

Mental Health Index

U.S. Worker Edition

August 2021 Update



Methodology:

- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of up to 500 assessments
- Statistical control for cohort effect



Speakers



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Founder and Chief Medical Officer
Total Brain



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Vice President
National Alliance



COLLEEN MCHUGH
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Healthcare Policy Roundtable / HR Policy
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KATY RIDDICK
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One Mind

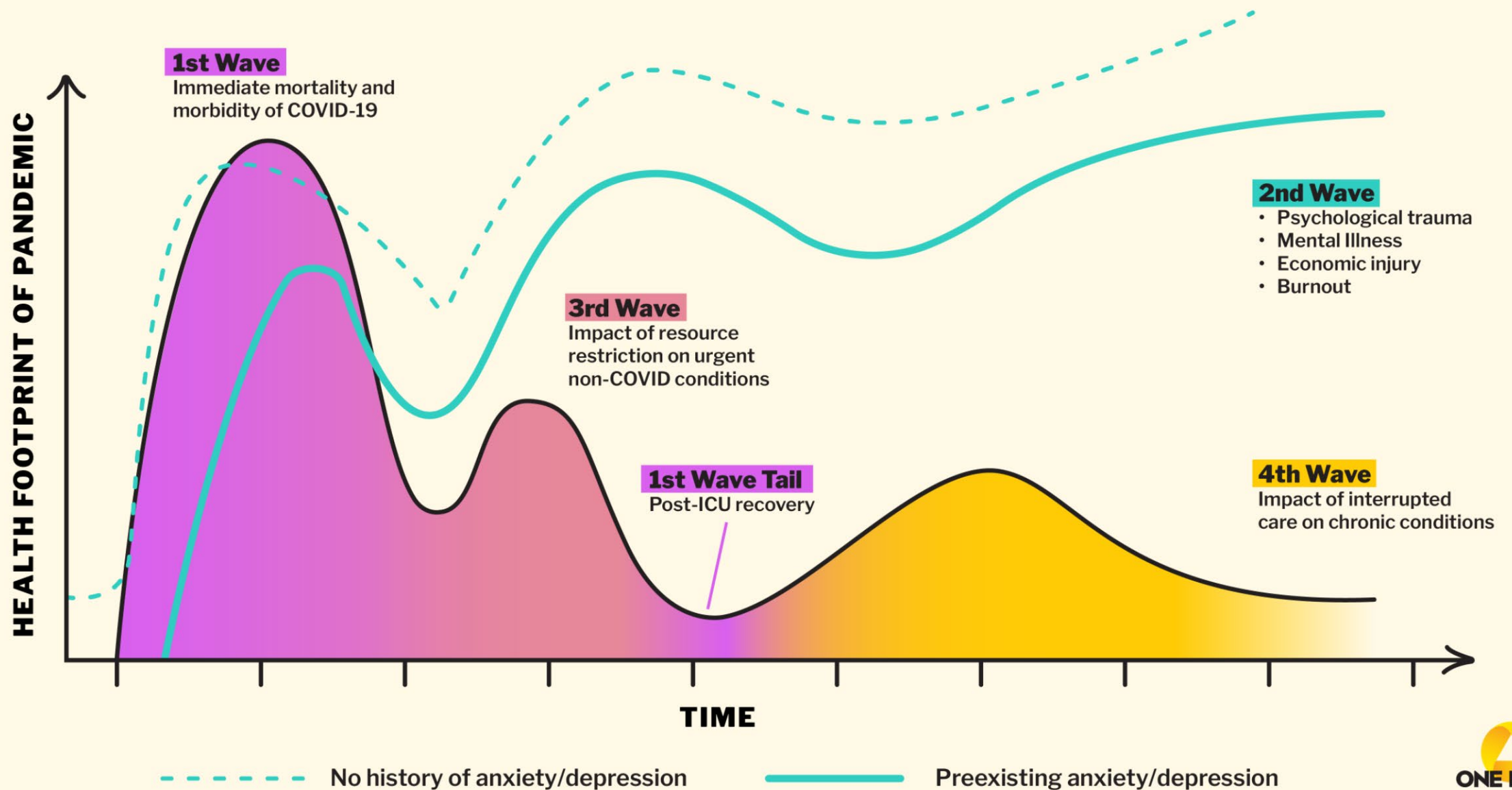


GINGER MILLER
Health Promotion Manager
Utz Quality Foods

#thisisnormal

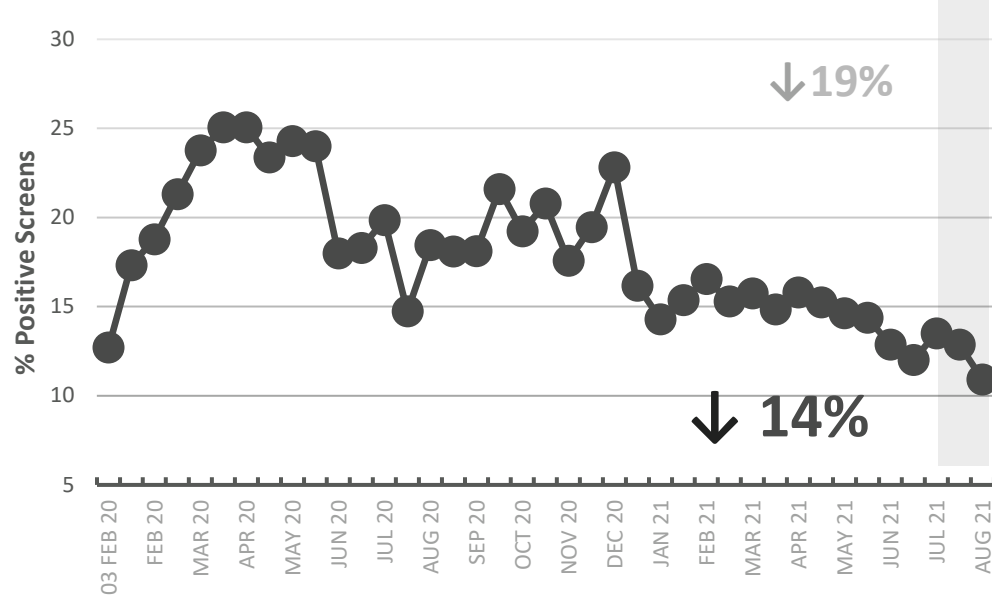


COVID-19 IMPACT TIMELINE

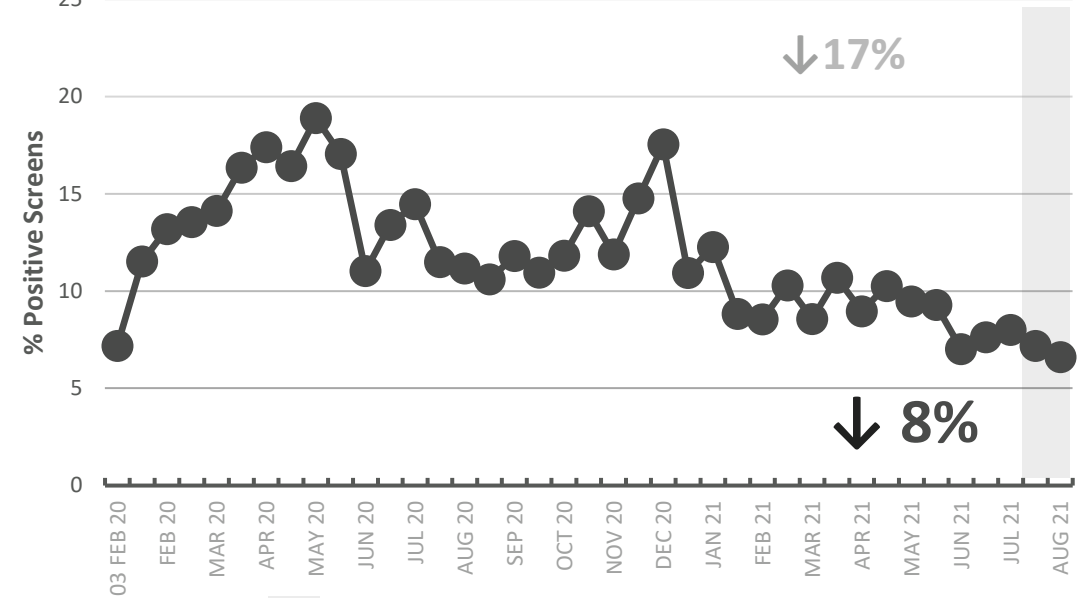


MHI August-21: Key Risk

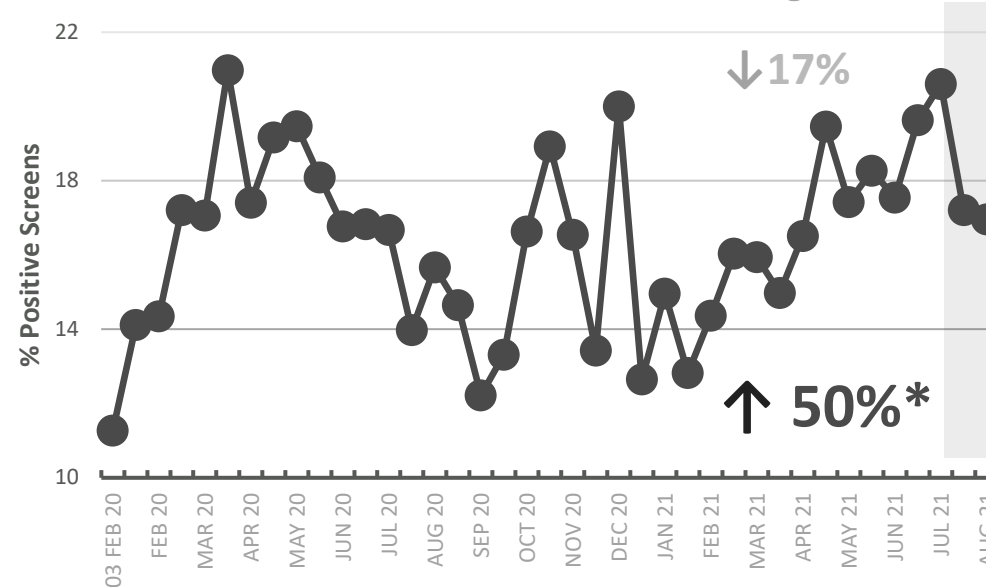
General Anxiety Disorder (GAD)



Depressive Disorder



PTSD

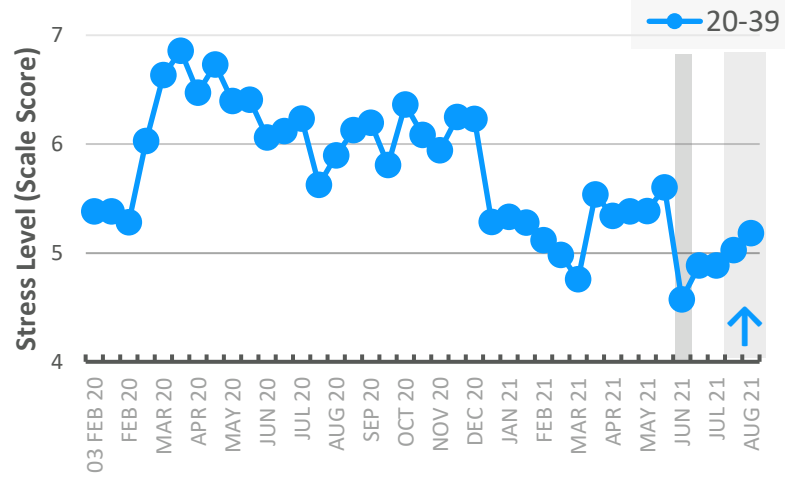


MHI August-21: Worsening in 20-39 Year Old's



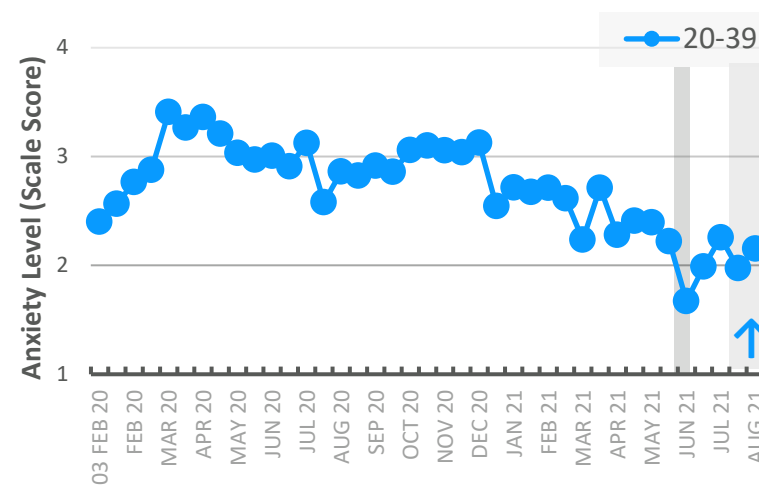
Stress

13% increase since end of June
(not different to pre-pandemic)



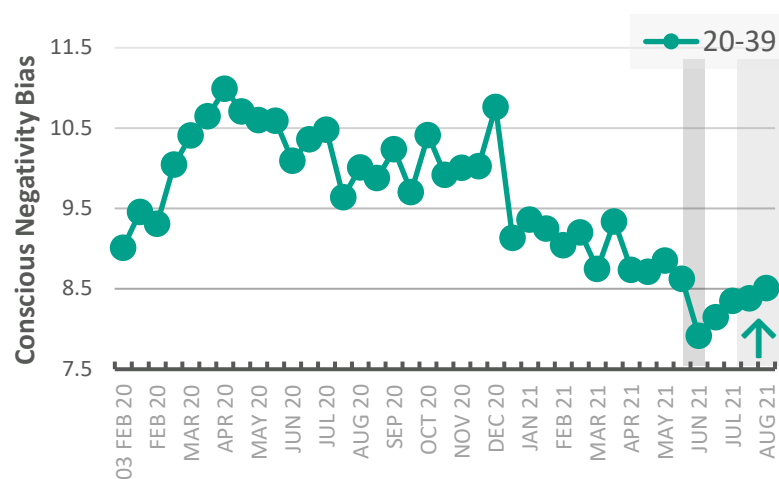
Anxiety

29% increase since end of June
(not different to pre-pandemic)



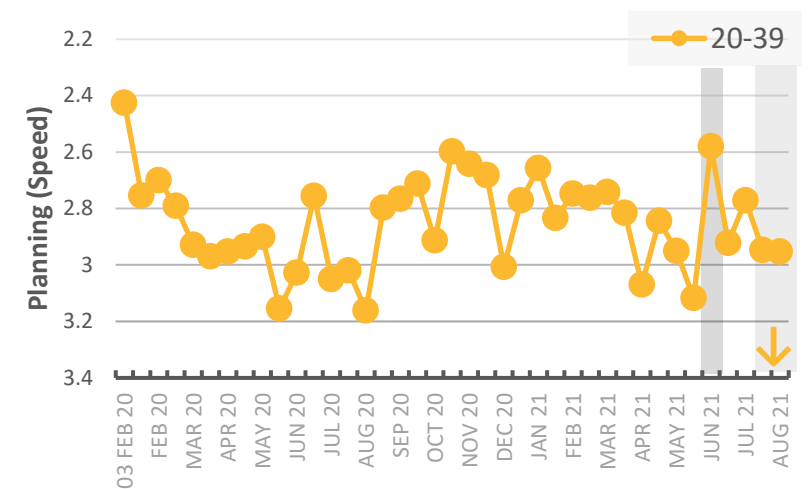
Conscious Negativity Bias

8% increase (trend) since start of June
(not different to pre-pandemic)

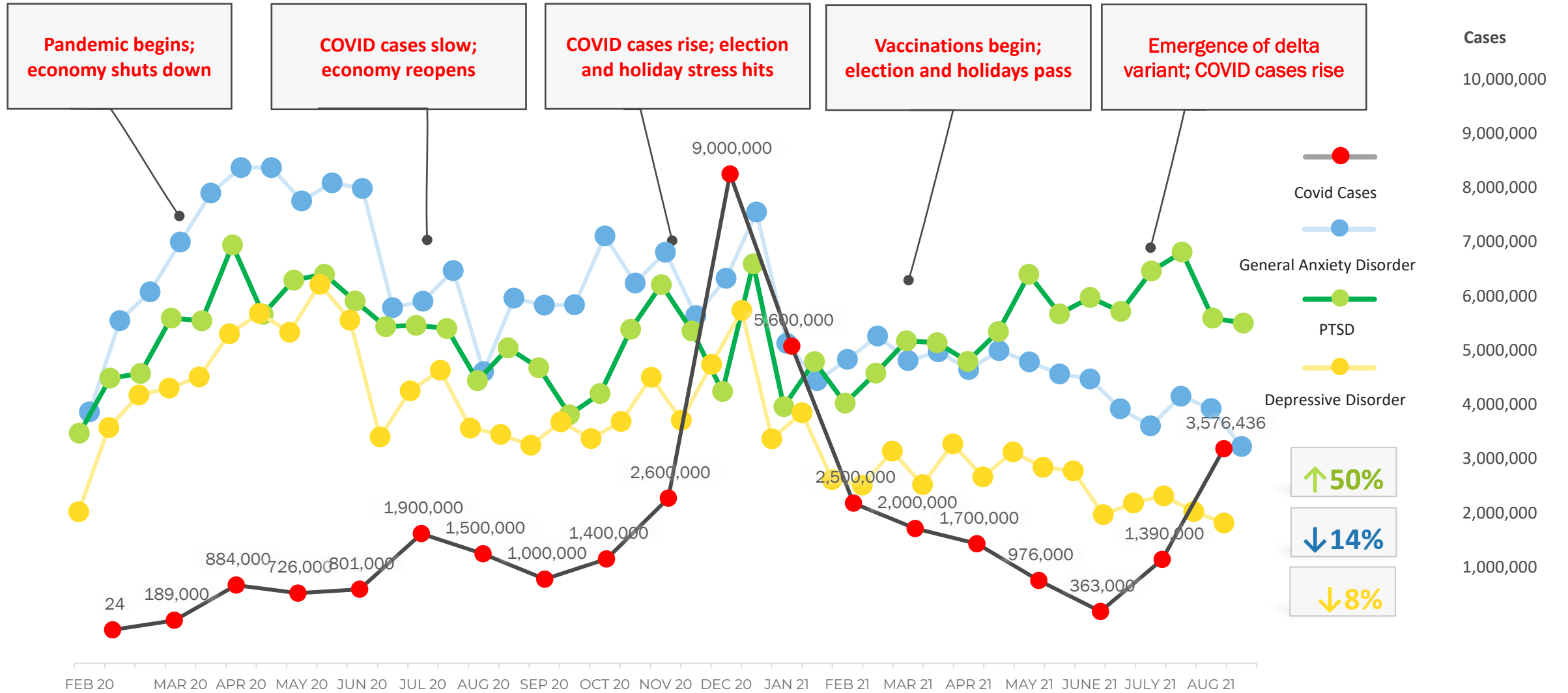


Planning

14% decrease in the last 2 months
22% lower than pre-pandemic



Key Mental Condition Risks During the Pandemic



Download our New eBook

Stress: The Great Derailer of Focus and Memory

Insights and lessons from Total
Brain's podcast series.



Visit:

<https://info.totalbrain.com/resources>



THANK YOU



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