

## Dates

Jan 19, Jan 20, Jan 25, Feb 1, Feb 4, Feb 5, Feb 6, Feb 7, Feb 14, Feb 15, Feb 16, Feb 17, Feb 19, Feb 20, Feb 21.

## Former Ideas/Questions,

Former Ideas: The Human Body, Neuroscience, Anxiety, depression and stress, What is Covid-19?

## What Made Us Think Of This Topic?

Since the first appearance of Covid-19 in Canada (January 24, British Columbia), our country entered a state of uncertainty and psychological stress; everyone's lives were somewhat impacted, making this topic of high relevance for us. We wanted to understand how many people were affected and how they were affected.

## Scientific Question and The Purpose Behind it

Our question is, " What are the Mental Effects of Covid-19."

The purpose behind this topic is to know more about Covid-19 and see how it affects our daily lives from different angles. It is also to try and help give some suggestions about what people can do if they are mentally ill or worried about themselves or others. Besides, it is to inform people that it will be okay to be feeling upset or anxious and that we are all in this together.

## Hypothesis

We hypothesize that around 5/10 people are affected, both mentally and physically, by Covid-19. We have reason to believe this because, based on our research, approximately 56% of people are affected by Covid-19.

## Method

1. Identify the problem
2. Create a hypothesis
3. Observe the situation
4. Research the existing data
5. Analyze the data and the situation
6. Create conclusions
7. Make the presentation

## Improvements, Further Questions, and New Problems.

We made improvements on our slides and did a bit more research. Before, we just had information on the different types of mental illnesses people usually experience during Covid-19, but then we realized that that was just a bit too basic. We decided to kick it up a notch and talk about what

caused all these mental illnesses. We talked a bit more about what caused all these mental illnesses. Like social isolation, school and university closures, unemployment, and the threat of the disease itself.

We had some more questions about what age and gender does depression usually affects and the difference between anxiety and stress. We added that into our slides as well.

## Notes and Rough Work

Notes for Unemployment. It is a complete word for word of the video on this link

<https://globalnews.ca/news/7029601/canada-may-unemployment-rate/>, "Canada added 290,000 jobs in May; top 1-month gain" but have to change it after to our terms in our unemployment slide. " The forecast for unemployment was way off, as investigators presumed for the bleeding to continue. The standard estimate was that Canada would lose another 500,000 jobs, and the unemployment rate would go up 15%. But instead, it went the other way, adding another 290,000 jobs in May. Even though the economy may not be shutting down positions, the recovery is only

just beginning. We still have a long way to go to be anywhere near where we were before Covid-19. Over the years, there have always been ups and downs in unemployment rates, but May's latest numbers are great! Record-breaking!

Nevertheless, what happened in March, with the loss of 1,000,000 jobs, was devastating. It also repeated in April, with the loss of 2,000,000 jobs. We have only recovered about 10% of what was lost. Even as the economy added jobs, the unemployment rates went up. More people were looking for work, pushing Canada to a new all-time high of 13.7%. Most of the job gains were in Quebec, about 80%. Its first steps to reopening were earlier than most of the country." A bit more information: 2.5 million people had their hours slashed, but the number of people who worked less than half their hours fell by 292,000 in May. In May, around 1.2 million people stopped using the C.E.R.B( Canada Emergency Response Benefit).

## Sources

<https://fas.org/sgp/crs/misc/R46554.pdf>

<https://www.bbc.com/news/business-52660591>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764>

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<https://www.nhs.uk/conditions/generalised-anxiety-disorder/#:~:text=Anxiety%20is%20a%20feeling%20of,medical%20test%20or%20job%20interview.>

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20047725#:~:text=After%20puberty%2C%20depression%20rates%20are,may%20continue%20throughout%20the%20lifespan.>

<https://www.apa.org/topics/stress/anxiety-difference#:~:text=People%20under%20stress%20experience%20mental,the%20absence%20of%20a%20stressor.>

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