

Mental Health Index

U.S. Worker Edition

November 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



MATT RESTEGHINI
CMO, Total Brain



MICHAEL THOMPSON
CEO, National Alliance



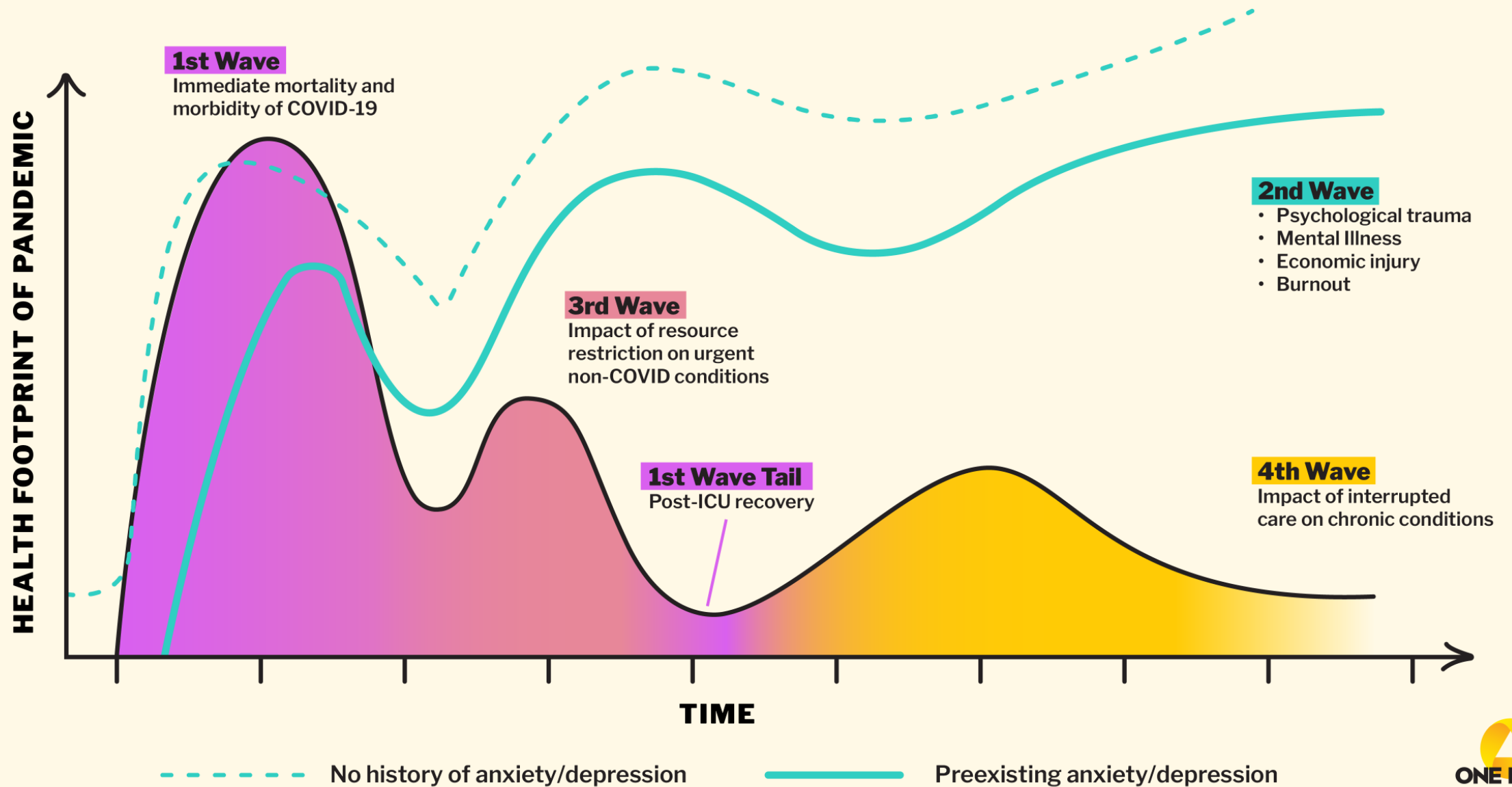
KATY SCHNEIDER RIDDICK
Director of Strategy and Engagement,
One Mind at Work



COLLEEN MCHUGH
President, Healthcare Policy Roundtable / HR
Policy Association

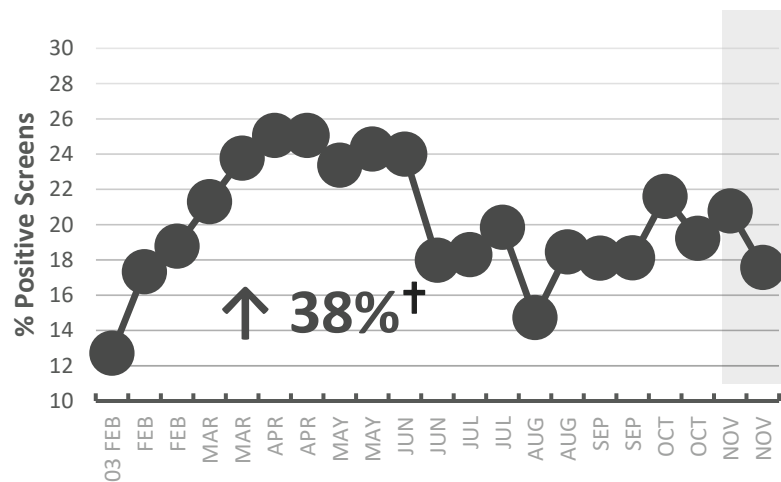


COVID-19 IMPACT TIMELINE



Risk of Mental Conditions: November 2020

General Anxiety Disorder (GAD)

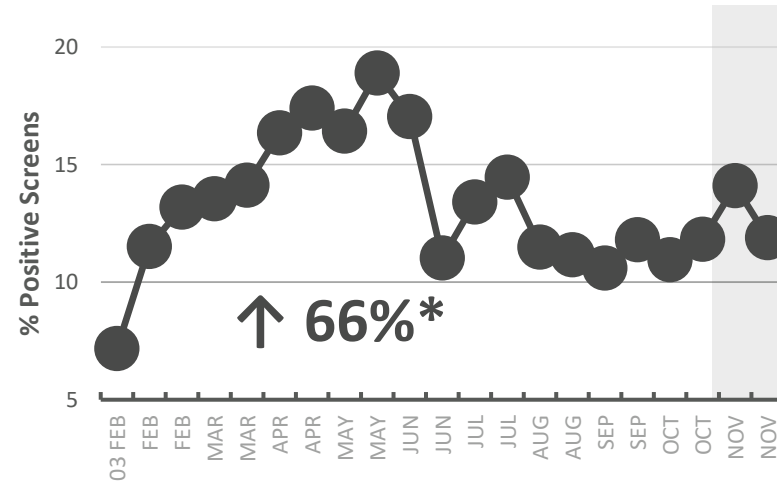


From October to November, risk of Anxiety was relatively **stable**. It's **38% higher** than pre-COVID

From February to November:

- ↑ 103% for ages 40-59

Depressive Disorder

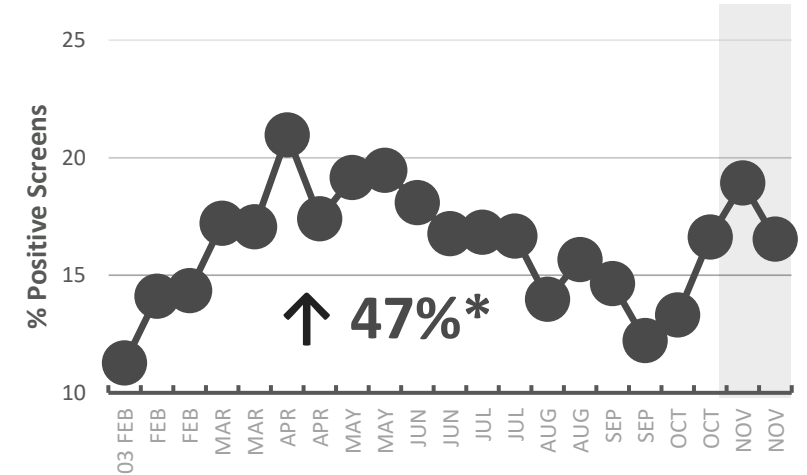


From October to November, risk of Depression was relatively **stable**. It's **66% higher** than pre-COVID

From February to November:

- ↑ 110% for ages 40-59

PTSD



From October to November, risk of PTSD was relatively **stable**. It's **47% higher** than pre-COVID

From February to November:

- ↑ 52% for ages 60+

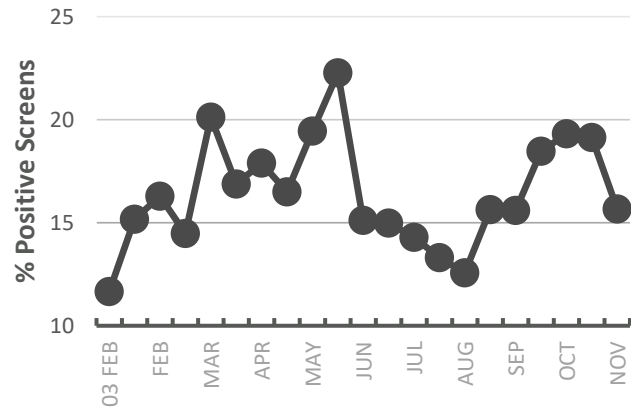


Recent Trends in Men



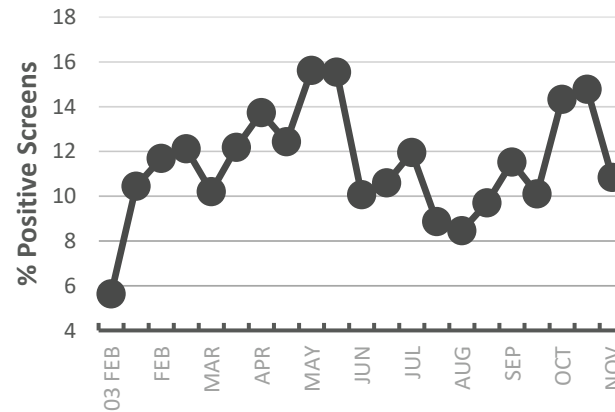
General Anxiety Disorder

55% increase from August to peak
18% drop post election



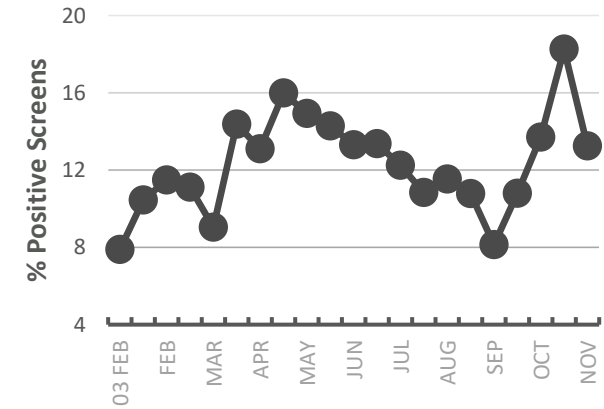
Depressive Disorder

69% increase August to peak
27% drop post election



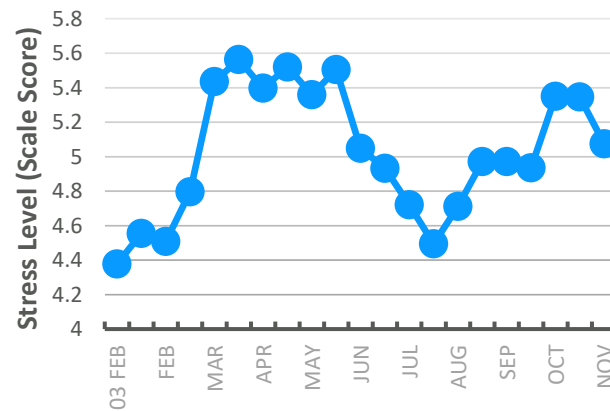
PTSD

124% increase from October to peak
27% drop post election



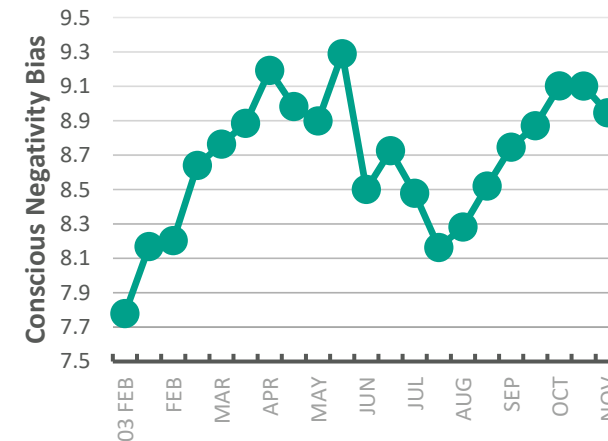
Stress

19% increase since August to peak
5% drop post election



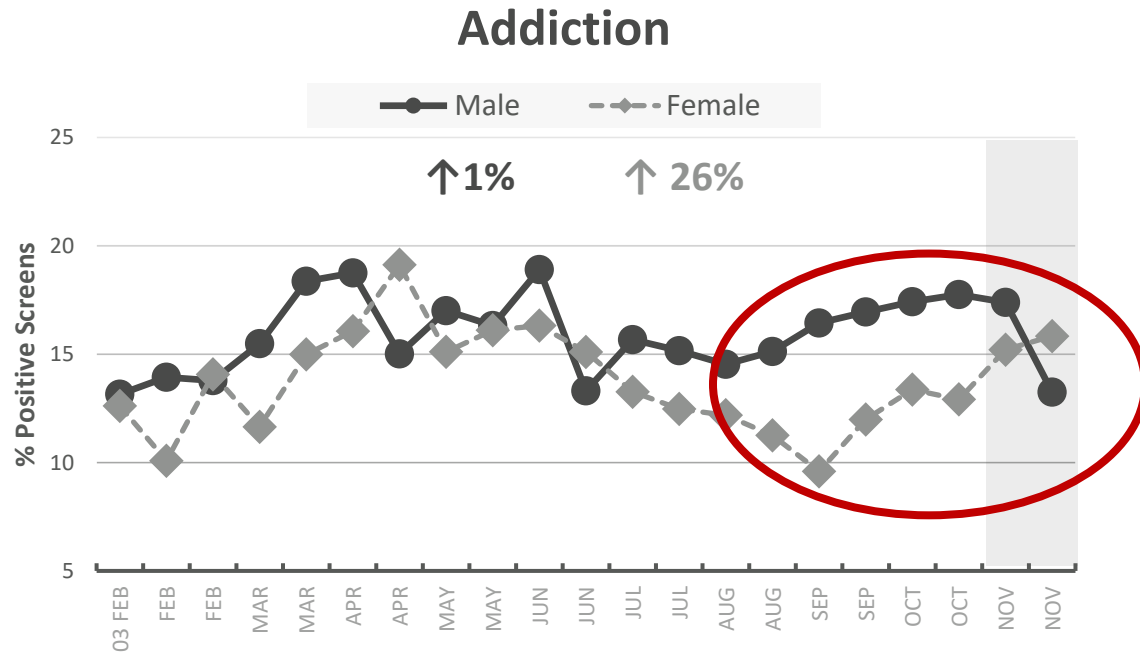
Conscious Negativity Bias

12% increase from August to peak
2% drop post election

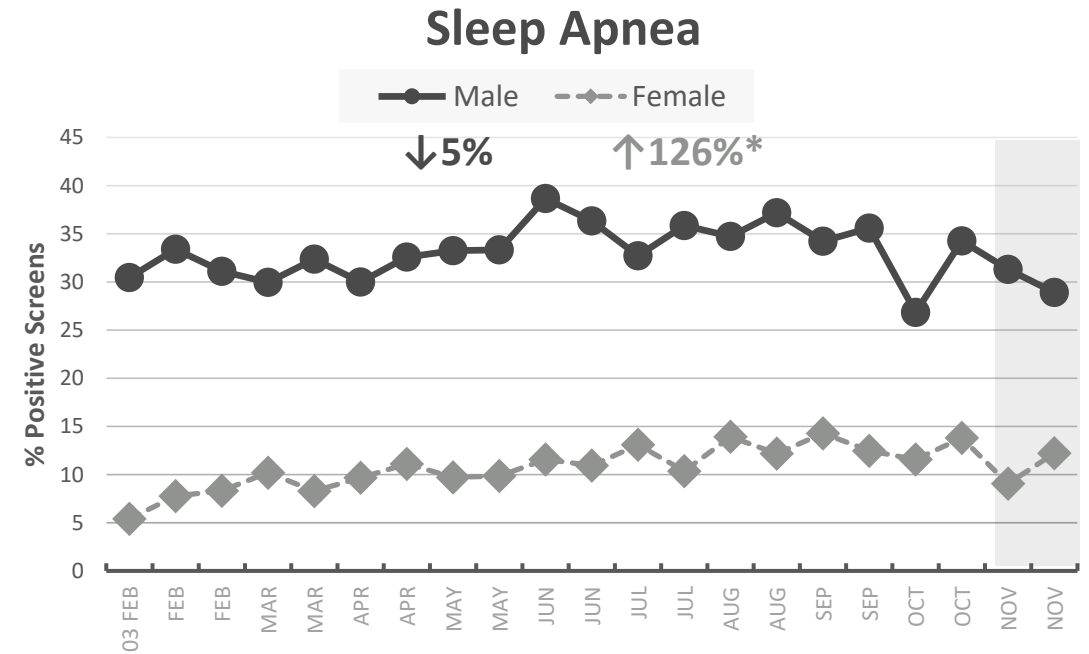




Risk of Addiction and Sleep Apnea on the Rise in Women



Females: **65% increase** in risk of addiction from start of September to end of November



Females: **126% increase** in risk of sleep apnea from start of February to end of November

What Can You Do?

Total Brain:

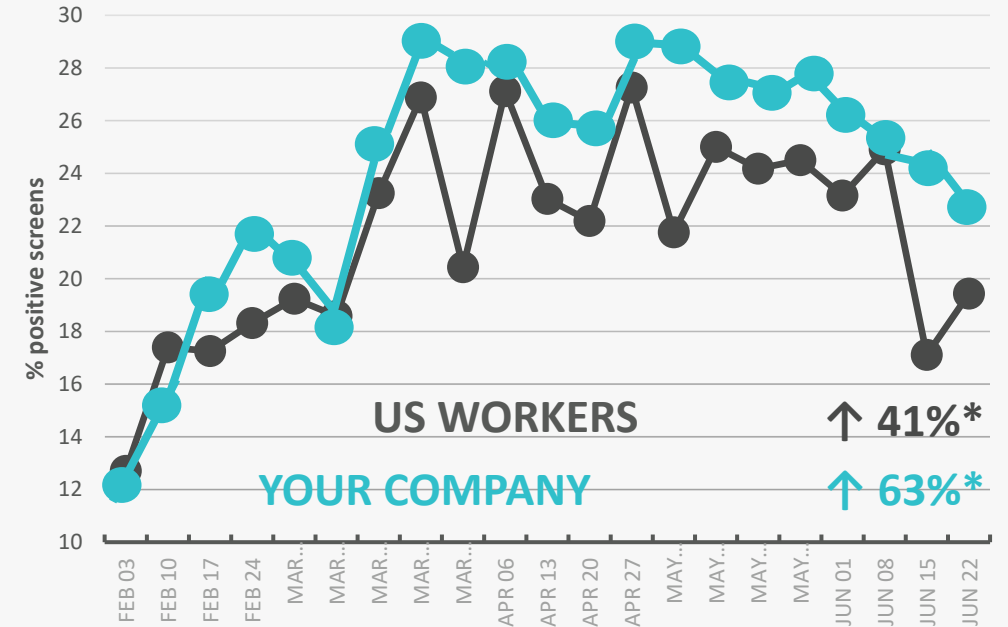
Baseline and benchmark mental health risk and corporate brain power in your company against the national Mental Health Index

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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