Mental Health Index
U.S. Worker Edition
December 2020 Update

Methodology:

• Dozens of large US corporations using the Total Brain Platform (Boeing, Cerner, Nationwide, etc.)
• Weekly randomized selection of 500 assessments
• Statistical control for cohort effect
SPEAKERS

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COVID-19 Impact Timeline

1st Wave
Immediate mortality and morbidity of COVID-19

3rd Wave
Impact of resource restriction on urgent non-COVID conditions

1st Wave Tail
Post-ICU recovery

2nd Wave
- Psychological trauma
- Mental Illness
- Economic injury
- Burnout

4th Wave
Impact of interrupted care on chronic conditions

No history of anxiety/depression

Preexisting anxiety/depression
Risk of Mental Conditions: December 2020

**General Anxiety Disorder (GAD)**
- Increase: 80%*
- December % Positive Screens: 30%

**Depressive Disorder**
- Increase: 145%*
- December % Positive Screens: 20%

**PTSD**
- Increase: 77%*
- December % Positive Screens: 15%
Females vs. Males (Feb-Dec)

**General Anxiety Disorder**
- Females: 98% increase vs. Males: 37% increase

**Depressive Disorder**
- Females: 101% increase vs. Males: 198% increase

**PTSD**
- Females: 57% increase vs. Males: 81% increase

**Stress**
- Females: 25% increase vs. Males: 13% increase

**Conscious Negativity Bias**
- Females: 20% increase vs. Males: 19% increase
Collateral Damage: Cognition

Memory
• How much we remember
• Drives thinking and non-conscious bias

Focus – Sustained Attention
• How much we complete tasks
• Drives task completion

Memory (Correct Responses)

- 9%*

Focus – Sustained Attention (False Miss Errors)

- 62%*
Isn’t it time we did the same for mental health?

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