Mental Health Index
U.S. Worker Edition
September 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: September 2020

**General Anxiety Disorder (GAD)**

- From August to September, risk of Anxiety was **stable**. It’s **43% higher** than pre-COVID
- At the end of September:
  - No significant difference for females vs males
  - NB: females ↓12%, males ↑24% since Aug
  - ↑ 114% for age 20-39 vs 40-59

**Depressive Disorder**

- From August to September, risk of Depression **increased 6%**. It’s **64% higher** than pre-COVID
- At the end of September:
  - No significant difference for females vs males
  - ↑ 50% for age 20-39 vs 40-59
  - NB: Age 60+ steady increase since June

**PTSD**

- From August to September, risk of PTSD **declined 22%**. It’s **8% higher** than pre-COVID
- At the end of September:
  - ↑ 86% for females vs males
  - ↑ 64% for age 20-39 vs 40-59
  - NB: overall ↓42% since Apr
Affecting our Brain Capacities

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

Emotion capacities are all the same as pre-COVID levels

**Feeling**
- Anxiety +25%
- Stress +16%
- Depression +31%

**Self-Control**
- Social Connectivity +5%
- Resilience -1%
- Conscious Negativity +13%

**Cognition**
- Memory = PRE-COVID
- Focus +6%
- Planning -5%
Support and Insights

1. **Whitepaper:**
   Help you and your employees understand how to mitigate the impact of COVID-19 on their mental health

2. **Zero Cost Baseline Evaluation:**
   Baseline and benchmark mental health risk and corporate brain power in your company

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

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**Sample: Mental Health Risk and Capacity Baseline Report**

**General Anxiety Disorder (GAD)**

- **US WORKERS** ↑ 41%
- **YOUR COMPANY** ↑ 63%
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