

# Mental Health Index

## U.S. Worker Edition

### January 2020 Update



#### Methodology:

- Dozens of large US corporations using the Total Brain Platform (Boeing, Cerner, Nationwide, etc.)
- Weekly randomized selection of 500 assessments
- Statistical control for cohort effect



# SPEAKERS



**MATT RESTEGHINI**  
Chief Marketing Officer, Total  
Brain



**MICHAEL THOMPSON**  
CEO, National Alliance



**COLLEEN MCHUGH**  
President, Healthcare Policy Roundtable / HR  
Policy Association

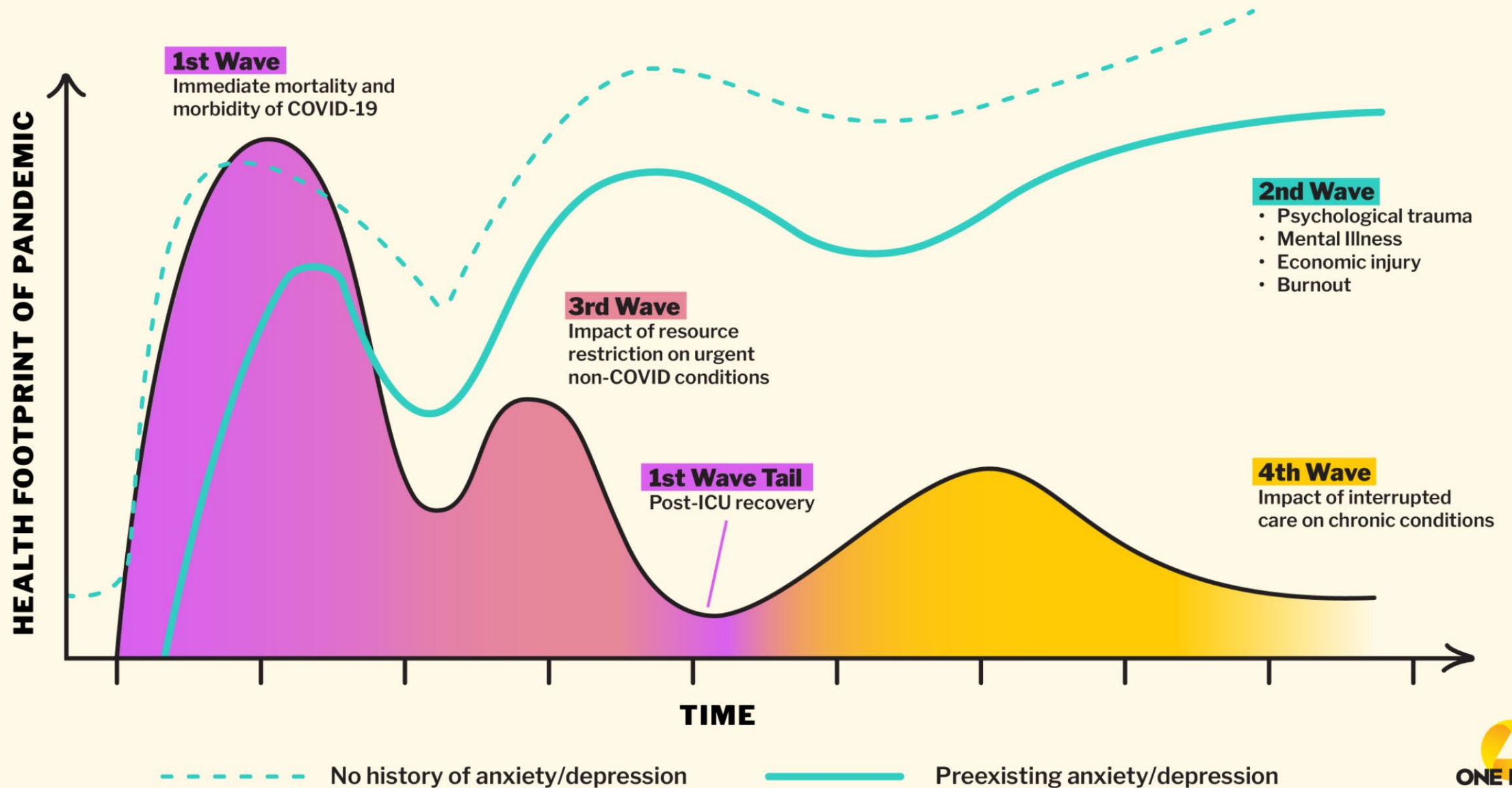


**KATY SCHNEIDER RIDDICK**  
Director of Strategy and Engagement,  
One Mind at Work



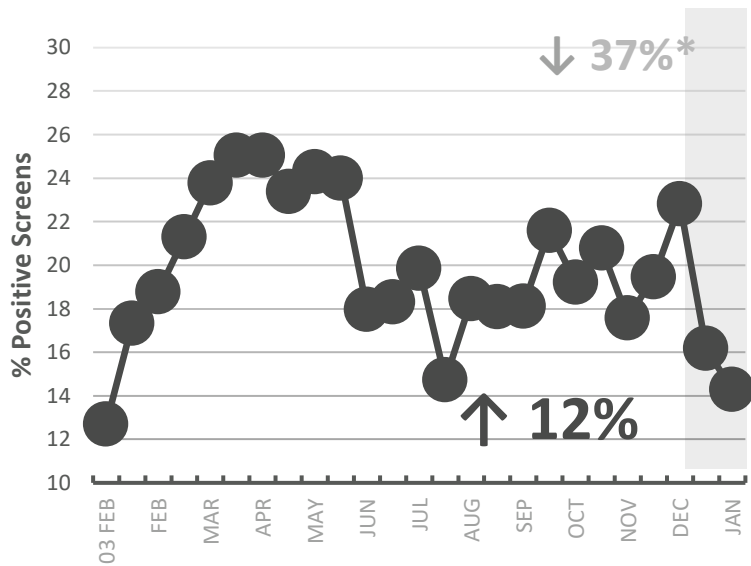
**RACHAEL COOPER**  
Sr. Program Manager and Subject Matter Expert,  
National Safety Council

# COVID-19 IMPACT TIMELINE

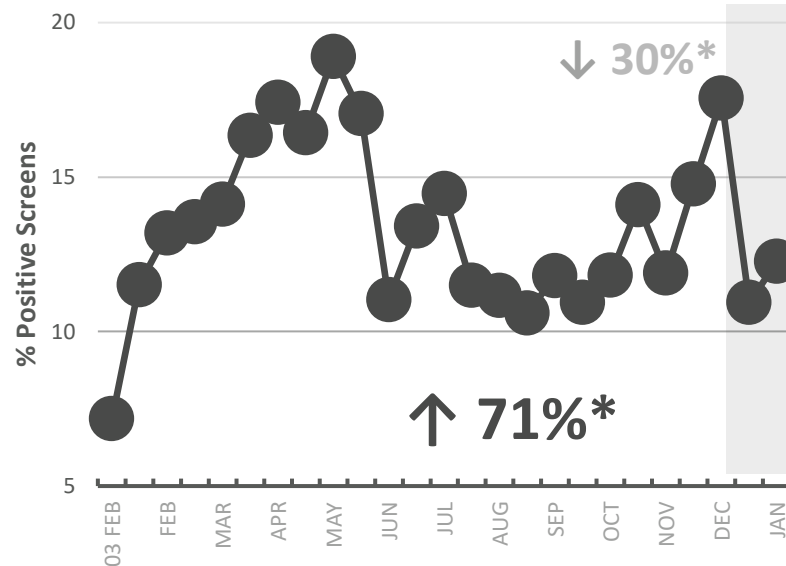


# Risk of Mental Conditions: January 2020

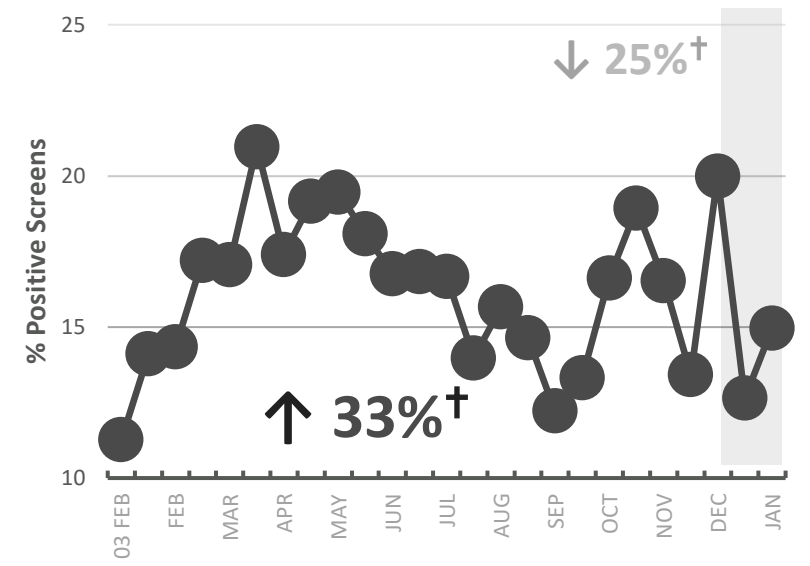
## General Anxiety Disorder (GAD)



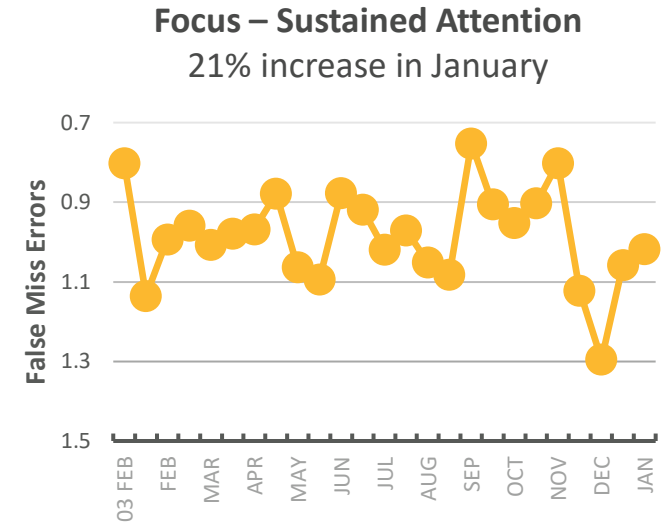
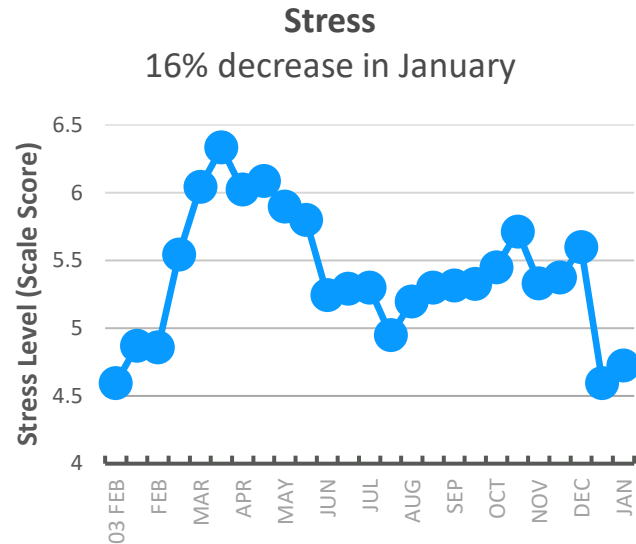
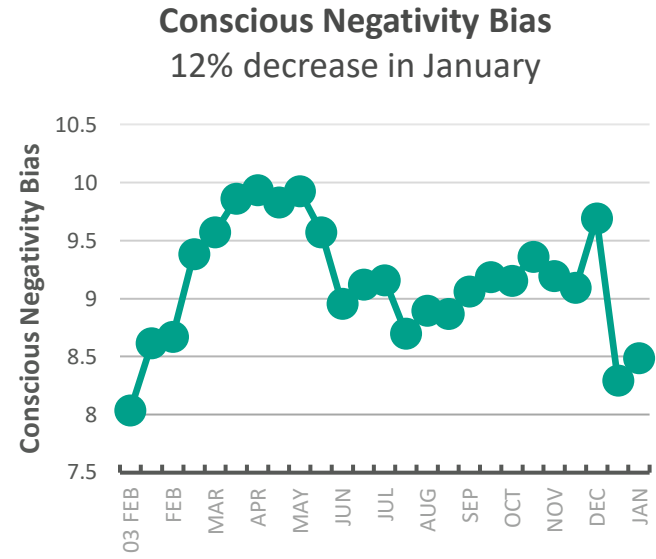
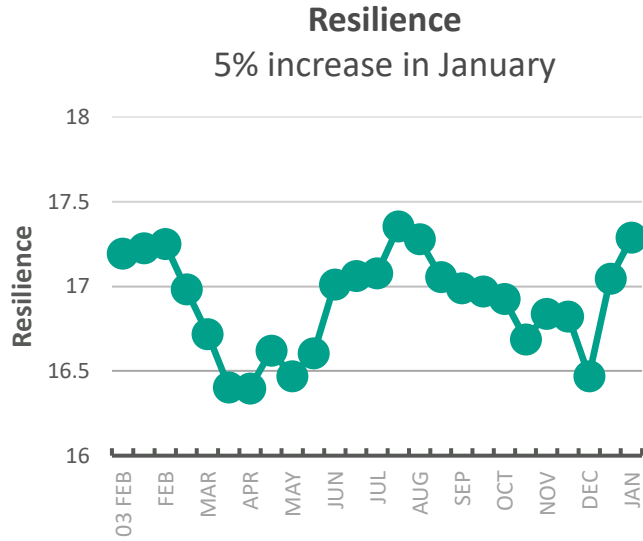
## Depressive Disorder



## PTSD



# Brain Capacity Improvements in January

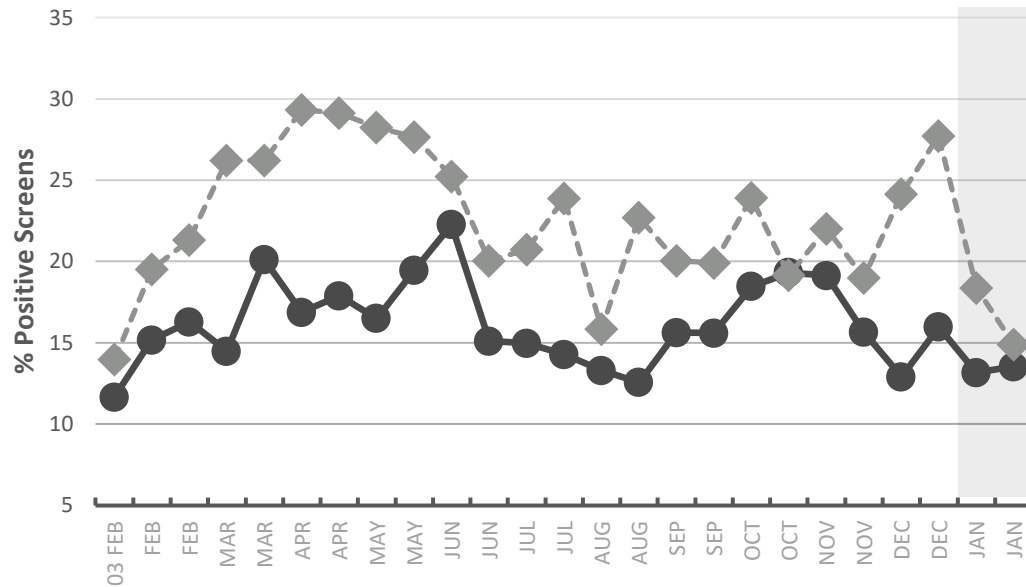


# Females vs. Males (Dec-Jan)



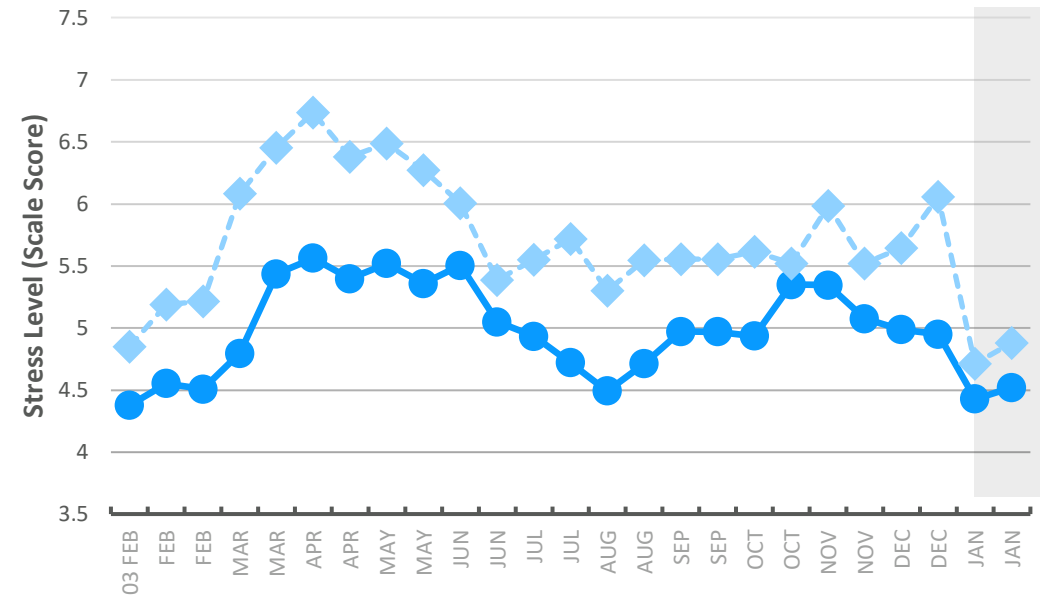
## General Anxiety Disorder

46%\* decrease vs. 15% decrease



## Stress

19%\* decrease vs. NC

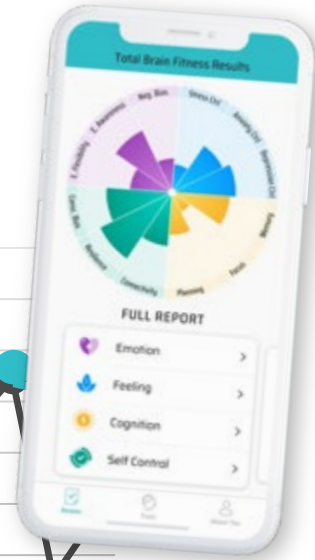
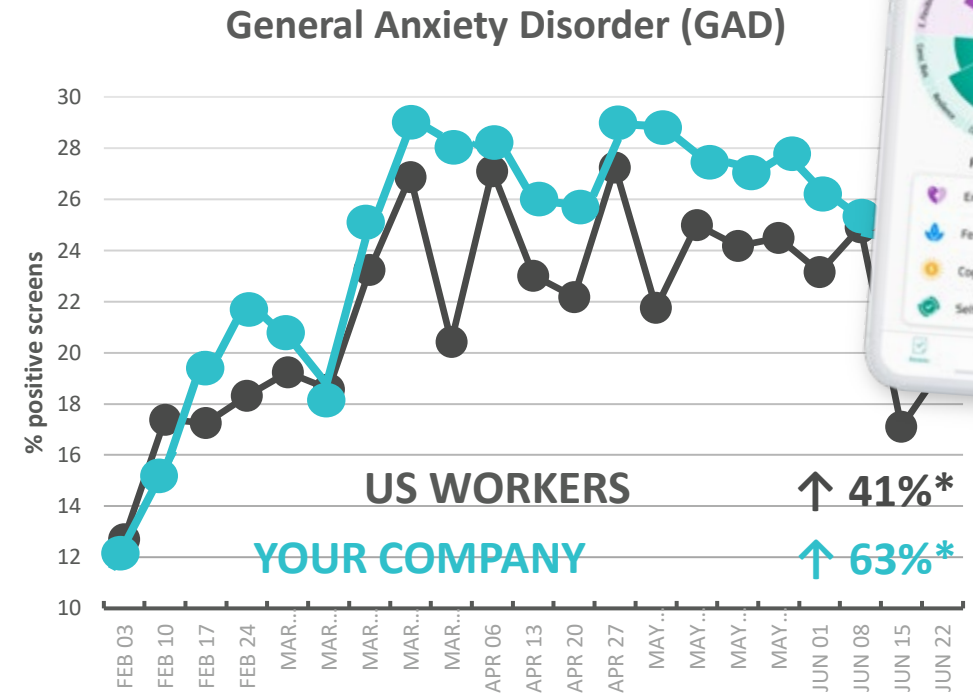


—●— Male    - - -◇- - - Female

# We measure, benchmark and manage everything...



# Isn't it time we did the same for mental health?



Total Brain would love to help. Visit us at:  
<https://www.totalbrain.com/companies>



# Coronavirus Town Hall: Addressing Pandemic Fatigue

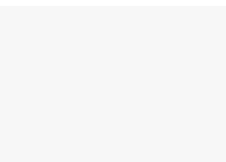
March 4 – 5:00pm – 6:00pm, ET



**MICHAEL THOMPSON**  
CEO, National Alliance



**DARCY E. GRUTTADARO, J.D.**  
Director, Center for Workplace Mental Health  
APA Foundation





# THANK YOU



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