Men (13.5%) were the only ones to report being threatened or harmed by a weapon. Furthermore, 40.8% of participants reported feeling intimidated by inappropriate sexual comments or unwanted physical sexual contact, and women (49.2%) more so than men (16.2%). In their lifetime, 18.9% of participants reported being forced physically against their will to have sexual relations and 25.7% reported being forced other than physically to do so. Few respondents (5.2%) reported having sex in exchange for money, food, a place to sleep, alcohol or drugs.

Table 88. Bullying and Sexual Harassment (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
How many times in the last year have you been:								
verbally threatened?	Yes	76	40.9	20	37.8	100	40.2	0.697
	1 to 5 times	47	35.6	11	29.7	61	34.1	
	6 times or more	7	5.3	3	8.1	11	6.1	
harmed physically?	Yes	38	12.1	12	16.2	51	12.8	0.160
	1 to 5 times	16	12.1	5	13.5	22	12.3	
	6 times or more	0	0.0	1	2.7	1	0.6	
threatened or harmed physically by your girlfriend or boyfriend?	Yes	29	5.3	9	8.1	38	5.6	0.804
	1 to 5 times	5	3.8	2	5.4	7	3.9	
	6 times or more	2	1.5	1	2.7	3	1.7	
threatened or harmed with a weapon (gun, knife, stick)?	Yes	22	0	11	13.5	34	3.4	0.000
	1 to 5 times	0	0.0	4	10.8	5	2.8	
	6 times or more	0	0.0	1	2.7	1	0.6	
ridiculed or mocked?	Yes	96	56.1	26	54.1	129	56.4	0.769
	1 to 5 times	54	40.9	13	35.1	72	40.2	
	6 times or more	20	15.2	7	18.9	29	16.2	
been told mean thing about your race or culture?	Yes	52	22.1	18	32.4	73	24.7	0.251
	1 to 5 times	23	17.6	11	29.7	35	19.7	
	6 times or more	6	4.6	1	2.7	9	5.1	
been told mean things about your sexual orientation?	Yes	37	10.7	11	13.5	53	13.5	0.847
	1 to 5 times	12	9.2	4	10.8	21	11.8	
	6 times or more	2	1.5	1	2.7	3	1.7	
been told mean things about your body shape, weight or appearance?	Yes	86	48.5	21	40.5	113	47.5	0.643
	1 to 5 times	48	36.4	12	32.4	63	35.2	
	6 times or more	16	12.1	3	8.1	22	12.3	

Table 88. Bullying and Sexual Harassment (B'sU), according to gender (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
How many times in the last year have you been:								
asked for personal information on the Internet (ex. address, phone number, family name)?	Yes	52	22.7	14	21.6	70	23.5	0.986
	1 to 5 times	22	16.7	6	16.2	30	16.8	
	6 times or more	8	6.1	2	5.4	12	6.7	
uncomfortable while communicating with this person by Internet?	Yes	52	22.7	12	16.2	64	20.1	0.623
	1 to 5 times	23	17.4	4	10.8	27	15.1	
	6 times or more	7	5.3	2	5.4	9	5.	
intimidated by Internet (ex. having something posted on social media or sent by email)?	Yes	47	18.3	13	18.9	62	18.5	0.015
	1 to 5 times	22	16.8	3	8.1	27	15.2	
	6 times or more	2	1.5	4	10.8	6	3.4	
intimidated by inappropriate sexual comments or unwanted physical sexual contact?	Yes	87	49.2	12	16.2	101	40.8	0.001
	1 to 5 times	48	36.4	5	13.5	54	30.2	
	6 times or more	17	12.9	1	2.7	19	10.6	
Have you been forced physically to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	27	20.8	3	8.6	33	18.9	0.097
Have you been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	In my lifetime	39	30.0	5	14.3	45	25.7	0.062
Have you participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	In my lifetime	6	4.7	1	2.9	9	5.2	0.662

4.5.6 Sexual Practices

Results related to sexual practices are shown in Table 89. Most participants (78.2%) reported having had consensual sexual relations, with 38.4% reporting having had 6 sexual partners or more in their lifetime. In the three months prior to the study, 64.9% of participants reported having had sexual relations, among whom a majority had done so with one partner (84.1%) and 15.9% with 2 partners or more. Of those who had sexual relations at least once, methods most commonly used to prevent sexually transmitted infections or pregnancy were condoms (76.6%), hormonal contraceptives (65.0%) and withdrawal (38.0%). Men (18.5%) were more likely than women (4.9%) to report not using any protection to avoid sexually transmitted infections or pregnancy.

Of those who had sexual relations at least once, 56.4% reported often or always using a condom. Reasons most commonly reported for not using condoms all the time were because another form of protection was used (45.3%), they trusted their partner (38.0%) or they did not like how condoms feel (21.9%). Most were comfortable talking to their sexual partner about using condoms or birth control (87.4%) and about sexually transmitted infections (72.6%).

Table 89. Sexual Practices (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
In your lifetime, have you ever had consensual sexual relations?	Yes	103	79.8	27	77.1	136	78.2	0.727
In your lifetime, with how many individuals have you had vaginal or anal intercourse?*	1 person	17	16.5	7	25.0	27	19.6	0.217
	2 to 5 persons	48	46.6	8	28.6	58	42.0	
	6 persons or more	38	36.9	13	46.4	53	38.4	
In the last three months, have you had sexual relations?*	Yes	85	65.9	23	65.7	113	64.9	0.984
In the last three months, with how many individuals have you had vaginal or anal intercourse?*	1 person	72	84.7	20	87.0	95	84.1	0.788
	2 persons or more	13	15.3	3	13.0	18	15.9	
If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy?*†	No method was used to prevent pregnancy and/or STI's	5	4.9	5	18.5	12	8.8	0.018
	Withdrawal (pulling out before ejaculation)	42	40.8	9	33.3	52	38.0	0.481
	Birth control (pills, injection, patch or ring)	72	69.9	14	51.9	89	65.0	0.078
	Condoms (Male or female)	79	76.7	21	77.8	105	76.6	0.906
	Morning after pill	16	15.5	3	11.1	19	13.9	0.563
	Calendar method	11	10.7	1	3.7	12	8.8	0.265
	Other ^k	1	1.0	0	0.0	2	1.5	0.607

Table 89. Sexual Practices (B'sU), according to gender (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
In general, when you have sex, how often do you use condoms?*	Never or rarely	46	46.0	10	37.0	58	43.6	0.405
	Often or always	54	54.0	17	63.0	75	56.4	
Which of the following are the major reasons you do not use condoms all the time?†	I use another form of protection	49	47.6	11	40.7	62	45.3	0.526
	It is against my beliefs.	1	1.0	0	0.0	1	0.7	0.607
	I was under the influence of drugs or alcohol.	16	15.5	1	3.7	17	12.4	0.105
	I want a baby.	1	1.0	2	7.4	3	2.2	0.047
	I don't like how condoms feel.	21	20.4	8	29.6	30	21.9	0.305
	I trust my partner(s).	40	38.8	8	29.6	52	38.0	0.378
	My partner(s) won't wear a condom.	12	11.7	0	0.0	12	8.8	0.063
	My partner(s) and I are both females.	8	7.8	0	0.0	9	6.6	0.135
	I only have oral sex.	7	6.8	0	0.0	8	5.8	0.164
	Other [‡]	18	17.5	0	0.0	18	13.1	0.019
How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	Never or rarely	13	12.7	4	14.8	17	12.6	0.777
	Often or always	89	87.3	23	85.2	118	87.4	
How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	Never or rarely	26	25.5	11	40.7	37	27.4	0.119
	Often or always	76	74.5	16	59.3	98	72.6	

Notes:

*: of those who have had sexual relations

†: participants could select more than one answer

‡: includes being sterile

!: includes allergies, having unplanned sexual relations or being uncomfortable to initiate the topic

4.5.7 Alcohol, Drug and Tobacco Use

Results on behaviors related to alcohol use are shown in Table 90. Most participants (95.3%) reported having consumed alcohol in their lifetime and 76.7% in the previous month. Most reported drinking 1 to 2 days per month (32.6%) or 3 to 5 days (25.0%). However, 22.8% reported drinking 10 days or more. More than three quarters (77.3%) of the participants reported having had five or more alcoholic drinks within a period of 2 to 3 hours in their lifetime and 42.4% had done so in the previous month. No significant differences were noted between men and women.

Table 90. Alcohol Use (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Have you ever consumed at least one drink of alcohol?	In my lifetime	120	94.5	35	100	164	95.3	0.156
	During the last month	99	78.0	29	82.9	132	76.7	0.528
Have you ever consumed five or more drinks of alcohol within a period of 2 to 3 hours?	In my lifetime	95	74.8	33	94.3	133	77.3	0.012
	During the last month	55	43.3	18	51.4	73	42.4	0.393
During the past month, on how many days did you have at least one drink of alcohol?*	1 or 2 days	31	31.3	10	34.5	43	32.6	0.451
	3 to 5 days	28	28.3	4	13.8	33	25.0	
	6 to 9 days	18	18.2	7	24.1	26	19.7	
	10 days or more	22	22.2	8	27.6	30	22.7	
During the past month, on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?*	Never in my lifetime	17	17.2	2	6.9	22	16.7	0.473
	Yes, but not during the past month.	27	27.3	9	31.0	37	28.0	
	1 or 2 days	22	22.2	5	17.2	27	20.5	
	3 to 5 days	17	17.2	5	17.2	22	16.7	
	6 days or more	16	16.2	8	27.6	24	18.2	

Note:

*: of those who have consumed alcohol in the last month

Data related to consumption of energy drinks and a combination of alcohol and drugs are shown in Table 91. More than half of the participants (58.5%) reported having had energy drinks: 23.4% in the month prior to the study, of whom 45.0% had them 3 days or more during this time. In their lifetime, 46.8% reported having had a drink combining alcohol and energy drinks and 52.9% combining alcohol and drugs. Of those having consumed alcohol and drugs, 26.7% reported having done so in the previous month.

Table 91. Consumption of Energy Drink and Alcohol Mixes (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
Have you ever consumed energy drinks (Redbull, Monster, etc.)?	In my lifetime	73	57.5	23	67.6	100	58.5	0.283
	During the last month	29	22.8	11	32.4	40	23.4	0.254
During the past month, on how many days did you have energy drinks?	1 or 2 days	17	58.6	5	45.5	22	55.0	0.257
	3 days or more	12	41.4	6	54.5	18	45.0	
Have you consumed alcohol and energy drinks combined?	In my lifetime	58	45.7	18	52.9	80	46.8	0.451
	During the last month	18	14.2	6	17.6	24	14.0	0.613
Have you consumed a combination of alcohol and drugs?	In my lifetime	68	53.5	20	57.1	91	52.9	0.705
	During the last month	34	26.8	11	31.4	46	26.7	0.586

Safe measures adopted by participants when partying or socializing are shown in Table 92. Overall, 47.7% reported consuming alcohol most of the time or always when partying or socializing. On those occasions, participants reported using these safe practices most of the time or always: staying with the same group of friends (83.7%), eating before and/or while drinking (77.0%), using a designated driver (75.4%), drinking the same type of alcohol (62.8%) and keeping track of how many drinks they were having (58.1%). Women were more likely than men to report using a designated driver.

Table 92. Safety Measures at Parties (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
During the last year, if you partied /socialized, how often did you:	consume alcohol?							
	Never	16	12.6	3	8.6	24	14.0	0.060
	Rarely	16	12.6	5	14.3	23	13.4	
	Sometimes	35	27.6	7	20.0	43	25.0	
	Most of the time	40	31.5	14	40.0	56	32.6	
Always	20	15.7	6	17.1	26	15.1		
alternate non-alcoholic with alcoholic beverages?*	Never	19	17.1	8	25.0	29	19.6	0.512
	Rarely	25	22.5	10	31.3	35	23.6	
	Sometimes	35	31.5	6	18.8	41	27.7	
	Most of the time	26	23.4	6	18.8	35	23.6	
	Always	6	5.4	2	6.3	8	5.4	
avoid drinking games?*	Never	28	25.2	12	37.5	40	27.0	0.504
	Rarely	25	22.5	7	21.9	32	21.6	
	Sometimes	24	21.6	3	9.4	27	18.2	
	Most of the time	21	18.9	6	18.8	28	18.9	
	Always	13	11.7	4	12.5	21	14.2	
choose not to drink alcohol?*	Never	19	17.1	8	25.0	27	18.2	0.599
	Rarely	35	31.5	11	34.4	46	31.1	
	Sometimes	36	32.4	7	21.9	46	31.1	
	Most of the time	18	16.2	6	18.8	26	17.6	
	Always	3	2.7	0	0.0	3	2.0	
determine, in advance, not to exceed a set number of drinks?*	Never	31	27.9	12	37.5	46	31.1	0.245
	Rarely	18	16.2	9	28.1	27	18.2	
	Sometimes	21	18.9	5	15.6	26	17.6	
	Most of the time	25	22.	3	9.4	30	20.3	
	Always	16	14.4	3	9.4	19	12.8	
eat before and/or during drinking?*	Never	2	1.8	0	0.0	3	2.0	0.158
	Rarely	4	3.6	3	9.4	7	4.7	
	Sometimes	15	13.5	9	28.1	24	16.2	
	Most of the time	51	45.9	12	37.5	64	43.2	
	Always	39	35.1	8	25.0	50	33.8	

Table 92. Safety Measures at Parties (B'sU), according to gender (continued)

During the last year, if you partied /socialized, how often did you:		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
have a friend let you know when you've had enough?*	Never	45	40.5	19	59.4	67	45.3	0.116
	Rarely	14	12.6	5	15.6	19	12.8	
	Sometimes	17	15.3	3	9.4	20	13.5	
	Most of the time	19	17.1	5	15.6	25	16.9	
	Always	16	14.4	0	0.0	17	11.5	
keep track of how many drinks you were having?*	Never	17	15.3	6	18.8	26	17.6	0.658
	Rarely	10	9.0	4	12.5	14	9.5	
	Sometimes	17	15.3	5	15.6	22	14.9	
	Most of the time	31	27.9	11	34.4	42	28.4	
	Always	36	32.4	6	18.8	44	29.7	
pace your drinks to 1 or fewer per hour?*	Never	32	28.8	11	34.4	46	31.1	0.776
	Rarely	20	18.0	8	25.0	28	18.9	
	Sometimes	34	30.6	7	21.9	42	28.4	
	Most of the time	15	13.5	4	12.5	20	13.5	
	Always	10	9.0	2	6.3	12	8.1	
stayed with the same group of friends while drinking?*	Never	4	3.6	2	6.3	7	4.7	0.402
	Rarely	2	1.8	2	6.3	4	2.7	
	Sometimes	11	9.9	2	6.3	13	8.8	
	Most of the time	38	34.2	14	43.8	52	35.1	
	Always	56	50.5	12	37.5	72	48.6	
drink the same type of alcohol when drinking?*	Never	5	4.5	2	6.3	9	6.1	0.946
	Rarely	12	10.8	2	6.3	14	9.5	
	Sometimes	25	22.5	7	21.9	32	21.6	
	Most of the time	50	45.0	15	46.9	66	44.6	
	Always	19	17.1	6	18.8	27	18.2	
use a designated driver?*	Never	15	13.6	4	12.9	21	14.4	0.001
	Rarely	2	1.8	2	6.5	4	2.7	
	Sometimes	5	4.5	6	19.4	11	7.5	
	Most of the time	12	10.9	9	29.0	21	14.4	
	Always	76	69.1	10	32.3	89	61.0	

Note:

*: of those who consumed alcohol at a party in the last year

Data related to substance use are shown in Table 93. Substances most often used by participants in their lifetime were recreational cannabis (68.0%), ecstasy (25.6%), mushrooms (23.2%) and cocaine (22.0%). The most commonly used substance in the month prior to the study was recreational or medicinal cannabis (38.4% and 6.9% respectively); of those using recreational cannabis, 63.6% had done so three times or more in the past month. The route most commonly used to consume drugs was smoking, inhaling or vaping (86.1%), swallowing (55.4%) or snorting (24.8%). When asked if cannabis legalization had or could increase their use of this substance, 63% reported that it would make no difference, 13.9% said yes, to try it out, and 9.2% for more regular use.

Table 93. Substance Use (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Have you ever used recreational marijuana/cannabis (pot, hash, weed)?	In my lifetime	90	70.9	23	65.7	117	68.0	0.557
	During the last year	69	54.3	20	57.1	92	53.5	0.767
	During the last month	46	36.2	18	51.4	66	38.4	0.103
Within the last month, how many times did you use recreational marijuana/cannabis (pot, hash, weed)?	1 or 2 times	18	39.1	5	27.8	23	34.8	0.213
	3 times or more	28	60.9	12	66.7	42	63.6	
Have you ever used medicinal marijuana/cannabis (prescribed)?	In my lifetime	14	10.9	6	17.1	22	12.7	0.321
	During the last year	10	7.8	3	8.6	14	8.1	0.883
	During the last month	8	6.3	3	8.6	12	6.9	0.628
Have you ever used cocaine (uptown, up, powder, crack, rock, freebase)?	In my lifetime	25	19.5	11	31.4	38	22.0	0.133
	During the last year	17	13.3	6	17.1	24	13.9	0.561
	During the last month	6	4.7	4	11.4	11	6.4	0.141
Have you ever used inhalants (glue, solvents, gas)?	In my lifetime	3	2.3	3	8.6	6	3.5	0.083
	During the last year	2	1.6	0	0.0	2	1.2	0.457
	During the last month	1	0.8	0	0.0	1	0.6	0.600
Have you ever used heroin (dust, junk, horse, smack)?	In my lifetime	0	0.0	2	5.7	2	1.2	0.007
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used fentanyl?	In my lifetime	0	0.0	1	2.9	1	0.6	0.055
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used ecstasy (E, X, MDMA)?	In my lifetime	31	24.2	11	32.4	44	25.6	0.336
	During the last year	17	13.3	4	11.8	22	12.8	0.815
	During the last month	7	5.5	1	2.9	8	4.7	0.545
Have you ever used methamphetamine (crystal meth, ice, crank, jib)?	In my lifetime	4	3.1	3	8.6	8	4.6	0.159
	During the last year	1	0.8	0	0.0	1	0.6	0.600
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used methadone?	In my lifetime	0	0.0	1	2.9	1	0.6	0.055
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used morphine?	In my lifetime	11	8.6	3	8.6	16	9.2	0.997
	During the last year	5	3.9	0	0.0	5	2.9	0.235
	During the last month	0	0.0	0	0.0	0	0.0	-

Table 93. Substance Use (B'sU), according to gender (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
Have you ever used mushrooms?	In my lifetime	28	22.0	10	28.6	40	23.3	0.420
	During the last year	13	10.2	4	11.4	18	10.5	0.839
	During the last month	5	3.9	0	0.0	5	2.9	0.233
Have you ever used hallucinogens (LSD, PCP)?	In my lifetime	14	11.0	7	20.0	23	13.4	0.162
	During the last year	5	3.9	2	5.7	8	4.7	0.647
	During the last month	1	0.8	0	0.0	1	0.6	0.598
Have you ever used anabolic steroids (testosterone), without prescription?	In my lifetime	0	0.0	1	2.9	1	0.6	0.052
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)?	In my lifetime	22	17.3	8	22.9	31	18.0	0.455
	During the last year	13	10.2	1	2.9	15	8.7	0.169
	During the last month	6	4.7	0	0.0	7	4.1	0.190
Have you ever used sedatives (downers, ludes)?	In my lifetime	3	2.3	2	5.7	5	2.9	0.305
	During the last year	3	2.3	0	0.0	3	1.7	0.361
	During the last month	2	1.6	0	0.0	2	1.2	0.457
Have you ever used other club drugs (GHB, ketamine, Rohypnol)?	In my lifetime	3	2.4	3	8.6	6	3.5	0.087
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other illegal drugs?	In my lifetime	2	1.6	5	14.3	9	5.2	0.001
	During the last year	0	0.0	0	0.0	0	0.0	-
	During the last month	0	0.0	0	0.0	0	0.0	-
Have you ever used other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)?	In my lifetime	12	9.4	9	25.7	23	13.3	0.011
	During the last year	9	7.0	2	5.7	13	7.5	0.783
	During the last month	3	2.3	0	0.0	4	2.3	0.361
Have you ever used caffeine pills?	In my lifetime	12	9.4	6	17.1	19	11.0	0.200
	During the last year	5	3.9	3	8.6	8	4.7	0.263
	During the last month	2	1.6	1	2.9	3	1.7	0.618
If you used any of these drugs, what route was most commonly used?†	Injecting	0	0.0	0	0.0	0	0.0	-
	Smoking, inhaling or vaping	65	84.4	19	95.0	87	86.1	0.216
	Snorting	15	19.5	7	35.0	25	24.8	0.140
	Swallowing	42	54.5	11	55.0	56	55.4	0.971
	Through the skin or mucus membrane	1	1.3	0	0.0	2	2.0	0.608
Has legalisation of cannabis increased or could it increase your use of cannabis?	Yes, just to try it out	17	13.3	5	14.3	24	13.9	0.191
	Yes, I'll use it more regularly	13	10.2	2	5.7	16	9.2	
	Uncertain	15	11.7	9	25.7	24	13.9	
	No	83	64.8	19	54.3	109	63.0	

Notes:

†: participants could select more than one answer

Results for tobacco use are shown in Table 94. Of the participants, 55.2% had smoked in their lifetime, whereas vaping or smoking cigars, cigarillos, small cigars or clove cigarettes was reported by 40.1% and 39.0% participants respectively. Men (60.0%) were more likely than women (34.6%) to report having smoked a cigar in their lifetime; 22.7% of respondents reported having smoked and 16.3% having vaped in the month prior to the study.

Table 94. Tobacco Use (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
Have you ever smoked a cigarette, even just a few puffs?	In my lifetime	72	56.7	20	57.1	95	55.2	0.962
	During the last year	45	35.4	15	42.9	63	36.6	0.421
	During the last month	27	21.3	9	25.7	39	22.7	0.575
Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	In my lifetime	15	11.8	7	20.0	23	13.4	0.211
	During the last year	7	5.5	2	5.7	9	5.2	0.963
	During the last month	2	1.6	1	2.9	3	1.7	0.618
Have you ever smoked cigars, cigarillos, little cigars or clove cigarettes?	In my lifetime	44	34.6	21	60.0	67	39.0	0.007
	During the last year	18	14.2	11	31.4	30	17.4	0.018
	During the last month	2	1.6	5	14.3	7	4.1	0.001
Have you ever used E-cigarettes?	In my lifetime	26	20.5	11	32.4	39	22.8	0.144
	During the last year	17	13.4	5	14.7	22	12.9	0.842
	During the last month	8	6.3	4	11.8	12	7.0	0.281
Have you ever had tobacco from a water pipe (Hookah/ Sheesha)?	In my lifetime	27	21.3	16	45.7	44	25.6	0.004
	During the last year	11	8.7	6	17.1	17	9.9	0.147
	During the last month	1	0.8	0	0.0	1	0.6	0.598
Have you vaped?	In my lifetime	50	39.4	14	40.0	69	40.1	0.946
	During the last year	35	27.6	9	25.7	48	27.9	0.828
	During the last month	19	15.0	7	20.0	28	16.3	0.472

4.5.8 New Technologies

Most participants reported daily use of new technologies, as shown in Table 95. Participants reported streaming (43.6%) and spending time on social media (44.8%) three hours or more per day. Women reported spending more hours on social media than men. Online gambling, playing electronic games and viewing pornographic websites were less common occurrences. Men were more likely to play electronic games (82.9%) and view pornographic websites (88.6%) than women (42.5% and 28.3% respectively).

Table 95. Use of New Technologies (B'sU), according to gender

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
film streaming (Netflix)?	Never	6	4.7	2	5.7	9	5.2	0.090
	Less than an hour	17	13.4	8	22.9	30	17.4	
	1-2 hours	41	32.3	16	45.7	58	33.7	
	3-4 hours	44	34.6	4	11.4	50	29.1	
	5 hours or more	19	15.0	5	14.3	25	14.5	
social media?	Never	0	0.0	2	5.7	3	1.8	0.020
	Less than an hour	14	11.2	8	22.9	24	14.1	
	1-2 hours	51	40.8	12	34.3	67	39.4	
	3-4 hours	32	25.6	5	14.3	38	22.4	
	5 hours or more	28	22.4	8	22.9	38	22.4	
electronic games?	Never	73	57.5	6	17.1	80	46.5	0.000
	Less than an hour	26	20.5	8	22.9	37	21.5	
	1-2 hours	10	7.9	9	25.7	21	12.2	
	3-4 hours	15	11.8	8	22.9	26	15.1	
	5 hours or more	3	2.4	4	11.4	8	4.7	
gambling online?	Never	127	100	34	97.1	171	99.4	0.056
	Less than an hour	0	0.0	1	2.9	1	0.6	
texting?	Never	2	1.6	1	2.9	3	1.7	0.566
	Less than an hour	41	32.3	14	40.0	61	35.5	
	1-2 hours	46	36.2	12	34.3	60	34.9	
	3-4 hours	18	14.2	6	17.1	24	14.0	
	5 hours or more	20	15.7	2	5.7	24	14.0	
pornographic websites?	Never	91	71.7	4	11.4	96	55.8	0.000
	Less than an hour	31	24.4	24	68.6	63	36.6	
	1-2 hours	4	3.1	5	14.3	10	5.8	
	3-4 hours	1	0.8	1	2.9	2	1.2	
	5 hours or more	0	0.0	1	2.9	1	0.6	

5. Discussion

As the main objective of the study was not to compare student populations of the various universities, the discussion will mainly summarize findings for each university and highlight behaviors which seem to be common practice. Determinant health factors, such as sociodemographic and ethnolinguistic profiles, will also be described as they may affect mental health and related behaviors. Identification of key findings emerging from these summaries will guide subsequent analysis.

5.1 Université de Saint-Boniface

The participant profile from the Université de Saint-Boniface varies somewhat from the actual student population, with a higher percentage of participants within the study being first-year students and international students. Participants more often identified as women, heterosexuals, single, full time students, who work and who live with their parents. Almost 10% of participants had children. Total student debt was not considered high, even though more than half of the participants relied on financial help from their parents.

More than half of the participants self-identified as White, a quarter as Black and almost 8% as Metis. More than half also reported a religious or spiritual practice. The linguistic profile of participants reflects the linguistic duality in a linguistic minority community: although a higher percentage of participants reported French as one of their maternal languages, use of English at home is widespread. The score for ethnolinguistic identity was higher in comparison to other universities participating in this study. Previous studies have shown, however, that these scores differ significantly according to ethnolinguistic groups (Franco-Manitoban students, international francophone students, English speaking students and Metis students) (Gueye et al., 2018; de Moissac et al, 2018); further analysis according to these groups is warranted.

We have also observed a significant difference between men and women in this study : women were on average generally younger, White, from Manitoba and living with their parents as compared to men, who were a few years older and originated from outside of Canada, mostly from an African country, self-identified as Muslim and lived with friends. Gender differences were also observed concerning linguistic identity: men would more often than women report French as their mother tongue and as language used at home.

With respect to mental health, participants generally reported positive mental health, particularly for psychological and social well-being. Compared to data from a national study done in 41 Canadian universities in 2016 (ACHA, 2016), where 47% of students reported a flourishing mental health, 44% a moderate mental health and 10% a languishing mental health, participants at the Université de Saint-Boniface fared well (58%, 35% and 7% respectively). Furthermore, the self-esteem score (29.16) was similar to the score reported for Canadian students in a study conducted at the Université de Moncton (Leboeuf et al, 2011). However, behaviors related to languishing mental health were reported by a significant number of students: prolonged sadness, anxiety, lack of sleep, and poor body image. With respect to suicidal ideation, the proportion of students reporting seriously thinking about suicide (13.6%) or having attempted suicide (6.1%) in the last twelve months was higher than the national average (8% and 1.4% respectively) (ACHA, 2016).

Differences between men and women were also evident for mental health: women were less likely to report good mental health or positive body image or size. They were more likely to have planned to commit suicide and suffered from anxiety. Overall, participants did report adopting positive anxiety management techniques (i.e. healthy living, practicing meditation and mindfulness). Most participants reported having someone to confide in, either friends or parents. Approximately 1 in 6 students benefitted from individual or group therapy and 1 in 20 from talking to a counselor on campus. Approximately 10% had spoken with a health professional about their problems.

A significant proportion of students were subjected to negative comments about their body image or their race. As compared to the national reference group (ACHA, 2016), where 22% of respondents had been verbally threatened in the last year, a greater percentage of participants (36.8%) had been verbally

threatened. With respect to sexual harassment, 1 in 4 women were made uncomfortable because of inappropriate sexual comments or unwanted physical sexual contact. The proportion of women forced to have sexual relations against their will in their lifetime was also high, at more than 10%.

The study reveals that almost 70% of participants reported having sexual relations in their lifetime, of whom more than one quarter did so with 6 partners or more. The use of condoms was the most common method of birth control, even though 40% of sexually active participants reported never or rarely using them. Withdrawal was a common practice of contraception with almost half of the participants.

Alcohol use was common. Most participants had consumed alcohol in the month prior to the study, having at least one drink 1 to 5 days during the month; 13.5% had however had a drink 10 days or more, which is lower than the national reference group (20.0%) (ACHA, 2016). Slightly less than half of the participants reported binge-drinking (consuming 5 or more drinks within a period of 2 to 3 hours) in the month prior to the study. More than one quarter of participants had consumed a mix of alcohol and energy drinks or alcohol and drugs in their lifetime. When partying or socializing, however, a significant proportion of participants reported adopting safety measures when drinking, with 87.2% of participants reportedly using a designated driver. Other safety behaviors included staying with the same group of friends and eating before and while drinking.

Results related to road safety show that a lower proportion of participants with a driver's licence reported drinking and driving (5.8%) compared to the national study (15%)(ACHA, 2016). The same trend applies to drinking after having used cannabis or illicit drugs. Few participants reported being a passenger in a car driven by an impaired driver. However, using a cellphone while driving and speeding remain significant risk-taking behaviors, especially among men.

The substance most commonly used by participants was recreational cannabis, consumed either by inhalation or ingestion. The use of mushrooms and prescription or over the counter drugs to get a buzz were the next most popular. Two thirds of the participants reported that legalization of cannabis would not increase their use of cannabis. Smoking was not a common behavior, whether smoking a cigarette or vaping.

Lastly, the use of new technologies appeared to be of importance for most participants, as they reported spending many hours a day on social media, streaming or texting. Men were more likely to play electronic games and view pornographic websites than women.

5.2 Brandon University

The participant profile at Brandon University was similar to the actual student population profile as it relates to gender and ethnolinguistic factors (percentages of international and First nation students), although a higher percentage of participants within the study were full-time students. Participants more often identified as women, heterosexuals, single, and full-time students. A strong contingent of participants was registered in the Nursing program. Approximately one fifth of participants were married or living in a common-law relationship and 10% had at least one child. Participants were mostly from Manitoba and were from rural and urban areas in equal proportions. Gender differences were observed: men were more often from outside of Canada and from an urban area whereas women were more often from Manitoba and from a rural community. Two thirds of participants were working and most lived with their family (parents or spouse) or with friends. Almost half of the participants reported having a student debt; most reported they will repay this debt themselves. Almost half of respondents depended on their parents for financial support.

Almost two thirds of the participants self-identified as White, 12% as First Nation or Metis and almost 8% as Black. Almost half reported a religious or spiritual practice. The linguistic profile was rather homogeneous: most reported English or English and another language as their mother tongue and language most often used at home. The ethnolinguistic identity score was average when compared to other participating universities; much the same was observed with participants from the University of Ottawa.

With respect to mental health, participants generally reported positive mental health, particularly as it relates to psychological and social well-being, even though the total score for mental health was the

second lowest of the five universities. Compared to the national reference group (ACHA, 2016), where 47% of students reported a flourishing mental health, 44% a moderate health and 10% a languishing mental health, participants at Brandon University obtained similar results (44.5%, 46.7% and 8.8% respectively). Furthermore, the self-esteem score (29.26) was approximately the same as for Canadian students in a study done at the Université de Moncton (Leboeuf et al, 2011), where the score was 30.69, and for participants at the Université de Saint-Boniface (29.16). Some behaviors related to poor mental health were reported by a significant percentage of students: lack of sleep, anxiety and prolonged feelings of sadness. With respect to suicidal ideation, the proportion of students reportedly thinking seriously about suicide (15.1%) or having attempted suicide (3.8%) in the last twelve months was higher than the national average (8% and 1.4% respectively) (ACHA, 2016). Participants did however report adopting positive anxiety management techniques (i.e. healthy living, meditating or practicing mindfulness). Most participants reported having someone to confide in, either friends, parents or their partner. Approximately 1 in 6 students benefitted from individual or group therapy, and 1 in 20 participants reached out to counsellors on campus. Almost 10% had spoken with a health professional about their problems.

A significant proportion of participants were subjected to negative comments about their body image or their race. Compared to the national reference group (ACHA, 2016), where 22% of respondents had been subjected to verbal threats in the last year, a greater percentage of Brandon participants had been subjected to such threats (29.4%). With respect to sexual harassment, 1 in 4 women reported being uncomfortable because of inappropriate sexual comments or unwanted physical sexual contact. The proportion of women forced against their will to have sexual relations, in their lifetime, was high, at more than 10%.

Almost 75% of participants reported having sexual relations in their lifetime, of whom more than 25% did so with 6 partners or more. Of note, a significant proportion of participants (more than 20%) were married or living in a common-law relationship. The use of condoms was the most common method of birth control, although 55% of sexually active participants reported never or rarely using them. Withdrawal was a common practice of contraception, as reported by almost half of the participants.

Alcohol use was common among participants, with most having consumed alcohol in the month prior to the study. Although most had drunk 1 to 5 days in this time period, 15.9% had had a drink 10 days or more, which is lower than the national reference group (20.0%) (ACHA, 2016). Almost one third of the participants reported binge-drinking in the month prior to the study. Drinking energy drinks also seemed to be common practice. In addition, more than one third of the participants had consumed a mix of alcohol and energy drinks or alcohol and drugs in their lifetime. When it's time to party and socialize, however, a significant proportion of participants reported adopting safe measures when drinking: using a designated driver, staying with the same group of friends, and eating before or while drinking.

Results related to road safety show that a higher proportion of participants with a driver's licence reported drinking and driving (36.2%), compared to the national study (15%) (ACHA, 2016). A high proportion of participants also reported driving after having used cannabis or illicit drugs. In addition, using a cellphone while driving and speeding remain significant risk-taking behaviors, especially among women.

The most commonly used substance among participants was recreational cannabis, consumed mostly by inhalation. Mushrooms, cocaine and ecstasy were the next popular choices. Two thirds of the participants reported that legalization of cannabis would not increase their use of this substance. Smoking was reported by almost 20% of participants.

Lastly, new technologies appear to be an important part of participants' daily life; many spend several hours a day on social media, streaming or messaging. Men were more likely to play electronic games and view pornographic websites than women.

5.3 University of Ottawa

The participant profile at the University of Ottawa differs somewhat from the actual student population: a much higher proportion of women, of younger students, and those in their first year of study participated in the study. This can be explained in part by the recruitment method used in this institution. Participants most often identified as women, heterosexuals, single, and full-time students; most were from Ontario

and urban communities. Half of the participants had a job and lived with their parents; almost 10% were married. Half of the participants reported having student debt, and three quarters depended on their parents for financial support; many parents would also help repay their child's debt.

More than half of the participants self-identified as White, one fifth as Black and one-tenth as Arab or Asian. Almost half reported having a religious or spiritual practice. Student's linguistic profile reflects the national capital's linguistic duality: more than half of the participants reported French as their maternal tongue and language used at home whereas one third of the participants most commonly spoke English. The ethnolinguistic identity score is like that of participants at the University of Brandon, that being an average score.

With respect to mental health, participants generally reported positive mental health, particularly as it relates to psychological and social well-being. Compared to data from a national study done in 41 Canadian universities in 2016 (ACHA, 2016) where 47% of students reported a flourishing mental health, 44% a moderate mental health and 10% a languishing mental health, participants from the University of Ottawa obtained very similar scores (48.5%, 43.4% and 8.1% respectively). The self-esteem score (28.82) was slightly lower than that of participants at the Université de Saint-Boniface and Brandon University, as well as a study done at the Université de Moncton (Leboeuf et al, 2011), which was 30.69. In addition, behaviors related to poor mental health were reported by a significant proportion of students: lack of sleep, feelings of prolonged sadness, anxiety and negative body image. With respect to suicidal ideation, the proportion of participants reporting having seriously thought of suicide (12.9%) or having attempted suicide (3.9%) in the last 12 months was higher than the national average (8% and 1.4% respectively) (ACHA, 2016).

Yet again, significant gender differences were observed: women were less likely to report good mental health or life satisfaction and positive body image. They were more likely to seriously think about suicide or suffer from anxiety. Overall, participants did however report positive anxiety management techniques (i.e. healthy living, meditating or practicing mindfulness). Most participants reported having someone to confide in, either friends or parents. One in four participants benefitted from individual or group therapy or counselling and 1 in 11 participants reached out to a counsellor on campus; 1 in 6 had consulted with a health professional. These proportions were higher compared to the other universities.

A higher proportion of participants had been ridiculed and were subjected to negative comments about their body image; 33.1% had been verbally threatened, as compared to a national study where 22% of respondents reported being subjected to verbal threats in the previous year (ACHA, 2016). With respect to sexual harassment, 1 in 4 women reported being uncomfortable because of inappropriate sexual comments or unwanted physical sexual contact. The proportion of participants being forced against their will to have sexual relations, in their lifetime, was also high, at close to 10%.

Approximately two thirds of the participants reported having sexual relations, of whom almost 17% with 6 partners or more in their lifetime. Condoms and hormonal contraceptives were most commonly used as birth control, although more than 44% of sexually active youth reported never or rarely using condoms. Withdrawal was a common practice of contraception and was reported by almost half of the participants.

Alcohol use was common among participants, with most having consumed alcohol in the month prior to the study. Most reported having at least a drink 1 to 5 days during the month, whereas 15.9% had a drink 10 days or more, which is lower than the national reference group (20.0%) (ACHA, 2016). Approximately one third of the participants reported binge-drinking in the previous month, and the same percentage had consumed a mix of alcohol and energy drinks or alcohol and drugs in their lifetime. When partying and socializing, however, a significant proportion of participants reported adopting safety measures if drinking; almost 80% reporting using a designated driver. Other safe practices included staying with the same group of friends and eating before or while drinking.

Results related to road safety show that among those who had a driver's licence, 13.4% reported drinking and driving; this is a similar result to the one in the national study (15%)(ACHA, 2016). A like percentage of participants (11.5%) reported driving after having consumed cannabis. Few participants reported being passenger in a car driven by an impaired driver. However, using a cellphone while driving and speeding remain significant risk-taking behaviors for this population.

The substance most commonly used by participants was recreational cannabis, consumed either through inhalation or ingestion. Amphetamines (other than methamphetamines), prescription and over the counter drugs to have a buzz, caffeine pills, ecstasy and cocaine were the next popular choices. Two thirds of the participants reported that legalization of cannabis would not increase their use of this substance. Approximately one third of the participants reported having smoked during their lifetime.

Lastly, new technologies appear to be an important part of participant's daily life; many reported spending several hours a day on social media, streaming and sending messages. Men were more likely to play electronic games and view pornographic websites than women.

5.4 Université du Québec en Abitibi-Témiscamingue

The participant profile at the Université du Québec en Abitibi-Témiscamingue is representative of the current student population: participants were more often women and mature students, although a greater proportion of participants within the study were full-time students. More than half of the participants were married or lived in a common-law relationship, and 25% had at least one child; most were living with their family. Approximately two thirds were studying full-time and 4 of 5 participants had a job, of whom more than half made more than \$15,000 yearly. The vast majority of participants had grown up in Quebec and less than 10% were from a foreign country. More than half of the participants reported having a student debt which they would pay off themselves; a third depended on their parents for financial support.

The ethnolinguistic profile of participants at the UQAT is very homogeneous: mostly White, with French as maternal language and language most often used at home, and without a religious or spiritual practice. The ethnolinguistic score is the lowest among the five student populations of the universities participating in this study.

With respect to mental health, participants generally reported better mental health as compared to participants in the other universities. A greater proportion also reported higher life satisfaction, higher self-esteem and greater satisfaction with their body image. Perhaps the age difference between participants at the UQAT and at the other universities is a contributing factor to a more positive outlook. Compared to data from the national reference group (ACHA, 2016), where 47% of students reported a flourishing mental health, 44% a moderate mental health and 10% a languishing mental health, scores for UQAT participants were better (55.3%, 41.4% and 3.3%, respectively). A few behaviors related to poor mental health were reported by nearly half of the participants (lack of sleep and feelings of prolonged sadness). With respect to suicidal ideation, the proportion of participants reporting having seriously thought about suicide (8.4%) or having attempted suicide (3.1%) in the last twelve months was close to the national average (8% and 1.4% respectively) (ACHA, 2016). Approximately one third of the participants, more often women, reported suffering from anxiety. Participants reported adopting positive anxiety management techniques (healthy living), and 15% reported meditating or practicing mindfulness or taking prescription drugs. Most participants reported having someone to confide in, either friends, their partner or parents. Approximately 1 in 19 participants benefitted from individual or group therapy or counselling and 1 in 16 reached out to a counsellor on campus; almost 1 in 5 participants had consulted with a health professional to talk about their problems.

A significant proportion of participants had been ridiculed or was subjected to negative comments about their body image. In the last year, 32.5% had been verbally threatened, as compared to 22% in the national study (ACHA, 2016). With respect to sexual harassment, 15% reported being uncomfortable because of inappropriate sexual comments or unwanted physical sexual contact. The proportion of women being forced against their will to have sexual relations in their lifetime was also high, at almost 17%.

Most participants reported having sexual relationships, with almost half reporting sexual relations with 6 partners or more in their lifetime. In the month prior to the study, most sexually active participants reported sexual relations with one partner only. Hormonal contraceptives were most commonly used, and condom use was reported by one quarter of participants. One third of the participants reported using a condom often or always. This finding is not surprising as most participants were in a long-standing relationship.

Alcohol use was common among participants, with most having consumed alcohol in the month prior to the study. Most reported having at least one drink 1 to 5 days in this time period; however, 17.4% had a drink 10 days or more, which is similar to the average reported in the national reference group (20.0%) (ACHA, 2016). Slightly less than half of the participants reported binge-drinking in the previous month. Few participants reported consuming energy drinks, whereas one third had consumed a mix of alcohol and energy drinks and 40% a mix of alcohol and drugs during their lifetime. When it's time to party or socialize, however, a significant proportion of participants reported adopting safe practices if drinking, such as staying with the same group of friends, eating before or while drinking and using a designated driver.

Results related to road safety show that among those who had a driver's licence, 31.9% reported drinking and driving, much higher than the national average (15%) (ACHA, 2016). It should be noted, however, that the average age of participants at UQAT was higher than the average age of participants in the national study. Using a cellphone while driving and speeding remain significant risk-taking behaviors for this population.

The most commonly used substance among participants was recreational cannabis, consumed either through inhalation or ingestion. Amphetamines (other than methamphetamines), ecstasy, mushrooms and cocaine were the next most popular choices. More than 80% of participants reported that legalization of cannabis would not increase their consumption of this substance.

With respect to tobacco use, more than half of the participants had already smoked in their lifetime and a smaller percentage had smoked cigars; 16.1% of respondents reported having smoked in the month prior to the study.

Lastly, using new technologies was common practice for almost all participants, although they would do so fewer hours a day as compared to participants in other universities. Men were more likely to play electronic games and view pornographic websites than women.

5.5 Bishop's University

Participants' profile at Bishop's University is similar to the current student population profile: average age in the early 20's, full-time students, with half of them from the province of Quebec, 27% coming from elsewhere in Canada and 20% from elsewhere in the world, although a higher percentage of women participated in the study. Participants were mostly women, heterosexuals and single; approximately 20% were married or living in a common-law relationship. An almost equal number of participants was from rural or urban areas and 1.5% had lived on a reserve or in a First Nations community. Slightly less than half of the participants lived with friends and one quarter lived alone, mostly in apartments or university residences. Half of the participants had a job and the same number reported having a student debt, which most would reimburse themselves. Almost two thirds of the participants depended on their parents for financial support.

Most participants self-identified as White and one third reported a religious or spiritual practice. The participants' linguistic profile reflects the linguistic duality of a university in a minority language community: more than half of the participants reported English as their maternal tongue and language used at home, whereas one third reported French as the most commonly used language. As opposed to data from the Université de Saint-Boniface, also in a minority language community, the ethnolinguistic score for students from Bishop's University was lower, though slightly higher than participants from Université du Québec en Abitibi-Témiscamingue.

With respect to mental health, although participants generally reported being in good health, a lower proportion of participants reported good mental health and life satisfaction as compared to participants in the other universities. Compared to the national reference group (ACHA, 2016), where 47% of students reported a flourishing mental health, 44% a moderate mental health and 10% a languishing mental health, participants from Bishop's University obtained scores more indicative of a moderate mental health (26.3%, 60.3% and 13.5% respectively). Furthermore, scores for mental health and self-esteem were the lowest among participating students from all universities taking part in this study. Many behaviors related to mental health were reported by a significant proportion of students (feelings of prolonged sadness, lack of

sleep, anxiety, negative body image and eating disorders). With respect to suicidal ideation, the proportion of students to report having seriously thought about suicide (28.7%) or having attempted suicide (8.3%) in the last twelve months was higher than the national average (8% and 1.4% respectively) (ACHA, 2016). Participants however reported adopting positive anxiety management techniques, such as healthy living, meditation and practicing mindfulness. Most participants reported having someone to confide in, either friends or parents. A greater proportion of participants would seek out formal supports: 1 in 3 participants benefitted from individual or group therapy or counselling, 1 in 4 reached out to a counselor on campus and 1 in 6 had consulted with a health professional.

Approximately half of the participants had been ridiculed or were subjected to negative comments about their body image. In the last year, 40.2% had been verbally threatened compared to 22% in the national reference group (ACHA, 2016). Approximately 13% of men reported being threatened or harmed by someone with a knife. With respect to sexual harassment, 1 of 2 women reported being uncomfortable because of inappropriate sexual comments or unwanted physical sexual contact. The proportion of participants being forced in their lifetime and against their will to have sexual relations was also high, at almost 20%. Few respondents (5.2%) reported having sexual relationships in exchange for money, food, drugs or alcohol, or a place to sleep.

More than three quarters of the participants reported having had sexual relations, with almost 38% having had relations with 6 partners or more in their lifetime. Of those who had been active in the previous three months, most had sexual relations with one partner only. However, 16% reported having sexual relations with more than one partner. Condoms were most commonly used for contraception even though more than 40% of sexually active participants reported never or rarely using them. Use of hormonal contraceptives and withdrawal were also reported as common practice by participants.

Alcohol use was common among participants, with three quarters having consumed a drink in the month prior to the study; most reported having at least a drink 1 to 5 days during this time period. However, 22.8% had a drink 10 days or more, which is similar to the national reference group (20.0%) (ACHA, 2016). Furthermore, more than half of the participants reported binge-drinking in the previous month, for both men and women. In addition, approximately half of the participants reported consuming a mix of alcohol and energy drinks and alcohol and drugs in their lifetime. When it's time to party or socialize, however, a significant proportion of participants reported adopting safe practices if drinking alcohol: using a designated driver, eating before or while drinking, drinking the same type of alcohol all evening, keeping track of how many drinks they were having, and staying with the same group of friends.

Results related to road safety show that among those who had a driver's licence, 31.9% reported drinking and driving in their lifetime; this is more than twice the number of those reported to have done so in the national study (15%)(ACHA, 2016). One in five participants reported driving after having used cannabis and almost 10% reported driving after taking illicit drugs. Using a cellphone while driving and speeding remain significant risk-taking behaviors within this population.

The substance most commonly used by participants was recreational cannabis, consumed through inhalation or ingestion. Ecstasy, mushrooms and cocaine were used by approximately one quarter of participants. Approximately two thirds of the participants reported that legalization of cannabis would not increase their consumption of this substance.

Approximately half of the participants reported smoking in their lifetime, whereas 40% had vaped or smoked cigars. Slightly more than 1 in 5 participants reported smoking in the last month.

Lastly, new technologies appear to figure significantly in the participants' daily life; many report spending several hours per day on social media and streaming. More women reported spending time on social media, whereas men were more likely to play electronic games and view pornographic websites than women.

6. Conclusion

This study has allowed us to gain insight into the mental health status and risk-taking behaviors of university students in three Canadian provinces (Manitoba, Ontario and Quebec). In total, 2075 students participated in this study. Although participants came from different provincial and linguistic contexts, key findings emerge for this population. Many students study full-time and have a job; many depend on their parents for financial support. Student mental health status compares generally to the national average (ACHA, 2016), although a significant proportion of participants report living with depression, suffering from anxiety, having suicidal ideation, lacking sleep and having a negative body image. Alcohol seems to be the substance most often used, though most often 1 to 5 days a month. Cannabis use is also common; its legalization seems to have little effect on its expected use. Road safety is top of mind for most participants; very few will drink and drive or drive after having taken drugs. Speeding and using a cellphone while driving remains common, in all three provinces. Condoms are the most commonly used form of contraception and protection against STI's, however, a significant percentage of participants don't use them all the time; withdrawal is a common practice. Finally, the use of new technologies appears to play a significant role in a student's daily life.

These findings raise many questions. There is little doubt that any subsequent analyses should consider the multiple sociodemographic factors which differ between men and women in our sample: age, civil status, being a first-year student, living environment and country of origin prior to enrollment, as well as the financial situation. For instance, do first-year students, or those with children, perceive differently their state of health? Do they adopt the same risk behaviors as other students? Does an upbringing in a rural community influence behavior such as alcohol and substance use and road safety? Does attending a larger university facilitate access to formal supports in mental health?

Consideration for the ethnolinguistic profile of students is also important as it relates to the university's and province's linguistic context. Does a sense of belonging to an ethnolinguistic group (Francophones, Anglophones, Metis, International students, majority or minority linguistic groups) impact on mental health and risk behaviors? Does religious or spiritual affiliation influence the well-being of students? Do students living in a minority language community suffer from linguistic insecurities given the less common use of French, thus having some impact on their mental health?

It would be very important to identify protective factors that contribute to a flourishing mental health, and risk factors that contribute to stress leading to suicidal ideation and other risk-taking behaviors. Do participants who report positive coping mechanisms for their anxiety or use formal and informal supports report better mental health? Is alcohol and cannabis use linked to mental health? Does poor self-esteem have an impact on body image, sexual practices, substance use, being bullied or sexually harassed? Does excessive use of new technologies have an impact on mental health?

In conclusion, a qualitative study could inform us about our findings and deepen our knowledge. For instance, the relationship between parents and students and their capacity to manage the many activities of student life is perplexing. Does depending on parents become a source of support or anxiety? What is the major source of anxiety? Does having to work and study full time lead students to time management issues and less time for recreation? How do students perceive their use of new technologies? Another topic that should be studied further is access to support services. Why don't students access professional and counselling services? Do those who get support fare better? Answers to these questions will help us understand how universities can better support their students in their pursuit of academic success.

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Appendix

Appendix 1 – Survey

The following questions are sociodemographic in nature.

1. How old are you (current age in years) _____
2. Which term do you use to describe your gender identity?
 - Woman
 - Man
 - Trans woman
 - Trans man
 - Genderqueer
 - Two spirited
 - Another identity (specify _____)
 - I prefer not to answer.
3. Which term best describes your sexual orientation?
 - Straight/Heterosexual
 - Asexual
 - Bisexual
 - Gay
 - Lesbian
 - Two-spirited
 - Pansexual
 - Queer
 - Same Gender Loving
 - Questioning
 - Another orientation (specify _____)
 - I prefer not to answer
4. Are you currently in your first year of university-level education?
 - Yes
 - No
5. In which field of study are you currently enrolled?
 - University 1
 - Faculty of Arts
 - Business /Commerce
 - Digital media and design
 - Education (including Physical education and Psychoeducation)
 - Engineering
 - Fine arts/Music
 - Indigenous studies
 - Nursing (including Psychiatric nursing)
 - Faculty of Science (including environmental sciences)
 - Social Work
 - Technical college programs (specify _____)
 - Other (specify _____)
6. Are you currently enrolled in university as a full-time or part-time student (enrollment status)?
 - Full-Time
 - Part-Time (less than 60 % of a full course load)
7. In the **last year** (12 months), what was your grade average?
 - 90 % - 100 %
 - 80 % - 89 %
 - 70 % - 79 %
 - 60 % - 69 %
 - 50 % - 59 %
 - 49 % or less
 - I am uncertain.
 - I was not in school last year.

8. On average, how many hours a week do you work for pay?
- I do not work.
 - Less than 10 hours
 - 10 to 19 hours
 - 20 to 34 hours
 - 35 hours or more
9. In the **last year** (12 months), how often did you volunteer? This includes activities at the university, in the community and for organisations for which your services were not paid for.
- Never
 - A few times
 - Approximately once a month
 - Once a week or more
10. Where did you spend most of your life?
- Rural setting (town or farm)
 - Urban setting (city)
 - Reserve/First Nations Community/Metis Community
11. Did you move from another province, territory or country to study in this university?
- No, I lived here before studying in this university.
 - Yes, from the following province or territory (specify _____)
 - Yes, from this European country (specify _____)
 - Yes, from this African country (specify _____)
 - Yes, from this other country (specify _____)
12. What is your marital status?
- Single
 - Common-law partner (cohabitation without being legally married)
 - Married
 - Separated or divorced
 - Widowed
13. How many children under the age of 18 do you have?
- None
 - 1
 - 2
 - 3
 - 4 or more
14. With whom are you currently living?
- Alone
 - With spouse/partner
 - With parent(s) and family
 - With other family members (not parent(s))
 - With friends/acquaintances/roommate
 - No fixed address
 - Other (specify _____)
15. What type of residence do you currently live in?
- My house, of which I am the owner
 - Parent's or family member's home
 - Apartment
 - Condominium
 - Student residence
 - No fixed address
 - Other (specify _____)
16. What is your annual income?
- \$ 0
 - \$1 - \$5 000
 - \$5 001 - \$10 000
 - \$10 001 - \$15 000

- \$15 001 - \$20 000
- \$20 001 - \$30 000
- \$30 001 - \$50 000
- \$50 001 or more

17. What would you estimate is the combined outstanding balance on all your student loans today?

- \$0
- \$1 - \$5,000
- \$5,001 – \$10,000
- \$10,001 - \$15,000
- \$15,001 - \$20,000
- \$20,001 - \$30,000
- \$30,001 - \$50,000
- \$50,001 or more

18. Who is responsible for repayment of your student loans? **Choose all that apply to you and rank them in order of importance (#1 for the option who will pay the biggest part of the loan) to least important.**

For example, if you are responsible for repayment of most of your student loan, put #1 in the corresponding circle. If your parents will help you out, but with a smaller portion of your loan, put #2 beside that circle. If the choice does not apply, leave the circle empty.

- I do not have a student loan
- Myself
- Parent or guardian
- Other (specify _____)
- I don't know.

19. Are you dependent on your parent(s)/guardian(s) for financial support?

- Yes
- No

These questions pertain to language and culture.

20. What is the first language you learned, and that you still understand?

- French
- English
- An Indigenous language (specify _____)
- Another language (specify _____)
- French and English
- French and another language (specify _____)
- English and another language (specify _____)
- An Indigenous language and another language (specify both languages _____)

21. What language do you use most often at home?

- French
- English
- An Indigenous language (specify _____)
- Another language (specify _____)
- French and English
- French and another language (specify _____)
- English and other language (specify _____)
- An Indigenous language and other language (specify both languages _____)

22. Which of the following best describes you?

- Arab
- Asian
- Caucasian/White
- Métis (First Nation of Canada and European descent)
- Black
- First Nation
- Latino-American, Central-American, South-American
- Other (specify _____)

23. To which of the following minority group(s) do you consider yourself as belonging? **Choose all that apply to you.**

- None
- Visible minority
- Linguistic minority
- Indigenous minority
- Gender identity or sexual orientation minority
- Minority with a disability
- Other (specify _____)

24. How would you describe your religious or spiritual practice?

- Regular religious or spiritual practice
- Occasional practice
- No practice, but a feeling of belonging
- No practice, no feeling of belonging

25. To which religious or spiritual affiliation do you feel closest?

- Buddhist
- Catholic
- Hindu
- Islamic
- Jewish
- Protestant (specify _____)
- Aboriginal spirituality (traditional or animist)
- Another spirituality (personal or other) without religious affiliation
- Agnostic (We can't know if God exists)
- Atheist (God doesn't exist)
- Other (specify _____)

26. How long have you lived in Canada?

- I was born in Canada.
- In Canada 1 year or less
- In Canada more than 1 year, less than 5 years
- In Canada 5 or more years

27. If you were not born in Canada, from which country did you immigrate? _____

28. The following questions refer to your cultural and linguistic group.

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
a. I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs.	—	—	—	—
b. I am active in organizations or social groups that include mostly members of my own cultural and linguistic group.	—	—	—	—
c. I have a clear sense of my cultural and linguistic background and what it means for me.	—	—	—	—
d. I think a lot about how my life will be affected by my cultural and linguistic group membership.	—	—	—	—
e. I am happy that I am a member of the cultural and linguistic group I belong to.	—	—	—	—
f. I have a strong sense of belonging to my own cultural and linguistic group.	—	—	—	—
g. I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups.	—	—	—	—
h. In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group.	—	—	—	—
i. I have a lot of pride in my cultural and linguistic group and its accomplishments.	—	—	—	—

	Strongly disagree	Somewhat disagree	Somewhat agree	Strongly agree
j. I participate in cultural practices of my own group, such as special food, music, or customs.	—	—	—	—
k. I feel a strong attachment towards my own cultural and linguistic group.	—	—	—	—
l. I feel good about my cultural and linguistic background.	—	—	—	—

These questions relate to general health and mental health.

29. In general, how would you rate your health?

- Excellent
- Very good
- Good
- Fair
- Poor

30. How would you rate your mental or emotional health?

- Excellent
- Very good
- Good
- Fair
- Poor

31. At what point are you dissatisfied *or* satisfied with your life generally?

- Totally dissatisfied
- Somewhat dissatisfied
- Uncertain
- Somewhat satisfied
- Totally satisfied

32. Indicate at what point you agree with the following statement "I have high self-esteem".

- Totally agree
- Somewhat agree
- Uncertain
- Somewhat disagree
- Totally disagree

33. For each characteristic or description below, indicate the extent to which you agree with each statement.

	Totally disagree	Somewhat disagree	Somewhat agree	Totally agree
a. I feel that I'm a person of worth, at least on an equal plane with others.	—	—	—	—
b. I feel that I have a number of good qualities.	—	—	—	—
c. All in all, I am inclined to feel that I am a failure.	—	—	—	—
d. I am able to do things as well as most other people.	—	—	—	—
e. I feel I do not have much to be proud of.	—	—	—	—
f. I take a positive attitude toward myself.	—	—	—	—
g. On the whole, I am satisfied with myself.	—	—	—	—
h. I wish I could have more respect for myself.	—	—	—	—
i. I certainly feel useless at times.	—	—	—	—
j. At times I think I am no good at all.	—	—	—	—

34. In **the last year** (12 months), have you lost much sleep because of worry?

- Not at all
- No more than usual
- Rather more than usual
- Much more than usual

35. In **the last year** (12 months):

- | | | |
|--|-----|----|
| a. Have you felt sad or depressed each day for 2 consecutive weeks or more , where you felt unable to do normal daily activities? | yes | no |
| b. Have you thought seriously of attempting suicide? | yes | no |
| c. Have you prepared a plan on how you would attempt suicide? | yes | no |

Answering yes to one or more of these questions increases your risk of suicide. Although these thoughts are common, often people need assistance when dealing with these difficult issues. Please use the resources provided on the consent form or reach out to a friend, family or other support to assist you through this time.

36. In **the last year** (12 months), how many times have you attempted suicide?

- Never
- Once
- 2 or 3 times
- 4 or 5 times
- 6 times or more

37. Do you experience anxiety?

- Never
- Sometimes
- Most of the time
- Always

38. How do you manage your anxiety? **Choose all that apply to you and rank them in order from most common (#1) to least common.**

For example, if the most common strategy is meditation, mindfulness, put #1 in the corresponding circle. If the second most common strategy is healthy living, put #2 in that circle. If the strategy does not apply, leave the circle empty.

- I do not suffer from anxiety.
- Individual or group therapy or counselling
- Prescription medication
- Self-medication (including marijuana/cannabis)
- Registered with Student Accommodation Services at my university
- Healthy living (exercise, healthy diet, good sleeping habits)
- Meditation, mindfulness
- Other (specify _____)

39. In **the last month** (30 days), have you felt satisfied with your body image/size?

- Never
- Sometimes
- Most of the time
- Always

40. In **the last year** (12 months), how many times have you:

	Never	Less than once a year	A few times a year	1 or 2 times per month	Once a week	Several times a week	Once a day	Several times a day
a. used a laxative to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. taken diet pills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. binge eaten ?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. purged?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. exercised excessively?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. eaten less than the recommended caloric intake (other than for religious reasons)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. vomited to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

41. During **the past month** (30 days), how often did you feel...

	Never	Once or twice	About once a week	2 or 3 times a week	Almost every day	Every day
a. happy?	—	—	—	—	—	—
b. interested in life?	—	—	—	—	—	—
c. satisfied with life?	—	—	—	—	—	—
d. that you did something important to contribute to society?	—	—	—	—	—	—
e. that you belonged to a community (like a social group, your neighbourhood, your city or your school)?	—	—	—	—	—	—
f. that our society is becoming a better place for people like you?	—	—	—	—	—	—
g. that people are basically good?	—	—	—	—	—	—
h. that the way our society works makes sense to you?	—	—	—	—	—	—
i. that you liked most parts of your personality?	—	—	—	—	—	—
j. good at managing the responsibilities of your daily life?	—	—	—	—	—	—
k. that you had warm and trusting relationships with others?	—	—	—	—	—	—
l. that you had experiences that challenged you to grow and become a better person?	—	—	—	—	—	—
m. confident to think or express your own ideas and opinions?	—	—	—	—	—	—
n. that your life has a sense of direction or meaning to it?	—	—	—	—	—	—

42. When you need to talk to someone about your problems, who do you confide in usually? **Choose all that apply and rank them in order from most common (#1) to least common.**

For example, if the most common strategy is to talk to a brother or sister, put #1 in the corresponding circle. If the second most common strategy is to talk to a friend, put #2 in that circle. If the strategy does not apply, leave the circle empty.

- I don't feel the need, therefore I speak to no one in particular.
- I have no one to confide in.
- Spouse/partner
- One of my parents
- Brother or sister
- Friend
- Counsellor or therapist on campus
- Elder or knowledge keeper
- Health professional (nurse, counsellor, psychologist, etc.)
- Spiritual advisor
- Other (specify _____)

These questions relate to safety.

These questions relate to your experience with violence.

43. During **the past month** (30 days), how many times did you...

	I have never done this	I have done this, but not in the past month	1time	2 or 3 times	4 or 5 times	6 and more times
a. drive a car or other vehicle after you had been drinking alcohol?	—	—	—	—	—	—
b. drive a car or other vehicle after you had been using cannabis (marijuana)?	—	—	—	—	—	—
c. drive a car or other vehicle after you had been using illegal drugs?	—	—	—	—	—	—
d. ride in a car or other vehicle driven by an impaired driver (alcohol, cannabis or other drugs)?	—	—	—	—	—	—
e. drive over the speed limit (more than 10km/hr than the limit)?	—	—	—	—	—	—
f. drive a car or motor vehicle while using a hand-held cell phone (to talk or text)?	—	—	—	—	—	—

44. In **the last year** (12 months), have many times were you involved in a motor-vehicle accident where you or another person was harmed or the vehicle was damaged while you were the driver?

- I do not have a driver's licence therefore I do not drive.
- Never
- Once
- Twice
- 3 times
- 4 times or more

45. In **the last year** (12 months), have you been:

	Never	1- 5 times	6 times or more	Every day
a. verbally threatened?	—	—	—	—
b. harmed physically?	—	—	—	—
c. threatened or harmed physically by your girlfriend or boyfriend?	—	—	—	—
d. threatened or harmed with a weapon (gun, knife, stick)?	—	—	—	—
e. ridiculed or mocked?	—	—	—	—
f. been told mean things about your race or culture?	—	—	—	—
g. been told mean things relating to your sexual orientation?	—	—	—	—
h. been told mean things about your body shape, weight or appearance?	—	—	—	—
i. asked for personal information on the Internet (ex: address, phone number, family name)?	—	—	—	—
j. uncomfortable while communicating with this person by Internet?	—	—	—	—
k. intimidated by Internet (ex: having something posted on social media or sent by email)?	—	—	—	—
l. intimidated by inappropriate sexual comments or unwanted physical sexual contact?	—	—	—	—

These questions relate to sexual behaviour.

These questions are standard questions commonly found in youth health questionnaires and are not intended to be judgemental in nature.

46. In your lifetime, have you ever had **consensual** sexual relations?

- No, I have never had consensual sexual relations.
- Yes, I have had consensual sexual intercourse with vaginal or anal penetration.
- Yes, I have had oral sex.
- Yes, I have had consensual sexual intercourse with vaginal or anal penetration and oral sex.

47. In your lifetime, have you:

	Yes	No
a. been forced physically to have vaginal or anal sex with penetration when you didn't want it?	—	—
b. been forced other than physically (threatened, manipulated, blackmailed, bullied, pressured) to have vaginal or anal sex with penetration when you didn't want it?	—	—
c. participated in sexual activity in exchange for money, food, a place to sleep, alcohol or drugs?	—	—

48. In your lifetime, with how many individuals have you had vaginal or anal intercourse?

- I have never had vaginal or anal intercourse.
- 1 person
- 2 persons
- 3 persons
- 4 persons
- 5 persons
- 6 persons or more

49. In **the last three months**, with how many individuals have you had vaginal or anal intercourse?

- I have never had vaginal or anal intercourse.
- I have had vaginal or anal intercourse, but not in the last 3 months.
- 1 person
- 2 persons
- 3 persons

- 4 persons
- 5 persons
- 6 persons or more

50. If you have had sex, which method(s) did you and your partner use to prevent sexually transmitted infections (STI's) and/or pregnancy? **Choose all that apply and rank them in order from most common (#1) to least common.**

For example, if the most common strategy is to use a condom, put #1 in the corresponding circle. If the second most common strategy is to take the morning after pill, put #2 in that circle. If the strategy does not apply, leave the circle empty.

- I have never had sex
- No method was used to prevent pregnancy and/or STI's
- Withdrawal (pulling out before ejaculation)
- Birth control (pills, injection, patch or ring)
- Condoms (male or female)
- Morning after pill
- Sex dam
- Calendar method (or mobile application) that indicates fertility cycle
- Other method (specify _____)

51. Choose the option that best applies to you :

	I have not had sex with vaginal or anal intercourse	Never	Rarely	Often	Always
a. In general, when you have sex, how often do you use condoms?	—	—	—	—	—
b. How often do you feel comfortable talking to the person(s) you are having sex with about using condoms or birth control?	—	—	—	—	—
c. How often do you feel comfortable talking to the person(s) you are having sex with about sexually transmitted infections?	—	—	—	—	—

52. Which of the following are the major reasons you do not use condoms all the time? **Choose all that apply and rank them in order from most common (#1) to least common.**

For example, if the most common reason is that you do not like how condoms feel, put #1 in the corresponding circle. If the second most common reason is that you want a baby, put #2 in that circle. If the strategy does not apply, leave the circle empty

- I have never had sex.
- I use condoms all the time.
- I use another form of protection.
- It is against my beliefs.
- I was under the influence of drugs or alcohol.
- I want a baby.
- I don't like how condoms feel.
- I trust my partner(s).
- My partner(s) won't wear a condom.
- My partner(s) and I are both females.
- I only have oral sex.
- Other (specify _____)

53. In the past year (12 months), did you have unplanned sex after using alcohol or drugs? **Choose only one answer.**

- I have never had sex
- I did not have sex in the past year
- Yes, I had unplanned **consensual** sex after using alcohol or drugs
- Yes, I had unplanned **unconsensual** sex after using alcohol or drugs
- No, I did not have unplanned sex after using alcohol or drugs

These questions relate to alcohol use.

Note : One drink of alcohol is defined as one bottle of beer, a glass of wine, a shot of liquor such as rum, gin, vodka or whiskey or a cooler.

54. During **the past month** (30 days), on how many days did you have at least one drink of alcohol?
- I have never drank alcohol
 - I have drank alcohol, but not in the past month
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - Daily
55. During **the past month** (30 days), on how many days did you have five (5) or more drinks of alcohol within a period of 2 to 3 hours?
- I have never drank 5 or more drinks of alcohol within a period of 2 to 3 hours
 - I have drank 5 or more drinks of alcohol within a period of 2 to 3 hours, but not in the past month
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - Daily
56. During **the past month** (30 days), on how many days did you have energy drinks (Redbull, Monster, etc.)?
- I have never drank energy drinks
 - I have drank energy drinks, but not in the past month
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - Daily
57. During **the past month** (30 days), on how many days did you have a drink combining alcohol and energy drinks?
- I have never drank alcohol and energy drinks combined
 - I have drank alcohol and energy drinks combined, but not in the past month
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - Daily
58. During **the past month** (30 days), on how many days did you consume a combination of alcohol and drugs?
- I have never consumed a combination of alcohol and drugs
 - I have consumed a combination of alcohol and drugs, but not in the past month
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - Daily

59. During **the last year** (12 months), if you partied /socialized, how often did you...

	Never	Rarely	Some times	Most of the time	Always
a. consume alcohol	—	—	—	—	—
b. alternate non-alcoholic with alcoholic beverages	—	—	—	—	—
c. avoid drinking games	—	—	—	—	—
d. choose not to drink alcohol	—	—	—	—	—
e. determine, in advance, not to exceed a set number of drinks	—	—	—	—	—
f. eat before and/or during drinking	—	—	—	—	—
g. have a friend let you know when you've had enough	—	—	—	—	—
h. keep track of how many drinks you were having	—	—	—	—	—
i. pace your drinks to 1 or fewer per hour	—	—	—	—	—
j. stayed with the same group of friends while drinking	—	—	—	—	—
k. drink the same type of alcohol when drinking	—	—	—	—	—
l. use a designated driver	—	—	—	—	—

These questions relate to drug use.

60. Have you ever used the following drugs?

	Never in my lifetime	Yes, but not in past 12 months	Yes but not in past 30 days	Used in past 30 days
a. recreational marijuana/cannabis (pot, hash, weed)	—	—	—	—
b. medicinal marijuana/cannabis (prescribed)	—	—	—	—
c. cocaine (uptown, up, powder, crack, rock, freebase)	—	—	—	—
d. inhalants (glue, solvents, gas)	—	—	—	—
e. heroin (dust, junk, horse, smack)	—	—	—	—
f. fentanyl	—	—	—	—
g. ecstasy (E, X, MDMA)	—	—	—	—
h. methamphetamine (crystal meth, ice, crank, jib)	—	—	—	—
i. methadone	—	—	—	—
j. morphine	—	—	—	—
k. mushrooms	—	—	—	—
l. hallucinogens (LSD, PCP)	—	—	—	—
m. anabolic steroids (testosterone), without prescription	—	—	—	—
n. other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)	—	—	—	—
o. sedatives (downers, ludes)	—	—	—	—
p. other club drugs (GHB, ketamine, Rohypnol)	—	—	—	—
q. other illegal drugs	—	—	—	—
r. other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)	—	—	—	—
s. caffeine pills	—	—	—	—
t. other (specify _____)	—	—	—	—

61. Within **the last month** (30 days), how many times did you use:

	Never	1 or 2 times	3 or 9 times	10 times or more
a. recreational marijuana/cannabis (pot, hash, weed)	—	—	—	—
b. medicinal marijuana/cannabis (prescribed)	—	—	—	—
c. cocaine (uptown, up, powder, crack, rock, freebase)	—	—	—	—
d. inhalants (glue, solvents, gas)	—	—	—	—
e. heroin (dust, junk, horse, smack)	—	—	—	—
f. fentanyl	—	—	—	—
g. ecstasy (E, X, MDMA)	—	—	—	—
h. methamphetamine (crystal meth, ice, crank, jib)	—	—	—	—
i. methadone	—	—	—	—
j. morphine	—	—	—	—
k. mushrooms	—	—	—	—
l. hallucinogens (LSD, PCP)	—	—	—	—

	Never	1 or 2 times	3 or 9 times	10 times or more
m. anabolic steroids (testosterone), without prescription	—	—	—	—
n. other amphetamines (Ritalin, Adderall, Concerta, speed, uppers, diet pills, bennies)	—	—	—	—
o. sedatives (downers, ludes)	—	—	—	—
p. other club drugs (GHB, ketamine, Rohypnol)	—	—	—	—
q. other illegal drugs	—	—	—	—
r. other prescribed drugs or over the counter drugs to get a buzz (analgesics, Oxycontin, Xanax, Codeine, cough syrup, etc.)	—	—	—	—
s. caffeine pills	—	—	—	—
t. other (specify _____)	—	—	—	—

62. If you used any of these drugs, what route was most commonly used? **Choose all that apply to you and rank them in the order from most common (#1) to least common.**
For example, if you snort more often, put #1 in the corresponding circle. If you also swallow, but less frequently, put #2 in that circle. If the choice does not apply, leave the circle empty.

- I did not use any of these drugs.
- Injecting
- Smoking, inhaling or vaping
- Snorting
- Swallowing
- Through the skin or mucus membrane

63. Has legalisation of cannabis increased or could it increase your use of cannabis?

- Yes, just to try it out
- Yes, I'll use it more regularly
- Uncertain
- No

These questions relate to tobacco use.

64. When was the last time, if ever, you...

	Never in my lifetime	Yes, but not in past 12 months	Yes but not in past 30 days	Used in past 30 days
a. smoked a cigarette, even just a few puffs?	—	—	—	—
b. used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	—	—	—	—
c. smoked cigars, cigarillos, little cigars or clove cigarettes?	—	—	—	—
d. used E-cigarettes?	—	—	—	—
e. had tobacco from a water pipe (Hookah/Sheesha)?	—	—	—	—
f. vaped?	—	—	—	—

65. Within **the last month** (30 days), have you...

	Never	Yes, some days	Yes, almost every day	yes, every day
a. fumé une cigarette même si c'était seulement quelques bouffées?	—	—	—	—
a. smoked a cigarette, even just a few puffs?	—	—	—	—
b. used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	—	—	—	—
c. smoked cigars, cigarillos, little cigars or clove cigarettes?	—	—	—	—
d. used E-cigarettes?	—	—	—	—
e. had tobacco from a water pipe (Hookah/Sheesha)?	—	—	—	—
f. vaped?	—	—	—	—

These questions relate to electronics.

66. In **the last month** (30 days), how many hours on average **in a day** have you spent on:

	Never	Less than an hour	1-2 hours	3-4 hours	5-8 hours	9 hours or more
a. film streaming (ex: Netflix)	—	—	—	—	—	—
b. social media	—	—	—	—	—	—
c. electronic games (on cell, tablet, computer, Xbox, PlayStation, etc.)	—	—	—	—	—	—
d. gambling online	—	—	—	—	—	—
e. texting	—	—	—	—	—	—
f. pornographic websites	—	—	—	—	—	—

THANK YOU FOR YOUR COLLABORATION!

Appendix 2 – Items for Ethnolinguistic Identity Score (Phinney (1992) and Roberts *et al* (1999))

Appendix 2.1 Université de Saint-Boniface

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
"I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs."	Strongly disagree	42	9.6	18	9.2	61	9.5	0.477
	Somewhat disagree	90	20.6	33	16.8	123	19.2	
	Somewhat agree	201	46.1	103	52.6	309	48.4	
	Strongly agree	103	23.6	42	21.4	146	22.8	
"I am active in organizations or social groups that include mostly members of my own cultural and linguistic group."	Strongly disagree	91	21.1	31	16.1	123	19.5	0.515
	Somewhat disagree	115	26.6	52	27.1	167	26.5	
	Somewhat agree	170	39.4	84	43.8	258	40.9	
	Strongly agree	56	13.0	25	13.0	83	13.2	
"I have a clear sense of my cultural and linguistic background and what it means for me."	Strongly disagree	24	5.5	17	8.8	42	6.6	0.026
	Somewhat disagree	72	16.6	21	10.9	94	14.8	
	Somewhat agree	222	51.0	87	45.1	313	49.3	
	Strongly agree	117	26.9	68	35.2	186	29.3	
"I think a lot about how my life will be affected by my cultural and linguistic group membership."	Strongly disagree	48	11.1	25	13.2	73	11.6	0.612
	Somewhat disagree	121	28.0	44	23.2	168	26.7	
	Somewhat agree	182	42.1	84	44.2	268	42.6	
	Strongly agree	81	18.8	37	19.5	120	19.1	
"I am happy that I am a member of the cultural and linguistic group I belong to."	Strongly disagree	12	2.8	12	6.3	25	3.9	0.027
	Somewhat disagree	14	3.2	13	6.8	27	4.3	
	Somewhat agree	220	50.5	88	46.3	311	49.1	
	Strongly agree	190	43.6	77	40.5	270	42.7	
"I have a strong sense of belonging to my own cultural and linguistic group."	Strongly disagree	15	3.5	15	7.8	31	4.9	0.128
	Somewhat disagree	85	19.6	33	17.1	118	18.6	
	Somewhat agree	221	51.0	97	50.3	323	51.0	
	Strongly agree	112	25.9	48	24.9	161	25.4	
"I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups."	Strongly disagree	13	3.0	11	5.7	24	3.8	0.361
	Somewhat disagree	72	16.7	35	18.2	107	17.0	
	Somewhat agree	253	58.8	104	54.2	361	57.4	
	Strongly agree	92	21.4	42	21.9	137	21.8	
"In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group."	Strongly disagree	41	9.4	23	12.1	66	10.5	0.638
	Somewhat disagree	134	30.9	58	30.5	193	30.6	
	Somewhat agree	189	43.5	84	44.2	275	43.6	
	Strongly agree	70	16.1	25	13.2	97	15.4	

Appendix 2.1 Université de Saint-Boniface (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
“I have a lot of pride in my cultural and linguistic group and its accomplishments.”	Strongly disagree	16	3.7	7	3.6	24	3.8	0.985
	Somewhat disagree	50	11.7	23	12.0	75	12.0	
	Somewhat agree	224	52.3	103	53.6	329	52.5	
	Strongly agree	138	32.2	59	30.7	199	31.7	
“I participate in cultural practices of my own group, such as special food, music, or customs.”	Strongly disagree	37	8.6	17	8.8	55	8.7	0.076
	Somewhat disagree	113	26.2	33	17.0	148	23.4	
	Somewhat agree	188	43.6	92	47.4	282	44.6	
	Strongly agree	93	21.6	52	26.8	147	23.3	
“I feel a strong attachment towards my own cultural and linguistic group.”	Strongly disagree	24	5.6	14	7.3	39	6.2	0.075
	Somewhat disagree	117	27.4	49	25.7	168	26.9	
	Somewhat agree	215	50.4	81	42.4	298	47.7	
	Strongly agree	71	16.6	47	24.6	120	19.2	
“I feel good about my cultural and linguistic background.”	Strongly disagree	11	2.6	8	4.2	20	3.2	0.258
	Somewhat disagree	38	8.8	18	9.4	57	9.1	
	Somewhat agree	238	55.3	91	47.4	333	52.9	
	Strongly agree	143	33.3	75	39.1	219	34.8	

Appendix 2.2 Brandon University

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
"I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs."	Strongly disagree	48	19.6	17	22.4	65	20.2	0.205
	Somewhat disagree	56	22.9	17	22.4	73	22.7	
	Somewhat agree	110	44.9	26	34.2	136	42.4	
	Strongly agree	31	12.7	16	21.1	47	14.6	
"I am active in organizations or social groups that include mostly members of my own cultural and linguistic group."	Strongly disagree	68	27.8	20	26.3	88	27.4	0.152
	Somewhat disagree	64	26.1	14	18.4	78	24.3	
	Somewhat agree	83	33.9	36	47.4	119	37.1	
	Strongly agree	30	12.2	6	7.9	36	11.2	
"I have a clear sense of my cultural and linguistic background and what it means for me."	Strongly disagree	25	10.2	7	9.2	32	10.0	0.345
	Somewhat disagree	35	14.3	7	9.2	42	13.1	
	Somewhat agree	121	49.6	35	46.1	156	48.8	
	Strongly agree	63	25.8	27	35.5	90	28.1	
"I think a lot about how my life will be affected by my cultural and linguistic group membership."	Strongly disagree	67	27.6	20	26.3	87	27.3	0.451
	Somewhat disagree	82	33.7	20	26.3	102	32.0	
	Somewhat agree	66	27.2	23	30.3	89	27.9	
	Strongly agree	28	11.5	13	17.1	41	12.9	
"I am happy that I am a member of the cultural and linguistic group I belong to."	Strongly disagree	15	6.2	4	5.3	19	6.0	0.921
	Somewhat disagree	17	7.0	4	5.3	21	6.6	
	Somewhat agree	100	41.3	31	40.8	131	41.2	
	Strongly agree	110	45.5	37	48.7	147	46.2	
"I have a strong sense of belonging to my own cultural and linguistic group."	Strongly disagree	19	7.9	6	7.9	25	7.9	0.588
	Somewhat disagree	38	15.7	15	19.7	53	16.7	
	Somewhat agree	110	45.5	28	36.8	138	43.4	
	Strongly agree	75	31.0	27	35.5	102	32.1	
"I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups."	Strongly disagree	18	7.4	9	12.0	27	8.5	0.610
	Somewhat disagree	36	14.8	9	12.0	45	14.1	
	Somewhat agree	126	51.6	37	49.3	163	51.1	
	Strongly agree	64	26.2	20	26.7	84	26.3	
"In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group."	Strongly disagree	51	20.9	20	26.3	71	22.2	0.153
	Somewhat disagree	78	32.0	14	18.4	92	28.8	
	Somewhat agree	78	32.0	28	36.8	106	33.1	
	Strongly agree	37	15.2	14	18.4	51	15.9	

Appendix 2.2 Brandon University (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
“I have a lot of pride in my cultural and linguistic group and its accomplishments.”	Strongly disagree	20	8.2	11	14.5	31	9.7	0.216
	Somewhat disagree	49	20.0	11	14.5	60	18.7	
	Somewhat agree	115	46.9	31	40.8	146	45.5	
	Strongly agree	61	24.9	23	30.3	84	26.2	
“I participate in cultural practices of my own group, such as special food, music, or customs.”	Strongly disagree	35	14.3	19	25.0	54	16.8	0.093
	Somewhat disagree	57	23.3	19	25.0	76	23.7	
	Somewhat agree	98	40.0	21	27.6	119	37.1	
	Strongly agree	55	22.4	17	22.4	72	22.4	
“I feel a strong attachment towards my own cultural and linguistic group.”	Strongly disagree	26	10.7	15	19.7	41	12.8	0.078
	Somewhat disagree	64	26.2	12	15.8	76	23.8	
	Somewhat agree	102	41.8	30	39.5	132	41.3	
	Strongly agree	52	21.3	19	25.0	71	22.2	
“I feel good about my cultural and linguistic background.”	Strongly disagree	10	4.1	6	7.9	16	5.0	0.062
	Somewhat disagree	30	12.2	5	6.6	35	10.9	
	Somewhat agree	123	50.2	30	39.5	153	47.7	
	Strongly agree	82	33.5	35	46.1	117	36.4	

Appendix 2.3 University of Ottawa

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
“I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs.”	Strongly disagree	35	14.8	14	16.5	49	15.2	0.878
	Somewhat disagree	39	16.5	16	18.8	55	17.1	
	Somewhat agree	115	48.5	37	43.5	152	47.2	
	Strongly agree	48	20.3	18	21.2	66	20.5	
“I am active in organizations or social groups that include mostly members of my own cultural and linguistic group.”	Strongly disagree	75	31.6	26	30.6	101	31.4	0.605
	Somewhat disagree	70	29.5	30	35.3	100	31.1	
	Somewhat agree	74	31.2	21	24.7	95	29.5	
	Strongly agree	18	7.6	8	9.4	26	8.1	
“I have a clear sense of my cultural and linguistic background and what it means for me.”	Strongly disagree	21	8.9	9	10.6	30	9.3	0.842
	Somewhat disagree	52	21.9	20	23.5	72	22.4	
	Somewhat agree	109	46.0	40	47.1	149	46.3	
	Strongly agree	55	23.2	16	18.8	71	22.0	
“I think a lot about how my life will be affected by my cultural and linguistic group membership.”	Strongly disagree	46	19.5	15	17.6	61	19.0	0.604
	Somewhat disagree	73	30.9	21	24.7	94	29.3	
	Somewhat agree	78	33.1	34	40.0	112	34.9	
	Strongly agree	39	16.5	15	17.6	54	16.8	
“I am happy that I am a member of the cultural and linguistic group I belong to.”	Strongly disagree	12	5.2	7	8.2	19	6.0	0.271
	Somewhat disagree	20	8.6	9	10.6	29	9.1	
	Somewhat agree	106	45.5	44	51.8	150	47.2	
	Strongly agree	95	40.8	25	29.4	120	37.7	
“I have a strong sense of belonging to my own cultural and linguistic group.”	Strongly disagree	21	8.9	10	11.8	31	9.6	0.676
	Somewhat disagree	52	21.9	16	18.8	68	21.1	
	Somewhat agree	87	36.7	35	41.2	122	37.9	
	Strongly agree	77	32.5	24	28.2	101	31.4	
“I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups.”	Strongly disagree	24	10.2	6	7.1	30	9.4	0.579
	Somewhat disagree	41	17.4	20	23.5	61	19.1	
	Somewhat agree	114	48.5	39	45.9	153	47.8	
	Strongly agree	56	23.8	20	23.5	76	23.8	
“In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group.”	Strongly disagree	49	20.7	12	14.1	61	18.9	0.096
	Somewhat disagree	73	30.8	38	44.7	111	34.5	
	Somewhat agree	73	30.8	25	29.4	98	30.4	
	Strongly agree	42	17.7	10	11.8	52	16.1	

Appendix 2.3 University of Ottawa (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
“I have a lot of pride in my cultural and linguistic group and its accomplishments.”	Strongly disagree	21	8.9	6	7.2	27	8.5	0.388
	Somewhat disagree	28	11.9	16	19.3	44	13.8	
	Somewhat agree	115	48.7	36	43.4	151	47.3	
	Strongly agree	72	30.5	25	30.1	97	30.4	
“I participate in cultural practices of my own group, such as special food, music, or customs.”	Strongly disagree	40	17.0	11	12.9	51	15.9	0.193
	Somewhat disagree	45	19.1	19	22.4	64	20.0	
	Somewhat agree	84	35.7	39	45.9	123	38.4	
	Strongly agree	66	28.1	16	18.8	82	25.6	
“I feel a strong attachment towards my own cultural and linguistic group.”	Strongly disagree	33	13.9	10	11.9	43	13.4	0.401
	Somewhat disagree	59	24.9	20	23.8	79	24.6	
	Somewhat agree	84	35.4	38	45.2	122	38.0	
	Strongly agree	61	25.7	16	19.0	77	24.0	
“I feel good about my cultural and linguistic background.”	Strongly disagree	18	7.6	7	8.2	25	7.8	0.799
	Somewhat disagree	22	9.3	10	11.8	32	10.0	
	Somewhat agree	111	47.0	42	49.4	153	47.7	
	Strongly agree	85	36.0	26	30.6	111	34.6	

Appendix 2.4 Université du Québec en Abitibi-Témiscamingue

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
"I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs."	Strongly disagree	48	11.7	13	11.4	61	11.5	0.038
	Somewhat disagree	70	17.1	17	14.9	89	16.7	
	Somewhat agree	210	51.3	47	41.2	261	49.1	
	Strongly agree	81	19.8	37	32.5	121	22.7	
"I am active in organizations or social groups that include mostly members of my own cultural and linguistic group."	Strongly disagree	161	39.3	33	28.9	195	36.6	0.191
	Somewhat disagree	118	28.8	39	34.2	158	29.6	
	Somewhat agree	107	26.1	32	28.1	145	27.2	
	Strongly agree	24	5.9	10	8.8	35	6.6	
"I have a clear sense of my cultural and linguistic background and what it means for me."	Strongly disagree	36	8.8	14	12.3	51	9.6	0.162
	Somewhat disagree	103	25.2	25	21.9	130	24.5	
	Somewhat agree	202	49.5	48	42.1	256	48.2	
	Strongly agree	67	16.4	27	23.7	94	17.7	
"I think a lot about how my life will be affected by my cultural and linguistic group membership."	Strongly disagree	105	25.7	30	26.3	137	25.8	0.033
	Somewhat disagree	154	37.7	32	28.1	188	35.3	
	Somewhat agree	126	30.8	37	32.5	166	31.2	
	Strongly agree	24	5.9	15	13.2	41	7.7	
"I am happy that I am a member of the cultural and linguistic group I belong to."	Strongly disagree	32	7.9	9	7.9	41	7.7	0.514
	Somewhat disagree	56	13.8	21	18.4	77	14.5	
	Somewhat agree	239	58.7	59	51.8	304	57.4	
	Strongly agree	80	19.7	25	21.9	108	20.4	
"I have a strong sense of belonging to my own cultural and linguistic group."	Strongly disagree	61	15.0	16	14.2	78	14.8	0.650
	Somewhat disagree	130	32.0	30	26.5	162	30.7	
	Somewhat agree	161	39.7	49	43.4	214	40.5	
	Strongly agree	54	13.3	18	15.9	74	14.0	
"I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups."	Strongly disagree	49	12.0	12	10.5	61	11.5	0.089
	Somewhat disagree	103	25.2	22	19.3	127	23.9	
	Somewhat agree	217	53.2	60	52.6	282	53.1	
	Strongly agree	39	9.6	20	17.5	61	11.5	
"In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group."	Strongly disagree	106	25.9	23	20.4	132	24.9	0.219
	Somewhat disagree	170	41.6	42	37.2	215	40.5	
	Somewhat agree	105	25.7	36	31.9	144	27.1	
	Strongly agree	28	6.8	12	10.6	40	7.5	

Appendix 2.4 Université du Québec en Abitibi-Témiscamingue (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
"I have a lot of pride in my cultural and linguistic group and its accomplishments."	Strongly disagree	46	11.3	9	8.0	55	10.4	0.050
	Somewhat disagree	92	22.5	32	28.3	128	24.2	
	Somewhat agree	228	55.9	52	46.0	285	53.8	
	Strongly agree	42	10.3	20	17.7	62	11.7	
"I participate in cultural practices of my own group, such as special food, music, or customs."	Strongly disagree	70	17.1	11	9.6	83	15.6	0.022
	Somewhat disagree	91	22.2	34	29.8	127	23.9	
	Somewhat agree	195	47.7	46	40.4	246	46.2	
	Strongly agree	53	13.0	23	20.2	76	14.3	
"I feel a strong attachment towards my own cultural and linguistic group."	Strongly disagree	73	17.9	16	14.0	90	16.9	0.492
	Somewhat disagree	157	38.5	48	42.1	211	39.7	
	Somewhat agree	148	36.3	38	33.3	188	35.4	
	Strongly agree	30	7.4	12	10.5	42	7.9	
"I feel good about my cultural and linguistic background."	Strongly disagree	27	6.6	5	4.4	32	6.0	0.102
	Somewhat disagree	46	11.2	14	12.4	61	11.5	
	Somewhat agree	264	64.5	63	55.8	334	62.9	
	Strongly agree	72	17.6	31	27.4	104	19.6	

Appendix 2.5 Bishop's University

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
"I have spent time trying to find out more about my own cultural and linguistic group, such as its history, traditions, and customs."	Strongly disagree	20	13.4	7	17.	31	15.7	0.323
	Somewhat disagree	40	26.8	5	12.	46	23.2	
	Somewhat agree	54	36.2	17	43.	73	36.9	
	Strongly agree	35	23.5	10	25.	48	24.2	
"I am active in organizations or social groups that include mostly members of my own cultural and linguistic group."	Strongly disagree	54	36.2	10	25.6	67	33.8	0.331
	Somewhat disagree	36	24.2	13	33.3	51	25.8	
	Somewhat agree	39	26.2	13	33.3	56	28.3	
	Strongly agree	20	13.4	3	7.7	24	12.1	
"I have a clear sense of my cultural and linguistic background and what it means for me."	Strongly disagree	17	11.4	3	7.7	23	11.6	0.871
	Somewhat disagree	30	20.1	8	20.5	40	20.2	
	Somewhat agree	64	43.0	19	48.7	85	42.9	
	Strongly agree	38	25.5	9	23.1	50	25.3	
"I think a lot about how my life will be affected by my cultural and linguistic group membership."	Strongly disagree	39	26.2	13	33.3	57	28.8	0.606
	Somewhat disagree	41	27.5	7	17.9	50	25.3	
	Somewhat agree	50	33.6	13	33.3	65	32.8	
	Strongly agree	19	12.8	6	15.4	26	13.1	
"I am happy that I am a member of the cultural and linguistic group I belong to."	Strongly disagree	9	6.1	1	2.6	12	6.1	0.011
	Somewhat disagree	11	7.4	10	26.3	23	11.7	
	Somewhat agree	71	48.0	14	36.8	91	46.4	
	Strongly agree	57	38.5	13	34.2	70	35.7	
"I have a strong sense of belonging to my own cultural and linguistic group."	Strongly disagree	17	11.6	4	10.5	23	11.8	0.901
	Somewhat disagree	27	18.4	9	23.7	42	21.5	
	Somewhat agree	68	46.3	17	44.7	87	44.6	
	Strongly agree	35	23.8	8	21.1	43	22.1	
"I understand pretty well what my cultural and linguistic group membership means to me, in terms of how to relate to my own group and other groups."	Strongly disagree	12	8.2	2	5.3	16	8.2	0.948
	Somewhat disagree	30	20.4	8	21.1	38	19.5	
	Somewhat agree	75	51.0	20	52.6	101	51.8	
	Strongly agree	30	20.4	8	21.1	40	20.5	
"In order to learn more about my cultural and linguistic background, I have often talked to other people about my cultural and linguistic group."	Strongly disagree	34	23.3	9	23.7	48	24.7	0.710
	Somewhat disagree	45	30.8	10	26.3	57	29.4	
	Somewhat agree	47	32.2	11	28.9	59	30.4	
	Strongly agree	20	13.7	8	21.1	30	15.5	

Appendix 2.5 Bishop's University (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
"I have a lot of pride in my cultural and linguistic group and its accomplishments."	Strongly disagree	22	15.0	7	18.4	33	16.9	0.221
	Somewhat disagree	36	24.5	11	28.9	50	25.6	
	Somewhat agree	61	41.5	9	23.7	73	37.4	
	Strongly agree	28	19.0	11	28.9	39	20.0	
"I participate in cultural practices of my own group, such as special food, music, or customs."	Strongly disagree	27	18.4	6	15.8	34	17.4	0.965
	Somewhat disagree	36	24.5	10	26.3	47	24.1	
	Somewhat agree	54	36.7	15	39.5	76	39.0	
	Strongly agree	30	20.4	7	18.4	38	19.5	
"I feel a strong attachment towards my own cultural and linguistic group."	Strongly disagree	22	15.0	6	15.8	30	15.4	0.922
	Somewhat disagree	40	27.2	11	28.9	55	28.2	
	Somewhat agree	55	37.4	12	31.6	71	36.4	
	Strongly agree	30	20.4	9	23.7	39	20.0	
"I feel good about my cultural and linguistic background."	Strongly disagree	8	5.4	1	2.6	10	5.1	0.223
	Somewhat disagree	22	15.0	11	28.9	37	19.0	
	Somewhat agree	67	45.6	14	36.8	85	43.6	
	Strongly agree	50	34.0	12	31.6	63	32.3	

Appendix 3 – Items for Mental Health Score (Keyes (2002))

Appendix 3.1 Université de Saint-Boniface

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
During the past month, how often did you feel: happy?	Never	1	0.2	5	2.6	6	1.0	0.012
	Once or twice	17	3.9	9	4.7	26	4.1	
	About once a week	25	5.8	11	5.8	38	6.0	
	2 or 3 times a week	126	29.1	37	19.4	164	26.0	
	Almost every day	209	48.3	97	50.8	308	48.8	
	Every day	55	12.7	32	16.8	89	14.1	
interested in life?	Never	2	0.5	3	1.6	5	0.8	0.002
	Once or twice	23	5.3	7	3.6	31	4.9	
	About once a week	43	9.9	10	5.2	53	8.4	
	2 or 3 times a week	88	20.3	24	12.5	112	17.7	
	Almost every day	172	39.7	76	39.6	251	39.7	
	Every day	105	24.2	72	37.5	180	28.5	
satisfied with life?	Never	8	1.9	8	4.2	16	2.5	0.001
	Once or twice	29	6.7	11	5.8	41	6.5	
	About once a week	57	13.2	9	4.7	66	10.5	
	2 or 3 times a week	97	22.5	34	17.8	133	21.1	
	Almost every day	169	39.2	78	40.8	250	39.7	
	Every day	71	16.5	51	26.7	123	19.6	
that you did something important to contribute to society?	Never	47	11.0	13	6.9	60	9.6	0.000
	Once or twice	65	15.2	15	7.9	80	12.8	
	About once a week	63	14.7	18	9.5	82	13.1	
	2 or 3 times a week	68	15.9	40	21.2	110	17.6	
	Almost every day	122	28.4	48	25.4	172	27.5	
	Every day	64	14.9	55	29.1	121	19.4	
that you belonged to a community?	Never	33	7.6	21	11.1	55	8.8	0.107
	Once or twice	50	11.6	18	9.5	68	10.8	
	About once a week	54	12.5	11	5.8	66	10.5	
	2 or 3 times a week	82	19.0	39	20.6	121	19.3	
	Almost every day	131	30.3	57	30.2	192	30.6	
	Every day	82	19.0	43	22.8	126	20.1	
that our society is becoming a better place for people like you?	Never	59	13.8	30	15.8	91	14.6	0.000
	Once or twice	81	19.0	13	6.8	95	15.2	
	About once a week	53	12.4	15	7.9	68	10.9	
	2 or 3 times a week	74	17.3	45	23.7	119	19.1	
	Almost every day	115	26.9	55	28.9	173	27.7	
	Every day	45	10.5	32	16.8	78	12.5	

Appendix 3.1 Université de Saint-Boniface (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: that people are basically good?	Never	33	7.7	19	10.1	52	8.3	0.792
	Once or twice	56	13.0	24	12.8	81	13.0	
	About once a week	48	11.2	19	10.1	67	10.7	
	2 or 3 times a week	93	21.6	34	18.1	127	20.3	
	Almost every day	146	34.0	64	34.0	213	34.1	
	Every day	54	12.6	28	14.9	85	13.6	
that the way our society works makes sense to you?	Never	44	10.3	24	12.7	72	11.6	0.002
	Once or twice	76	17.8	23	12.2	99	15.9	
	About once a week	73	17.1	20	10.6	93	14.9	
	2 or 3 times a week	82	19.2	36	19.0	119	19.1	
	Almost every day	120	28.1	53	28.0	175	28.1	
	Every day	32	7.5	33	17.5	65	10.4	
that you liked most parts of your personality?	Never	9	2.1	11	5.8	20	3.2	0.000
	Once or twice	40	9.4	15	7.9	55	8.8	
	About once a week	50	11.7	12	6.3	62	9.9	
	2 or 3 times a week	91	21.3	20	10.5	113	18.1	
	Almost every day	162	37.9	73	38.4	238	38.1	
	Every day	75	17.6	59	31.1	136	21.8	
good at managing the responsibilities of your daily life?	Never	14	3.3	11	5.8	26	4.2	0.003
	Once or twice	36	8.5	15	7.9	52	8.4	
	About once a week	51	12.0	11	5.8	63	10.1	
	2 or 3 times a week	98	23.0	42	22.2	142	22.8	
	Almost every day	159	37.3	58	30.7	218	35.0	
	Every day	68	16.0	52	27.5	121	19.5	
that you had warm and trusting relationships with others?	Never	11	2.6	15	7.9	26	4.2	0.027
	Once or twice	33	7.7	11	5.8	44	7.1	
	About once a week	32	7.5	12	6.3	45	7.2	
	2 or 3 times a week	87	20.4	30	15.9	118	18.9	
	Almost every day	143	33.5	58	30.7	206	33.1	
	Every day	121	28.3	63	33.3	184	29.5	
that you had experiences that challenged you to grow and become a better person?	Never	8	1.9	8	4.2	16	2.6	0.078
	Once or twice	34	7.9	11	5.8	46	7.3	
	About once a week	51	11.9	16	8.4	67	10.7	
	2 or 3 times a week	79	18.4	27	14.2	107	17.1	
	Almost every day	147	34.3	63	33.2	213	34.0	
	Every day	110	25.6	65	34.2	177	28.3	

Appendix 3.1 Université de Saint-Boniface (continued)

		Women (n=456)		Men (n=201)		Total (n=664)		<i>p</i>
		n	%	n	%	n	%	
During the past month, how often did you feel:								
confident to think or express your own ideas and opinions?	Never	17	4.0	7	3.7	25	4.0	0.100
	Once or twice	27	6.3	12	6.4	40	6.4	
	About once a week	41	9.5	17	9.0	59	9.4	
	2 or 3 times a week	74	17.2	23	12.2	97	15.5	
	Almost every day	156	36.3	57	30.3	214	34.2	
	Every day	115	26.7	72	38.3	190	30.4	
that your life has a sense of direction or meaning to it?	Never	16	3.7	15	7.9	31	5.0	0.002
	Once or twice	51	11.9	13	6.8	65	10.4	
	About once a week	41	9.6	7	3.7	48	7.7	
	2 or 3 times a week	69	16.1	25	13.2	94	15.0	
	Almost every day	122	28.5	52	27.4	178	28.5	
	Every day	129	30.1	78	41.1	209	33.4	

Appendix 3.2 Brandon University

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: happy?	Never	4	1.7	0	0.0	4	1.3	0.482
	Once or twice	8	3.3	1	1.3	9	2.8	
	About once a week	19	7.9	6	7.9	25	7.9	
	2 or 3 times a week	73	30.3	19	25.0	92	29.0	
	Almost every day	113	46.9	38	50.0	151	47.6	
	Every day	24	10.0	12	15.8	36	11.4	
interested in life?	Never	4	1.7	1	1.3	5	1.6	0.361
	Once or twice	10	4.1	2	2.6	12	3.8	
	About once a week	23	9.5	2	2.6	25	7.9	
	2 or 3 times a week	63	26.1	20	26.0	83	26.1	
	Almost every day	98	40.7	33	42.9	131	41.2	
	Every day	43	17.8	19	24.7	62	19.5	
satisfied with life?	Never	7	2.9	5	6.5	12	3.8	0.042
	Once or twice	18	7.4	5	6.5	23	7.2	
	About once a week	29	12.0	3	3.9	32	10.0	
	2 or 3 times a week	70	28.9	18	23.4	88	27.6	
	Almost every day	93	38.4	30	39.0	123	38.6	
	Every day	25	10.3	16	20.8	41	12.9	
that you did something important to contribute to society?	Never	36	15.1	8	10.7	44	14.0	0.343
	Once or twice	57	23.8	13	17.3	70	22.3	
	About once a week	50	20.9	19	25.3	69	22.0	
	2 or 3 times a week	49	20.5	13	17.3	62	19.7	
	Almost every day	35	14.6	18	24.0	53	16.9	
	Every day	12	5.0	4	5.3	16	5.1	
that you belonged to a community?	Never	33	13.7	7	9.1	40	12.6	0.753
	Once or twice	29	12.0	9	11.7	38	11.9	
	About once a week	40	16.6	12	15.6	52	16.4	
	2 or 3 times a week	53	22.0	17	22.1	70	22.0	
	Almost every day	62	25.7	20	26.0	82	25.8	
	Every day	24	10.0	12	15.6	36	11.3	
that our society is becoming a better place for people like you?	Never	59	24.3	16	20.8	75	23.4	0.592
	Once or twice	45	18.5	11	14.3	56	17.5	
	About once a week	49	20.2	14	18.2	63	19.7	
	2 or 3 times a week	40	16.5	14	18.2	54	16.9	
	Almost every day	41	16.9	16	20.8	57	17.8	
	Every day	9	3.7	6	7.8	15	4.7	

Appendix 3.2 Brandon University (continued)

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: that people are basically good?	Never	21	8.6	5	6.5	26	8.1	0.211
	Once or twice	36	14.8	9	11.7	45	14.1	
	About once a week	44	18.1	10	13.0	54	16.9	
	2 or 3 times a week	63	25.9	21	27.3	84	26.3	
	Almost every day	65	26.7	21	27.3	86	26.9	
	Every day	14	5.8	11	14.3	25	7.8	
that the way our society works makes sense to you?	Never	47	19.6	9	11.7	56	17.7	0.019
	Once or twice	41	17.1	9	11.7	50	15.8	
	About once a week	49	20.4	11	14.3	60	18.9	
	2 or 3 times a week	49	20.4	16	20.8	65	20.5	
	Almost every day	44	18.3	23	29.9	67	21.1	
	Every day	10	4.2	9	11.7	19	6.0	
that you liked most parts of your personality?	Never	16	6.6	2	2.6	18	5.7	0.070
	Once or twice	23	9.5	7	9.1	30	9.4	
	About once a week	27	11.2	6	7.8	33	10.4	
	2 or 3 times a week	54	22.4	15	19.5	69	21.7	
	Almost every day	90	37.3	26	33.8	116	36.5	
	Every day	31	12.9	21	27.3	52	16.4	
good at managing the responsibilities of your daily life?	Never	20	8.3	7	9.1	27	8.5	0.202
	Once or twice	28	11.6	6	7.8	34	10.7	
	About once a week	27	11.2	14	18.2	41	12.9	
	2 or 3 times a week	62	25.7	13	16.9	75	23.6	
	Almost every day	77	32.0	23	29.9	100	31.4	
	Every day	27	11.2	14	18.2	41	12.9	
that you had warm and trusting relationships with others?	Never	9	3.7	1	1.3	10	3.1	0.303
	Once or twice	11	4.5	8	10.4	19	6.0	
	About once a week	26	10.7	8	10.4	34	10.7	
	2 or 3 times a week	45	18.6	11	14.3	56	17.6	
	Almost every day	89	36.8	25	32.5	114	35.7	
	Every day	62	25.6	24	31.2	86	27.0	
that you had experiences that challenged you to grow and become a better person?	Never	11	4.5	1	1.3	12	3.8	0.542
	Once or twice	20	8.2	8	10.4	28	8.8	
	About once a week	32	13.2	15	19.5	47	14.7	
	2 or 3 times a week	65	26.7	17	22.1	82	25.6	
	Almost every day	62	25.5	20	26.0	82	25.6	
	Every day	53	21.8	16	20.8	69	21.6	

Appendix 3.2 Brandon University (continued)

During the past month, how often did you feel:		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
confident to think or express your own ideas and opinions?	Never	21	8.7	2	2.6	23	7.2	0.001
	Once or twice	20	8.3	4	5.2	24	7.5	
	About once a week	37	15.3	8	10.4	45	14.1	
	2 or 3 times a week	62	25.6	15	19.5	77	24.1	
	Almost every day	69	28.5	20	26.0	89	27.9	
	Every day	33	13.6	28	36.4	61	19.1	
that your life has a sense of direction or meaning to it?	Never	19	7.9	3	3.9	22	7.0	0.830
	Once or twice	23	9.6	8	10.4	31	9.8	
	About once a week	31	13.0	11	14.3	42	13.3	
	2 or 3 times a week	45	18.8	12	15.6	57	18.0	
	Almost every day	71	29.7	25	32.5	96	30.4	
	Every day	50	20.9	18	23.4	68	21.5	

Appendix 3.3 University of Ottawa

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: happy?	Never	2	0.9	2	2.4	4	1.3	0.001
	Once or twice	14	6.1	1	1.2	15	4.8	
	About once a week	24	10.5	2	2.4	26	8.3	
	2 or 3 times a week	51	22.3	17	20.5	68	21.8	
	Almost every day	119	52.0	42	50.6	161	51.6	
	Every day	19	8.3	19	22.9	38	12.2	
interested in life?	Never	4	1.8	1	1.2	5	1.6	0.112
	Once or twice	15	6.6	1	1.2	16	5.2	
	About once a week	21	9.2	5	6.1	26	8.4	
	2 or 3 times a week	45	19.7	14	17.1	59	19.0	
	Almost every day	98	43.0	34	41.5	132	42.6	
	Every day	45	19.7	27	32.9	72	23.2	
satisfied with life?	Never	9	3.9	1	1.2	10	3.2	0.055
	Once or twice	22	9.6	2	2.4	24	7.7	
	About once a week	31	13.5	10	12.2	41	13.2	
	2 or 3 times a week	52	22.7	13	15.9	65	20.9	
	Almost every day	83	36.2	38	46.3	121	38.9	
	Every day	32	14.0	18	22.0	50	16.1	
that you did something important to contribute to society?	Never	36	15.9	4	4.8	40	12.9	0.000
	Once or twice	54	23.8	10	12.0	64	20.6	
	About once a week	32	14.1	11	13.3	43	13.9	
	2 or 3 times a week	50	22.0	14	16.9	64	20.6	
	Almost every day	38	16.7	31	37.3	69	22.3	
	Every day	17	7.5	13	15.7	30	9.7	
that you belonged to a community?	Never	30	13.2	5	6.0	35	11.3	0.023
	Once or twice	33	14.5	6	7.2	39	12.5	
	About once a week	31	13.6	8	9.6	39	12.5	
	2 or 3 times a week	42	18.4	16	19.3	58	18.6	
	Almost every day	64	28.1	27	32.5	91	29.3	
	Every day	28	12.3	21	25.3	49	15.8	
that our society is becoming a better place for people like you?	Never	44	19.4	5	6.0	49	15.8	0.000
	Once or twice	45	19.8	5	6.0	50	16.1	
	About once a week	34	15.0	12	14.5	46	14.8	
	2 or 3 times a week	42	18.5	19	22.9	61	19.7	
	Almost every day	44	19.4	27	32.5	71	22.9	
	Every day	18	7.9	15	18.1	33	10.6	

Appendix 3.3 University of Ottawa (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: that people are basically good?	Never	14	6.2	3	3.7	17	5.5	0.464
	Once or twice	31	13.7	10	12.2	41	13.3	
	About once a week	39	17.2	8	9.8	47	15.2	
	2 or 3 times a week	64	28.2	27	32.9	91	29.4	
	Almost every day	56	24.7	22	26.8	78	25.2	
	Every day	23	10.1	12	14.6	35	11.3	
that the way our society works makes sense to you?	Never	34	14.9	4	4.9	38	12.3	0.045
	Once or twice	42	18.4	11	13.6	53	17.2	
	About once a week	46	20.2	12	14.8	58	18.8	
	2 or 3 times a week	47	20.6	24	29.6	71	23.0	
	Almost every day	43	18.9	21	25.9	64	20.7	
	Every day	16	7.0	9	11.1	25	8.1	
that you liked most parts of your personality?	Never	9	4.0	3	3.6	12	3.9	0.001
	Once or twice	31	13.8	5	6.0	36	11.7	
	About once a week	27	12.1	6	7.2	33	10.7	
	2 or 3 times a week	53	23.7	7	8.4	60	19.5	
	Almost every day	73	32.6	39	47.0	112	36.5	
	Every day	31	13.8	23	27.7	54	17.6	
good at managing the responsibilities of your daily life?	Never	17	7.5	4	4.8	21	6.8	0.244
	Once or twice	22	9.7	5	6.0	27	8.7	
	About once a week	46	20.3	11	13.3	57	18.4	
	2 or 3 times a week	53	23.3	19	22.9	72	23.2	
	Almost every day	63	27.8	28	33.7	91	29.4	
	Every day	26	11.5	16	19.3	42	13.5	
that you had warm and trusting relationships with others?	Never	11	4.8	1	1.2	12	3.9	0.026
	Once or twice	19	8.3	2	2.4	21	6.8	
	About once a week	23	10.1	7	8.5	30	9.7	
	2 or 3 times a week	39	17.1	17	20.7	56	18.1	
	Almost every day	86	37.7	24	29.3	110	35.5	
	Every day	50	21.9	31	37.8	81	26.1	
that you had experiences that challenged you to grow and become a better person?	Never	11	4.8	1	1.2	12	3.8	0.102
	Once or twice	21	9.2	4	4.8	25	8.0	
	About once a week	35	15.3	8	9.6	43	13.8	
	2 or 3 times a week	54	23.6	16	19.3	70	22.4	
	Almost every day	69	30.1	34	41.0	103	33.0	
	Every day	39	17.0	20	24.1	59	18.9	

Appendix 3.3 University of Ottawa (continued)

		Women (n=241)		Men (n=86)		Total (n=328)		<i>p</i>
		n	%	n	%	n	%	
During the past month, how often did you feel:								
confident to think or express your own ideas and opinions?	Never	13	5.7	3	3.6	16	5.1	0.006
	Once or twice	21	9.2	2	2.4	23	7.4	
	About once a week	31	13.6	6	7.2	37	11.9	
	2 or 3 times a week	47	20.6	15	18.1	62	19.9	
	Almost every day	82	36.0	30	36.1	112	36.0	
	Every day	34	14.9	27	32.5	61	19.6	
that your life has a sense of direction or meaning to it?	Never	15	6.6	3	3.7	18	5.8	0.020
	Once or twice	31	13.6	5	6.2	36	11.7	
	About once a week	31	13.6	7	8.6	38	12.3	
	2 or 3 times a week	49	21.5	13	16.0	62	20.1	
	Almost every day	53	23.2	21	25.9	74	23.9	
	Every day	49	21.5	32	39.5	81	26.2	

Appendix 3.4 Université du Québec en Abitibi-Témiscamingue

During the past month, how often did you feel:		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
happy?	Never	2	0.5	1	0.9	3	0.6	0.330
	Once or twice	8	2.0	4	3.8	12	2.3	
	About once a week	33	8.3	3	2.8	36	7.0	
	2 or 3 times a week	102	25.7	30	28.3	134	26.2	
	Almost every day	192	48.4	55	51.9	253	49.5	
	Every day	60	15.1	13	12.3	73	14.3	
interested in life?	Never	2	0.5	1	1.0	3	0.6	0.966
	Once or twice	7	1.8	1	1.0	8	1.6	
	About once a week	21	5.3	7	6.7	28	5.5	
	2 or 3 times a week	52	13.1	14	13.5	68	13.4	
	Almost every day	161	40.7	42	40.4	207	40.7	
	Every day	153	38.6	39	37.5	194	38.2	
satisfied with life?	Never	6	1.5	1	0.9	7	1.4	0.658
	Once or twice	9	2.3	4	3.8	13	2.6	
	About once a week	36	9.1	7	6.6	45	8.9	
	2 or 3 times a week	83	21.1	27	25.5	111	21.9	
	Almost every day	179	45.4	42	39.6	225	44.3	
	Every day	81	20.6	25	23.6	107	21.1	
that you did something important to contribute to society?	Never	28	7.1	7	6.6	36	7.1	0.216
	Once or twice	39	9.9	14	13.2	56	11.0	
	About once a week	58	14.7	12	11.3	71	13.9	
	2 or 3 times a week	88	22.3	24	22.6	112	22.0	
	Almost every day	132	33.4	27	25.5	161	31.6	
	Every day	50	12.7	22	20.8	73	14.3	
that you belonged to a community?	Never	41	10.4	9	8.5	51	10.0	0.427
	Once or twice	49	12.4	16	15.1	67	13.1	
	About once a week	55	13.9	13	12.3	68	13.3	
	2 or 3 times a week	79	19.9	27	25.5	107	21.0	
	Almost every day	111	28.0	21	19.8	135	26.5	
	Every day	61	15.4	20	18.9	82	16.1	
that our society is becoming a better place for people like you?	Never	108	27.4	22	20.8	131	25.8	0.164
	Once or twice	64	16.2	10	9.4	76	15.0	
	About once a week	60	15.2	16	15.1	77	15.2	
	2 or 3 times a week	65	16.5	24	22.6	91	17.9	
	Almost every day	67	17.0	25	23.6	94	18.5	
	Every day	30	7.6	9	8.5	39	7.7	

Appendix 3.4 Université du Québec en Abitibi-Témiscamingue (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: that people are basically good?	Never	27	6.9	10	9.4	38	7.5	0.411
	Once or twice	64	16.2	19	17.9	86	16.9	
	About once a week	61	15.5	20	18.9	81	15.9	
	2 or 3 times a week	84	21.3	14	13.2	98	19.3	
	Almost every day	117	29.7	29	27.4	150	29.5	
	Every day	41	10.4	14	13.2	55	10.8	
that the way our society works makes sense to you?	Never	84	21.4	20	19.2	105	20.9	0.188
	Once or twice	85	21.7	22	21.2	108	21.5	
	About once a week	68	17.3	10	9.6	80	15.9	
	2 or 3 times a week	72	18.4	21	20.2	96	19.1	
	Almost every day	65	16.6	27	26.0	92	18.3	
	Every day	18	4.6	4	3.8	22	4.4	
that you liked most parts of your personality?	Never	11	2.8	1	1.0	13	2.6	0.268
	Once or twice	38	9.6	9	8.6	48	9.4	
	About once a week	44	11.1	14	13.3	60	11.8	
	2 or 3 times a week	109	27.5	23	21.9	134	26.3	
	Almost every day	149	37.6	38	36.2	189	37.1	
	Every day	45	11.4	20	19.0	65	12.8	
good at managing the responsibilities of your daily life?	Never	20	5.1	3	2.8	24	4.7	0.622
	Once or twice	22	5.6	6	5.7	28	5.5	
	About once a week	42	10.6	8	7.5	53	10.4	
	2 or 3 times a week	81	20.5	27	25.5	109	21.4	
	Almost every day	163	41.2	40	37.7	205	40.2	
	Every day	68	17.2	22	20.8	91	17.8	
that you had warm and trusting relationships with others?	Never	6	1.5	2	1.9	9	1.8	0.898
	Once or twice	20	5.1	5	4.7	25	4.9	
	About once a week	29	7.4	10	9.4	40	7.9	
	2 or 3 times a week	67	17.0	21	19.8	89	17.5	
	Almost every day	144	36.5	39	36.8	187	36.8	
	Every day	128	32.5	29	27.4	158	31.1	
that you had experiences that challenged you to grow and become a better person?	Never	7	1.8	3	2.9	10	2.0	0.645
	Once or twice	30	7.6	6	5.7	38	7.5	
	About once a week	39	9.8	6	5.7	47	9.2	
	2 or 3 times a week	80	20.2	26	24.8	106	20.8	
	Almost every day	142	35.9	39	37.1	183	36.0	
	Every day	98	24.7	25	23.8	125	24.6	

Appendix 3.4 Université du Québec en Abitibi-Témiscamingue (continued)

		Women (n=425)		Men (n=115)		Total (n=549)		<i>p</i>
		n	%	n	%	n	%	
During the past month, how often did you feel: confident to think or express your own ideas and opinions?	Never	3	0.8	2	1.9	5	1.0	0.463
	Once or twice	10	2.5	2	1.9	13	2.5	
	About once a week	37	9.3	12	11.3	51	10.0	
	2 or 3 times a week	89	22.5	16	15.1	106	20.8	
	Almost every day	155	39.1	41	38.7	198	38.8	
	Every day	102	25.8	33	31.1	137	26.9	
that your life has a sense of direction or meaning to it?	Never	17	4.3	8	7.5	26	5.1	0.070
	Once or twice	21	5.3	12	11.3	34	6.7	
	About once a week	40	10.1	11	10.4	54	10.6	
	2 or 3 times a week	65	16.4	13	12.3	78	15.3	
	Almost every day	135	34.1	26	24.5	162	31.8	
	Every day	118	29.8	36	34.0	156	30.6	

Appendix 3.5 Bishop's University

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: happy?	Once or twice	9	6.7	2	5.4	13	7.2	0.787
	About once a week	9	6.7	3	8.1	13	7.2	
	2 or 3 times a week	56	41.8	15	40.5	75	41.4	
	Almost every day	53	39.6	13	35.1	69	38.1	
	Every day	7	5.2	4	10.8	11	6.1	
interested in life?	Never	3	2.2	0	0.0	4	2.2	0.830
	Once or twice	7	5.2	3	8.1	11	6.1	
	About once a week	15	11.2	3	8.1	20	11.0	
	2 or 3 times a week	31	23.1	9	24.3	44	24.3	
	Almost every day	53	39.6	13	35.1	68	37.6	
	Every day	25	18.7	9	24.3	34	18.8	
satisfied with life?	Never	5	3.8	2	5.4	9	5.0	0.880
	Once or twice	15	11.3	3	8.1	21	11.7	
	About once a week	26	19.5	5	13.5	32	17.8	
	2 or 3 times a week	33	24.8	9	24.3	44	24.4	
	Almost every day	42	31.6	15	40.5	59	32.8	
	Every day	12	9.0	3	8.1	15	8.3	
that you did something important to contribute to society?	Never	20	15.3	10	27.0	37	20.8	0.073
	Once or twice	34	26.0	5	13.5	39	21.9	
	About once a week	31	23.7	9	24.3	41	23.0	
	2 or 3 times a week	31	23.7	5	13.5	36	20.2	
	Almost every day	13	9.9	5	13.5	20	11.2	
	Every day	2	1.5	3	8.1	5	2.8	
that you belonged to a community?	Never	18	13.4	3	8.1	24	13.3	0.705
	Once or twice	20	14.9	9	24.3	33	18.2	
	About once a week	32	23.9	7	18.9	42	23.2	
	2 or 3 times a week	25	18.7	7	18.9	32	17.7	
	Almost every day	24	17.9	8	21.6	32	17.7	
	Every day	15	11.2	3	8.1	18	9.9	
that our society is becoming a better place for people like you?	Never	35	26.1	10	27.8	53	29.4	0.054
	Once or twice	29	21.6	7	19.4	36	20.0	
	About once a week	32	23.9	4	11.1	37	20.6	
	2 or 3 times a week	22	16.4	9	25.0	31	17.2	
	Almost every day	16	11.9	4	11.1	20	11.1	
	Every day	0	0.0	2	5.6	3	1.7	

Appendix 3.5 Bishop's University (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
During the past month, how often did you feel: that people are basically good?	Never	15	11.2	3	8.1	21	11.6	0.601
	Once or twice	19	14.2	7	18.9	27	14.9	
	About once a week	29	21.6	5	13.5	35	19.3	
	2 or 3 times a week	22	16.4	10	27.0	33	18.2	
	Almost every day	39	29.1	9	24.3	50	27.6	
	Every day	10	7.5	3	8.1	15	8.3	
that the way our society works makes sense to you?	Never	41	30.8	10	27.0	58	32.2	0.051
	Once or twice	28	21.1	10	27.0	40	22.2	
	About once a week	21	15.8	2	5.4	23	12.8	
	2 or 3 times a week	26	19.5	6	16.2	32	17.8	
	Almost every day	17	12.8	7	18.9	24	13.3	
	Every day	0	0.0	2	5.4	3	1.7	
that you liked most parts of your personality?	Never	3	2.2	1	2.7	6	3.3	0.766
	Once or twice	18	13.4	3	8.1	24	13.3	
	About once a week	14	10.4	7	18.9	22	12.2	
	2 or 3 times a week	45	33.6	11	29.7	56	30.9	
	Almost every day	38	28.4	11	29.7	52	28.7	
	Every day	16	11.9	4	10.8	21	11.6	
good at managing the responsibilities of your daily life?	Never	10	7.5	5	13.5	19	10.6	0.648
	Once or twice	14	10.4	5	13.5	20	11.1	
	About once a week	17	12.7	6	16.2	25	13.9	
	2 or 3 times a week	38	28.4	7	18.9	46	25.6	
	Almost every day	41	30.6	9	24.3	50	27.8	
	Every day	14	10.4	5	13.5	20	11.1	
that you had warm and trusting relationships with others?	Never	6	4.5	1	2.7	8	4.4	0.996
	Once or twice	19	14.2	6	16.2	26	14.4	
	About once a week	18	13.4	5	13.5	24	13.3	
	2 or 3 times a week	27	20.1	7	18.9	38	21.0	
	Almost every day	41	30.6	12	32.4	55	30.4	
	Every day	23	17.2	6	16.2	30	16.6	
that you had experiences that challenged you to grow and become a better person?	Never	5	3.7	1	2.8	7	3.9	0.621
	Once or twice	17	12.7	7	19.4	26	14.4	
	About once a week	18	13.4	7	19.4	29	16.1	
	2 or 3 times a week	34	25.4	5	13.9	39	21.7	
	Almost every day	41	30.6	10	27.8	53	29.4	
	Every day	19	14.2	6	16.7	26	14.4	

Appendix 3.5 Bishop's University (continued)

		Women (n=154)		Men (n=43)		Total (n=207)		<i>p</i>
		n	%	n	%	n	%	
During the past month, how often did you feel: confident to think or express your own ideas and opinions?	Never	11	8.2	1	2.7	13	7.2	0.378
	Once or twice	7	5.2	4	10.8	13	7.2	
	About once a week	22	16.4	8	21.6	32	17.7	
	2 or 3 times a week	33	24.6	5	13.5	42	23.2	
	Almost every day	40	29.9	11	29.7	51	28.2	
	Every day	21	15.7	8	21.6	30	16.6	
that your life has a sense of direction or meaning to it?	Never	11	8.3	7	18.9	23	12.8	0.444
	Once or twice	20	15.0	5	13.5	26	14.4	
	About once a week	19	14.3	4	10.8	25	13.9	
	2 or 3 times a week	33	24.8	6	16.2	41	22.8	
	Almost every day	29	21.8	10	27.0	39	21.7	
	Every day	21	15.8	5	13.5	26	14.4	

Appendix 4 – Items for Self-Esteem Score (Rosenberg (1965))

Appendix 4.1 Université de Saint-Boniface

		Women (n=456)		Men (n=201)		Total (n=664)		p
		n	%	n	%	n	%	
“I feel that I’m a person of worth, at least on an equal plane with others.”	Totally disagree	15	3.5	11	5.7	28	4.4	0.500
	Somewhat disagree	54	12.5	26	13.4	81	12.8	
	Somewhat agree	175	40.5	70	36.1	246	38.9	
	Totally agree	188	43.5	87	44.8	278	43.9	
“I feel that I have a number of good qualities.”	Totally disagree	11	2.5	2	1.0	13	2.0	0.117
	Somewhat disagree	39	8.9	10	5.2	51	8.0	
	Somewhat agree	191	43.8	80	41.2	273	42.9	
	Totally agree	195	44.7	102	52.6	300	47.1	
“All in all, I am inclined to feel that I am a failure.”	Totally disagree	133	32.0	82	42.9	218	35.5	0.056
	Somewhat disagree	160	38.5	62	32.5	225	36.6	
	Somewhat agree	99	23.8	35	18.3	134	21.8	
	Totally agree	24	5.8	12	6.3	37	6.0	
“I am able to do things as well as most other people.”	Totally disagree	9	2.1	2	1.0	12	1.9	0.001
	Somewhat disagree	65	14.9	11	5.7	77	12.1	
	Somewhat agree	214	49.1	90	46.6	306	48.1	
	Totally agree	148	33.9	90	46.6	241	37.9	
“I feel I do not have much to be proud of.”	Totally disagree	145	33.6	64	33.5	212	33.7	0.184
	Somewhat disagree	146	33.8	56	29.3	203	32.2	
	Somewhat agree	116	26.9	51	26.7	170	27.0	
	Totally agree	25	5.8	20	10.5	45	7.1	
“I take a positive attitude toward myself.”	Totally disagree	20	4.6	6	3.1	27	4.3	0.010
	Somewhat disagree	108	25.0	31	16.0	140	22.1	
	Somewhat agree	192	44.4	85	43.8	280	44.2	
	Totally agree	112	25.9	72	37.1	186	29.4	
“On the whole, I am satisfied with myself.”	Totally disagree	20	4.6	5	2.6	26	4.1	0.016
	Somewhat disagree	98	22.6	30	15.5	129	20.3	
	Somewhat agree	200	46.2	86	44.3	289	45.6	
	Totally agree	115	26.6	73	37.6	190	30.0	
“I wish I could have more respect for myself.”	Totally disagree	39	9.0	27	14.1	66	10.4	0.193
	Somewhat disagree	88	20.3	36	18.8	125	19.8	
	Somewhat agree	154	35.5	71	37.2	228	36.1	
	Totally agree	153	35.3	57	29.8	213	33.7	
“I certainly feel useless at times.”	Totally disagree	85	19.6	65	33.5	151	23.8	0.000
	Somewhat disagree	114	26.3	62	32.0	176	27.7	
	Somewhat agree	151	34.8	47	24.2	201	31.7	
	Totally agree	84	19.4	20	10.3	107	16.9	
“At times I think I am no good at all.”	Totally disagree	127	29.3	97	50.3	226	35.6	0.000
	Somewhat disagree	109	25.1	49	25.4	159	25.1	
	Somewhat agree	132	30.4	31	16.1	166	26.2	
	Totally agree	66	15.2	16	8.3	83	13.1	

Appendix 4.2 Brandon University

		Women (n=247)		Men (n=77)		Total (n=324)		p
		n	%	n	%	n	%	
"I feel that I'm a person of worth, at least on an equal plane with others."	Totally disagree	4	1.7	1	1.3	5	1.6	0.845
	Somewhat disagree	23	9.5	8	10.4	31	9.7	
	Somewhat agree	98	40.5	27	35.1	125	39.2	
	Totally agree	117	48.3	41	53.2	158	49.5	
"I feel that I have a number of good qualities."	Totally disagree	7	2.9	1	1.3	8	2.5	0.085
	Somewhat disagree	22	9.1	3	3.9	25	7.8	
	Somewhat agree	109	45.0	28	36.4	137	42.9	
	Totally agree	104	43.0	45	58.4	149	46.7	
"All in all, I am inclined to feel that I am a failure."	Totally disagree	80	33.5	34	44.2	114	36.1	0.322
	Somewhat disagree	88	36.8	26	33.8	114	36.1	
	Somewhat agree	51	21.3	11	14.3	62	19.6	
	Totally agree	20	8.4	6	7.8	26	8.2	
"I am able to do things as well as most other people."	Totally disagree	17	7.1	2	2.6	19	6.0	0.048
	Somewhat disagree	39	16.3	5	6.5	44	13.9	
	Somewhat agree	111	46.3	39	50.6	150	47.3	
	Totally agree	73	30.4	31	40.3	104	32.8	
"I feel I do not have much to be proud of."	Totally disagree	102	42.9	29	38.2	131	41.7	0.308
	Somewhat disagree	71	29.8	24	31.6	95	30.3	
	Somewhat agree	49	20.6	13	17.1	62	19.7	
	Totally agree	16	6.7	10	13.2	26	8.3	
"I take a positive attitude toward myself."	Totally disagree	21	8.8	4	5.2	25	7.9	0.109
	Somewhat disagree	50	20.8	10	13.0	60	18.9	
	Somewhat agree	106	44.2	33	42.9	139	43.8	
	Totally agree	63	26.3	30	39.0	93	29.3	
"On the whole, I am satisfied with myself."	Totally disagree	16	6.7	5	6.5	21	6.7	0.479
	Somewhat disagree	55	23.1	13	16.9	68	21.6	
	Somewhat agree	106	44.5	33	42.9	139	44.1	
	Totally agree	61	25.6	26	33.8	87	27.6	
"I wish I could have more respect for myself."	Totally disagree	39	16.2	22	28.9	61	19.2	0.073
	Somewhat disagree	47	19.5	16	21.1	63	19.9	
	Somewhat agree	97	40.2	23	30.3	120	37.9	
	Totally agree	58	24.1	15	19.7	73	23.0	
"I certainly feel useless at times."	Totally disagree	51	21.1	23	29.9	74	23.2	0.006
	Somewhat disagree	39	16.1	22	28.6	61	19.1	
	Somewhat agree	101	41.7	25	32.5	126	39.5	
	Totally agree	51	21.1	7	9.1	58	18.2	
"At times I think I am no good at all."	Totally disagree	72	30.3	33	42.9	105	33.3	0.039
	Somewhat disagree	49	20.6	18	23.4	67	21.3	
	Somewhat agree	69	29.0	20	26.0	89	28.3	
	Totally agree	48	20.2	6	7.8	54	17.1	

Appendix 4.3 University of Ottawa

		Women (n=241)		Men (n=86)		Total (n=328)		p
		n	%	n	%	n	%	
"I feel that I'm a person of worth, at least on an equal plane with others."	Totally disagree	13	5.7	4	4.8	17	5.5	0.949
	Somewhat disagree	26	11.4	8	9.6	34	10.9	
	Somewhat agree	93	40.8	36	43.4	129	41.5	
	Totally agree	96	42.1	35	42.2	131	42.1	
"I feel that I have a number of good qualities."	Totally disagree	9	3.9	2	2.4	11	3.5	0.709
	Somewhat disagree	17	7.4	6	7.2	23	7.4	
	Somewhat agree	100	43.7	32	38.6	132	42.3	
	Totally agree	103	45.0	43	51.8	146	46.8	
"All in all, I am inclined to feel that I am a failure."	Totally disagree	72	31.6	33	39.8	105	33.8	0.366
	Somewhat disagree	96	42.1	26	31.3	122	39.2	
	Somewhat agree	48	21.1	19	22.9	67	21.5	
	Totally agree	12	5.3	5	6.0	17	5.5	
"I am able to do things as well as most other people."	Totally disagree	8	3.5	4	4.8	12	3.9	0.000
	Somewhat disagree	46	20.2	2	2.4	48	15.4	
	Somewhat agree	117	51.3	42	50.6	159	51.1	
	Totally agree	57	25.0	35	42.2	92	29.6	
"I feel I do not have much to be proud of."	Totally disagree	61	26.6	39	47.0	100	32.1	0.007
	Somewhat disagree	86	37.6	25	30.1	111	35.6	
	Somewhat agree	72	31.4	17	20.5	89	28.5	
	Totally agree	10	4.4	2	2.4	12	3.8	
"I take a positive attitude toward myself."	Totally disagree	23	10.1	1	1.2	24	7.7	0.002
	Somewhat disagree	51	22.4	13	15.7	64	20.6	
	Somewhat agree	105	46.1	37	44.6	142	45.7	
	Totally agree	49	21.5	32	38.6	81	26.0	
"On the whole, I am satisfied with myself."	Totally disagree	16	7.0	4	4.8	20	6.4	0.001
	Somewhat disagree	60	26.3	9	10.8	69	22.2	
	Somewhat agree	112	49.1	39	47.0	151	48.6	
	Totally agree	40	17.5	31	37.3	71	22.8	
"I wish I could have more respect for myself."	Totally disagree	25	11.0	20	24.1	45	14.5	0.000
	Somewhat disagree	42	18.4	24	28.9	66	21.2	
	Somewhat agree	87	38.2	33	39.8	120	38.6	
	Totally agree	74	32.5	6	7.2	80	25.7	
"I certainly feel useless at times."	Totally disagree	36	15.8	28	33.7	64	20.6	0.002
	Somewhat disagree	66	28.9	19	22.9	85	27.3	
	Somewhat agree	83	36.4	29	34.9	112	36.0	
	Totally agree	43	18.9	7	8.4	50	16.1	
"At times I think I am no good at all."	Totally disagree	47	20.6	36	43.4	83	26.7	0.000
	Somewhat disagree	71	31.1	22	26.5	93	29.9	
	Somewhat agree	65	28.5	18	21.7	83	26.7	
	Totally agree	45	19.7	7	8.4	52	16.7	

Appendix 4.4 Université du Québec en Abitibi-Témiscamingue

		Women (n=425)		Men (n=115)		Total (n=549)		p
		n	%	n	%	n	%	
“I feel that I’m a person of worth, at least on an equal plane with others.”	Totally disagree	7	1.8	3	2.8	10	1.9	0.878
	Somewhat disagree	23	5.8	7	6.6	32	6.2	
	Somewhat agree	155	38.8	39	36.8	196	38.2	
	Totally agree	214	53.6	57	53.8	275	53.6	
“I feel that I have a number of good qualities.”	Totally disagree	7	1.8	1	0.9	8	1.6	0.006
	Somewhat disagree	3	0.8	6	5.7	9	1.8	
	Somewhat agree	167	42.1	38	35.8	209	40.9	
	Totally agree	220	55.4	61	57.5	285	55.8	
“All in all, I am inclined to feel that I am a failure.”	Totally disagree	193	48.5	48	45.3	243	47.5	0.082
	Somewhat disagree	155	38.9	40	37.7	197	38.5	
	Somewhat agree	46	11.6	13	12.3	63	12.3	
	Totally agree	4	1.0	5	4.7	9	1.8	
“I am able to do things as well as most other people.”	Totally disagree	4	1.0	1	0.9	5	1.0	0.989
	Somewhat disagree	30	7.5	7	6.6	38	7.4	
	Somewhat agree	203	51.0	54	50.9	261	51.0	
	Totally agree	161	40.5	44	41.5	208	40.6	
“I feel I do not have much to be proud of.”	Totally disagree	172	43.3	40	37.7	215	42.1	0.546
	Somewhat disagree	150	37.8	45	42.5	199	38.9	
	Somewhat agree	61	15.4	15	14.2	77	15.1	
	Totally agree	14	3.5	6	5.7	20	3.9	
“I take a positive attitude toward myself.”	Totally disagree	13	3.3	4	3.8	19	3.7	0.194
	Somewhat disagree	82	20.7	16	15.1	100	19.6	
	Somewhat agree	199	50.1	48	45.3	249	48.7	
	Totally agree	103	25.9	38	35.8	143	28.0	
“On the whole, I am satisfied with myself.”	Totally disagree	8	2.0	3	2.8	11	2.2	0.872
	Somewhat disagree	51	12.9	12	11.3	66	12.9	
	Somewhat agree	214	54.0	55	51.9	272	53.3	
	Totally agree	123	31.1	36	34.0	161	31.6	
“I wish I could have more respect for myself.”	Totally disagree	64	16.1	19	17.9	84	16.4	0.228
	Somewhat disagree	88	22.2	32	30.2	121	23.7	
	Somewhat agree	151	38.0	37	34.9	192	37.6	
	Totally agree	94	23.7	18	17.0	114	22.3	
“I certainly feel useless at times.”	Totally disagree	103	25.8	29	27.4	133	25.9	0.849
	Somewhat disagree	149	37.3	39	36.8	191	37.2	
	Somewhat agree	121	30.3	29	27.4	152	29.6	
	Totally agree	26	6.5	9	8.5	37	7.2	
“At times I think I am no good at all.”	Totally disagree	167	42.0	46	43.8	216	42.3	0.547
	Somewhat disagree	114	28.6	33	31.4	148	29.0	
	Somewhat agree	97	24.4	19	18.1	119	23.3	
	Totally agree	20	5.0	7	6.7	28	5.5	

Appendix 4.5 Bishop's University

		Women (n=154)		Men (n=43)		Total (n=207)		p
		n	%	n	%	n	%	
"I feel that I'm a person of worth, at least on an equal plane with others."	Totally disagree	4	3.0	4	10.8	12	6.7	0.103
	Somewhat disagree	24	18.0	3	8.1	28	15.6	
	Somewhat agree	51	38.3	17	45.9	69	38.3	
	Totally agree	54	40.6	13	35.1	71	39.4	
"I feel that I have a number of good qualities."	Totally disagree	3	2.2	1	2.7	4	2.2	0.782
	Somewhat disagree	9	6.7	2	5.4	14	7.7	
	Somewhat agree	69	51.5	16	43.2	87	48.1	
	Totally agree	53	39.6	18	48.6	76	42.0	
"All in all, I am inclined to feel that I am a failure."	Totally disagree	41	30.6	10	27.0	51	28.2	0.444
	Somewhat disagree	60	44.8	13	35.1	76	42.0	
	Somewhat agree	27	20.1	11	29.7	42	23.2	
	Totally agree	6	4.5	3	8.1	12	6.6	
"I am able to do things as well as most other people."	Totally disagree	4	3.0	1	2.7	6	3.3	0.843
	Somewhat disagree	21	15.7	4	10.8	28	15.5	
	Somewhat agree	70	52.2	19	51.4	93	51.4	
	Totally agree	39	29.1	13	35.1	54	29.8	
"I feel I do not have much to be proud of."	Totally disagree	42	31.3	8	21.6	50	27.6	0.385
	Somewhat disagree	56	41.8	15	40.5	76	42.0	
	Somewhat agree	30	22.4	13	35.1	46	25.4	
	Totally agree	6	4.5	1	2.7	9	5.0	
"I take a positive attitude toward myself."	Totally disagree	12	9.0	3	8.1	16	8.8	0.877
	Somewhat disagree	44	32.8	10	27.0	59	32.6	
	Somewhat agree	55	41.0	16	43.2	74	40.9	
	Totally agree	23	17.2	8	21.6	32	17.7	
"On the whole, I am satisfied with myself."	Totally disagree	6	4.5	2	5.4	12	6.6	0.976
	Somewhat disagree	40	29.9	12	32.4	54	29.8	
	Somewhat agree	63	47.0	16	43.2	81	44.8	
	Totally agree	25	18.7	7	18.9	34	18.8	
"I wish I could have more respect for myself."	Totally disagree	20	14.9	6	16.7	30	16.7	0.944
	Somewhat disagree	22	16.4	7	19.4	30	16.7	
	Somewhat agree	53	39.6	14	38.9	68	37.8	
	Totally agree	39	29.1	9	25.0	52	28.9	
"I certainly feel useless at times."	Totally disagree	20	14.9	5	13.5	25	13.8	0.900
	Somewhat disagree	26	19.4	8	21.6	34	18.8	
	Somewhat agree	58	43.3	14	37.8	77	42.5	
	Totally agree	30	22.4	10	27.0	45	24.9	
"At times I think I am no good at all."	Totally disagree	27	20.1	8	21.6	35	19.3	0.854
	Somewhat disagree	35	26.1	9	24.3	46	25.4	
	Somewhat agree	47	35.1	11	29.7	61	33.7	
	Totally agree	25	18.7	9	24.3	39	21.5	

