

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



SPEAKERS



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CEO, National Alliance



COLLEEN MCHUGH
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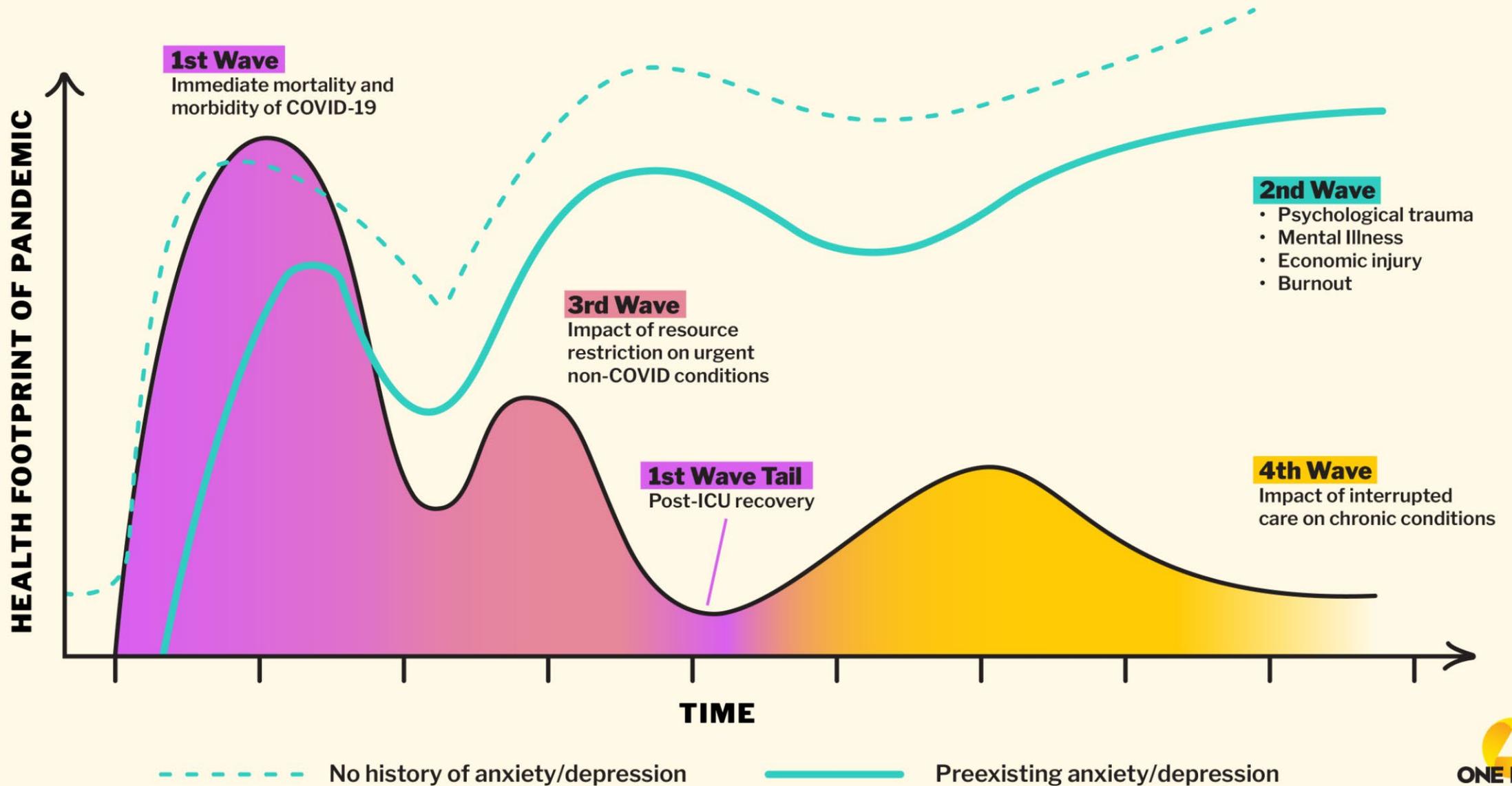
KATY SCHNEIDER RIDDICK
Director of Strategy and Engagement,
One Mind at Work



JAMES GARVIE
SVP, HR, Southern Company

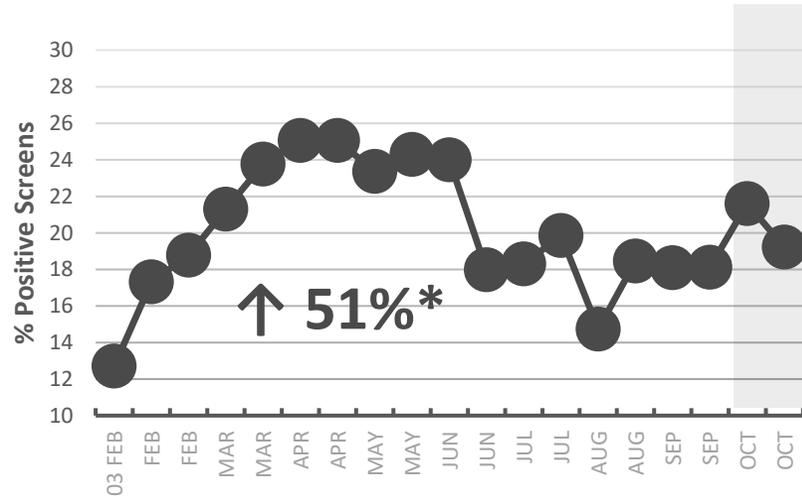


COVID-19 IMPACT TIMELINE



Risk of Mental Conditions: October 2020

General Anxiety Disorder (GAD)

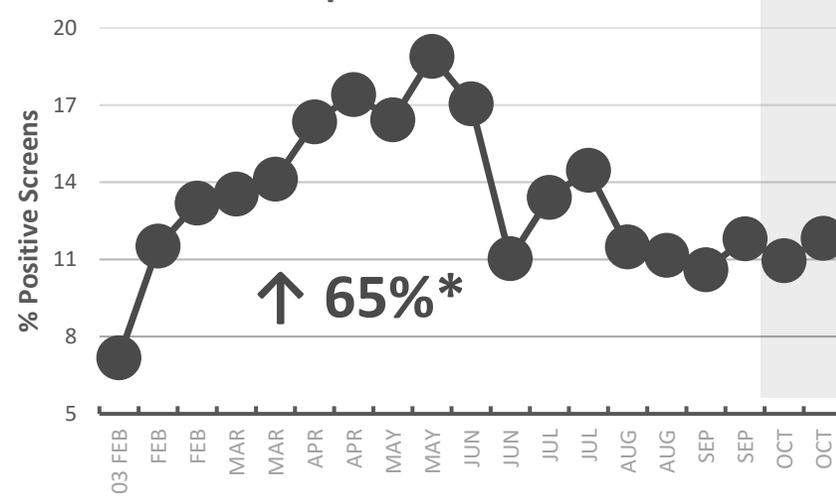


From September to October, risk of Anxiety was relatively **stable**. It's **51% higher** than pre-COVID

At the end of October:

- ↑ 61% for age 20-39 vs 40-59

Depressive Disorder

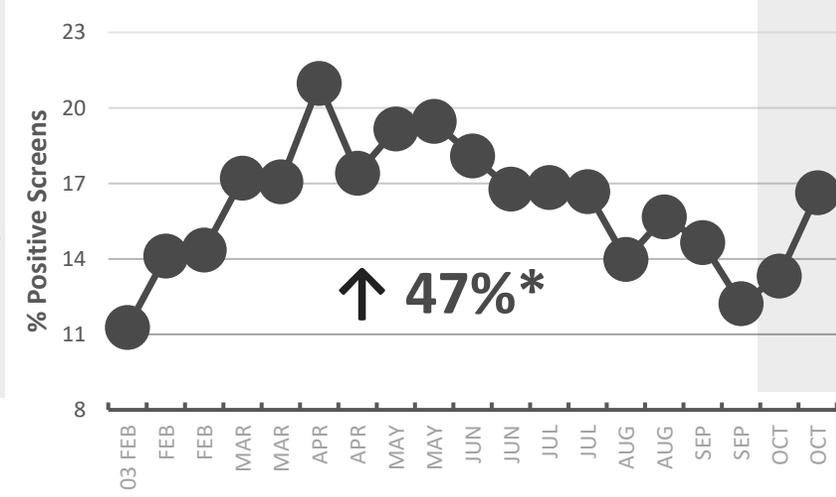


From September to October, risk of Depression was relatively **stable**. It's **65% higher** than pre-COVID

At the end of October:

- ↑ 89% for age 20-39 vs 40-59

PTSD



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!

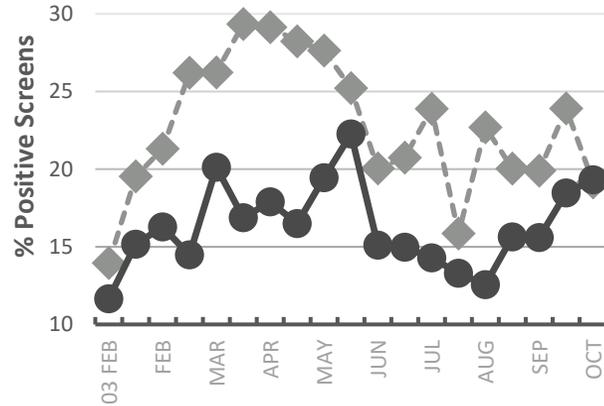


Females vs Males...



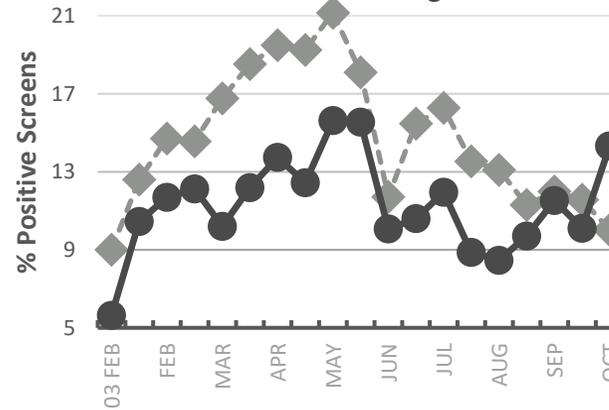
General Anxiety Disorder

-16% decrease vs. 55% increase
since end of August



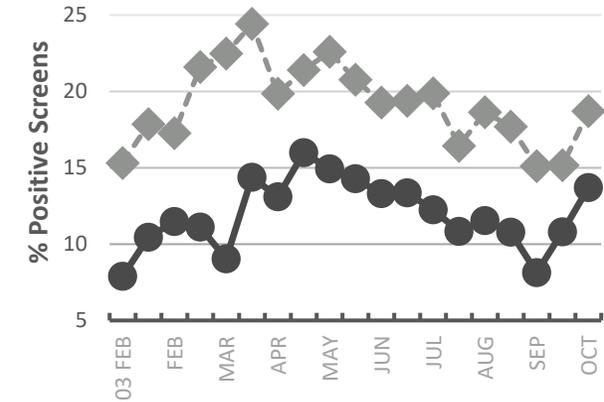
Depressive Disorder

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



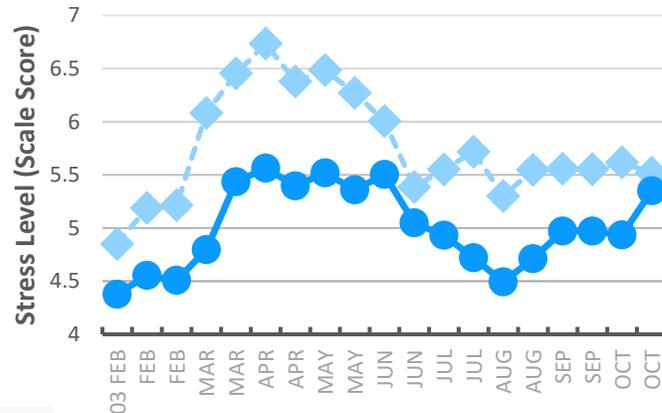
PTSD

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



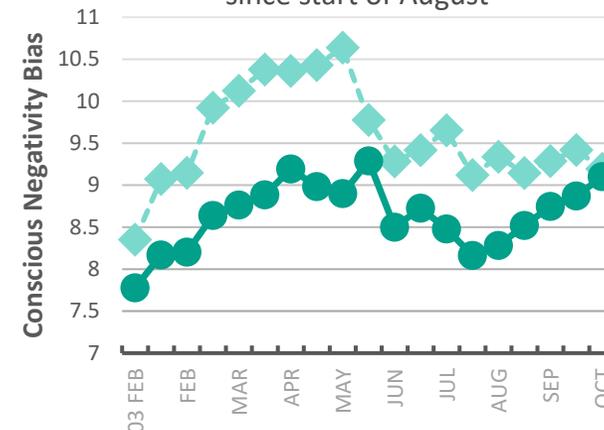
Stress

No Change vs. 20% increase
since start of August



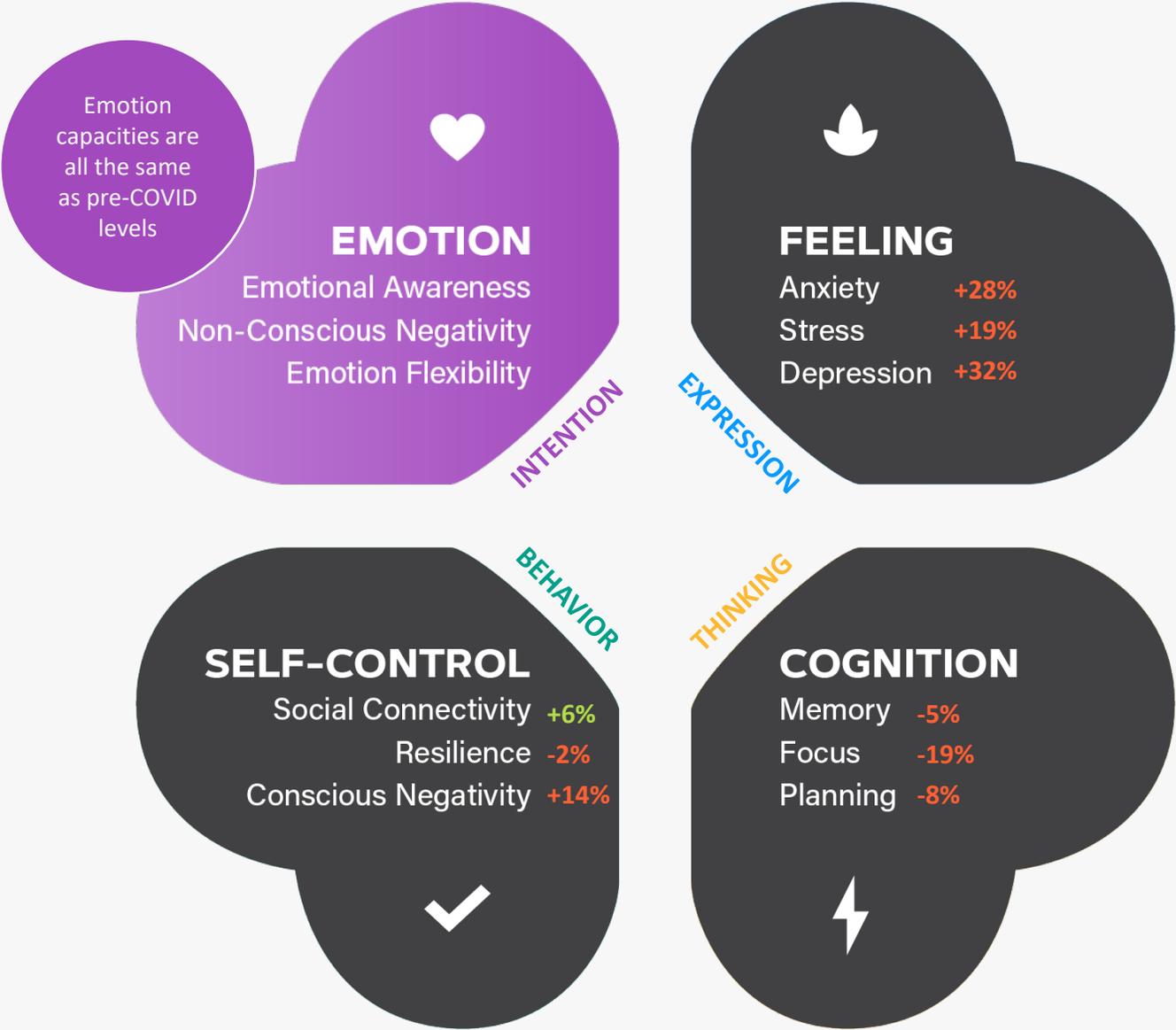
Conscious Negativity Bias

No Change vs. 12% increase
since start of August



● Male -◆- Female

Affecting our Brain Capacities



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)



THANK YOU



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