

# Mental Health Index

## U.S. Worker Edition – July 2020 Update

July's Mental Health Data Reinforces Previous Assertions That the Pandemic Is Taking a Toll on American Workers



# SPEAKERS



**LOUIS GAGNON**

CEO, Total Brain



**GAREN STAGLIN**

Chairman & Co-Founder, One Mind at Work



**MICHAEL THOMPSON**

CEO, National Alliance



**CHARLES E. COLUMBUS**

CEO, American Health Policy Institute



**KATIE SCHNEIDER RIDDICK**

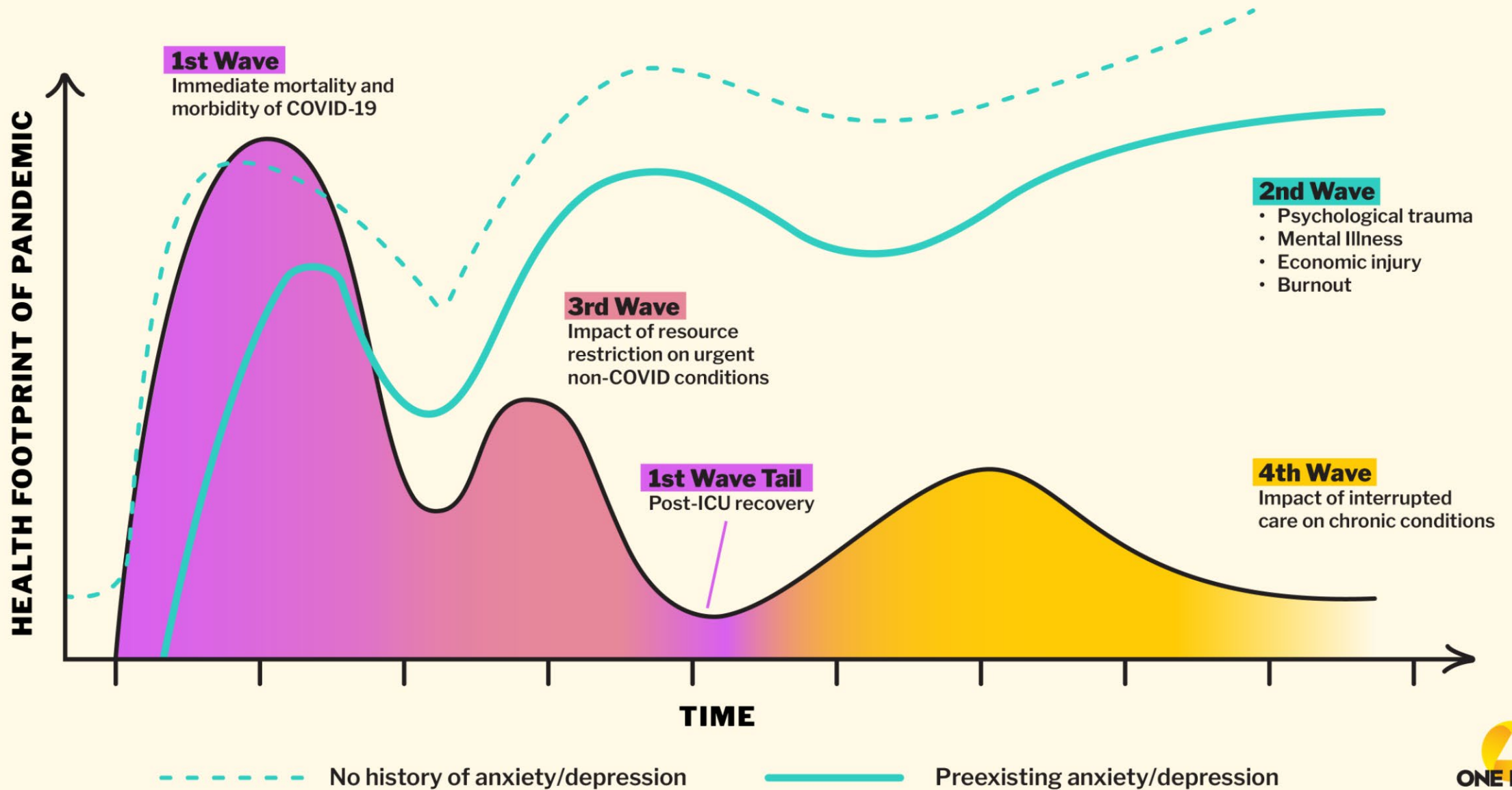
Director of Strategy and Engagement, One Mind at Work



**JANINE FRANCOLINI**

Founder, The Flawless Foundation

# COVID-19 IMPACT TIMELINE



# Mental Health Index

## What we measure (1 of 2)

Mental Health (brain capacity):

- 4 main functions
- 12 core brain capacities



*In partnership with:*



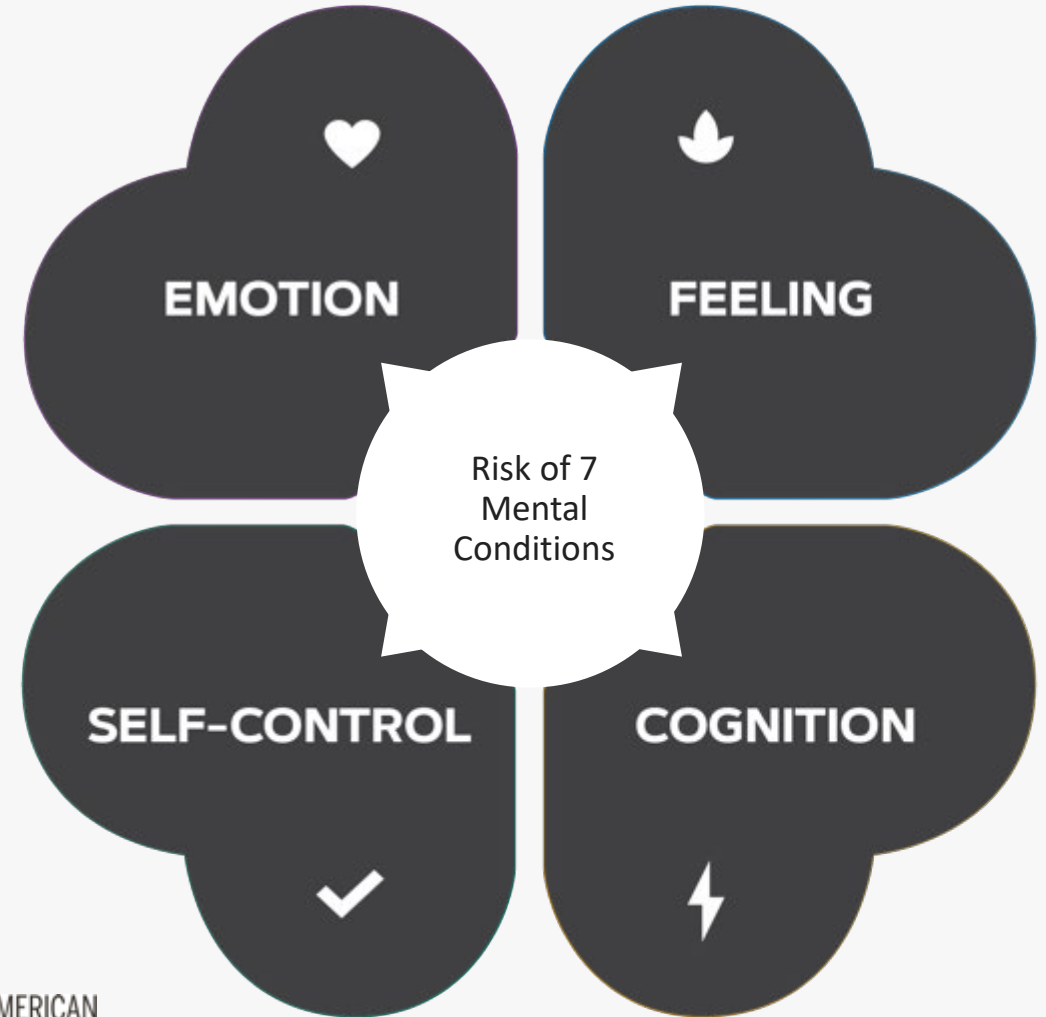
# Mental Health Index

## What we measure (2 of 2)

Mental Health Risks (mental conditions) that impair capacities at various degrees:

- General Anxiety
- Depression
- ADHA
- Addiction
- PTSD
- Social Phobia
- Sleep Apnea

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# Mental Health Index

## How we build and publish

- Dozens of large US corporations use the Total Brain platform
- Each week, we randomly select 500 employees from all companies who completed their assessment. We control for statistical biases and implement one-way anova and linear regression analysis ( $\alpha = .05$ ) to **determine what changed**
- Each month, we publish a full report on all health and illness markers. In this webinar, we focus on markers that have significantly changed or for which age or gender tells a very different story

The screenshot shows the website for the Mental Health Index. At the top, there is a navigation bar with links for Home, For Companies, For Providers, For Affinity Groups, Resources (highlighted), About Us, and Sign In. The main header features the Total Brain logo and the title "Mental Health Index U.S. Worker Edition - July 2020 Update". Below the title is a sub-headline: "July's Mental Health Data Reinforces Previous Assertions That the Pandemic is Taking a Toll on American Workers". The page includes logos for Total Brain, ONE MIND atWork, National Alliance of Healthcare Purchaser Coalitions, and AMERICAN HEALTH POLICY INSTITUTE. The main content area is titled "Latest Mental Health Snapshot Shows a Familiar Picture" and contains three sections: "Best Case" (Businesses are being forced to become more flexible and innovative in order to accommodate a new normal), "Worst Case" (Companies are struggling financially. Workers are being furloughed or simply let go.), and "Every Case" (In all cases, increased stress and anxiety are impacting performance and mental health among working Americans). A "DOWNLOAD THE REPORT" button is located at the bottom of the content area.

In partnership with:



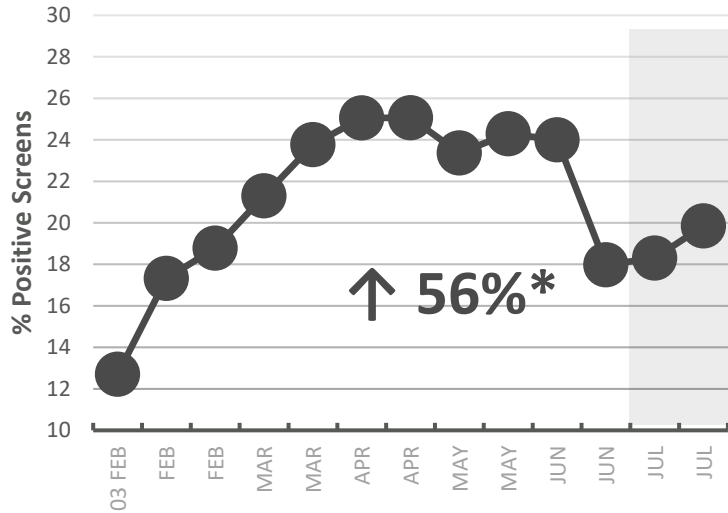
Forbes



THE AMERICAN JOURNAL OF  
MANAGED CARE

# Risk of Mental Conditions: July 2020

## General Anxiety Disorder (GAD)

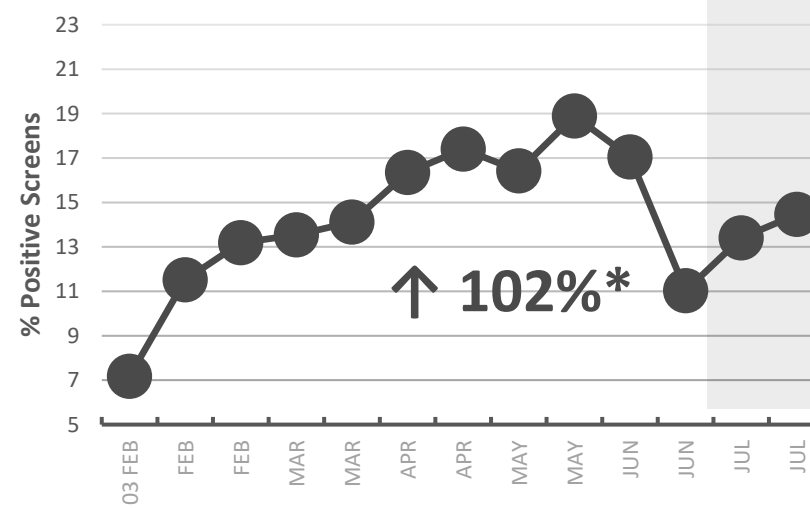


From June to July, risk of Anxiety showed **no significant difference**. It is, however, 56% higher than February (pre-COVID) level

At the end of July, risk of Anxiety was:

- 67% ↑ for females vs males
- 132% ↑ for those aged 20-39 vs 40-59
- 185% ↑ for those aged 20-39 vs 60+

## Depressive Disorder

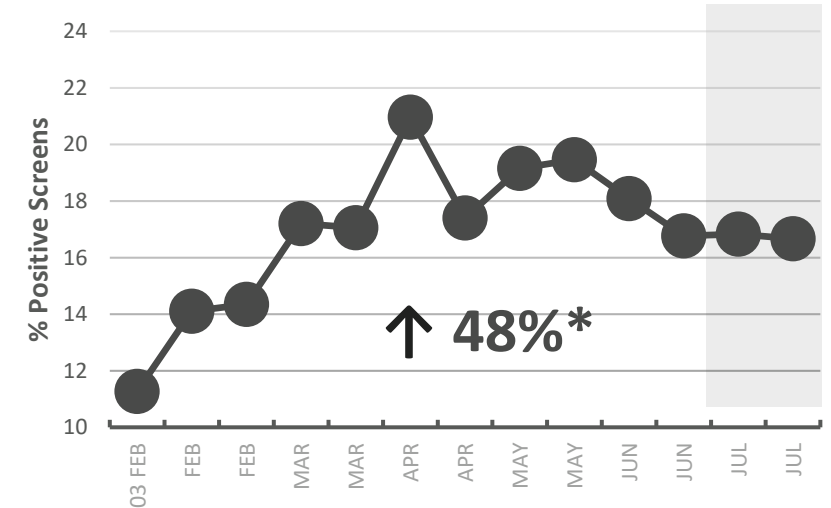


From June to July, risk of Depression **increased 31%**. It is also 102% higher than February (pre-COVID) level

At the end of July, risk of Depression was:

- Not significantly different for females vs males
- 101% ↑ for those aged 20-39 vs 40-59
- 305% ↑ for those aged 20-39 vs 60+

## PTSD



From June to July, risk of PTSD showed **no significant difference**. It is, however, 48% higher than February (pre-COVID) level

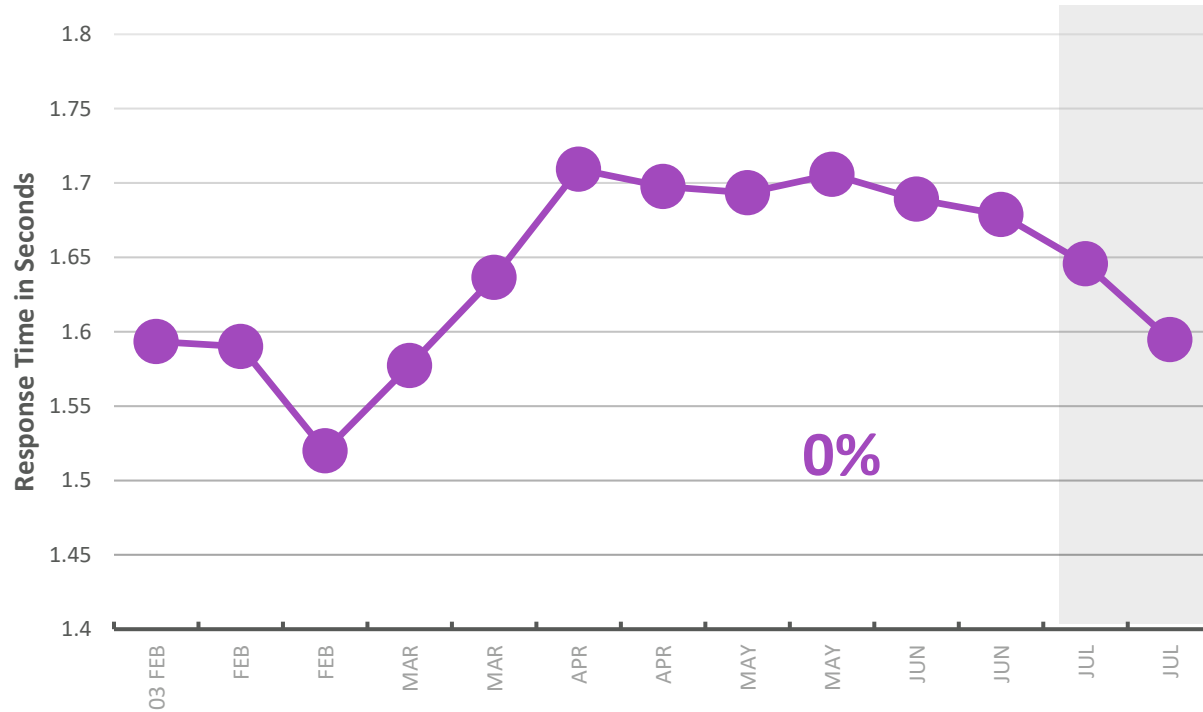
At the end of July, risk of PTSD was:

- Not significantly different for females vs males
- 43% ↑ for those aged 20-39 vs 40-59
- 233% ↑ for those aged 20-39 vs 60+



# Brain Capacities: July 2020

## Emotion: Non-Conscious Negativity Bias

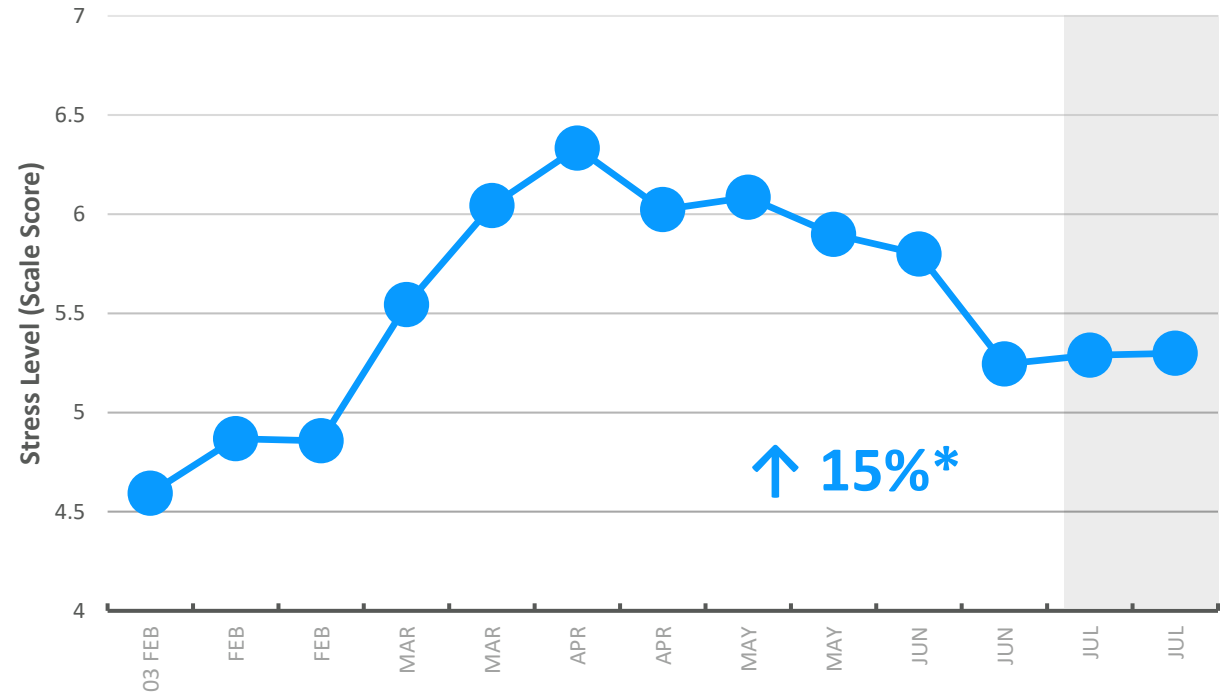


From June to July, Non-Conscious Negativity **decreased 5%**. It is now not significantly different than February (pre-COVID) level

At the end of July, Non-Conscious Negativity was:

- Not significantly different for females vs males
- Not significantly different for those aged 20-39 vs 40-59
- 13% ↓ for those aged 20-39 vs 60+

## Feeling: Stress



From June to July, Stress showed **no significant difference**. It does, however, remain 15% higher than February (pre-COVID) level

At the end of July, Stress was:

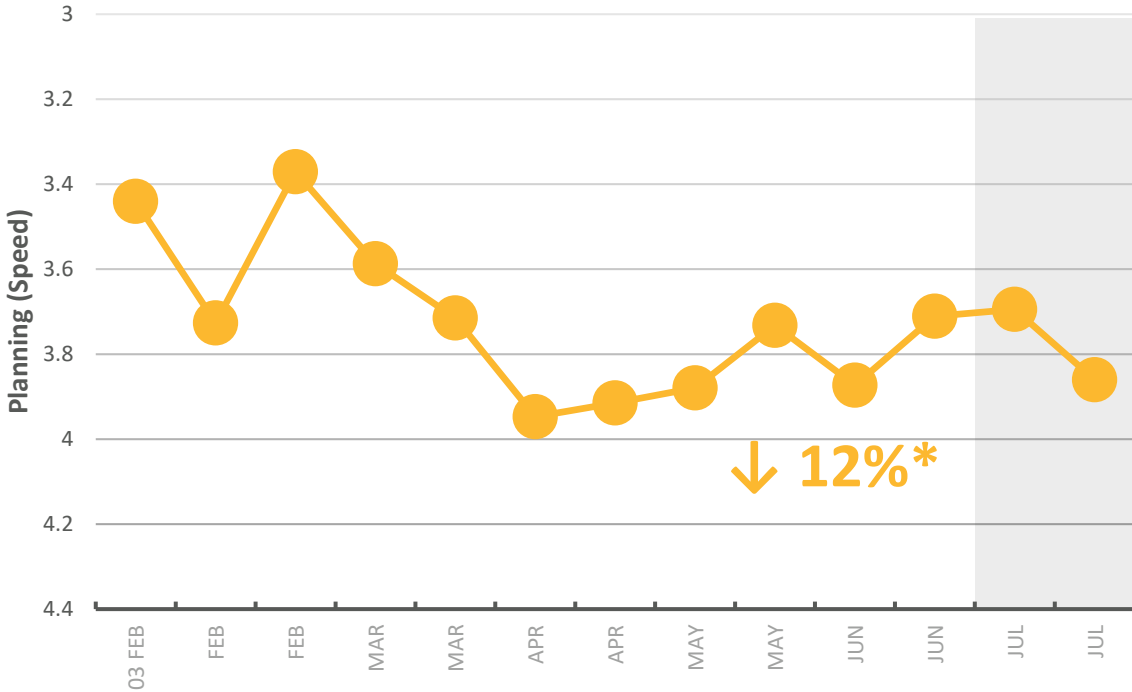
- 21% ↑ for females vs males
- 35% ↑ for those aged 20-39 vs 40-59
- 60% ↑ for those aged 20-39 vs 60+





# Brain Capacities: July 2020

## Cognition: Planning

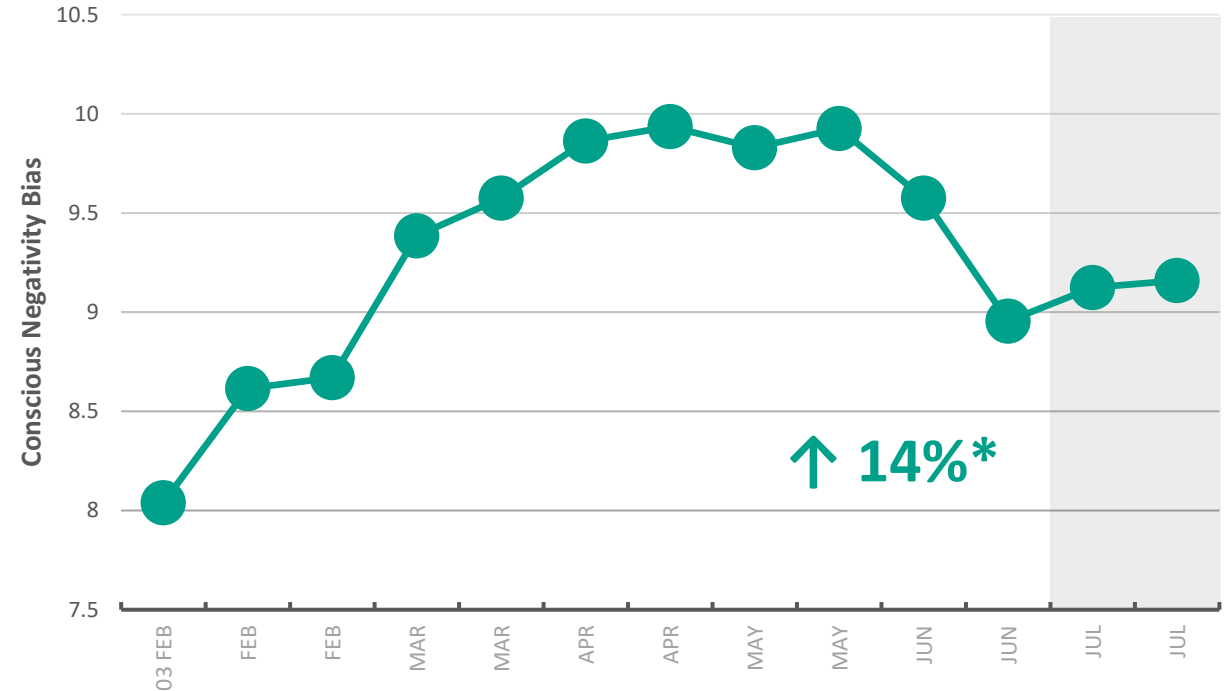


From June to July, Planning showed **no significant difference**. It does, however, remain 12% worse than February (pre-COVID) level

At the end of July, Planning was:

- 29% ↓ for females vs males
- 27% ↑ for those aged 20-39 vs 40-59
- 51% ↑ for those aged 20-39 vs 60+

## Self-Control: Conscious Negativity



From June to July, Conscious Negativity showed **no significant difference**. It does, however, remain 14% higher than February (pre-COVID) level

At the end of July, Conscious Negativity was:

- 14% ↑ for females vs males
- 30% ↑ for those aged 20-39 vs 40-59
- 41% ↑ for those aged 20-39 vs 60+

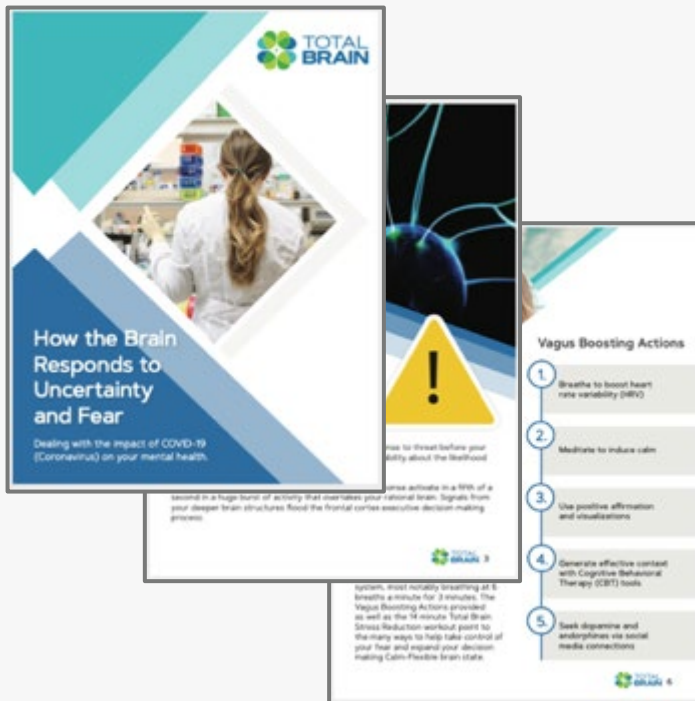


# Support and Insights

1

## Whitepaper:

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



Visit: [info.totalbrain.com/covid-19-corporate](http://info.totalbrain.com/covid-19-corporate)

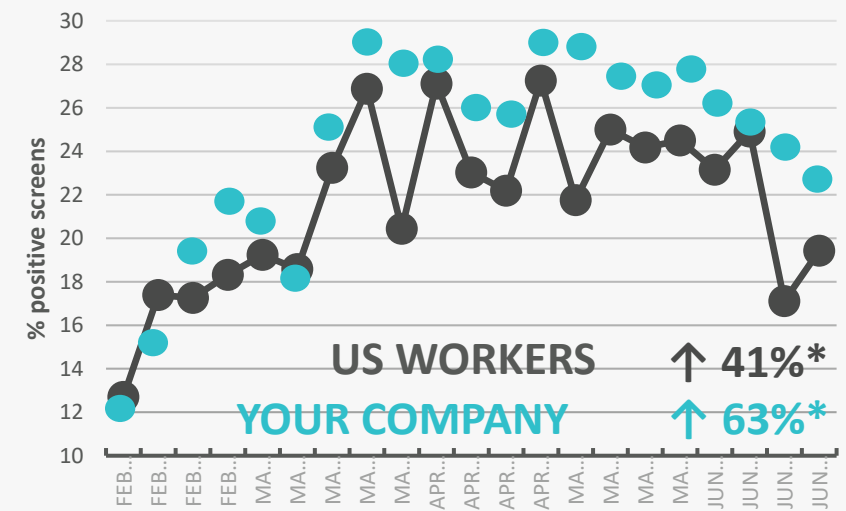
2

## 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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