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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Health Promotion Manager
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#thisisnormal
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
MHI August-21: Key Risk

General Anxiety Disorder (GAD)

- % Positive Screens
- ↓ 19%

Depressive Disorder

- % Positive Screens
- ↓ 17%

Post-Traumatic Stress Disorder (PTSD)

- % Positive Screens
- ↓ 14%

- % Positive Screens
- ↓ 8%

- % Positive Screens
- ↑ 50%*

*Note: Data indicates a significant increase in positivity.
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
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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