

This report is filtered

Only show: Question " Please indicate the teacher organization of which you are a member" is one of the following answers ("OSSTF/FEESO")

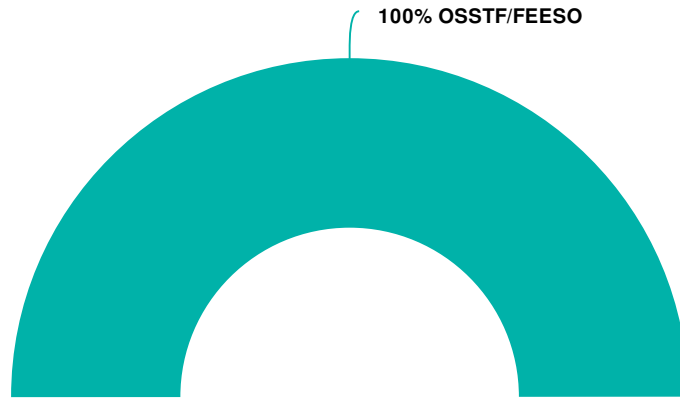
OSSTF/FEESO CTF/FCE Teacher Mental Health Check-in Survey – Pandemic Research Report


Response Counts



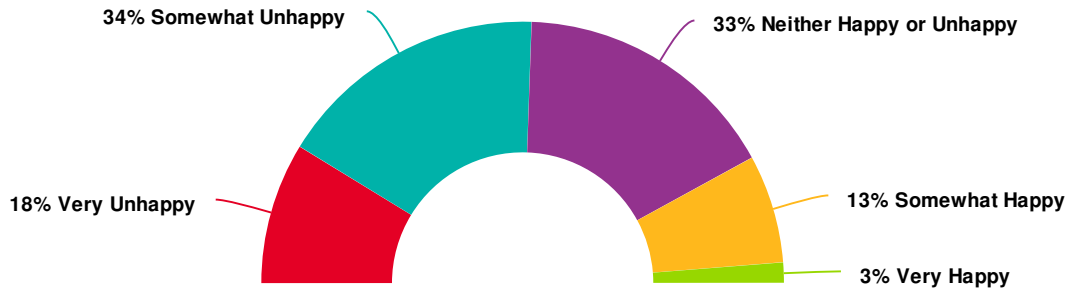
Totals: 1,467




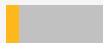

1. Please indicate the teacher organization of which you are a member



Value		Percent	Responses
OSSTF/FEESO		100.0%	1,467
			Totals: 1,467

2. How are you feeling today?

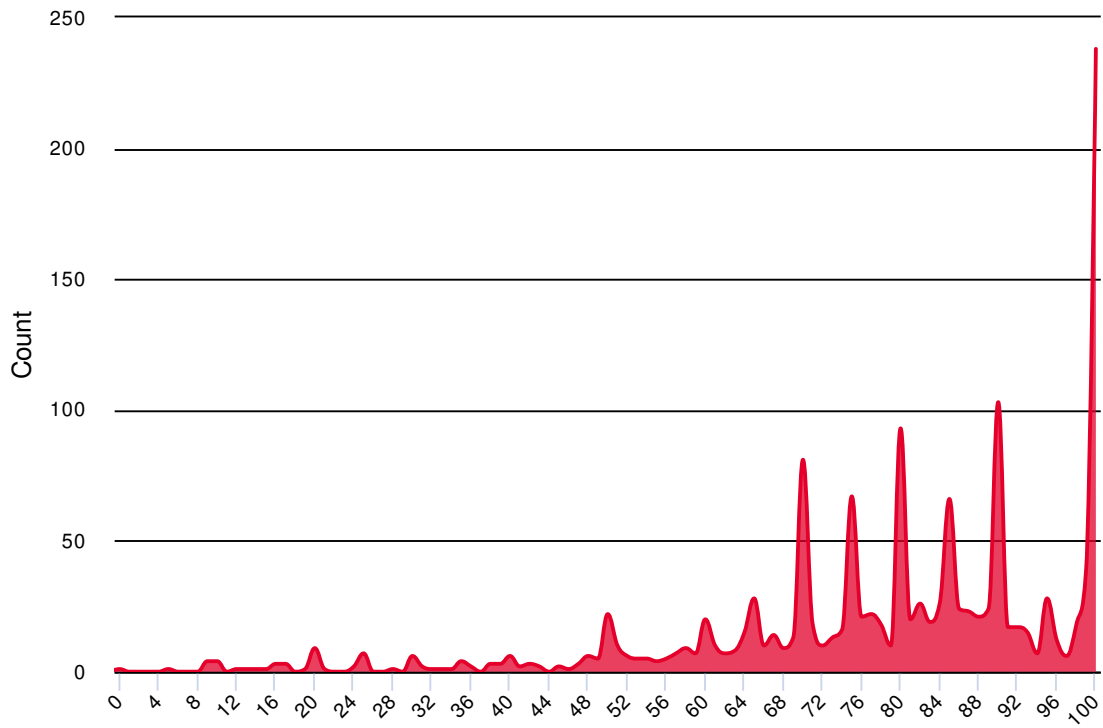


Value		Percent	Responses
Very Unhappy		17.5%	254
Somewhat Unhappy		33.6%	488
Neither Happy or Unhappy		33.0%	479
Somewhat Happy		13.4%	195
Very Happy		2.5%	37

Totals: 1,453

3. How stressful is your job right now?

Indicate using the slider scale



Statistics

Min	0
Max	100
Average	79.2
Total Responses	1426

4. To what extent do you find the following frustrating in your teaching practice?

	Not frustrating	Mildly frustrating	Somewhat frustrating	Very frustrating	Severely frustrating	Responses
Maintaining safety protocols Count Row %	193 13.6%	346 24.4%	425 30.0%	334 23.6%	118 8.3%	1,416
Learning and adjusting to new technologies Count Row %	117 8.3%	247 17.4%	431 30.4%	401 28.3%	220 15.5%	1,416
Upholding my own professional standards Count Row %	161 11.4%	133 9.4%	328 23.2%	467 33.0%	326 23.0%	1,415
Continual shifts in my work environment Count Row %	61 4.3%	114 8.1%	239 16.9%	440 31.1%	560 39.6%	1,414
Public perceptions of my current job Count Row %	89 6.3%	107 7.6%	284 20.1%	399 28.3%	533 37.7%	1,412
Totals Total Responses						1416

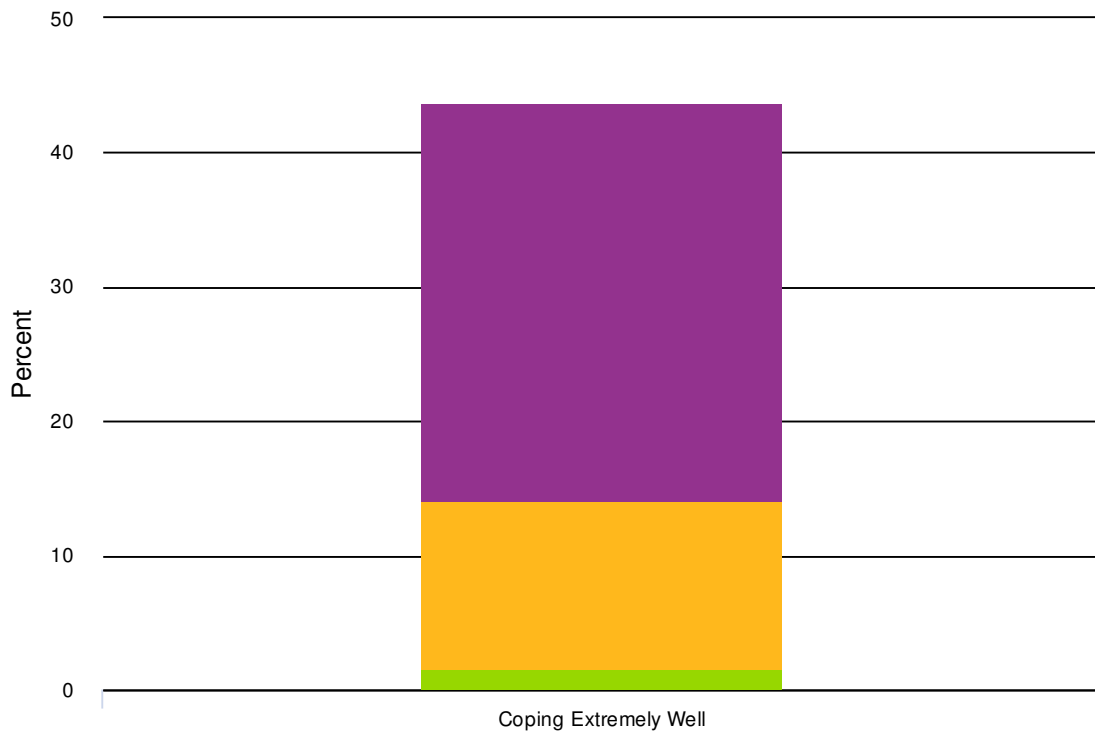
5. To what extent do the following work scenarios affect my emotional health:






	Does not affect me	Mildly affects me	Somewhat affects me	Greatly affects me	Severely affects me	Responses
Providing emotional support for students Count Row %	82 5.9%	190 13.6%	501 36.0%	490 35.2%	129 9.3%	1,392
Maintaining positive and energetic attitude while teaching Count Row %	74 5.3%	123 8.8%	340 24.4%	562 40.3%	296 21.2%	1,395
Managing student behaviour and juggling multiple responsibilities Count Row %	74 5.3%	192 13.8%	321 23.1%	504 36.2%	300 21.6%	1,391
Learning and using new technologies Count Row %	108 7.8%	246 17.7%	431 30.9%	362 26.0%	246 17.7%	1,393
Upholding my own professional standards Count Row %	104 7.5%	159 11.4%	334 24.0%	471 33.9%	323 23.2%	1,391
Totals Total Responses						1395

6. To what extent do you find the following scenarios exhausting or draining?

	Not at all draining	Mildly draining	Somewhat draining	Very draining	Severely draining	Responses
Managing student behaviour and juggling multiple responsibilities Count Row %	51 3.7%	159 11.6%	309 22.5%	499 36.3%	358 26.0%	1,376
Covering classes for absent colleagues Count Row %	352 26.6%	252 19.0%	337 25.5%	233 17.6%	150 11.3%	1,324
Adjusting to new pedagogical practices Count Row %	41 3.0%	123 8.9%	336 24.4%	534 38.8%	341 24.8%	1,375
Time spent on computer or digital devices Count Row %	21 1.5%	59 4.3%	152 11.0%	411 29.8%	737 53.4%	1,380
Meeting personal and professional expectations Count Row %	25 1.8%	74 5.4%	207 15.0%	499 36.2%	573 41.6%	1,378
Totals Total Responses						1380

7. How well are you coping with the daily stresses of teaching right now?



Value		Percent	Responses
Not Coping At All		4.4%	60
Barely Coping		36.4%	501
Somewhat Coping		43.7%	602
Coping Well		14.0%	193
Coping Extremely Well		1.6%	22

Totals: 1,378

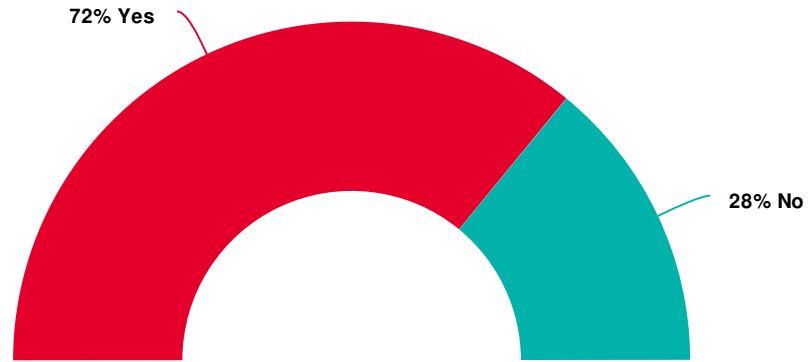
8. How often are you able to achieve the following within your daily schedule?

	Never	Infrequently	Sometimes	Frequently	Always	Responses
Sleep. I am getting sufficient sleep (quality and quantity) every night. Count Row %	222 16.1%	484 35.2%	442 32.1%	196 14.3%	31 2.3%	1,375
Nutrition. I am eating regularly to improve concentration and performance. Count Row %	68 5.0%	313 22.8%	467 34.0%	405 29.5%	120 8.7%	1,373
Hydration. I am drinking water while working and staying hydrated throughout the day. Count Row %	171 12.4%	512 37.2%	328 23.9%	267 19.4%	97 7.1%	1,375
Movement. I am setting aside time throughout my day - at regular intervals - to be physically active. Count Row %	278 20.3%	529 38.6%	318 23.2%	169 12.3%	77 5.6%	1,371
Prioritization. I am able to keep up with my tasks/electronic communication and can determine which tasks are most pressing. Count Row %	79 5.7%	323 23.5%	611 44.5%	311 22.6%	50 3.6%	1,374
Totals Total Responses						1375

9. To what extent do you feel supported by the following groups?




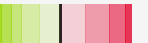





	Not Supported	Barely Supported	Somewhat Supported	Very Supported	Extremely Supported	Responses
Students' Parents/Guardians Count Row %	92 6.8%	213 15.6%	769 56.5%	264 19.4%	24 1.8%	1,362
Administrators Count Row %	158 11.5%	277 20.2%	531 38.7%	314 22.9%	91 6.6%	1,371
Colleagues Count Row %	20 1.5%	75 5.5%	330 24.1%	630 46.0%	316 23.0%	1,371
School Board Count Row %	510 37.4%	447 32.8%	335 24.6%	62 4.5%	10 0.7%	1,364
Ministry of Education Count Row %	1,038 75.8%	239 17.5%	85 6.2%	7 0.5%	0 0.0%	1,369
Professional Association/Union Count Row %	143 10.5%	264 19.3%	592 43.3%	313 22.9%	55 4.0%	1,367
Family/Friends Count Row %	24 1.8%	78 5.7%	401 29.3%	571 41.8%	293 21.4%	1,367
Totals Total Responses						1371


10. Do you have any concerns or questions about your mental health and/or well-being in relation to the return to teaching in 2020-2021?



Value		Percent	Responses
Yes		71.9%	981
No		28.1%	384
			Totals: 1,365

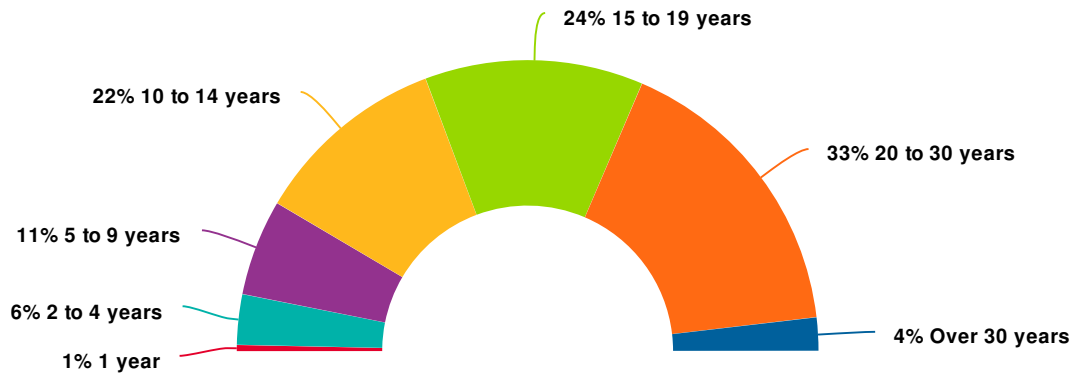
11. What are your top concerns about your mental health and well-being at the start of the 2020-2021 school year? If you are using a computer, drag and drop the following options on the left to rank your concerns on the right. If you are using a mobile device or tablet, click each option to rank in your desired order.

Item	Overall Rank	Rank Distribution	No. of Rankings
Workload, Work-life Balance	1		924
Stress, Anxiety, Depression	2		911
Mental and Emotional Exhaustion	3		890
Digital Exhaustion, Screen time	4		875
Lack of Ministry or Board Planning and Directions	5		863
Physical Health and Safety	6		812
Family Responsibilities	7		802
Worrying about students	8		794
Loneliness	9		728



Lowest Rank Highest Rank

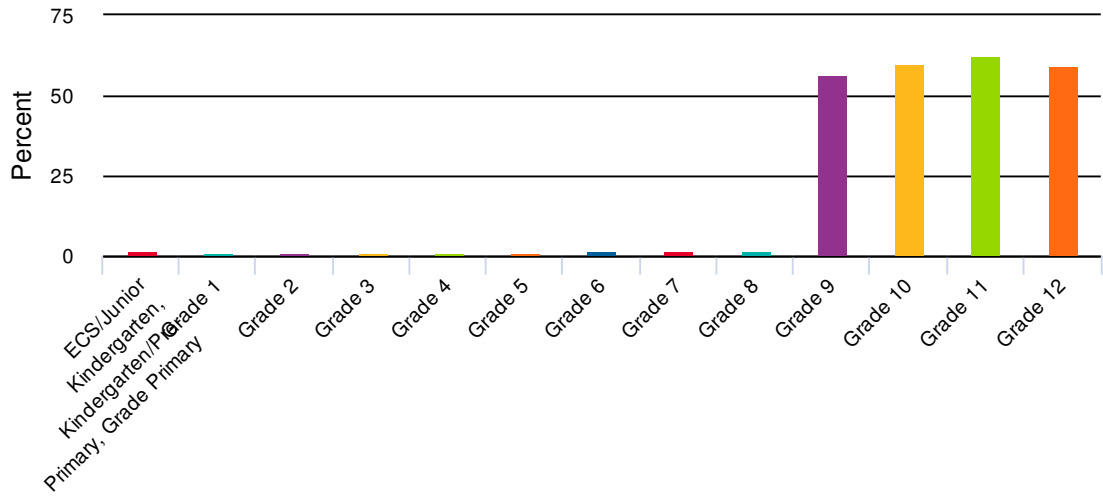
12. Your teaching experience, including current year
















Value	Percent	Responses
1 year	0.7%	9
2 to 4 years	5.6%	76
5 to 9 years	10.7%	144
10 to 14 years	21.6%	292
15 to 19 years	24.3%	329
20 to 30 years	33.4%	452
Over 30 years	3.7%	50

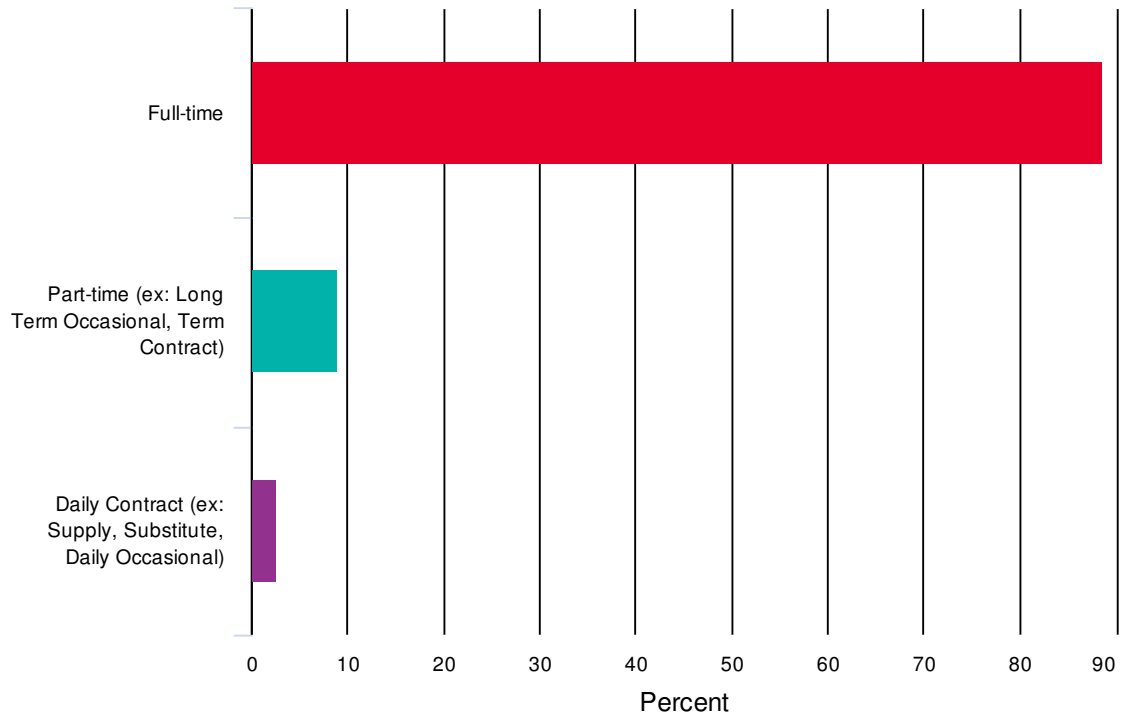
Totals: 1,352

13. Your current assignment is related exclusively or mainly to students in (check all that apply)



Value		Percent	Responses
ECS/Junior Kindergarten, Kindergarten/Pre-Primary, Grade Primary		1.8%	25
Grade 1		1.3%	18
Grade 2		1.3%	18
Grade 3		1.3%	17
Grade 4		1.3%	18
Grade 5		1.2%	16
Grade 6		1.5%	20
Grade 7		1.7%	23
Grade 8		1.7%	23
Grade 9		56.8%	768
Grade 10		60.2%	815
Grade 11		62.7%	849
Grade 12		59.6%	807

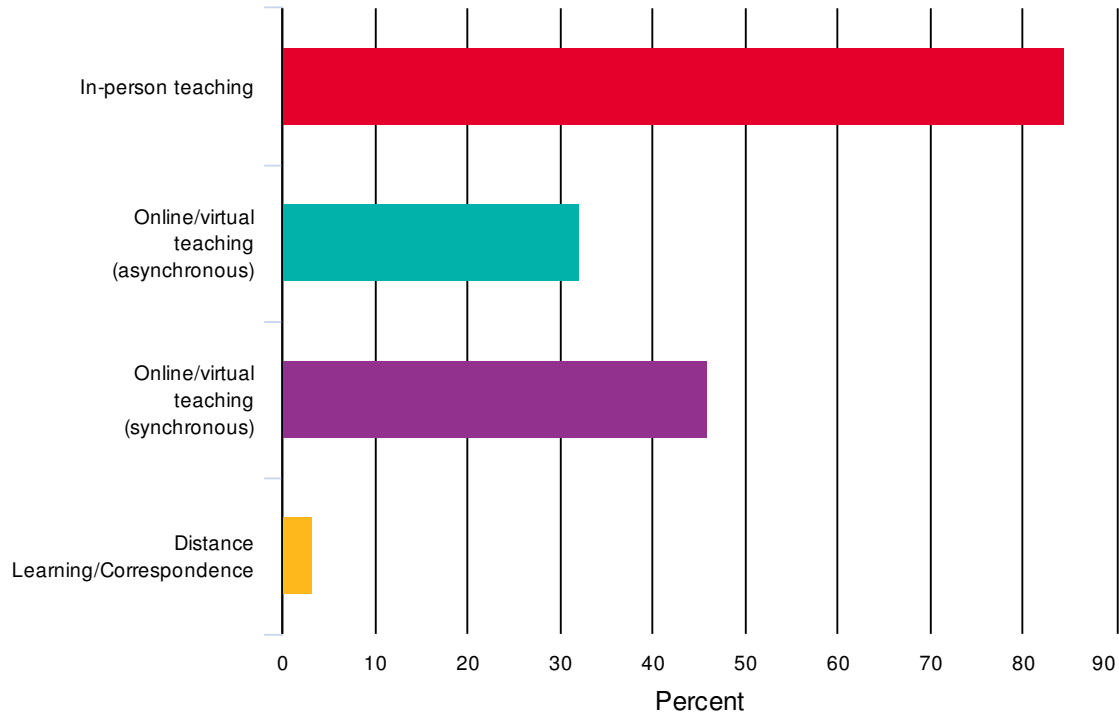
14. You are employed







Value	Percent	Responses
Full-time	88.6%	1,192
Part-time (ex: Long Term Occasional, Term Contract)	8.9%	120
Daily Contract (ex: Supply, Substitute, Daily Occasional)	2.5%	33

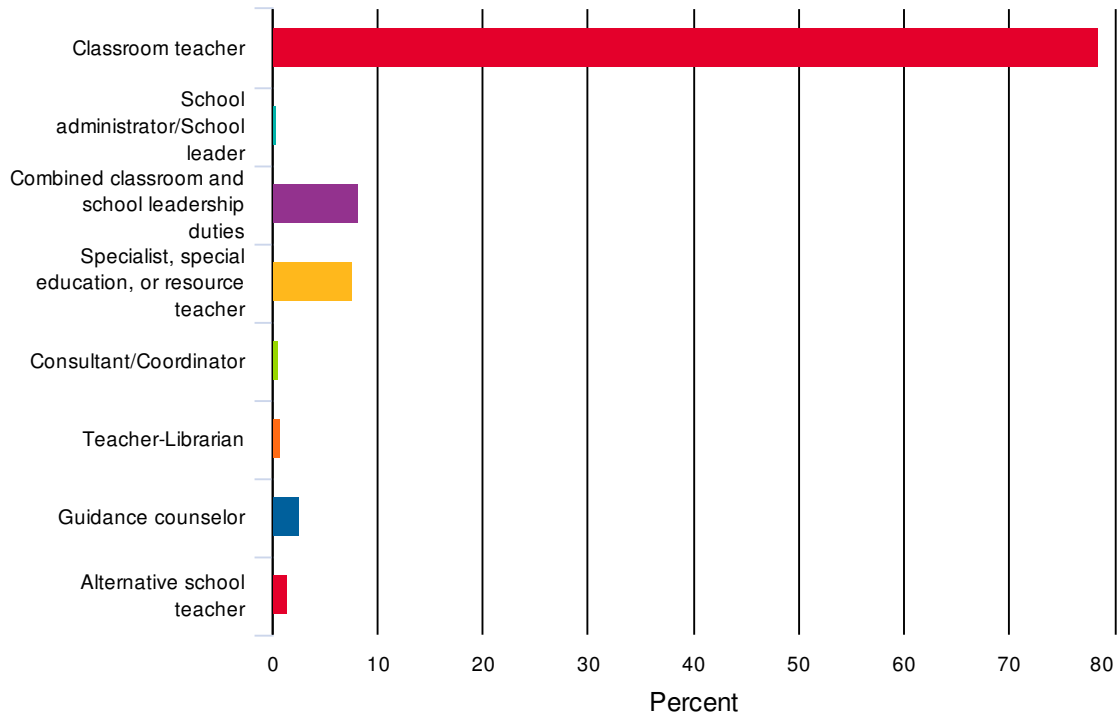
Totals: 1,345

15. Which of the following best describes your current teaching assignment? Check all that apply.



Value		Percent	Responses
In-person teaching		84.5%	1,234
Online/virtual teaching (asynchronous)		32.1%	469
Online/virtual teaching (synchronous)		46.0%	671
Distance Learning/Correspondence		3.2%	47

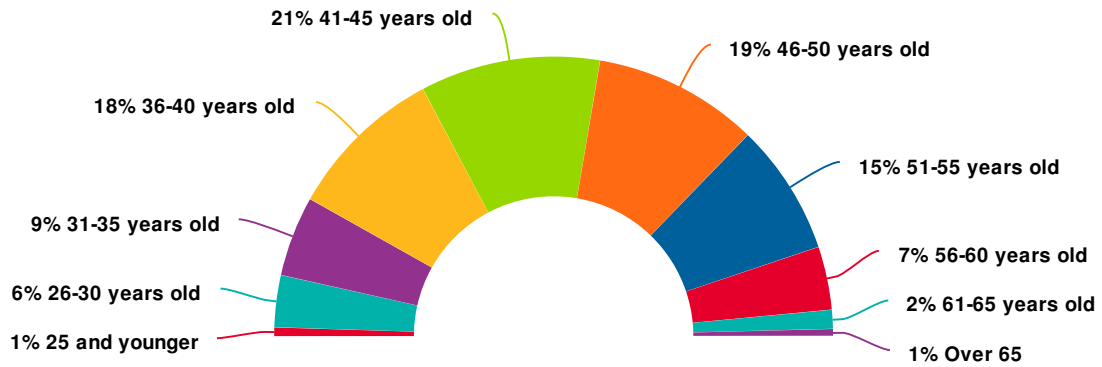
16. Which of the following best describes your current position?



Value	Percent	Responses
Classroom teacher	78.5%	1,055
School administrator/School leader	0.4%	6
Combined classroom and school leadership duties	8.2%	110
Specialist, special education, or resource teacher	7.6%	102
Consultant/Coordinator	0.6%	8
Teacher-Librarian	0.8%	11
Guidance counselor	2.5%	33
Alternative school teacher	1.4%	19

Totals: 1,344

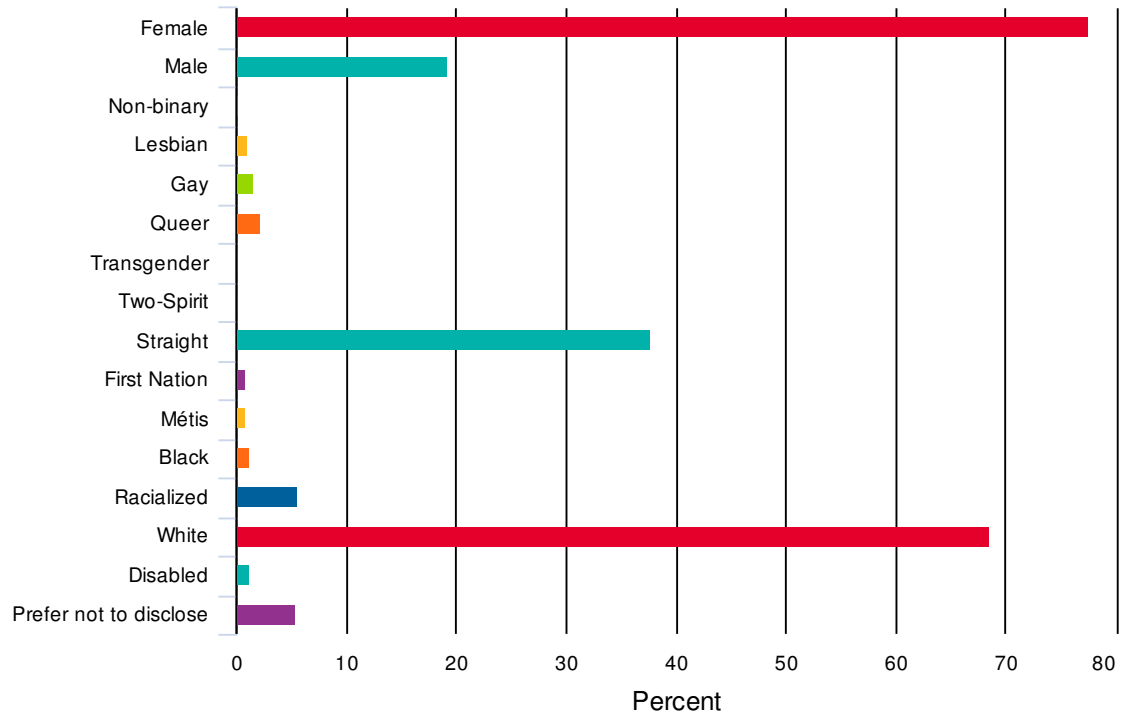
17. Your age



Value	Percent	Responses
25 and younger	1.0%	13
26-30 years old	6.0%	81
31-35 years old	9.3%	125
36-40 years old	18.2%	244
41-45 years old	20.8%	279
46-50 years old	19.1%	256
51-55 years old	15.2%	204
56-60 years old	7.3%	98
61-65 years old	2.2%	30
Over 65	0.8%	11

Totals: 1,341

18. Which of the following currently reflect your personal identity? Check all that apply to you:



Value		Percent	Responses
Female		77.5%	1,036
Male		19.2%	257
Non-binary		0.2%	3
Lesbian		1.1%	15
Gay		1.6%	22
Queer		2.2%	30
Transgender		0.1%	1
Two-Spirit		0.1%	2
Straight		37.7%	504
First Nation		0.9%	12
Métis		0.8%	11
Black		1.3%	17
Racialized		5.6%	75
White		68.6%	917
Disabled		1.3%	17
Prefer not to disclose		5.4%	72