Mental Health Index
U.S. Worker Edition
Q1 2022 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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#thisisnormal
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
MHI Q1-22: Key Risk

**General Anxiety Disorder (GAD)**

- **↑ 5%**
- **↓ 35%**

**Depressive Disorder**

- **↑ 3%**
- **↓ 37%**

**PTSD**

- **↑ 121%***
- **0%**
MHI Q1-22: A Closer Look

THE BAD

1. Stress
   - 18% decrease since December
   - No longer different to pre-pandemic

2. Addiction
   - 29% decrease since end of January
   - Trending up in March at 15% higher than pre-pandemic

3. False Miss Errors
   - Greatest in Males at 74% worse than pre-pandemic

THE GOOD

1. Nonconscious Negativity Bias
   - 13% better than pre-pandemic

2. Response Time in Seconds
   - 13% better than pre-pandemic

3. Positive Screens
   - ↑ 15% in March
Key Insights and Suggested Actions

1. Life events are driving outsized reaction (PTSD)

2. Ongoing mental health awareness is critical

3. Encourage regular assessment and usage of support tools and resources
Learn More: Download the MHI Whitepaper

Visit:

https://www.totalbrain.com/mentalhealthindex/
THANK YOU
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