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

Methodology:

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

**HEALTH FOOTPRINT OF PANDEMIC**

**TIME**

No history of anxiety/depression

Preexisting anxiety/depression
Risk of Mental Conditions: October 2020

From September to October, risk of Anxiety was relatively stable. It’s 51% higher than pre-COVID.

At the end of October:
  • ↑ 61% for age 20-39 vs 40-59

From September to October, risk of Depression was relatively stable. It’s 65% higher than pre-COVID.

At the end of October:
  • ↑ 89% for age 20-39 vs 40-59

From September to October, risk of PTSD increase 36%.
It’s 47% higher than pre-COVID.

At the end of October:
  • ↑ 57% for age 20-39 vs 40-59

The real story emerging out of October is one of gender difference!
Females vs Males...

**General Anxiety Disorder**
-16% decrease vs. 55% increase since end of August

**Depressive Disorder**
-24% decrease vs. 69% increase since end of August

**PTSD**
24% increase vs. 68% increase since end of September

**Stress**
No Change vs. 20% increase since start of August

**Conscious Negativity Bias**
No Change vs. 12% increase since start of August
Affecting our Brain Capacities

**EMOTION**
- Emotional Awareness
- Non-Conscious Negativity
- Emotion Flexibility

**FEELING**
- Anxiety: +28%
- Stress: +19%
- Depression: +32%

**SELF-CONTROL**
- Social Connectivity: +6%
- Resilience: -2%
- Conscious Negativity: +14%

**COGNITION**
- Memory: -5%
- Focus: -19%
- Planning: -8%

Emotion capacities are all the same as pre-COVID levels.
What Can You Do?

Zero Cost Baseline Evaluation:
Baseline and benchmark mental health risk and corporate brain power in your company against the national Mental Health Index.

Visit:
https://info.totalbrain.com/request-a-demo

Sample: Mental Health Risk and Capacity Baseline Report

General Anxiety Disorder (GAD)

US WORKERS  ↑ 41%*

YOUR COMPANY  ↑ 63%*
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