

Mental Health Index

U.S. Worker Edition – June 2020 Update

American Workers Are Learning to Function Under Sustained Pandemic Stress



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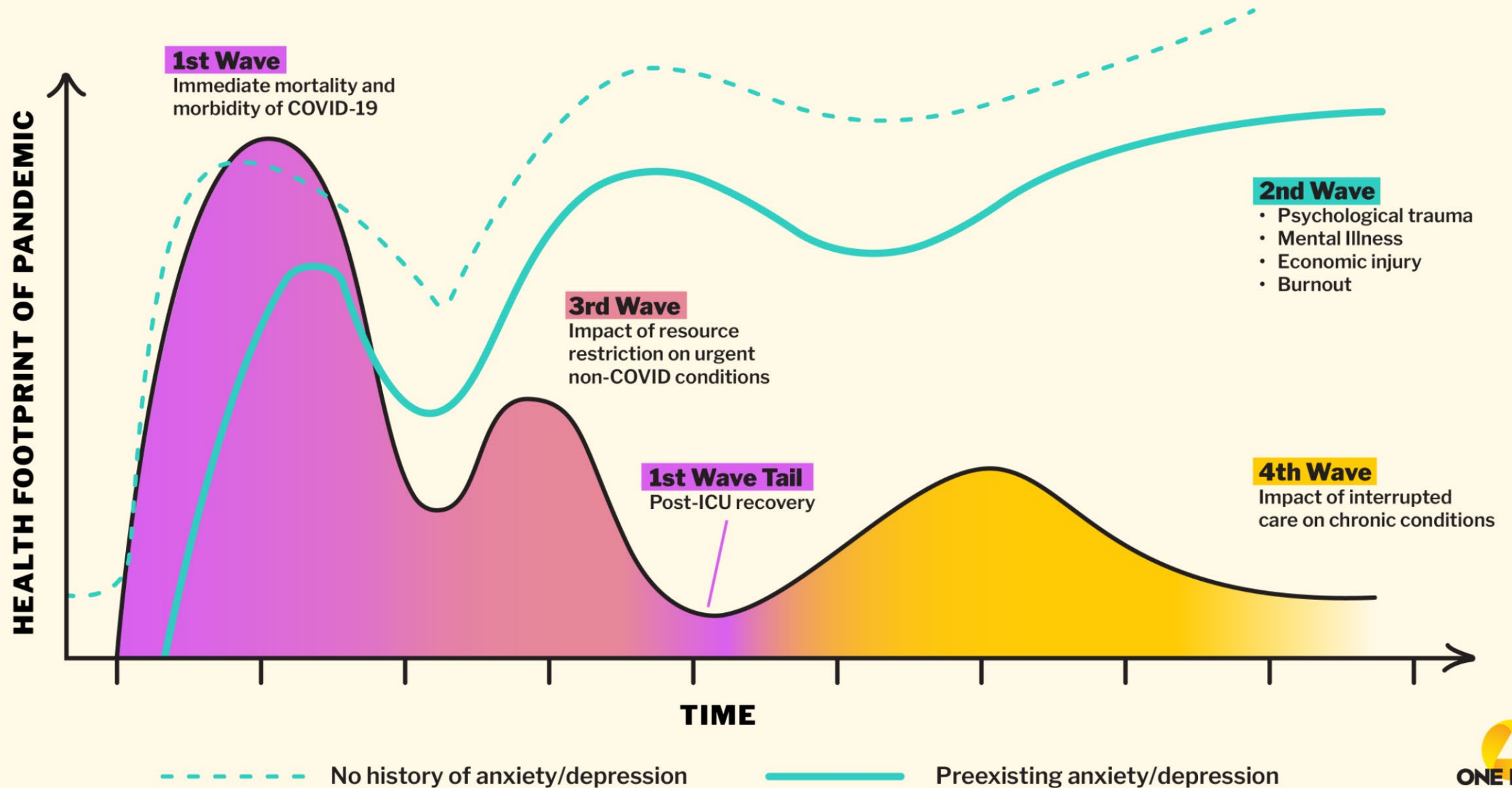
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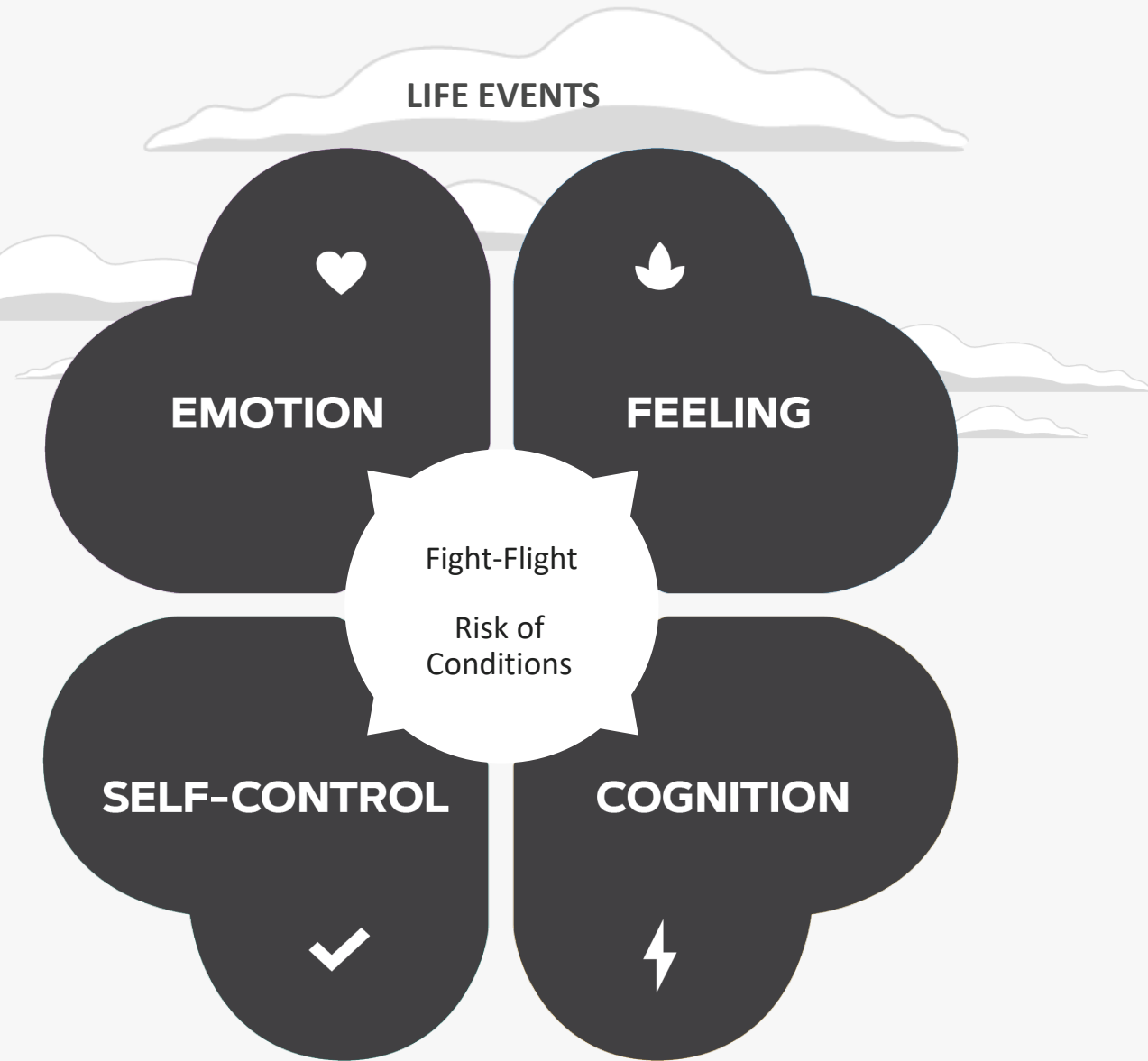
COVID-19 IMPACT TIMELINE



Our brains are constantly impacted by life events like COVID

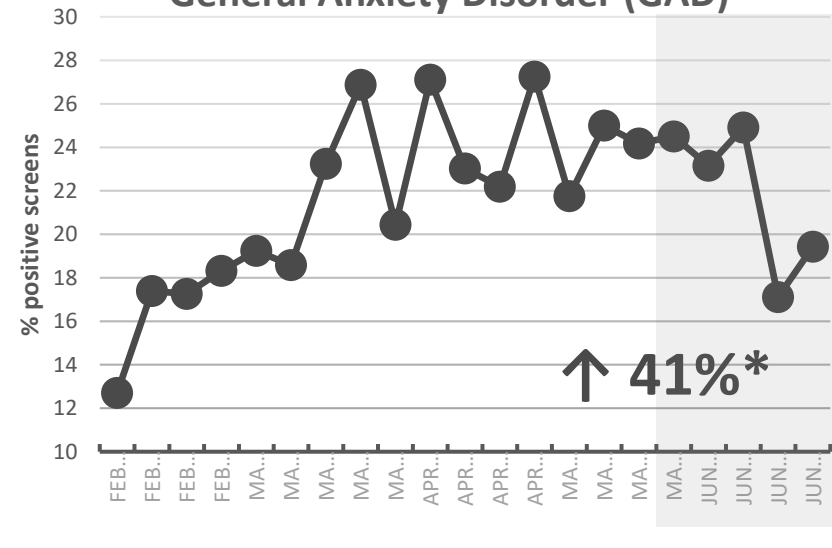
Mental Health Index – U.S. Workers Edition tracks weekly changes in **risk of mental conditions** and in **brain capacities**.

Each week, data from **500 randomly selected** workers who took a **Total Brain Neuroscientific Assessment** is analyzed.



Risk of Mental Conditions: June 2020

General Anxiety Disorder (GAD)

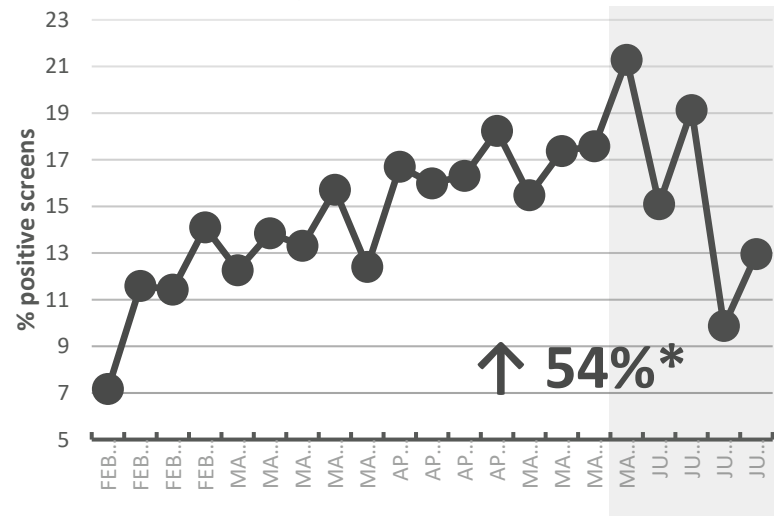


In the last week of June, risk of Anxiety decreased 26% vs last week of May. It does, however, remain 41% higher than February (pre-COVID) level

As of the last week of June, risk of Anxiety was:

- 57% ↑ for females vs males
- 188% ↑ for those aged 20-39 vs 40-59
- 248% ↑ for those aged 20-39 vs 60+

Depressive Disorder

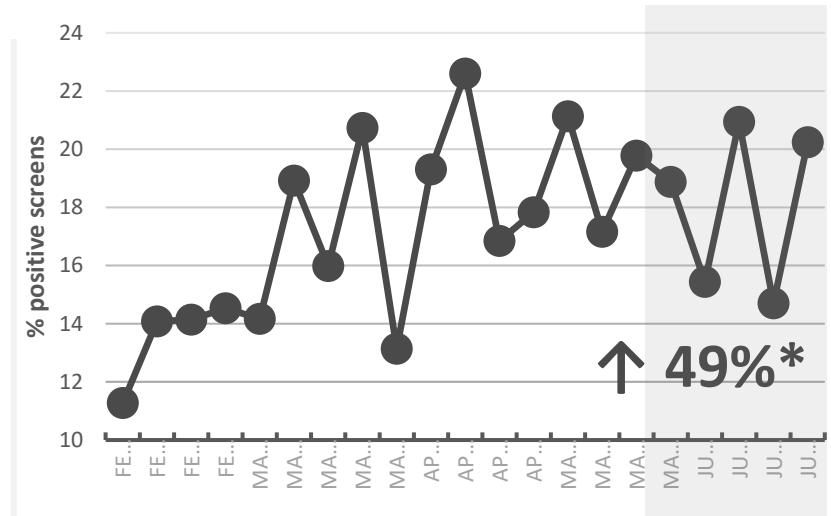


In the last week of June, risk of Depression decreased 36% vs last week of May. It does, however, remain 54% higher than February

As of the last week of June, risk of Depression was:

- 36% ↑ for females vs males
- 19% ↑ for those aged 20-39 vs 40-59
- 100% ↑ for those aged 20-39 vs 60+

PTSD



In the last week of June, risk of PTSD increased 7% vs last week of May. It is now 49% higher than February (pre-COVID) level

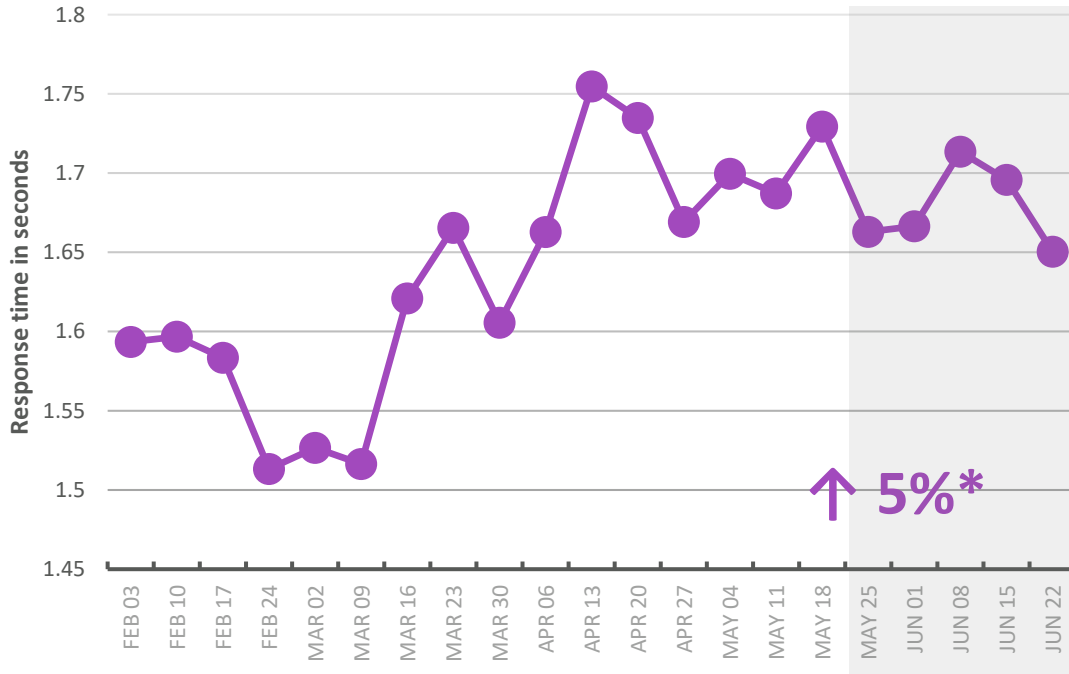
As of the last week of June, risk of PTSD was:

- 39% ↑ for females vs males
- 32% ↑ for those aged 20-39 vs 40-59
- 32% ↑ for those aged 20-39 vs 60+



Brain Capacities: June 2020

Emotion: Non-Conscious Negativity Bias

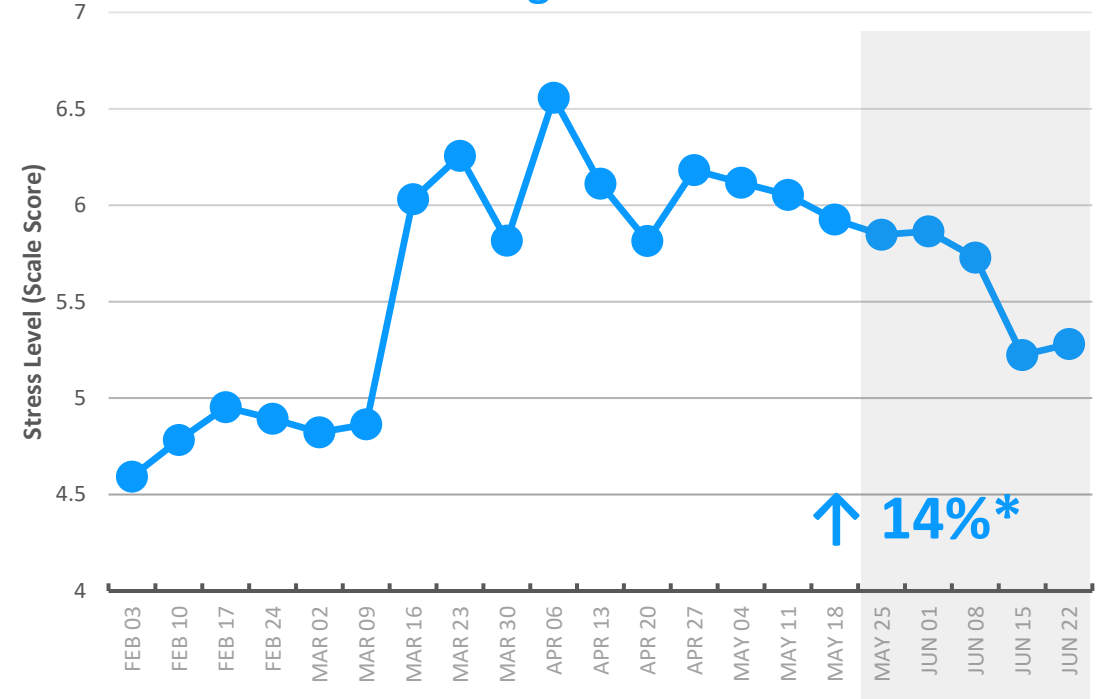


In the last week of June, Non-Conscious Negativity decreased 1% vs last week of May. It is now 5% higher than February (pre-COVID) level

As of the last week of June, Non-Conscious Negativity was:

- 5% ↓ for females vs males
- 10% ↓ for those aged 20-39 vs 40-59
- 1% ↓ for those aged 20-39 vs 60+

Feeling: Stress



In the last week of June, Stress decreased 11% vs last week of May. It does, however, remain 14% higher than February (pre-COVID) level

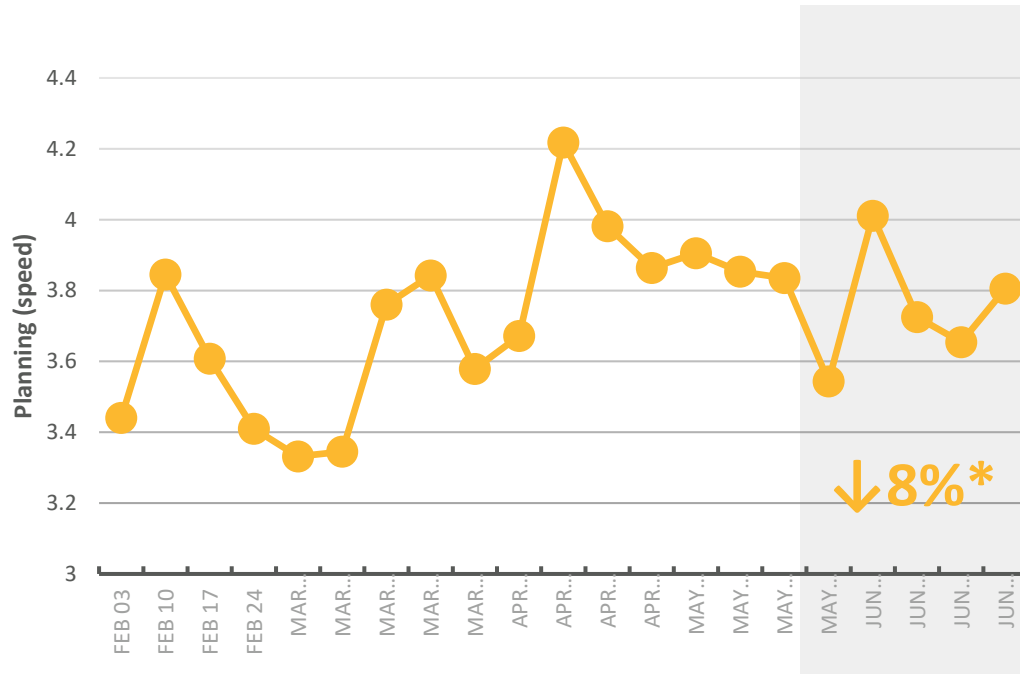
As of the last week of June, Stress was:

- 14% ↑ for females vs males
- 19% ↑ for those aged 20-39 vs 40-59
- 94% ↑ for those aged 20-39 vs 60+



Brain Capacities: June 2020

Cognition: Planning

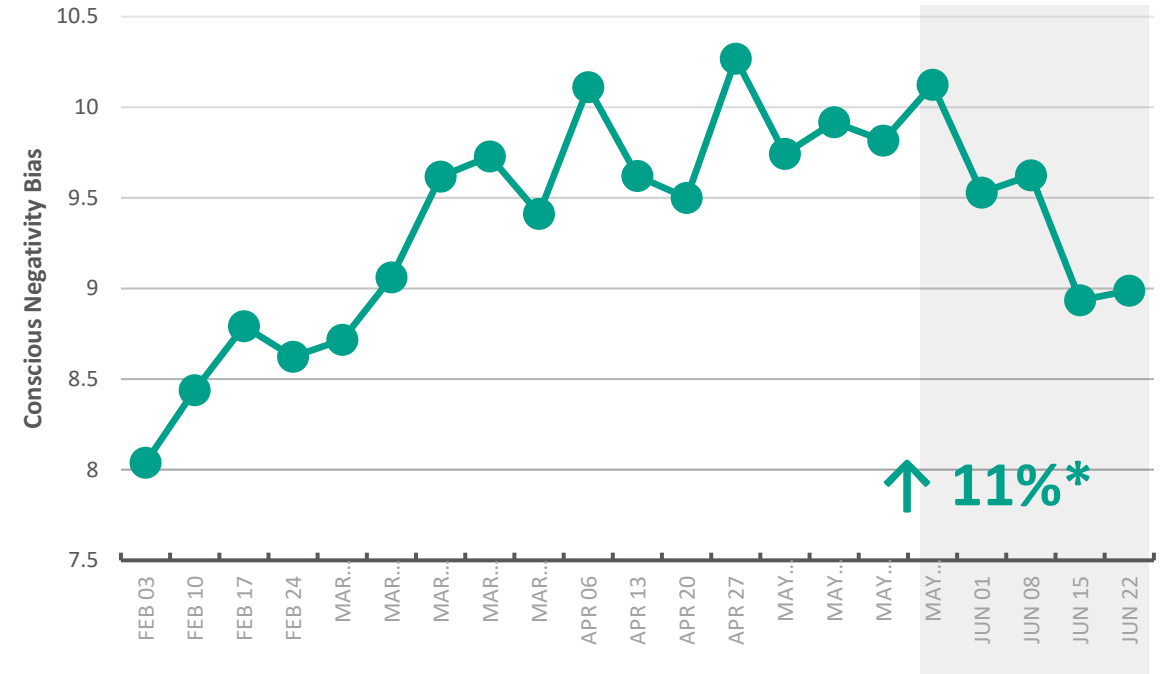


In the last week of June, Planning decreased 8% vs last week of May. It is now 8% worse than February (pre-COVID) level

As of the last week of June, Planning was:

- 15% ↓ for females vs males
- 25% ↑ for those aged 20-39 vs 40-59
- 84% ↑ for those aged 20-39 vs 60+

Self-Control: Conscious Negativity



In the last week of June, Conscious Negativity decreased 13% vs last week of May. It is now 11% higher than February (pre-COVID) level

As of the last week of June, Conscious Negativity was:

- 8% ↑ for females vs males
- 23% ↑ for those aged 20-39 vs 40-59
- 48% ↑ for those aged 20-39 vs 60+

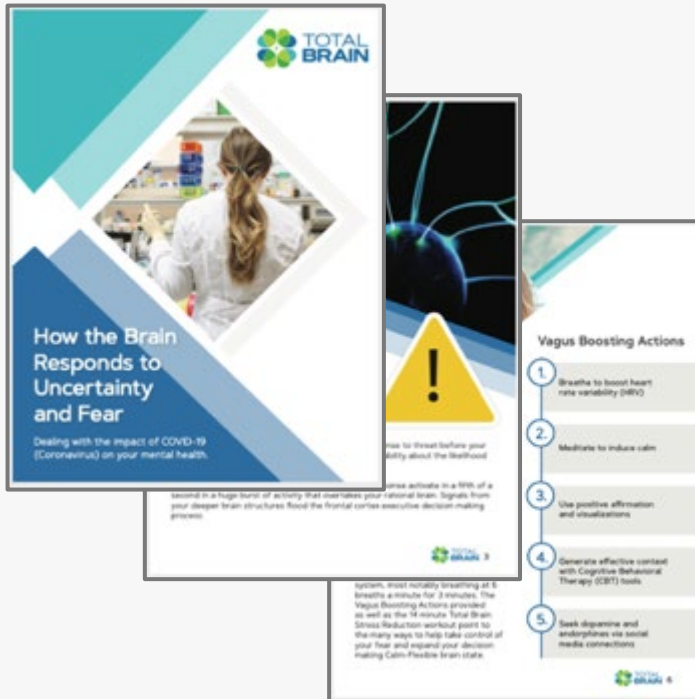


Free Support for Employees

1

Free Whitepaper:

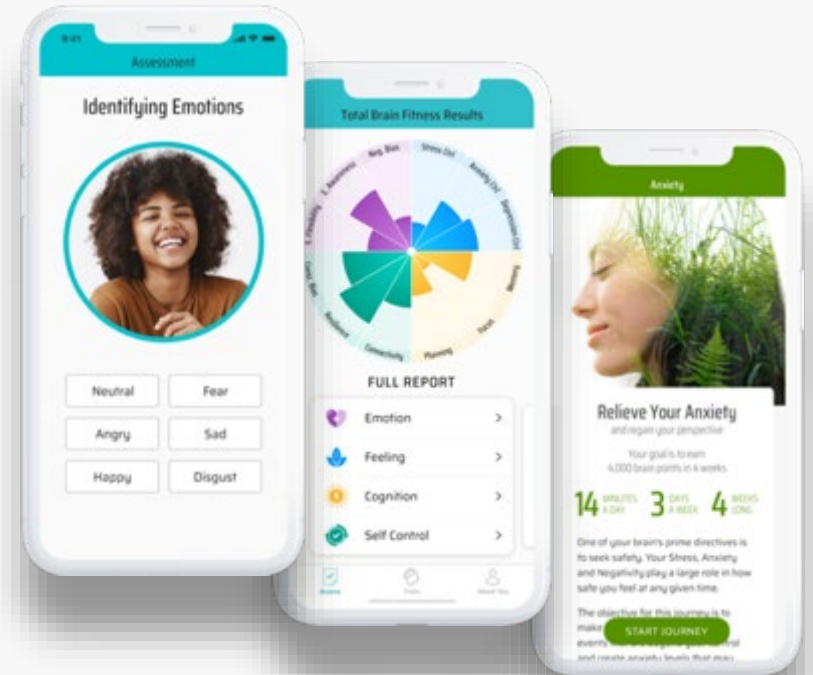
Available for free to help you and your employees understand how to mitigate the impact of COVID-19 on their mental health



2

Free 3-Month Corporate Subscription to Total Brain:

Offer your employees free access to the Total Brain platform, available on desktop or mobile, to help them during this difficult time



Visit: info.totalbrain.com/covid-19-corporate



Q & A

Aggregate Workforce Analytics

VALUABLE DATA FOR EMPLOYERS



Workforce Analytics - 2021 Report

ASSESSED AND SCREENED EMPLOYEES

2020 | 13,412

2021 | 14,987

Brain Health	Company Percentile Ranking	Company Ranking QoQ	Company Ranking Yr	Corporate Benchmark*
EMOTIONAL				
Emotional Awareness	55	+3	-2	52
Emotional Flexibility	56	+1	+4	57
Non-Conscious Negativity	64	+5	+1	67
FEELING				
Stress Control	64	+6	-2	58
Anxiety Control	50	-1	-6	51
Depression Control	53	-2	-8	49
COGNITIVE				
Memory	57	-2	+3	59
Focus	65	+5	+2	60
Planning	56	+2	0	54
SELF CONTROL				
Social Connectivity	58	+4	+4	54
Resilience	65	+12	+2	42
Conscious Negativity	60	+10	+1	45
Risks of Mental Condition				
	Company-Wide Risk Prevalence	Company Prevalence QoQ	Company Prevalence Yr	Corporate Benchmark*
SUMMARY				
Risk of one mental condition	61%	-2	+3	60%
Risk of >1 mental condition	32%	+4	+2	34%
SCREENED MENTAL RISK PREVALENCE				
Depression	10%	+4	+3	9%
Anxiety	12%	-2	+2	14%
ADHD	15%	+1	0	23%
Addiction	14%	-2	-2	14%
PTSD	16%	+3	+4	13%
Social Phobia	16%	-1	-1	17%
Sleep Apnea	14%	+2	+2	12%

*Based on 2017/2018 blended average Total Brain Book of Business

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