

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



SPEAKERS



LOUIS GAGNON
CEO, Total Brain



MICHAEL THOMPSON
CEO, National Alliance



COLLEEN MCHUGH
President, Healthcare Policy Roundtable / HR
Policy Association



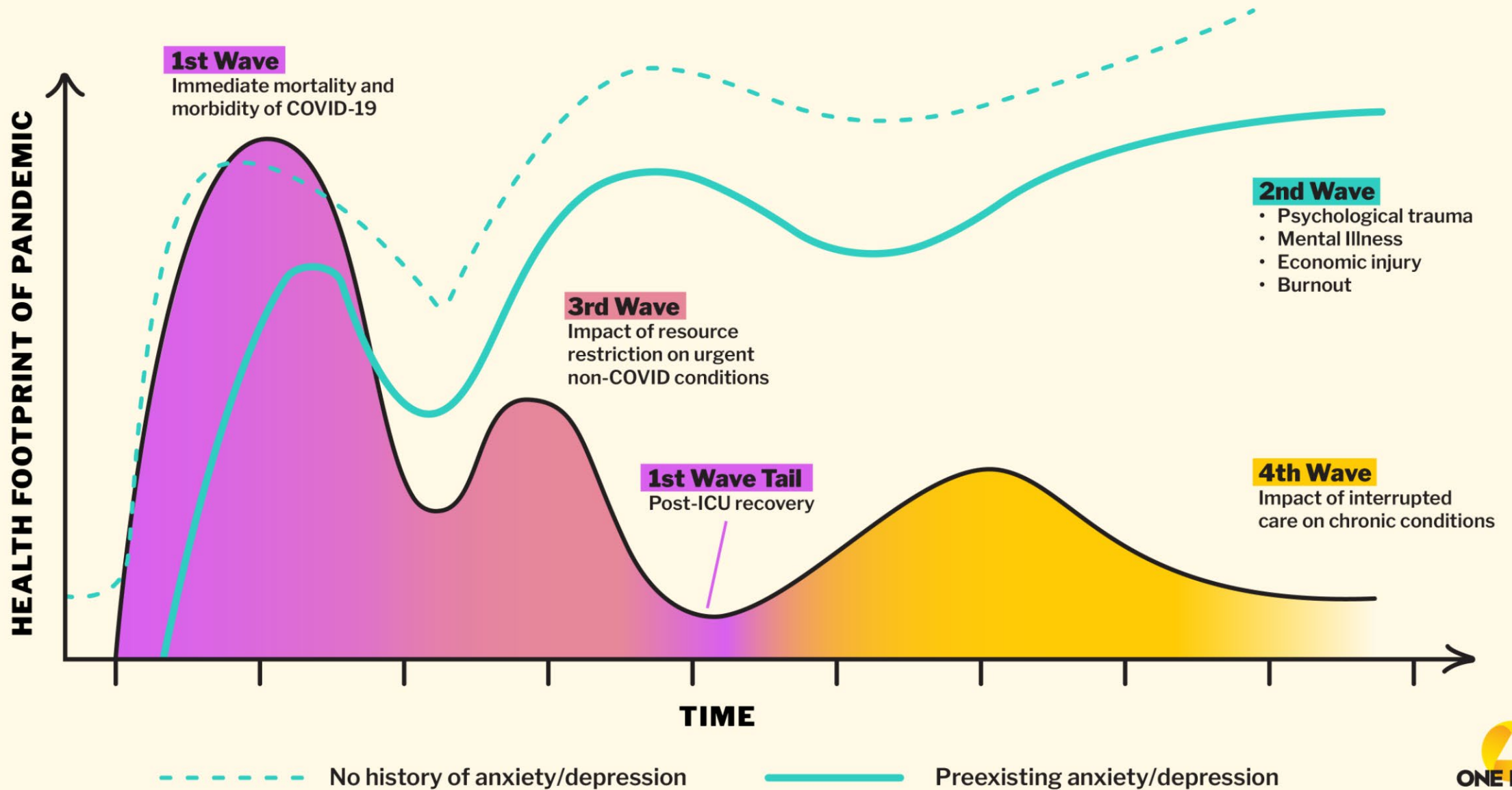
KATY SCHNEIDER RIDDICK
Director of Strategy and Engagement,
One Mind at Work



GEORGE MURPHY
SVP Total Rewards, HR Technology and
Operations, Lincoln Financial

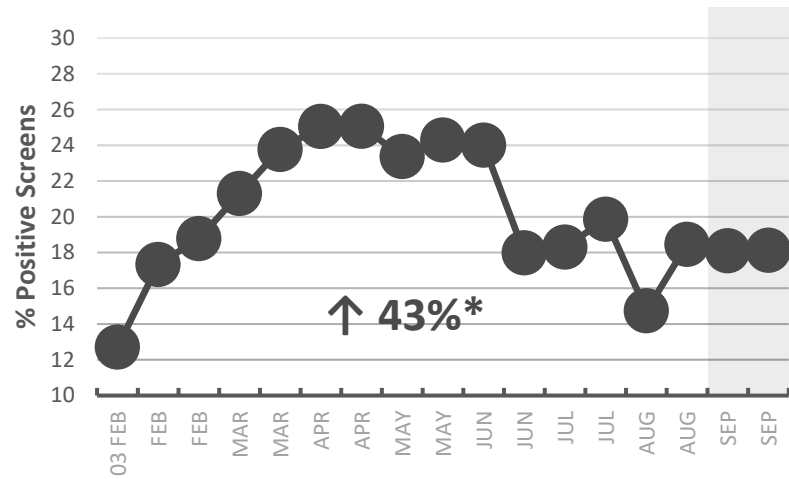


COVID-19 IMPACT TIMELINE



Risk of Mental Conditions: September 2020

General Anxiety Disorder (GAD)

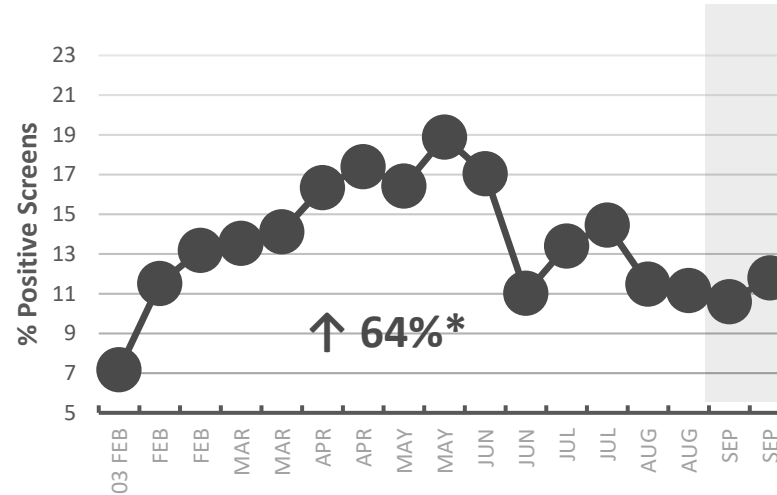


From August to September, risk of Anxiety was **stable**. It's **43% higher** than pre-COVID

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

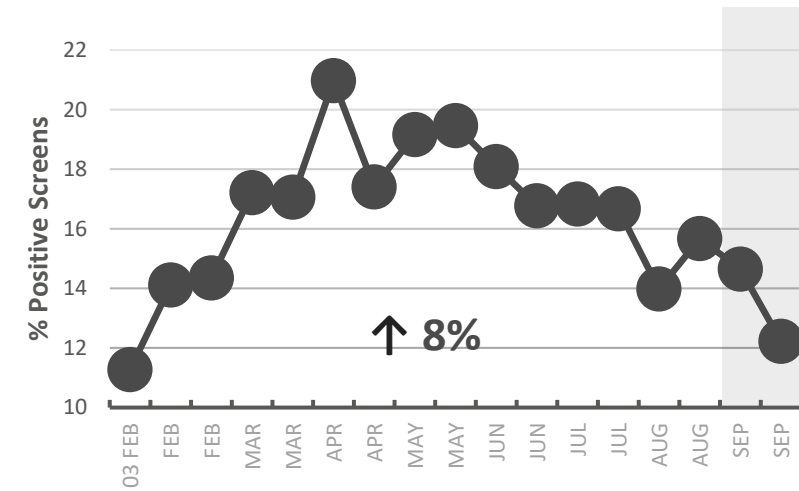


From August to September, risk of Depression **increased 6%**. It's **64% higher** than pre-COVID

At the end of September:

- No significant difference for females vs males
- **NB: females ↓8%, males ↑36% since Aug**
- ↑ 50% for age 20-39 vs 40-59
- **NB: Age 60+ steady increase since June**

PTSD



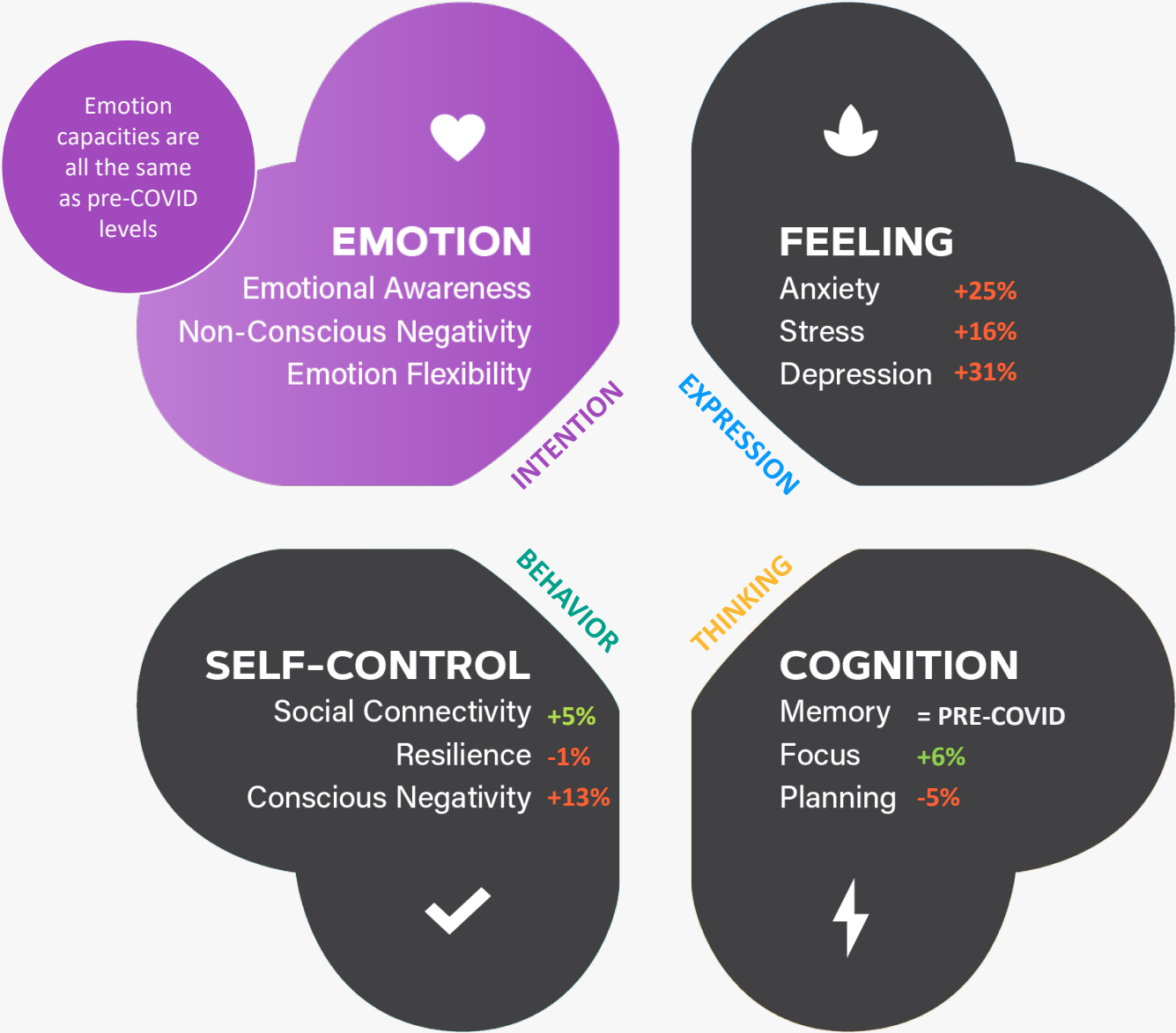
From August to September, risk of PTSD **declined 22%**. It's **8% higher** than pre-COVID

At the end of September:

- **NB: overall ↓42% since Apr**
- ↑ 86% for females vs males
- ↑ 64% for age 20-39 vs 40-59



Affecting our Brain Capacities

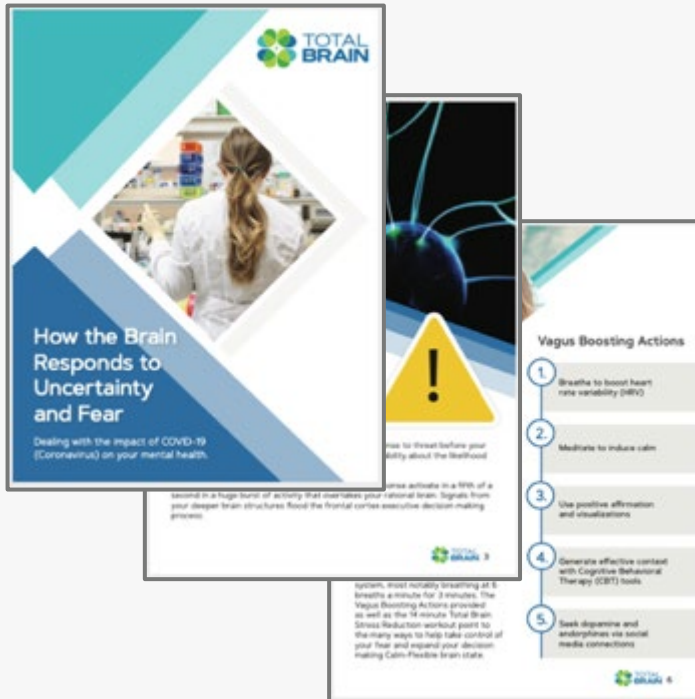


Support and Insights

1

Whitepaper:

Help you and your employees understand how to mitigate the impact of COVID-19 on their mental health



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



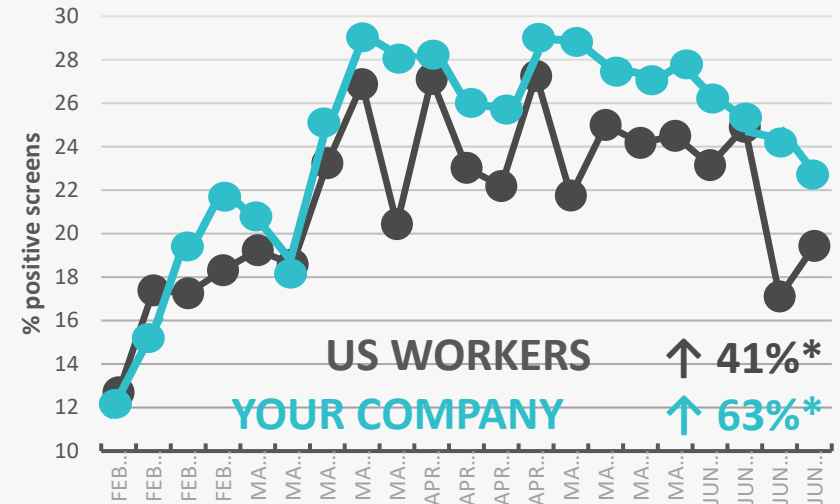
2

Zero Cost Baseline Evaluation:

Baseline and benchmark mental health risk and corporate brain power in your company

Sample: Mental Health Risk and Capacity Baseline Report

General Anxiety Disorder (GAD)



THANK YOU



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