Mental Health Index
U.S. Worker Edition – June 2020 Update

American Workers Are Learning to Function Under Sustained Pandemic Stress
SPEAKERS

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COVID-19 IMPACT TIMELINE

1st Wave
Immediate mortality and morbidity of COVID-19

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

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

4th Wave
Impact of interrupted care on chronic conditions

1st Wave Tail
Post-ICU recovery

No history of anxiety/depression
Preexisting anxiety/depression

HEALTH FOOTPRINT OF PANDEMIC
TIME
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.
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+

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+

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

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+

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+
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+

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
### Aggregate Workforce Analytics

**VALUABLE DATA FOR EMPLOYERS**

#### Workforce Analytics - 2021 Report

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#### Risk of Mental Conditions

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#### SCREENED MENTAL RISK PREVALENCE

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*Based on 2020-2021 Standard Average Total Brain Risk of Condition*
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