Enquête québécoise sur la santé et le bien-être des personnes proches aidantes 2024-2025

Questionnaire anglais

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Avec la collaboration du ministère de la Santé, de la Prévention et des Aînés, de l'Institut national de santé publique du Québec, de la Table nationale en surveillance, de l'Observatoire québécois de la proche aidance, de Proche aidance Québec et de l'Appui pour les proches aidants.

Pour tout renseignement concernant
le contenu de cette publication :

Direction des enquêtes de santé
Institut de la statistique du Québec
1200, avenue McGill College, bureau 500
Montréal (Québec) H3B 4J8
Téléphone :
514 873-4749
1 800 463-4090 (Canada et États-Unis)
Site Web : statistique.quebec.ca

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In accordance with the Institut de la statistique du Québec's (ISQ) new social statistics practices, gender was measured in the introduction of this survey. For more information about this measure, please refer to our webpage on taking gender into account in surveys, at: statistique.quebec.ca/en/institut/methodology/classifications-and-definitions/methodology-taking-gender-into-account.

Section 1 – Health and well-being – 1

Preamble 1 The following questions are about health. By health, we mean not only the absence of disease or injury but also physical, mental, and social well-being.

ETA_1 How do you perceive your health compared to other people your age?

1 Excellent
2 Very good
3 Good
4 Fair
5 Poor
8 Don't know
9 No response

Source : Adaptée de l'Institut de la Statistique du Québec, *Enquête sociale et de santé* (ESS) 1998, QAA, question 1.

SM1_1 In general, how satisfied are you with your social life, meaning your relationships with the people around you (relatives, friends, acquaintances)?

1 Very satisfied
2 Somewhat satisfied
3 Somewhat dissatisfied
4 Very dissatisfied
8 Don't know
9 No response

Source : Adaptée de l'Institut de la statistique du Québec, *Enquête sociale et de santé* (ESS) 1998, *Questionnaire sur les habitudes de vie et la santé*, QAA, question 148.

SM1_2 How often do you feel lonely?

1 Always
2 Often
3 Sometimes
4 Rarely
5 Never
8 Don't know
9 No response

Source : *Enquête sociale canadienne - Qualité de vie, santé et communautés bienveillantes* 2024, question LON_Q01.

SM1_3 How often can you depend on people to help you when you really need it?

1 Always
2 Often
3 Sometimes
4 Rarely
5 Never
8 Don't know
9 No response

Source : Adaptée de *l'Enquête sociale canadienne - Qualité de vie, santé et communautés bienveillantes 2024*, question RES_Q06.

Section 2 – Caregiver status

Preamble 2 The next questions are about the help, support or care you may have provided.

PPA_2 During the **past 12 months**, did you provide unpaid support to family members, friends or other people close to you because of a disease, a disability, loss of autonomy related to aging, or a temporary or permanent physical or psychological impairment. This may involve help with transportation, personal care, home maintenance, or any other activity.

Volunteer work through an organization or other is not taken into account in this study.

1 Yes
2 No
8 Don't know
9 No response

Sources : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICG_Q110 et L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM., question Q_2a.

PPA_4 Are you the parent (mother or father) of a child with special needs or a loss of autonomy due to a condition such as a physical impairment, autism spectrum disorder, or mental health disorder?

The impairment can be temporary or permanent.

1 Yes
2 No
8 Don't know
9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

Filtre 1.
Si PPA_2 = 1 ou PPA_4 = 1→ PPA_5
Sinon → Section 5

(PPA_5) When you think about the people close to you who have needed your help because of a disease, a disability, loss of autonomy related to aging, or a temporary or permanent physical or psychological impairment, have you given them the following types of help or support during the **past 30 days**? Yes or No. If this does not apply to your situation, please answer No.

INSTRUCTION CATI: Read only if necessary:
Yes: Please answer yes only if the people close to you could not do these activities on their own due to their health condition.
No: No or does not apply. Examples where this doesn't apply: no maintenance to do because no private home, no banking operations for children, etc.

		Yes	No	Don't know	No response
SOU_1	Transportation: help with running errands, going to appointments or social activities.	1	2	8	9
SOU_2	Personal care: help with eating, bathing, getting dressed, going to the bathroom, hairstyling.	1	2	8	9
SOU_3	Medical care: help with changing dressings, taking medication, taking blood pressure, help with physical or cognitive stimulation activities, cardiac monitoring tests, blood sugar tests.	1	2	8	9
SOU_4	Organizing and planning care and services: help with scheduling appointments, hiring professional help, filling out forms or service requests.	1	2	8	9
SOU_5	Meal preparation: help with delivering or managing food.	1	2	8	9
SOU_6	Housework or yard work: help with cleaning the house, doing laundry, mowing the lawn, shovelling snow.	1	2	8	9
SOU_7	Banking operations, managing finances and insurance: help with paperwork such as paying bills, depositing cheques, filing taxes.	1	2	8	9
SOU_8	Going to social, sports, school, or cultural activities with the person.	1	2	8	9

Sources : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, questions APR_Q10 (SOU_1), APR_Q40 (SOU_2), APR_Q50 (SOU_3), APR_Q60 (SOU_4), APR_Q20 (SOU_5), APR_Q30 (SOU_6), APR_Q70 (SOU_7) et adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM, question Q_A2f (SOU_8).

SOU_9 Because of a disease, a disability, loss of autonomy or an impairment, did you offer, during the **past 30 days**, emotional or psychological support: calling or visiting the person, spending time with them to listen to and comfort them.

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question RPE_Q10.

SOU_10 Did you provide other types of support to someone close to you with a disease, a disability, or a temporary or permanent impairment during the **past 30 days**?

INSTRUCTION CATI: Read only if necessary:
Yes: Please answer yes only if the people close to you could not do these activities on their own due to their health condition.
No: No or does not apply. Examples where this doesn't apply: no maintenance to do because no private home, no banking operations for children, etc.

1 Yes (SOU_10P)
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, questions APR_Q80 et APR_Q85.

Filtre 2.
Si PPA_2 = 1 et SOU_1 = 2,8,9 et SOU_2 = 2,8,9 et SOU_3 = 2,8,9 et SOU_4 = 2,8,9 et SOU_5 = 2,89, et SOU_6 = 2,8,9 et SOU_7 = 2,8,9 et SOU_8 = 2,8,9 et SOU_9 = 2,8,9 et SOU_10 = 2,8,9 → PPA_3
Sinon → Filtre 3

PPA_3 You mentioned that you provided support to people close to you during the **past 12 months**. Why did you not provide any help or support during the **past 30 days**?

1 Your family members, friends or other people you support did not ask for help during this period
2 You stopped because the person has passed away
3 You stopped because you became ill
4 You stopped because it became too burdensome
5 Other reason, specify (PPA_3P)
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question SPR_Q20.

Filtre 3.
Si SOU_1 = 2,8,9 et SOU_2 = 2,8,9 et SOU_3 = 2,8,9 et SOU_4 = 2,8,9 et SOU_5 = 2,89, et SOU_6 = 2,8,9 et SOU_7 = 2,8,9 et SOU_8 = 2,8,9 et SOU_9 = 2,8,9 et SOU_10 = 2,8,9 → Section 5
Sinon → PPA_6

PPA_6 On average, how many hours of help, support and care did you devote to people close to you per week for all these activities combined? Only include the hours you devoted to the people close to you who needed help because of a disease, a disability, or an impairment and try to provide a weekly average for the **past 30 days**.

INSTRUCTION CATI: Try to have at least an approximate number of hours by reading the choices. Exclude paid help provided to clients or care recipients or help provided through an organization.
INSTRUCTION CAWI: If you are unsure, give an approximate answer. Exclude paid help provided to clients or care recipients or help provided through an organization.

1 Less than 1 hour a week → Section 5
2 1 hour to less than 5 hours a week
3 5 to 9 hours a week
4 10 to 19 hours a week
5 20 or more hours a week
8 Don't know → Section 5
9 No response → Section 5

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question HAP_Q10.

PPA_1 Do you consider yourself as a caregiver?

INSTRUCTION CATI : Read the response options.

1 Yes
2 No
3 Don't know
9 No response

Source : Adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance 2022*, SOM, question Q_A1.

PPA_7 How many people close to you with a disease, a disability, loss of autonomy related to aging, or a temporary or permanent impairment did you support in any of the above activities during the **past 30 days**?

1 One
2 Two → AID_1_1
3 Three → AID_1_1
4 Four → AID_1_1
5 Five or more → AID_1_1
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PAR_Q10.

Section 3 – Characteristics of care receivers

AID_1 What is your relationship to the person you help? Is this person:
INSTRUCTION CATI: Read the response options if necessary.

1 Your partner or spouse?
2 Your father or mother?
3 Your father-in-law or mother-in-law or stepfather, stepmother?
4 Your son or daughter?
5 Your brother or sister?
6 Your grandson or granddaughter?
7 Another immediate family member (e.g., grandparents, son-in-law, daughter-in-law)?
8 Another extended family member (e.g., uncle or aunt, cousin, nephew or niece)?
9 A friend?
10 A neighbour, co-worker or acquaintance?
11 Someone else, specify: (e.g., foster child…) (AID_1_P)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRG_Q10.

AID_3P How old is this person?
INSTRUCTION CATI: Lien avec la personne aidée : [AID_1]

1 Enter age → AID_4
998 Don't know
999 No response

AID_3 Please indicate this person's age group.
INSTRUCTION CATI: Read the response options. If age is unknown, suggest an answer by age group. Lien avec la personne aidée: [AID_1]

1 0-14 years
2 15-17 years
3 18-24 years
4 25-34 years
5 35-44 years
6 45-54 years
7 55-64 years
8 65-74 years
9 75-79 years
10 80-84 years
11 85 years or more
98 Don't know
99 No response

AID_4 What is the main health condition or disease that is causing this person's disability?
INSTRUCTION CATI: Read the response options.

1 Physical impairment (PI) (mobility impairment, visual impairment, hearing impairment)
2 Loss of autonomy related to aging
3 Alzheimer and other neurocognitive disorders
4 Mental health disorder (anxiety disorder, depression, schizophrenia, bipolar disorder)
5 Addiction (drugs, alcohol, medication, gambling)
6 Cancer
7 Chronic diseases (asthma, COPD, diabetes, kidney failure)
8 Temporary disability (post-surgery recovery)
9 Intellectual and developmental disability or disorder
10 Autism spectrum disorder (ASD)
11 Neurodegenerative diseases (amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's disease)
96 Other (AID_44, voir l'annexe pour la liste des problèmes de santé ou des maladies)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRP_Q10.

AID_5 How long have you been helping this person?

1 Less than 1 month
2 1 to 6 months
3 More than 6 months to 1 year
4 More than 1 year to 5 years
5 More than 5 years to 10 years
6 More than 10 years to 20 years
7 More than 20 years
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care Questionnaire* (iVICQ). Version 1.0, 2011, question E1.

AID_6A Does this person currently live with you in the same home?

1 Yes → AID_7
2 No
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care* Questionnaire (iVICQ). Version 1.0, 2011, question E7.

AID_6B Does this person live in the province of Québec?

1 Yes, in the province of Québec
2 No, in another Canadian province → AID_7
3 No, in another country → AID_7
8 Don't know → AID_7
9 No response → AID_7

AID_6C Where does this person currently live?

INSTRUCTION CATI: Read the response options. If the respondent interrupts you, confirm their answer from the list of possible options.

1 In their own home (excluding in a private seniors' residence)
2 In a private seniors' residence (RPA) (apartment building where various services are offered: meals, personal assistance, nursing care, domestic help, security and recreation)
3 In a public or private long-term care centre (CHSLD) or a senior housing or maison des aînés (residential and long-term care centre for people with great loss of autonomy)
4 In a family-type resource (RTF) (private residence housing a maximum of 9 people, such as children in difficulty, adults or seniors, in order to meet their needs in a natural environment)
5 In an intermediate resource (RI) (living environment that provides the support and assistance services needed by semi-autonomous people with special needs)
6 In another type of housing (including temporary or transitional environments) (AID_6P)
8 Don't know
9 No response

Source : Adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM, question Q_P1D7.

AID_7 Excluding professional care, do you consider yourself to be this person's primary caregiver or one of their primary caregivers? (The primary caregiver is the one who devotes the most time and resources to the care receiver).

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question CGI_Q140.

AID_7_1 To your knowledge, does this person receive help from other people such as family members, friends or neighbours?

INSTRUCTION CATI/CAWI: Exclude volunteers from facilities (e.g., CHSLD) or organizations.

1 Yes → Section 4
2 No, you are their only caregiver → Section 4
3 It's possible, but you are not sure → Section 4
9 No response → Section 4

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

AID_1_1 The following questions are about the people you help. For three of them, [si PPA_7 = 4,5] / For each one of them, [si PPA_7 = 2,3] we would like to ask about some of their characteristics.

What is your relationship to the person you help the most? Is this person:

INSTRUCTION CATI: Read the response options if necessary.

1 Your partner or spouse?
2 Your father or mother?
3 Your father-in-law or mother-in-law or stepfather, stepmother?
4 Your son or daughter?
5 Your brother or sister?
6 Your grandson or granddaughter?
7 Another immediate family member (e.g., grandparents, son-in-law, daughter-in-law)?
8 Another extended family member (e.g., uncle or aunt, cousin, nephew or niece)?
9 A friend?
10 A neighbour, co-worker or acquaintance?
11 Someone else, specify: (e.g., foster child…) (AID_1_1_P)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRG_Q10.

AID_3_1P How old is this person?

1 Enter age → AID_4_1
998 Don't know
999 No response

AID_3_1 Please indicate this person's age group.

INSTRUCTION CATI: Read the response options. If age is unknown, suggest an answer by age group.

1 0-14 years
2 15-17 years
3 18-24 years
4 25-34 years
5 35-44 years
6 45-54 years
7 55-64 years
8 65-74 years
9 75-79 years
10 80-84 years
11 85 years or more
98 Don't know
99 No response

AID_4_1 What is the main health condition or disease that is causing this person's disability?
INSTRUCTION CATI: Read the response options.

1 Physical impairment (PI) (mobility impairment, visual impairment, hearing impairment)
2 Loss of autonomy related to aging
3 Alzheimer and other neurocognitive disorders
4 Mental health disorder (anxiety disorder, depression, schizophrenia, bipolar disorder)
5 Addiction (drugs, alcohol, medication, gambling)
6 Cancer
7 Chronic diseases (asthma, COPD, diabetes, kidney failure)
8 Temporary disability (post-surgery recovery)
9 Intellectual and developmental disability or disorder
10 Autism spectrum disorder (ASD)
11 Neurodegenerative diseases (amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's disease)
96 Other (AID_44_1, voir l'annexe pour la liste des problèmes de santé ou des maladies)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRP_Q10.

AID_5_1 How long have you been helping this person?

1 Less than 1 month
2 1 to 6 months
3 More than 6 months to 1 year
4 More than 1 year to 5 years
5 More than 5 years to 10 years
6 More than 10 years to 20 years
7 More than 20 years
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care Questionnaire* (iVICQ). Version 1.0, 2011, question E1.

AID_6_1A Does this person currently live with you in the same home?

1 Yes → AID_7_1_1
2 No
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care* Questionnaire (iVICQ). Version 1.0, 2011, question E7.

AID_6_1B Does this person live in the province of Québec?

1 Yes, in the province of Québec
2 No, in another Canadian province → AID_7_1_1
3 No, in another country → AID_7_1_1
8 Don't know → AID_7_1_1
9 No response → AID_7_1_1

AID_6_1C Where does this person currently live?

INSTRUCTION CATI: Read the response options. If the respondent interrupts you, confirm their answer from the list of possible options.

1 In their own home (excluding in a private seniors' residence
2 In a private seniors' residence (RPA) (apartment building where various services are offered: meals, personal assistance, nursing care, domestic help, security and recreation)
3 In a public or private long-term care centre (CHSLD) or a senior housing or maison des aînés (residential and long-term care centre for people with great loss of autonomy)
4 In a family-type resource (RTF) (private residence housing a maximum of 9 people, such as children in difficulty, adults or seniors, in order to meet their needs in a natural environment)
5 In an intermediate resource (RI) (living environment that provides the support and assistance services needed by semi-autonomous people with special needs)
6 In another type of housing (including temporary or transitional environments) (AID_6_1_P)
8 Don't know
9 No response

Source : Adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM, question Q_P1D7.

AID_7_1_1 Excluding professional care, do you consider yourself to be this person's primary caregiver or one of their primary caregivers? (The primary caregiver is the one who devotes the most time and resources to the care receiver).

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question CGI_Q140.

AID_7_1_1_1 To your knowledge, does this person receive help from other people such as family members, friends or neighbours?

INSTRUCTION CATI/CAWI: Exclude volunteers from facilities (e.g., CHSLD) or organizations.

1 Yes
2 No, you are their only caregiver
3 It's possible, but you are not sure
9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

AID_1_2 What is your relationship to the second person you help the most? Is this person:
INSTRUCTION CATI: Read the response options if necessary.

1 Your partner or spouse?
2 Your father or mother?
3 Your father-in-law or mother-in-law or stepfather, stepmother?
4 Your son or daughter?
5 Your brother or sister?
6 Your grandson or granddaughter?
7 Another immediate family member (e.g., grandparents, son-in-law, daughter-in-law)?
8 Another extended family member (e.g., uncle or aunt, cousin, nephew or niece)?
9 A friend?
10 A neighbour, co-worker or acquaintance?
11 Someone else, specify: (e.g., foster child…) (AID_1_2_P)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRG_Q10.

AID_3_2P How old is this person?
INSTRUCTION CATI: If age is unknown, suggest an answer by age group.

1 Enter age → AID_4_2
998 Don't know
999 No response

AID_3_2 Please indicate this person's age group.
INSTRUCTION CATI: Read the response options. If age is unknown, suggest an answer by age group.

1 0-14 years
2 15-17 years
3 18-24 years
4 25-34 years
5 35-44 years
6 45-54 years
7 55-64 years
8 65-74 years
9 75-79 years
10 80-84 years
11 85 years et or more
98 Don't know
99 No response

AID_4_2 What is the main health condition or disease that is causing this person's disability?
INSTRUCTION CATI: Read the response options.

1 Physical impairment (PI) (mobility impairment, visual impairment, hearing impairment)
2 Loss of autonomy related to aging
3 Alzheimer and other neurocognitive disorders
4 Mental health disorder (anxiety disorder, depression, schizophrenia, bipolar disorder)
5 Addiction (drugs, alcohol, medication, gambling)
6 Cancer
7 Chronic diseases (asthma, COPD, diabetes, kidney failure)
8 Temporary disability (post-surgery recovery)
9 Intellectual and developmental disability or disorder
10 Autism spectrum disorder (ASD)
11 Neurodegenerative diseases (amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's disease)
96 Other (AID_44_2, voir l'annexe pour la liste des problèmes de santé ou des maladies)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRP_Q10.

AID_5_2 How long have you been helping this person?

1 Less than 1 month
2 1 to 6 months
3 More than 6 months to 1 year
4 More than 1 year to 5 years
5 More than 5 years to 10 years
6 More than 10 years to 20 years
7 More than 20 years
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care Questionnaire* (iVICQ). Version 1.0, 2011, question E1.

AID_6_2A Does this person currently live with you in the same home?

1 Yes → AID_7_2_1
2 No
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care* Questionnaire (iVICQ). Version 1.0, 2011, question E7.

AID_6_2B Does this person live in the province of Québec?

1 Yes, in the province of Québec
2 No, in another Canadian province → AID_7_2_1
3 No, in another country → AID_7_2_1
8 Don't know → AID_7_2_1
9 No response → AID_7_2_1

AID_6_2C Where does this person currently live?

INSTRUCTION CATI: Read the response options. If the respondent interrupts you, confirm their answer from the list of possible options.

1 In their own home (excluding in a private seniors' residence)
2 In a private seniors' residence (RPA) (apartment building where various services are offered: meals, personal assistance, nursing care, domestic help, security and recreation)
3 In a public or private long-term care centre (CHSLD) or a senior housing or maison des aînés (residential and long-term care centre for people with great loss of autonomy)
4 In a family-type resource (RTF) (private residence housing a maximum of 9 people, such as children in difficulty, adults or seniors, in order to meet their needs in a natural environment)
5 In an intermediate resource (RI) (living environment that provides the support and assistance services needed by semi-autonomous people with special needs)
6 In another type of housing (including temporary or transitional environments) (AID_6_2_P)
8 Don't know
9 No response

Source : Adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM, question Q_P1D7.

AID_7_2_1 Excluding professional care, do you consider yourself to be this person's primary caregiver or one of their primary caregivers? (The primary caregiver is the one who devotes the most time and resources to the care receiver).

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question CGI_Q140.

AID_7_2_1_1 To your knowledge, does this person receive help from other people such as family members, friends or neighbours?

INSTRUCTION CATI/CAWI: Exclude volunteers from facilities (e.g., CHSLD) or organizations.

1 Yes
2 No, you are their only caregiver
3 It's possible, but you are not sure
9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

Filtre 4.
Si PPA_7 = 3,4,5 → AID_1_3
Sinon → Section 4

AID_1_3 What is your relationship to the third person you help the most? Is this person:
INSTRUCTION CATI: Read the response options if necessary.

1 Your partner or spouse?
2 Your father or mother?
3 Your father-in-law or mother-in-law or stepfather, stepmother?
4 Your son or daughter?
5 Your brother or sister?
6 Your grandson or granddaughter?
7 Another immediate family member (e.g., grandparents, son-in-law, daughter-in-law)?
8 Another extended family member (e.g., uncle or aunt, cousin, nephew or niece)?
9 A friend?
10 A neighbour, co-worker or acquaintance?
11 Someone else, specify: (e.g., foster child…) (AID_1_3_P)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRG_Q10.

AID_3_3P How old is this person?
INSTRUCTION CATI: If age is unknown, suggest an answer by age group.

1 Enter age → AID_4_3
998 Don't know
999 No response

AID_3_3 Please indicate this person's age group.
INSTRUCTION CATI: Read the response options. If age is unknown, suggest an answer by age group.

1 0-14 years
2 15-17 years
3 18-24 years
4 25-34 years
5 35-44 years
6 45-54 years
7 55-64 years
8 65-74 years
9 75-79 years
10 80-84 years
11 85 years or more
98 Don't know
99 No response

AID_4_3 What is the main health condition or disease that is causing this person's disability?
INSTRUCTION CATI: Read the response options.

1 Physical impairment (PI) (mobility impairment, visual impairment, hearing impairment)
2 Loss of autonomy related to aging
3 Alzheimer and other neurocognitive disorders
4 Mental health disorder (anxiety disorder, depression, schizophrenia, bipolar disorder)
5 Addiction (drugs, alcohol, medication, gambling)
6 Cancer
7 Chronic diseases (asthma, COPD, diabetes, kidney failure)
8 Temporary disability (post-surgery recovery)
9 Intellectual and developmental disability or disorder
10 Autism spectrum disorder (ASD)
11 Neurodegenerative diseases (amyotrophic lateral sclerosis (ALS), multiple sclerosis, Parkinson's disease)
96 Other (AID_44_3, voir l'annexe pour la liste des problèmes de santé ou des maladies)
98 Don't know
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question PRP_Q10.

AID_5_3 How long have you been helping this person?

1 Less than 1 month
2 1 to 6 months
3 More than 6 months to 1 year
4 More than 1 year to 5 years
5 More than 5 years to 10 years
6 More than 10 years to 20 years
7 More than 20 years
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care Questionnaire* (iVICQ). Version 1.0, 2011, question E1.

AID_6_3A Does this person currently live with you in the same home?

1 Yes → AID_7_3_1
2 No
8 Don't know
9 No response

Source : Adaptée de Hoefman RJ, Van Exel NJA, Brouwer WBF. iMTA *Valuation of Informal Care* Questionnaire (iVICQ). Version 1.0, 2011, question E7.

AID_6_3B Does this person live in the province of Québec?

1 Yes, in the province of Québec
2 No, in another Canadian province → AID_7_3_1
3 No, in another country → AID_7_3_1
8 Don't know → AID_7_3_1
9 No response → AID_7_3_1

AID_6_3C Where does this person currently live?

INSTRUCTION CATI: Read the response options. If the respondent interrupts you, confirm their answer from the list of possible options.

1 In their own home (excluding in a private seniors' residence)
2 In a private seniors' residence (RPA) (apartment building where various services are offered: meals, personal assistance, nursing care, domestic help, security and recreation)
3 In a public or private long-term care centre (CHSLD) or a senior housing or maison des aînés (residential and long-term care centre for people with great loss of autonomy)
4 In a family-type resource (RTF) (private residence housing a maximum of 9 people, such as children in difficulty, adults or seniors, in order to meet their needs in a natural environment)
5 In an intermediate resource (RI) (living environment that provides the support and assistance services needed by semi-autonomous people with special needs)
6 In another type of housing (including temporary or transitional environments) (AID_6_3_P)
8 Don't know
9 No response

Source : Adaptée de L'Appui pour les proches aidants, *Enquête statistique sur la proche aidance*, 2022, SOM, question Q_P1D7.

AID_7_3_1 Excluding professional care, do you consider yourself to be this person's primary caregiver or one of their primary caregivers? (The primary caregiver is the one who devotes the most time and resources to the care receiver).

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question CGI_Q140.

AID_7_3_1_1 To your knowledge, does this person receive help from other people such as family members, friends or neighbours?

INSTRUCTION CATI/CAWI: Exclude volunteers from facilities (e.g., CHSLD) or organizations.

1 Yes
2 No, you are their only caregiver
3 It's possible, but you are not sure
9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

Section 4 – Impacts

Preamble 4 The next questions are about your experience as a caregiver.

(CAR_1) For each statement, please select the answer that best describes your current situation.
INSTRUCTION CATI: The response options are "Not at all", "A little" or "Very much".

		Not at all	A little	Very much	Don't know	No response
CAR_1_1	Your caregiving role gives you a sense of fulfillment.	1	2	3	8	9
CAR_1_2	You have relationship problems with the persons you help (e.g., they are very demanding or behave differently, you have communication problems, etc.).	1	2	3	8	9
CAR_1_3	You have mental health problems because of your experience as a caregiver, you feel stressed or afraid, you are pessimistic, you suffer from depression, you have concerns about the future.	1	2	3	8	9
CAR_1_4	You have a hard time balancing your caregiving tasks with your daily activities (such as your own housework, work, studies, family responsibilities, recreational activities).	1	2	3	8	9
CAR_1_5	You have financial difficulties because of your caregiving role.	1	2	3	8	9
CAR_1_6	You receive help from others (e.g., from your family, friends, neighbours or acquaintances) when you need it to carry out your caregiving tasks.	1	2	3	8	9
CAR_1_7	You have physical health problems because of your experience as a caregiver (e.g., you are sick more often, you feel tired or physically stressed).	1	2	3	8	9

Source : Brouwer, W.B., N.J. Van Exel, B. Van Gorp and W.K. Redekop (2006) 'The CarerQol Instrument: A New Instrument to Measure Care-Related Quality of Life of Informal Caregivers for use in Economic Evaluations', *Quality of life research : an international journal of quality-of-life aspects of treatment, care and rehabilitation*, 15(6): 1005-1021.

GLO_1 During the **past 12 months**, has your overall health suffered because of your caregiving role? (Your overall health refers to both your physical and emotional health.)

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICP_Q10.

PHY_2 During the **past 12 months**, how physically difficult were your caregiving responsibilities? (Difficult is defined as demanding, tiring, hard, or strenuous.)

1 Very difficult
2 Difficult
3 Somewhat difficult
4 Not at all difficult
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICP_Q15.

EMO_3 How stressful has your caregiving role been during the **past 12 months**?

1 Very stressful
2 Stressful
3 Somewhat stressful
4 Not at all stressful
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICS_Q40.

(EMO_4) Caregivers may face different challenges in carrying out their responsibilities. During **the past 12 months**, how easy or difficult has it been for you to deal with the following situations?

INSTRUCTION CATI: Select "Not applicable" if a situation doesn't apply to you.

		Very easy	Easy	Neither easy nor difficult	Difficult	Very difficult	Not applicable	Don't know	No response
EMO_4_6	Getting enough sleep.	1	2	3	4	5	6	8	9
EMO_4_1	Balancing your social activities and caregiving responsibilities.	1	2	3	4	5	6	8	9
EMO_4_8	Maintaining your social and community commitments, taking part in volunteering activities if you want to.	1	2	3	4	5	6	8	9
EMO_4_7	Managing your schedule and finding the time to take care of your own health and medical appointments.	1	2	3	4	5	6	8	9
EMO_4_2	Protecting your privacy despite your caregiving responsibilities.	1	2	3	4	5	6	8	9
EMO_3_2	Meeting the needs of your care receivers.	1	2	3	4	5	6	8	9
EMO_3_3	Making decisions for your care receivers.	1	2	3	4	5	6	8	9
EMO_3_4	Dealing with the declining health or changing needs of your care receivers.	1	2	3	4	5	6	8	9
EMO_3_5	Agreeing with the family and friends of your care receivers about the support and care given.	1	2	3	4	5	6	8	9
EMO_3_6	Finding services and resources for your care receiver.	1	2	3	4	5	6	8	9
EMO_4_3	Communicating with health care workers and social and health services for your care receivers.	1	2	3	4	5	6	8	9
EMO_4_4	Filling out forms or service requests for your care receivers.	1	2	3	4	5	6	8	9
EMO_4_9	Navigating the health and social services system for your care receivers.	1	2	3	4	5	6	8	9

Sources : Inspirées de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question FIS_Q10 (1 à 6) pour EMO 3_2 à EMO_3_6. Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025 pour EMO_4_1 à EMO_4_9.

EMO_5 How well are you able to fulfill your caregiving role?

1 Very well
2 Generally well
3 Not very well
4 Not well at all
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICL_Q100.

(FIN) For each statement, indicate if you incurred any expenses (out of your own pocket) because of your caregiving role during the **past 12 months**.

INSTRUCTION CATI: Read text in brackets as needed.

		Yes	No	Don't know	No response
FIN_1	Home modifications (to accommodate your care receiver's needs and ensure their safety.)	1	2	8	9
FIN_2	Professional services for your care receiver's health care or rehabilitation (e.g., nurse, dentist, physiotherapist, psychologist, social worker.)	1	2	8	9
FIN_3	Hiring people to help with your care receiver's daily activities (e.g., help with preparing meals, doing housework or yard work, paying bills, shopping, banking operations, personal care, supervising activities, support for communicating, learning or socializing.)	1	2	8	9
FIN_4	Transportation, travel or accommodation (e.g., paying for gas, parking, accommodation or meals, specialized transit, special vehicle, special car equipment, transportation to and from medical appointments or other health care reasons.)	1	2	8	9
FIN_5	Specialized aids or devices (e.g., mobility devices, wheelchairs, specialized clothing, incontinence or ostomy supplies, respiratory devices or any other equipment or technical aids required due to a health problem resulting in physical or mental disability, or for problems related to aging.)	1	2	8	9
FIN_6	Medication for your care receiver (prescription or non-prescription).	1	2	8	9
FIN_7	CATI: Did you incurred other expenses because of your caregiving role? CAWI: Other expensese?	1	2	8	9

Source : Adaptées de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, questions ICF_Q210 à Q260.

FIN_8 Currently, how much is your caregiving role impacting your ability to meet your financial obligations or essential needs, such as rent or mortgage payments, utilities (e.g., electricity, heating, Internet) and groceries?

1 Very much
2 Moderately
3 A little
4 Not at all
5 Not applicable
8 Don't know
9 No response

Source : Adaptée de *Répercussions de la COVID-19 sur les Canadiens : série de collecte de données*, 2020, question LM_Q20.

Section 5 – Impacts on work and/or school

SAT1_1 Do you currently have one or more paid full-time or part-time job(s)? (Whether full-time or part-time, as an employee or self-employed, including if you are currently on vacation, parental leave, sick leave, injury-on-duty leave, on strike, or locked out.)

1 Yes
2 No → Filtre 5
8 Don't know → Filtre 5
9 No response → Filtre 5

Source : Adaptée de l'Institut de la statistique du Québec, *Enquête sociale et de santé 1998, Questionnaire sur les habitudes de vie et la santé* (ESS), 1998, question 48.

SAT1_3 On average, how many hours a week do you usually work?

INSTRUCTION CATI: Enter the number of hours per week for all jobs combined (if applicable).

1 Enter the number of hours
998 Don't know
999 No response

[Message de validation de SAT1_3 si SAT1_3 > 60]

SAT1_7 At your main job, do you currently work as an employee for wages or salary, or are you self-employed, meaning a business owner, consultant, freelancer or contractor?

INSTRUCTION CATI: Read only if necessary: If you have two jobs, answer thinking of the job that you consider to be your main job.

1 Employee
2 Self-employed
8 Don't know
9 No response

Source : Adaptée de l'Institut de recherche Robert-Sauvé en santé et en sécurité du travail et de l'Institut national de santé publique du Québec, *Enquête québécoise sur des conditions de travail, d'emploi, de santé et sécurité du travail* (EQCOTESST), 2007-2008, question EMP_5.

SAT1_4R Generally, how easy or difficult is it for you to balance your work obligations and your personal or family responsibilities?

1 Very easy
2 Easy
3 Neither easy nor difficult
4 Difficult
5 Very difficult
8 Don't know
9 No response

Source : Inspirée de *International Business Machines Global Work and Life Issues Survey*, 2007.

Filtre 5.

Si PPA_6 = 2,3,4,5 et SAT1_1 = 2,8,9 → SAT_52
Si PPA_6 = 2,3,4,5 et SAT1_1 = 1 → TRAV_1
Si (PPA_2 = 2,8,9 et PPA_4 = 2,8,9) ou (PPA_6 = 1,8,9) → Section 7

SAT_52 During the **past 12 months**, did you work as an employee or self-employed at any time, regardless of the number of hours worked? (Answer yes if you were on parental leave, sick leave, injury-on-duty leave, on strike or locked out. Exclude any volunteer work.)

1 Yes
2 No → ETU_1
8 Don't know → ETU_1
9 No response → ETU_1

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question LPY_Q01.

(TRAV_1) For each statement, indicate if you experienced any of the following situations because of your caregiving role during the **past 12 months**.

		Yes	No	Not applicable	Don't know	No response
TRAV_1_1	You reduced your hours of work.	1	2	3	8	9
TRAV_1_2	You interrupted your workday.	1	2	3	8	9
TRAV_1_3	You took unpaid leave.	1	2	3	8	9

Source : Adaptées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r1, r2 et r4).

TRAV1_2 Because of your caregiving role, have you had to quit your job during the **past 12 months**, either temporarily or permanently?

1 Yes
2 No
3 Not applicable
8 Don't know
9 No response

Source : Adaptée de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r3).

Filtre 6.
Si (SAT1_1 = 1 ou SAT_52 = 1) et SAT1_7 = 1,8,9 → TRAV_2
Sinon ETU_1

(TRAV_2) During the **past 12 months**, did you use any of the following measures to help balance your work and caregiving responsibilities?

		Yes	No	Not applicable	Don't know	No response
TRAV_2_1	Flexible working hours (compressed workweek, banked hours, timing of vacation, etc.).	1	2	3	8	9
TRAV_2_2	Paid family leave (for medical appointments, school meetings, etc.).	1	2	3	8	9
TRAV_2_3	Full-time or part-time telework due to caregiving responsibilities.	1	2	3	8	9
TRAV_2_4	Other	1	2	3	8	9

Source : Adaptées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question Q7 (r1, r6, r7 et r9).

(TRAV_3) To what extent do you agree with the following statements?

		Completely agree	Somewhat agree	Somewhat disagree	Completely disagree	Not applicable	Don't know	No response
TRAV_3_1	Your employer is open to suggesting accommodations at work because of your caregiving role.	1	2	3	4	5	8	9
TRAV_3_2	Your employer is open to re-examining your workload because of your caregiving role.	1	2	3	4	5	8	9
TRAV_3_2	You believe you are entitled to family-work balance measures to help you fulfill your caregiving responsibilities.	1	2	3	4	5	8	9

Source : Adaptées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r9, r10 et 11).

ETU_1 During the **past 12 months**, were you enrolled at a secondary school, college, CEGEP, or university? (You are considered to have been enrolled if you were taking courses (in person or remotely) that may lead to a certificate, diploma or degree.)

INSTRUCTION CATI/ⒸCAWI: Includes adult education, trade school, etc.

1 Yes
2 No → Section 6
8 Don't know → Section 6
9 No response → Section 6

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ESC1_Q01.

ETU_2 What type of educational institution did you attend?

1 Secondary school (includes vocational training)
2 College or CEGEP
3 University
4 Other
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question EDM_Q01.

ETU_1_4R Generally, how easy or difficult is it for you to balance your academic obligations and your personal or family responsibilities?

1 Very easy
2 Easy
3 Neither easy nor difficult
4 Difficult
5 Very difficult
8 Don't know
9 No response

Source : Inspirée de *International Business Machines Global Work and Life Issues Survey*, 2007.

ETU_3 Because of your caregiving role, have you had to stop your studies during the **past 12 months**, either temporarily or permanently?

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r3).

ETU_4 During the **past 12 months**, did you postpone your enrollment in an educational or vocational training program <u>because of your caregiving role</u>?

1 Yes
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question ICE_Q20.

(ETU_5) For each statement, indicate if you experienced any of the following situations because of your caregiving responsibilities during the **past 12 months**.

		Yes	No	Does not apply	Don't know	No response
ETU_5_1	Being late to or missing classes	1	2	3	8	9
ETU_5_2	Handing in schoolwork after the deadline	1	2	3	8	9
ETU_5_3	Dropping or failing a class	1	2	3	8	9
ETU_5_4	Reducing your course load	1	2	3	8	9
ETU_5_5	Leaving school to start working	1	2	3	8	9

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

(ETU_6) During the **past 12 months**, did you use any of the following measures to help balance your academic obligations and caregiving responsibilities?

		Yes	No	Does not apply	Don't know	No response
ETU_6_1	Taking classes remotely instead of in-person	1	2	3	8	9
ETU_6_2	Using support measures to promote academic achievement (student help program, extended deadline to hand in schoolwork)	1	2	3	8	9
ETU_6_3	Other accommodations given by teachers or professors	1	2	3	8	9

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

Section 6 – Informal support and use of services

Filtre 7.
Si (SOU_1 = 1 ou SOU_2 = 1 ou SOU_3 = 1 ou SOU_4 = 1 ou SOU_5 = 1 ou SOU_6 = 1 ou SOU_7 = 1 ou SOU_8 = 1 ou SOU_9 = 1 ou SOU_10 = 1) et PPA_6 = 2,3,4,5 → Preamble 6
Sinon Section 7

Preamble 6 The next questions are about the support you may have received and the resources you used to help you in your caregiving role.

SER_1_1 During the **past 12 months**, did you participate in any **information, training, or knowledge or skill transfer activities** (for example, to get information on a disease, on how to interact with people who have Alzheimer's or with autistic children, on how to help your care receiver get around, etc.)?

1 Yes → SER_1_2
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_1 Did you know about these **information, training, or knowledge or skill transfer activities** (to get information on a disease, on how to interact with people who have Alzheimer's or autistic children, on how to help people get around, etc.)?

1 Yes
2 No → SER_1_2
8 Don't know → SER_1_2
9 No response → SER_1_2

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_1 Would you have liked to participate in these activities during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_2
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_2
8 Don't know → SER_1_2
9 No response → SER_1_2

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_1 Which of the following reasons stopped you from participating in these information activities?
INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.
INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_2 During the **past 12 months**, did you use **any respite services or accommodation solutions** (to give you a break from your caregiving role)?

1 Yes → SER_1_3
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_2 Did you know about these **respite services or accommodation solutions** (to give you a break from your caregiving role)?

1 Yes
2 No → SER_1_3
8 Don't know → SER_1_3
9 No response → SER_1_3

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_2 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_3
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_3
8 Don't know → SER_1_3
9 No response → SER_1_3

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_2 Which of the following reasons stopped you from using these **respite services or accommodation solutions**?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_3 During the **past 12 months**, did you participate in any **support activities for people going through similar experiences to your own** (attending coffee meetings, support groups, etc.)?

1 Yes → SER_1_4
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_3 Did you know about these **support activities for people going through similar experiences to your own** (attending coffee meetings, support groups, etc.)?

1 Yes
2 No → SER_1_4
8 Don't know → SER_1_4
9 No response → SER_1_4

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_3 Would you have liked to participate in these activities during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_4
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_4
8 Don't know → SER_1_4
9 No response → SER_1_4

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_3 Which of the following reasons stopped you from participating in these **support activities for people going through similar experiences to your own**?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTIN CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_4 During the **past 12 months**, did you use any **individualized psychological support or counselling services** to help you in your role as a caregiver?

1 Yes → SER_1_5
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_4 Did you know about these **individualized psychological support or counselling services**?

1 Yes
2 No → SER_1_5
8 Don't know → SER_1_5
9 No response → SER_1_5

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_4 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_5
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_5
8 Don't know → SER_1_5
9 No response → SER_1_5

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_4 Which of the following reasons stopped you from using these **individualized psychological support or counselling services**?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_5 During the **past 12 months**, did you use any **legal or tax assistance services** (e.g. for income taxes) because of your caregiving role?

1 Yes → SER_1_6
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_5 Did you know about these **legal or tax assistance services**? (e.g. for income taxes)

1 Yes
2 No → SER_1_6
8 Don't know → SER_1_6
9 No response → SER_1_6

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_5 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_6
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_6
8 Don't know → SER_1_6
9 No response → SER_1_6

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_5 Which of the following reasons stopped you from using these **legal or tax assistance services**?
INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.
INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_6 During the **past 12 months**, did you use any **home care or support services** (such as meal preparation, house cleaning, etc.)?

1 Yes → SER_1_7
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_6 Did you know about these **home care or support services** (such as meal preparation, house cleaning, etc.)?

1 Yes
2 No → SER_1_7
8 Don't know → SER_1_7
9 No response → SER_1_7

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_6 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_7
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_7
8 Don't know → SER_1_7
9 No response → SER_1_7

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_6 Which of the following reasons stopped you from using these **home care or support services**?
INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.
INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_7 During the **past 12 months**, did you use any **medical or specialized supplies** (bath adapter bar, alarm, adapted toilet seat, etc.) because of your caregiving role?

1 Yes → SER_1_8
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_7 Did you know about these **medical or specialized supplies** (bath adapter bar, alarm, adapted toilet seat, etc.)?

1 Yes
2 No → SER_1_8
8 Don't know → SER_1_8
9 No response → SER_1_8

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_7 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_8
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_8
8 Don't know → SER_1_8
9 No response → SER_1_8

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_7 Which of the following reasons stopped you from using these **medical or specialized supplies** (bath adapter bar, alarm, adapted toilet seat, etc.)?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_8 During the **past 12 months**, did you use any **transportation assistance services for your care receiver(s)**?

1 Yes → SER_1_9
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_8 Did you know about these **transportation assistance services**?

1 Yes
2 No → SER_1_9
8 Don't know → SER_1_9
9 No response → SER_1_9

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_8 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_9
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_9
8 Don't know → SER_1_9
9 No response → SER_1_9

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_8 Which of the following reasons stopped you from using **transportation assistance services for your care receiver(s)**?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_9 During the **past 12 months**, did you use any **adapted or specialized education, health care or rehabilitation services** (remedial teacher, occupational therapist, speech therapist, etc.)?

1 Yes → SER_1_10
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_2_9 Did you know about these **adapted or specialized education, health care or rehabilitation services**?

1 Yes
2 No → SER_1_10
8 Don't know → SER_1_10
9 No response → SER_1_10

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_9 Would you have liked to use this service during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_1_10
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_1_10
8 Don't know → SER_1_10
9 No response → SER_1_10

Source : Adaptée de l'*Enquête statistique sur la proche aidance*, 2022, SOM pour L'Appui, question Q_SERV01

SER_3_9 Which of the following reasons stopped you from using these **adapted or specialized education, health care or rehabilitation services**?

INSTRUCTION CATI: If the respondent interrupts you and answers "cost" or "transportation", confirm with them, but read the list.

INSTRUCTION CAWI: Check all that apply.

1 No services nearby
2 Service not adapted to your needs
3 Cost too high
4 Small number of spots available or long wait time
5 Lack of trust in this service
6 Lack of time
7 Process too complicated or cumbersome
8 Lack of transportation
9 Service not offered in your language
10 Cultural reasons
11 Limited service hours
12 Eligibility criteria not met
13 Your care receiver doesn't want any help or doesn't want to use this service
98 Don't know
99 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_1_10 During the **past 12 months**, did you apply for any **financial assistance** (Québec tax credit for caregivers or Canada caregiver credit, tax credit for home-support services for seniors, tax credit for medical expenses) **or benefits** (supplement for handicapped children, allowance for people with temporary employment constraints, financial assistance for home or vehicle adaptation) to help you in your caregiving role?

1 Yes → SER_4
2 No
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, questions CD_Q80A et ACD_Q90

SER_2_10 Did you know about **this financial assistance or these benefits**?

1 Yes
2 No → SER_4
8 Don't know → SER_4
9 No response → SER_4

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

SER_2_1_10 Would you have liked to apply for financial assistance or benefits during the **past 12 months**?

1 Yes
2 No (no need or other reason) → SER_4
3 Not applicable (e.g. care receiver lives in a residence, I'm not the one who takes care of this, etc.) → SER_4
8 Don't know → SER_4
9 No response → SER_4

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, questions CD_Q80A et ACD_Q90

SER_3_10 Why didn't you apply for any **financial assistance or benefits**?

INSTRUCTION CAWI: Check all that apply.

1 Lack of time
2 Unsure about eligibility criteria
3 Process too complicated or cumbersome
4 Other (O_SER_3_10)
8 Don't know
9 No response

Source : Inspirées de l'*Enquête sur l'expérience des Canadiens avec les soins de santé primaires*, 2008, question AC_Q14.

SER_4 Is there any other type of support you would like to have to help with your caregiving tasks?

1 Yes
2 No → AUT_3_1
8 Don't know → AUT_3_1
9 No response → AUT_3_1

Source : *Enquête sociale générale - Les soins donnés et reçus*, 2018, question OAC_Q20.

SER_5 What other services would help you with your caregiving tasks?

1 Enter services
99 No response

Source : Adaptée de l'*Enquête sociale générale - Les soins donnés et reçus*, 2018, question OAC_Q30.

AUT_3_1 How comfortable are you talking about your experience as a caregiver with your family, friends and neighbours?

1 Not at all
2 Somewhat
3 Quite
4 Completely
5 Not applicable
8 Don't know
9 No response

Source : Inspirées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r6 et r7).

Filtre 8.

Si ((SOU_1 = 1 ou SOU_2 = 1 ou SOU_3 = 1 ou SOU_4 = 1 ou SOU_5 = 1 ou SOU_6 = 1 ou SOU_7 = 1 ou SOU_8 = 1 ou SOU_9 = 1 ou SOU_10 = 1) et PPA_6 = 2,3,4,5 et SAT1_1 = 1) ou SAT52 = 1 → AUT_3_2
Sinon AUT_4_1

AUT_3_2 How comfortable are you talking about your experience as a caregiver with your co-workers, employer or clients?

1 Not at all
2 Somewhat
3 Quite
4 Completely
5 Not applicable
8 Don't know
9 No response

Source : Inspirées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r6 et r7).

AUT_4_1 How much do you feel that your experience as a caregiver is understood and recognized by your family, friends and neighbours?

1 Not at all
2 Somewhat
3 Quite
4 Very much
5 Not applicable
8 Don't know
9 No response

Source : Inspirées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r12).

Filtre 9.
Si ((SOU_1 = 1 ou SOU_2 = 1 ou SOU_3 = 1 ou SOU_4 = 1 ou SOU_5 = 1 ou SOU_6 = 1 ou SOU_7 = 1 ou SOU_8 = 1 ou SOU_9 = 1 ou SOU_10 = 1) et PPA_6 = 2,3,4,5 et SAT1_1 = 1) ou SAT52 = 1 → AUT_4_2
Sinon filtre 10

AUT_4_2 How much do you feel that your experience as a caregiver is understood and recognized by your co-workers or employer?

1 Not at all
2 Somewhat
3 Quite
4 Very much
5 Not applicable
8 Don't know
9 No response

Source : Inspirées de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r12).

Filtre 10.
Si SER_1_1 = 1 ou SER_1_2 = 1 ou SER_1_3 = 1 ou SER_1_4 = 1 ou SER_1_5 =1 ou SER_1_6 = 1 ou SER_1_7 = 1 ou SER_1_8 = 1 ou SER_1_9 = 1 ou SER_1_10 = 1 → AUT_5
Sinon Section 7

AUT_5 How comfortable are you talking about your experience as a caregiver with professionals and workers in the health care and social services system?

1 Not at all
2 Somewhat
3 Quite
4 Completely
5 Not applicable
8 Don't know
9 No response

Source : Institut de la statistique du Québec, *Enquête québécoise sur la santé et le bien-être des personnes proches aidantes*, 2024-2025.

AUT_6 How much do you feel that your experience as a caregiver is understood and recognized by professionals and workers in the health care and social services system?

1 Not at all
2 Somewhat
3 Quite
4 Very much
5 Not applicable
8 Don't know
9 No response

Source : Inspirée de Concilivi (2023). *Sondage auprès des travailleurs(-euses) du Québec*, question 505 (r12).

Section 7 – Health and well-being – 2

PHY_1 Do you have a disability, a physical or mental health problem, a disease or a chronic disorder that has lasted or is expected to last for 6 months or more?(For example, a disability, a physical impairment, epilepsy, an anxiety disorder, a language disorder, attention deficit disorder (ADD), dyslexia, autism spectrum disorder, etc.)

1 Yes
2 No → Preamble 7
8 Don't know → Preamble 7
9 No response → Preamble 7

Source : Adaptée de l'*Enquête canadienne sur l'incapacité* (ECI) de 2017, question DSQ_Q290.

PHY_1_1 To what extent do you have difficulty carrying out your daily activities because of this health problem or condition?

1 No difficulty
2 Some difficulty
3 A lot of difficulty
4 You are not at all able to carry out certain daily activities
8 Don't know
9 No response

Source : Adaptée de l'*Enquête canadienne sur l'incapacité* (ECI) de 2017, question DSQ_Q285.

Preamble 7 The next section is about your well-being and certain feelings you may have had.

ETA_2 How do you perceive your mental health? Mental health refers to a state of emotional, psychological and social well-being.

1 Excellent
2 Very good
3 Good
4 Fair
5 Poor
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sur la santé dans les collectivités canadiennes* (ESCC), cycle 3.1, 2005, question GEN_Q2B.

(GAD) During the **past two weeks**, how often have you been bothered by the following problems?

		Not at all	Several days	More than half the days	Nearly every day	Don't know	No response
GAD1	Feeling nervous, anxious, or on edge	1	2	3	4	8	9
GAD2	Not being able to stop or control worrying	1	2	3	4	8	9
GAD3	Worrying too much about different things	1	2	3	4	8	9
GAD4	Having trouble relaxing	1	2	3	4	8	9
GAD5	Being so restless that it is hard to sit still	1	2	3	4	8	9
GAD6	Becoming easily annoyed or irritable	1	2	3	4	8	9
GAD7	Feeling afraid, as if something awful might happen	1	2	3	4	8	9

Source : Adaptées de Spitzer RL, Kroenke K, Williams JB, Lowe B (2006) : *A brief measure for assessing generalized anxiety disorder: the GAD-7*, Archives of Internal Medicine, May 22;166(10):1092-7.

Section 8 – Respondent profile

Preamble 8 We are now coming to the last part of the questionnaire. Your responses will be used solely for statistical purposes.

SD1_1 Were you born in Canada?

1 Yes → LAN_1
2 No
8 Don't know
9 No response

SD1_2 In what country were you born?

INSTRUCTION CATI: Don't read the response options.

1 Algeria
2 China
3 Colombia
4 United States
5 France
6 Haiti
7 Italy
8 Lebanon
9 Morocco
10 Romania
97 Other, specify (SD1_2P)
98 Don't know
99 No response

Source : Institut de la statistique du Québec, *Enquête sur la santé de la population* (EQSP), 2008, question Q110.

SD1_3 How many years have you lived in Canada?

1 Less than 5 years
2 5 to 10 years
3 More than 10 years
8 Don't know
9 No response

Source : Adaptée de l'Institut de la statistique du Québec et ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q111a.

LAN_1 What language do you speak most often at home?
INSTRUCTION CATI: Read all the response options. If you speak two languages equally often, give both answers.
INSTRUCTION CAWI: If you speak two languages equally often, check both answers.

1 French
2 English
3 Other
8 Don't know
9 No response

Source : Adaptée du *Recensement de 2006, questionnaire 2B*, étape E, question Q15a.

Preamble 9 The following questions will be used to better understand the realities of various population groups in Québec.

INSTRUCTION CATI/ⒾCAWI: Why are there questions about population groups? It is important to ask these questions in order to take into account all population groups in health statistics and prevention programs, as certain groups are underrepresented in health studies.

Where do these questions come from? These questions come from Statistics Canada, which has developed standards to provide a good description of the Québec population.

ETHNIE You may belong to one or more groups on the following list. Select all that apply.
INSTRUCTION CATI: Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer. If the respondent provides an answer that is not on the list, do not select any of the given categories. For example, do not choose "White" if the respondent says "Caucasian". Instead, enter "Caucasian" in the "Other, specify" category.

1 First Nations
2 Inuk (Inuit)
3 White
4 South Asian (e.g., East Indian, Pakistani, Sri Lankan)
5 Chinese
6 Black
7 Filipino
8 Arab
9 Latin American
10 Southeast Asian (e.g., Vietnamese, Cambodian, Laotian, Thai)
11 West Asian (e.g., Iranian, Afghan)
12 Korean
13 Japanese
96 Other, please specify (ETHNIE_P)
98 Don't know
99 No response

Source : Adaptée du *Recensement de 2021*, questionnaire 2A-L, questions Q24 et Q25.

SD2_1 Including yourself, how many people live in your home?

INSTRUCTION CATI/CAWI: Include all persons who live at least 40% of the time in your household."40% of the time" means that they live with you, for example, every other week, 3 days a week, 6 days every 2 weeks, 12 days a month, or 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

1 Enter the number of people
98 Don't know → SD2_2_1
99 No response → SD2_2_1

Source : Adaptée du *Recensement de 2021*, questionnaire 2A-L, questions Q24 et Q25.

Filtre 11.
Si SD2_1 = 1 → Preamble 10
Si SD2_1 = 2 → SD2_1_1_01
Si SD2_1 = 3 → SD2_1_1_02
Si SD2_1 = 4 → SD2_1_1_03
Si SD2_1 = 5 → SD2_1_1_04
Si SD2_1 = 6 → SD2_1_1_05
Si SD2_1 = 7 → SD2_1_1_06
Si SD2_1 = 8 → SD2_1_1_07
Si SD2_1 = 9 → SD2_1_1_08
Si SD2_1 = 10 → SD2_1_1_09
Si SD2_1 = 11 → SD2_1_1_10
Si SD2_1 = 12 → SD2_1_1_11
Si SD2_1 = 13 → SD2_1_1_12
Si SD2_1 = 14 → SD2_1_1_13
Si SD2_1 = 15 → SD2_1_1_14
Si SD2_1 > 15 → SD2_1_1_15

SD2_1_1_01 How many people aged 17 or under live with you at least 40% of the time?

INSTRUCTION CATI/ⓘCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_2
1 1 person → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_02 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_03 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_04 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_05 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/①CAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_06 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/①CAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_07 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/①CAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_08 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_09 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_10 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/CAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_11 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/①CAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
11 11 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_12 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
11 11 people → SD2_1_2
12 12 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_13 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
11 11 people → SD2_1_2
12 12 people → SD2_1_2
13 13 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_14 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
11 11 people → SD2_1_2
12 12 people → SD2_1_2
13 13 people → SD2_1_2
14 14 people → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_1_15 How many people aged 17 or under live with you at least 40% of the time?
INSTRUCTION CATI/ⒹCAWI: "40% of the time" means that they live with you, for example, every other week OR 3 days a week OR 6 days every 2 weeks OR 12 days a month OR 5 months of the year. Exclude children who only live with you every other weekend. In the case of children in shared custody, consider how much time the child really lives in your home and not what the legal judgment says.

0 0 person → SD2_2_1
1 1 person → SD2_1_2
2 2 people → SD2_1_2
3 3 people → SD2_1_2
4 4 people → SD2_1_2
5 5 people → SD2_1_2
6 6 people → SD2_1_2
7 7 people → SD2_1_2
8 8 people → SD2_1_2
9 9 people → SD2_1_2
10 10 people → SD2_1_2
11 11 people → SD2_1_2
12 12 people → SD2_1_2
13 13 people → SD2_1_2
14 14 people → SD2_1_2
15 15 people or more → SD2_1_2
98 Don't know → SD2_1_2
99 No response → SD2_1_2

SD2_1_2 How old are they?
INSTRUCTION CATI: Don't read the response options but check all that apply.
INSTRUCTION CAWI: Check all that apply.

1 0 to 4 years
2 5 to 9 years
3 10 to 14 years
4 15 to 17 years
8 Don't know
9 No response

Filtre 11.
Si SD2_1 = 2 → SD2_2_2
Sinon SD2_2_1

SD2_2_1 Which situation best reflects the composition of your household?
INSTRUCTION CATI: Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer.

3 Couple with one or more children at home (children of any age) → Preamble 10
4 Single-parent family (children of any age) → Preamble 10
5 Family with other people → Preamble 10
6 Relatives only (brothers and sisters, etc.) → Preamble 10
7 Unrelated persons only (roommates) → Preamble 10
97 Other (multiple families, etc.) → Preamble 10
98 Don't know → Preamble 10
99 No response → Preamble 10

Source : Adaptée de l'Institut de la statistique du Québec et ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q113.

SD2_2_2 Which situation best reflects the composition of your household?
INSTRUCTION CATI: Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer.

2 Couple without children at home
4 Single-parent family (children of any age)
6 Relatives only (brothers and sisters, etc.)
7 Unrelated persons only (roommates)
97 Other (multiple families, etc.)
98 Don't know
99 No response

Source : Adaptée de l'Institut de la statistique du Québec et ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q113.

Preamble 10 The next question will be used to better understand the perceptions and experiences of various groups of Quebecers.

APP_4 What is your sexual orientation?

INSTRUCTION CATI: Read all the response options.Remind the respondent that the purpose of this question is to find out how they identify themselves.

INSTRUCTION CATI/ⒸCAWI: Why is there a question about sexual orientation?

There are health inequities for people who are part of the sexual and gender diversity community. It is particularly important to include questions about this in surveys, because it is necessary to know the experiences and perceptions of a diverse group of people to reduce health inequalities.

1 Heterosexual (i.e. straight)
2 Gay or lesbian
3 Bisexual
4 Or please specify (APP_4_1)
5 Refusal
8 Don't know
9 No response

Source : Adaptée de l'*Enquête sur la santé dans les collectivités canadiennes* (ESCC) 2021, SDC_Q037.

SD3_1 What is the highest level of education or the highest diploma you have attained?

INSTRUCTION CATI: Read all the response options. If the respondent stops you while you are reading the choices, confirm their answer.

INSTRUCTION CATI/ⒸCAWI: If your highest level of education was attained elsewhere in Canada or in another country, choose its equivalent in the Québec school system.

1 Elementary school or less (7th grade or less)
2 Some secondary school (not completed) (Grade 8, 9, 10 or 11, incomplete classical education / rudiments of Latin, syntax, logic, versification)
3 Secondary school diploma (12th grade, incomplete classical education / Literature, Rhetoric, Philosophy I)
4 Some CEGEP, trade school, or vocational school (not completed)
5 CEGEP, trade school, or vocational school diploma or certificate (DEP, DEC; includes completed classical education)
6 Some university (not completed)
7 University degree or diploma
8 Don't know / Don't remember
9 No response

Source : Adaptée de l'Institut de la statistique du Québec, *Enquête québécoise sur l'expérience de soins* (EQES) 2010-2011, question Q119.

SD3_2Q What is your current main occupation?

INSTRUCTION CATI/ⒸCAWI: If multiple occupations, which one do you consider to be your main one?

1 Worker
2 Student
3 Retired [pensioner]
4 At home
5 On parental leave
6 On employment insurance (EI)
7 On social assistance (income security)
8 On disability or sick leave
97 Other
98 Don't know
99 No response

Source : Adaptée de l'Institut de la statistique du Québec et ministère de la Santé et des Services sociaux, *Enquête québécoise sur la santé de la population* (EQSP) 2008, question Q115.

SD3_3 How do you perceive your financial situation compared to other people your age? (your own personal situation)

1 You feel comfortable financially
2 You feel that your income is sufficient to meet your basic needs or those of your family
3 You consider yourself poor
4 You consider yourself very poor
8 Don't know
9 No response

Source : Adaptée de l'Institut de la Statistique du Québec, *Enquête sociale et de santé* (ESS) 1998, QAA, question 234.

SD3_7_1 There is a strong association between income and health. We would appreciate if you could answer the following question so that we can study this association.

For the past 12 months, could you indicate what category your household total income falls into, from all sources of all the members of your household, before taxes and other deductions? Don't forget to include all the amounts received, including Canada child benefits, old age pension, investment income, etc. (This information is used to get an overview of groups of people with similar incomes and then compare these different groups. Individual responses are of no use when taken separately.)

INSTRUCTION CATI: Stop reading the response options once the respondent has given their answer. Read all the response options.

1 Less than [Seuil 1]
2 [Seuil 1] to less than [Seuil 2]
3 [Seuil 2] to less than [Seuil 3]
4 [Seuil 3] or more
8 Don't know
9 No response

[Note : See Appendix 2 for the list of tresholds]

Source : Institut de la statistique du Québec, *Étude sur les services offerts aux fumeurs et aux anciens fumeurs québécois*, 2022, Q10.10.

SD_VCPP For regional analysis purposes, is your postal code [CPP]?
1 Yes → JUM
2 No
8 Don't know
9 No response

SD_CPP For regional analysis purposes, could you please tell me [CATI] / give us [CAWI] your postal code?
1 Enter postal code → JUM
A8A8A8 Don't know
A9A9A9 No response

SD_CP Could you provide just [CATI] / What are [CAWI] the first three characters of your postal code?
1 Enter the first three digits of the postal code
A8A Don't know
A9A No response

JUM To perform further analyses based on the data collected, the Institut de la statistique du Québec would like to combine your answers with certain Québec government administrative data related to fields such as education and health and social services. All of your information will be kept confidential and will only be used for statistical purposes.

Do you allow the ISQ to match these data?
1 Yes
2 No
8 Don't know
9 No response

QRESSOURCES We realize that this questionnaire deals with topics and situations that may be difficult for some people. I can give you the contact details of an organization that provides confidential support and information about the topics we discussed in this interview. Would you like me to give you their contact details?
1 Yes
2 No → COMMENT
8 Don't know → COMMENT
9 No response → COMMENT

REFERENCES This organization is Info-Social and you can reach them by dialing 811.

If you would like to speak to a specialized caregiving professional about a difficult situation, get referrals, or ask questions, contact the APPUI Caregiver Support Helpline at 1 855 852-7784. (www.lappui.org).

COMMENT Do you have any comments about the survey or questionnaire?
INSTRUCTION CATI: You can rest assured that we read every comment with a view to improving the survey.

1 Leave feedback (VOCOM)
2 Do not leave feedback
9 No response

MERCI The Institut de la statistique du Québec thanks you for taking the time to complete this questionnaire. Your contribution is important and will help us obtain a nuanced picture of the health and well-being of people, whether they are caregivers or not.

Appendix 1 : Long term health condition or disease that is causing disability

AID_44 Long term health condition or disease that is causing disability

Cerebrovascular accident, Stroke, Cerebral thrombosis, Cardiovascular disease 001
Food allergy 002
Tinnitus 003
Non-food allergy 004
Hemolytic anemia 005
Angina 006
Alzheimer's, Alzheimer's disease 007
Dementia 008
Coronary artery disease (heart artery disease) blocked arteries (atherosclerosis, blocked arteries) 009
Sleep apnea 010
Osteoarthritis 011
Arthritis or Rheumatism 012
Rheumatoid arthritis, arthritis 013
Polymyalgia rheumatica 014
Asthma 015
Chronic bronchitis 016
Emphysema 017
Chronic obstructive pulmonary disease, COPD 018
Cancer, carcinoma, (malignant) tumor 019
Hodgkin's disease 020
Cataract 021
Cirrhosis of the liver 022
Ulcerative colitis 023
Macular degeneration 024
Chronic depression, Bipolar disorder (manic depression or bipolar affective disorder, mania, mood disorder, mental health disorders 025
Diabetes 026
Muscular dystrophy, dystrophy (Duchenne or Becker type included) 027
Polynevritis, nevritis (nerve disease) 028
Myoneural disorder 029
Myopathy 030
Epilepsy 031
Fibromyalgia 032
Cystic fibrosis (mucoviscidosis) 033
Lung fibrosis, pulmonary fibrosis, fibrosis (Hamman-Rich syndrome) 034
Glaucoma 035
Chronic hepatitis 036
Hemophilia 037
Hiatus hernia (Diaphragmatic hernia, stomach hernia) 038
Ocular herpes 039
High cholesterol, high blood cholesterol, Hypercholesterolemia 040
Hypertension, High blood pressure 041
Urinary incontinence 042
Myocardial infarction, Heart attack 043
Heart failure, congestive heart failure 044
Kidney failure 045

Respiratory failure 046
Venous insufficiency 047
Systemic lupus erythematosus 048
Addison's disease 049
Meniere's disease 050
Crohn's disease 051
Paget's disease 052
Wegener's disease, Wegener's granulomatosis 053
Obesity (morbid obesity) 054
Heart disease, Coronary disease 055
Back pain, Chronic lumbago 056
Disk hernia 057
Cervical hernia 058
Forestier disease 059
Neurologic disease 060
Migraines 061
Osteoporosis 062
Parkinson's disease 063
Thyroid problem, thyroid disorder 064
Hypothyroidism (goiter) 065
Hyperthyroidism (thyroid problem) 066
Raynaud's disease 067
Peripheral vascular disease (pathology) 068
Polycystic kidneys 069
Idiopathic thrombocytopenic purpura 070
Schizophrenia 071
Multiple sclerosis, MS 072
Amyotrophic lateral sclerosis (ALS), Lou Gehrig's disease 073
Chronic fatigue syndrome, Chronic fatigue 074
Chronic pain syndrome, Chronic pain 075
Algoneurodystrophy 076
Post-traumatic syndrome (Post-traumatic stress) 077
Heart rhythm disorders, Heart arrhythmia 078
Anxiety disorder, Chronic anxiety, Generalized anxiety 079
Obsessive-compulsive disorder 080
Panic attacks 081
Personality disorders, borderline 082
Pervasive Developmental Disorder, autism, autism spectrum disorder (ASD), Asperger syndrome, Rett syndrome 083
Agoraphobia, phobias 084
Intestinal ulcer, bowel ulcer 085
Stomach ulcer 086
HIV, Aids 087
Ear disease 088
Bowel disease 089
Eye disease 090
Nervous system disease 091

Bone disease 092
Skin disease (eczema, keratosis pilaris, vitiligo, psoriasis) 093
Gout 094
Antiphospholipid syndrome 095
Drug addiction 096
MCTD (mixed connective tissue disease) 097
Prostatic hypertrophy 098
Charcot Marie Tooth disease (CMT) 099
Attention-deficit hyperactivity disorder, attention deficit disorder 100
Tourette syndrome 101
Alcoholism 102
Chronic urinary tract infection 103
Herpes simplex virus (genital herpes) 104
Fibroma 105
Gastroesophageal reflux disease (gastric reflux, stomach acid reflux) 106
Irritable bowel syndrome 107
Chronic sinusitis 108
Insomnia 109
Endometriosis 110
Kidney stones 111
Physical impairment 112
Mobility impairment 113
Visual impairment 114
Hearing impairment 115
Loss of autonomy related to aging, old age, frailty 116
Neurodegenerative disease 117
Intellectual disability 118
Developmental disorder 119
Language disability – language disorder, dysphasia 120
Head trauma, Traumatic brain injury (TBI) 121
Spina bifida 122
Cerebral palsy 123
Temporary disability (post-surgery recovery) 124
Palliative care, End-of-life care 125
Addiction (e.g. drugs, alcohol, medication, gambling) 126
Injury 127
Other (specify) 996

Appendix 2 : Low income tresholds

SD3_7_1 Low income treshold

Thresholds for the household income level indicator based on the low income measure (LIM) [1] before tax. The baseline used to calculate these thresholds is a projection (for 2023) based on 2015-2022 data. (September 2024)

Number of people in the household (question SD2_1)	Treshold 1	Treshold 2	Treshold 3
1	33 000 $	66 000 $	98 500 $
2	46 500 $	93 000 $	139 500 $
3	57 000 $	114 000 $	171 000 $
4	66 000 $	131 500 $	197 500 $
5	73 500 $	147 000 $	220 500 $
6	80 500 $	161 000 $	241 500 $
7	87 000 $	174 000 $	261 000 $
8	93 000 $	186 000 $	279 000 $
9 or more	98 500 $	197 500 $	296 000 $

[1] This measure enables us to estimate a household's economic situation based on its pre-tax income and size.

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