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### **Methodology:**

Results are based on an online study conducted from March 10 to March 20, 2023, among 895 Canadian adults who are currently employed full time (at least 30 hours a week). The data has been statistically weighted according to Canadian census figures for gender and region. The margin of error, which measures sample variability, is +/- 3.3 percentage points, nineteen times out of twenty.

### **Over the past year, have you personally experienced any one of these issues?**

Working through lunch to finish a project or task – 44%  
Being asked to take on more responsibilities without a raise – 35%  
Feeling depressed because of work – 33%  
Having to work on a project or task on a weekend or a holiday – 29%  
Having to work on a project or task after hours from home – 28%  
Postponing vacation due to work obligations – 20%  
None of these – 22%

### **Many Full Time Employees in Canada Are Stressed and Fatigued**

*More than two-in-five have had to work through lunch to finish a project or task in the past year.*

Vancouver, BC [April 12, 2023] – Many full time workers in Canada experience a variety of ailments when the day is done, a new Research Co. poll has found.

In the online survey of a representative national sample of Canadians who are currently employed full time, 49% of respondents say they feel fatigued at the end of a regular workday.

At least three-in-ten full time employees in Canada experience back pain (36%), trouble sleeping (33%) or stressed-out eyes (30%) on weekday nights. Fewer also endure headaches (28%) or neck pain (also 28%) at the end of a regular weekday.

Just under two thirds of full time employees in Canada (64%) describe their position as “very stressful” or “moderately stressful”.

More than two-in-five full time employees in Canada (44%) say they had to work through lunch to finish a project or task in the past year, while at least a third were asked to take on more responsibilities without a raise (35%) or felt depressed because of work (33%).

“Female full time employees in Canada are more likely to report having to do more at their workplace without the benefit of a larger paycheque (44%) than their male counterparts (27%),” says Mario Canseco, President of Research Co. “Women are also more likely to feel dejected by work (41%) than men (25%).”

Fewer full time employees in Canada say they had to work on a project or task on a weekend or holiday (29%), had to work on a project or task after hours from home (28%) or postponed vacation due to work obligations (20%) in the past year,

Just over two thirds of full time employees in Canada (68%) think the company they work for appreciates the effort they put into their job and just over three-in-five (61%) think their employer cares for their health and well-being.

While 55% of full time employees in Canada believe the company they work for pays them what they deserve, 41% disagree with this assessment.

Women (49%), full time employees aged 35-to-54 (45%), Ontarians (also 45%) and those in the middle income bracket (46%) are



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more likely to believe that they are not getting paid what they deserve.

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**About Research Co.**

Simply put, we are curious about what people think and the decisions they will make. Some call it public opinion, others call it polling or public affairs. We never compromise facts for profit. Our agenda is the truth.

We have a global network of partners in the qualitative, data collection and data visualization specialities.

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