

Mental Health Index

U.S. Worker Edition

Q3 2022 Update



TOTAL
BRAIN



ONE MIND
at Work



National Alliance
of Healthcare
Purchaser
Coalitions
Driving Innovation, Health and Value

AMERICAN
HEALTH
POLICY
INSTITUTE



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



MATT RESTEGHINI
Chief Marketing Officer, Total Brain



MICHAEL THOMPSON
CEO, National Alliance



MARGARET FASO
Director Healthcare Research and Policy, HR Policy Association

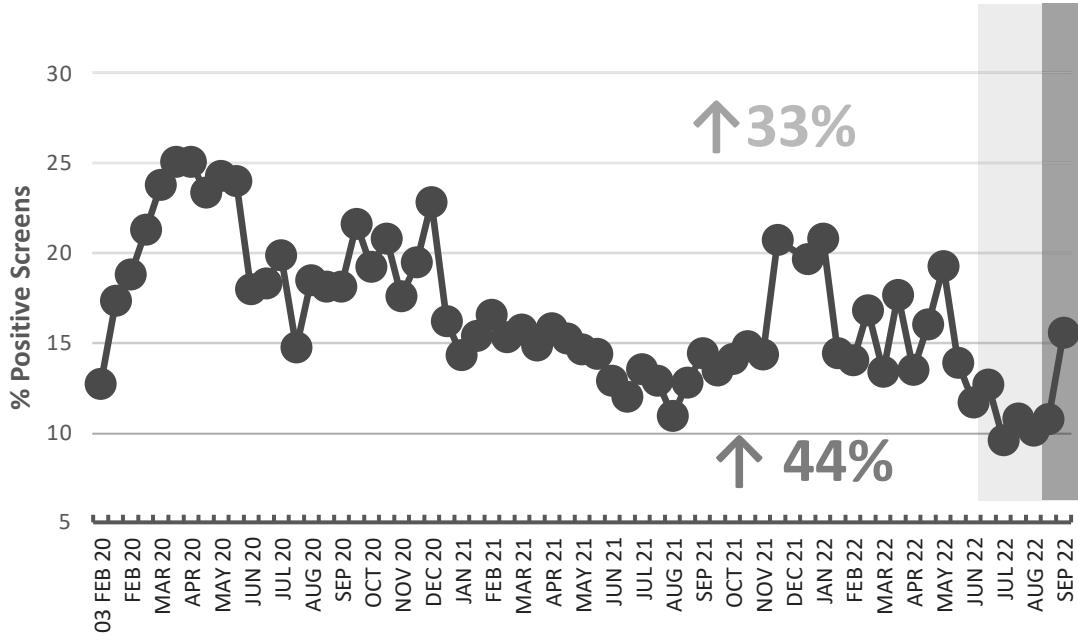


KATY RIDICK
Director of Strategy and Engagement, One Mind



MHI Q3-22: Key Risk

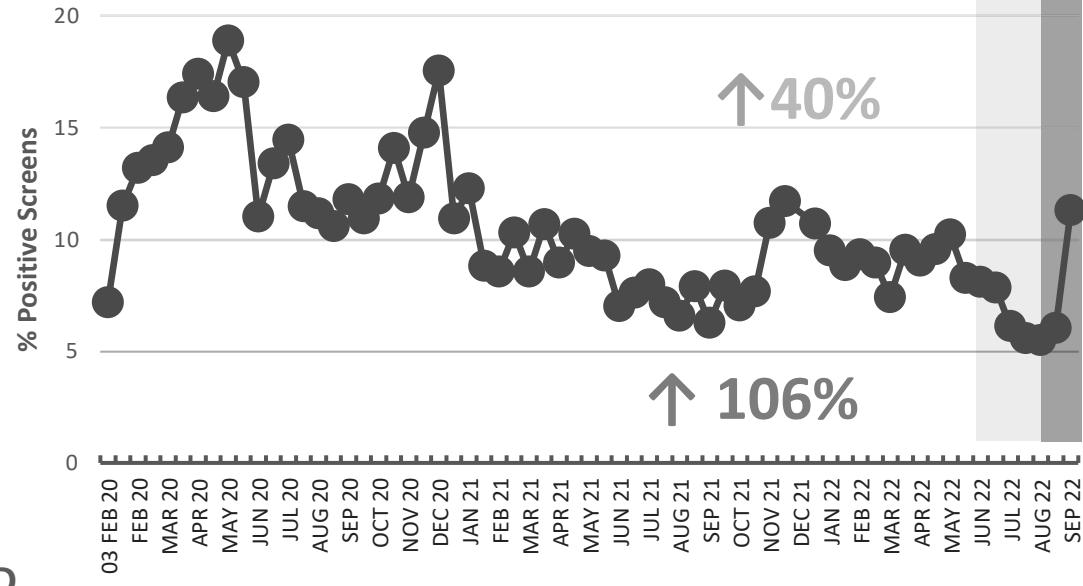
General Anxiety Disorder (GAD)



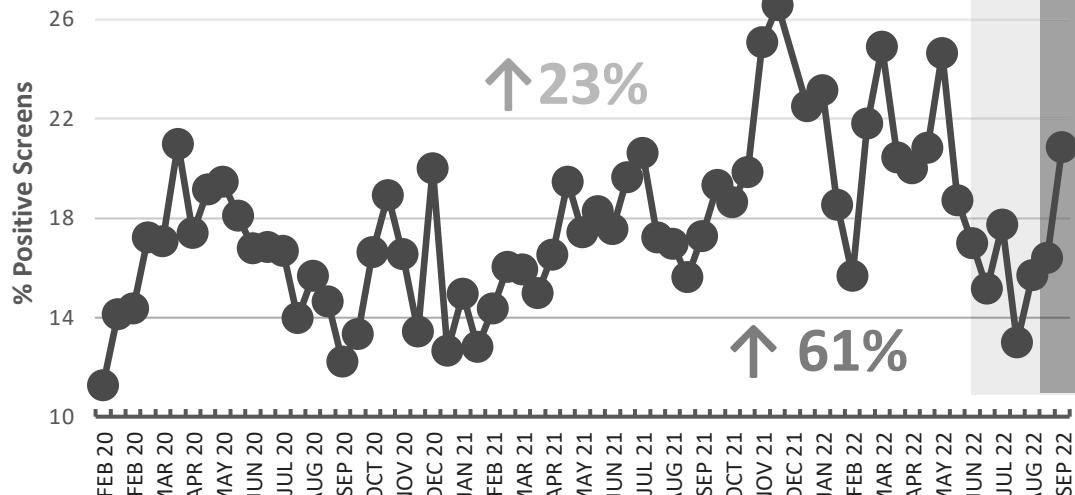
Vs. June

Vs. mid-August

Depressive Disorder



PTSD

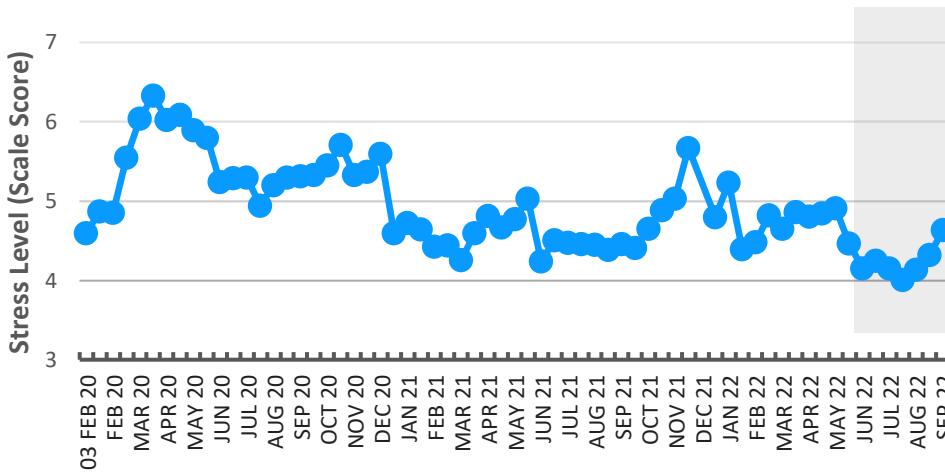




MHI Q3-22: A Closer Look

Stress

- 12% higher than June
- Decreased through summer until mid August, with 16% increase since then.



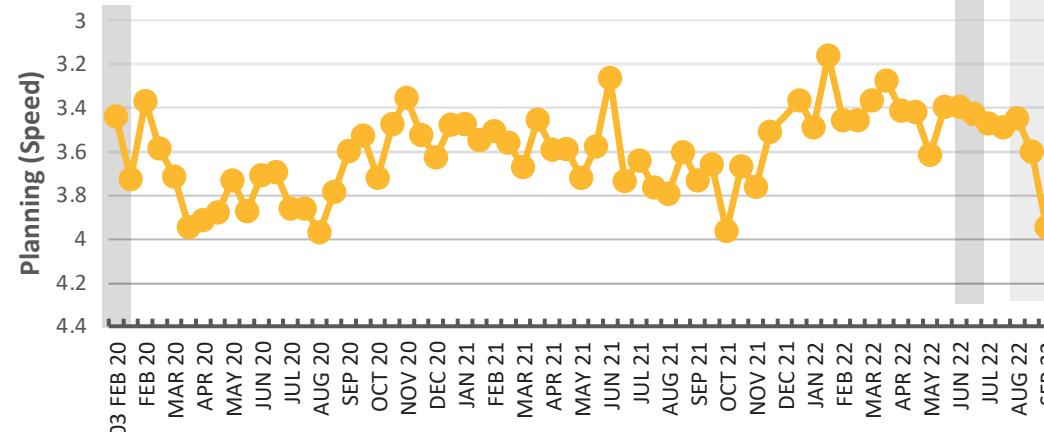
Resilience

- 3% (trend) lower than June
- Increased through summer until mid August, with 4% decrease since then.



Planning

- 16% lower than June
- 15% lower since mid August



Key Insights and Suggested Actions

1

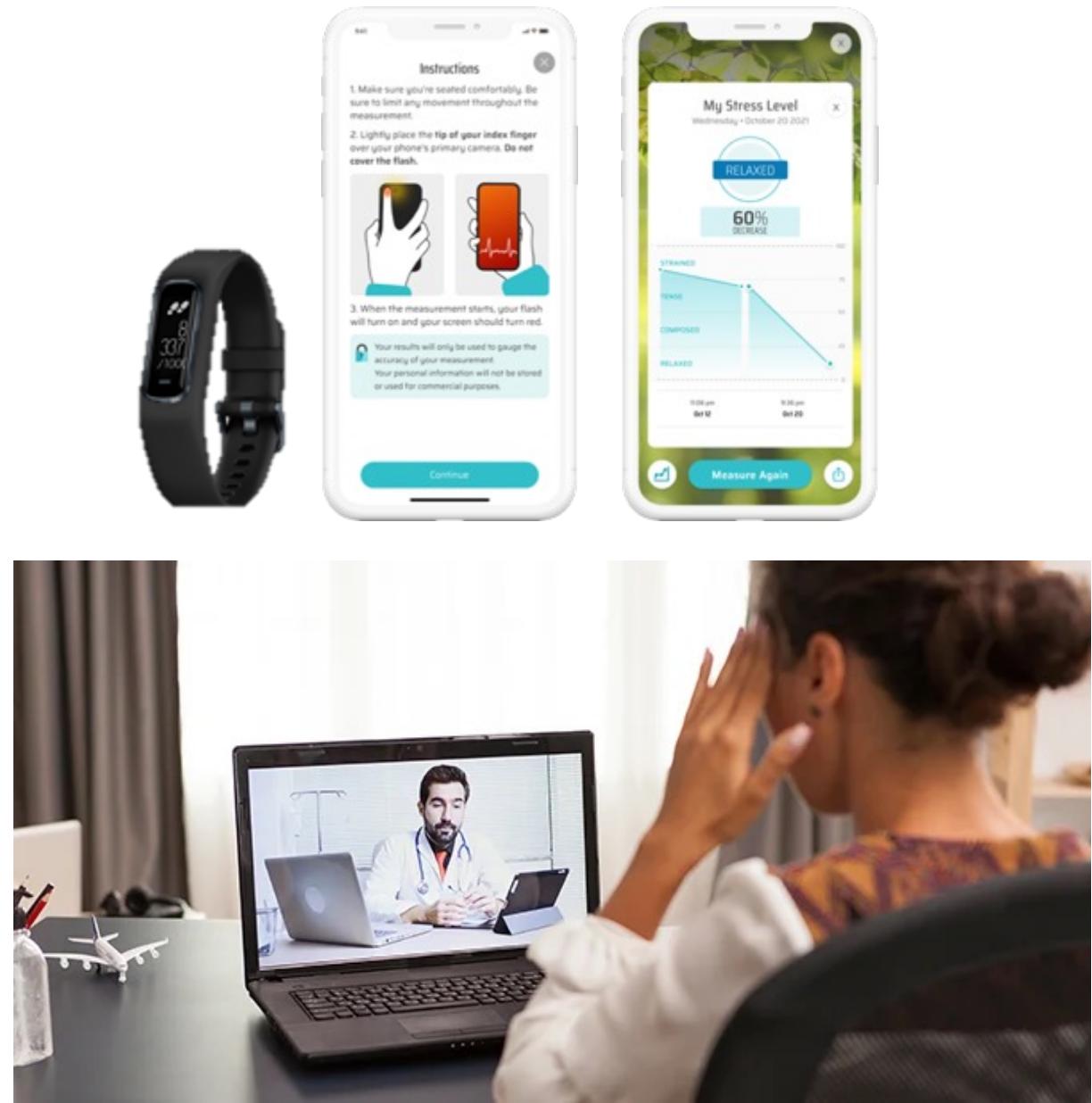
End of summer, and shorter darker days of fall typically bring increased risk of mental health issues

2

Of notable concern is drop in cognitive functions like planning, as we enter the key corporate planning season

3

Encourage regular assessment of stress levels and usage of support tools and resources particularly as we enter the stressful holiday season



Learn More: Download the MHI Whitepaper

The image displays the Mental Health Index U.S. Worker Edition website on the left and three line graphs from the 2021 Q4 whitepaper on the right.

Mental Health Index U.S. Worker Edition - PTSD, Depression and Addiction Survey

Mental Health Index

The Mental Health Index data is updated monthly so health and capacity can be monitored as we move through time.

Key Findings Overview

1 in 4 U.S. workers show signs of PTSD; depression among men up 80% since September.

As Americans brace themselves for year three of pandemic life, they turn to the Mental Health Index: U.S. Worker Edition. Most notably, PTSD cases are skyrocketing due to Omicron. An alarming 1 in 4 American workers disorder (PTSD) – up 54% in the past three months and up 136% in December compared to pre-pandemic levels.

Further, men show a sharp rise in risk of addiction – up 80% between three months, depression in men is up 100%, and social anxiety is up 40-50; general anxiety is up 94%.

State of Mental Health Among Working Americans

Risk of PTSD and other conditions soars
136%
Greater risk of PTSD in December 2021 vs. pre-pandemic.

63%
Greater risk of General Anxiety Disorder in December 2021 vs. pre-pandemic.

Notable Mental Health Index Findings from 2021 Q4

Pandemic-Fueled Trauma Skyrockets
Q4 saw a tremendous spike in the risk of PTSD – the worst since we've been measuring. Working Americans' risk of PTSD is now 136% higher than before the pandemic.

Stress Levels Climb with Omicron Cases
Stress levels are up 27% in the last 3 months.

Workers Resilience Plummets
Stress levels are up 10% since June in those aged 20-39.

Visit:

<https://www.totalbrain.com/mentalhealthindex/>



THANK YOU

