Mental Health Index
U.S. Worker Edition
Q3 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

MATT RESTEHINI
Chief Marketing Officer, Total Brain

MICHAEL THOMPSON
CEO, National Alliance

MARGARET FASO
Director Healthcare Research and Policy, HR Policy Association

KATY RIDDICK
Director of Strategy and Engagement, One Mind
MHI Q3-22: Key Risk

General Anxiety Disorder (GAD)
- % Positive Screens vs. June: ↑33%
- % Positive Screens vs. mid-August: ↑44%

Depressive Disorder
- % Positive Screens vs. June: ↑40%
- % Positive Screens vs. mid-August: ↑106%

PTSD
- % Positive Screens vs. June: ↑23%
- % Positive Screens vs. mid-August: ↑61%
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
End of summer, and shorter darker days of fall typically bring increased risk of mental health issues

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

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

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