

# 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 RESTEGHINI**  
Chief Marketing Officer, Total  
Brain



**MICHAEL THOMPSON**  
CEO, National Alliance



**MARGARET FASO**  
Director Healthcare Research and Policy, HR  
Policy Association

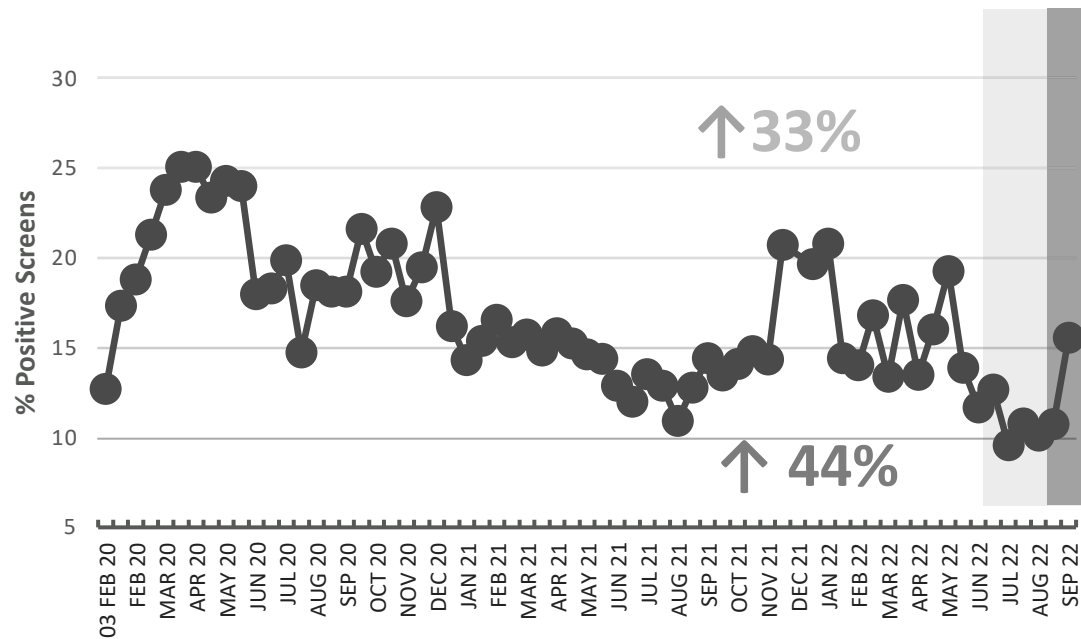


**KATY RIDDICK**  
Director of Strategy and  
Engagement, One Mind

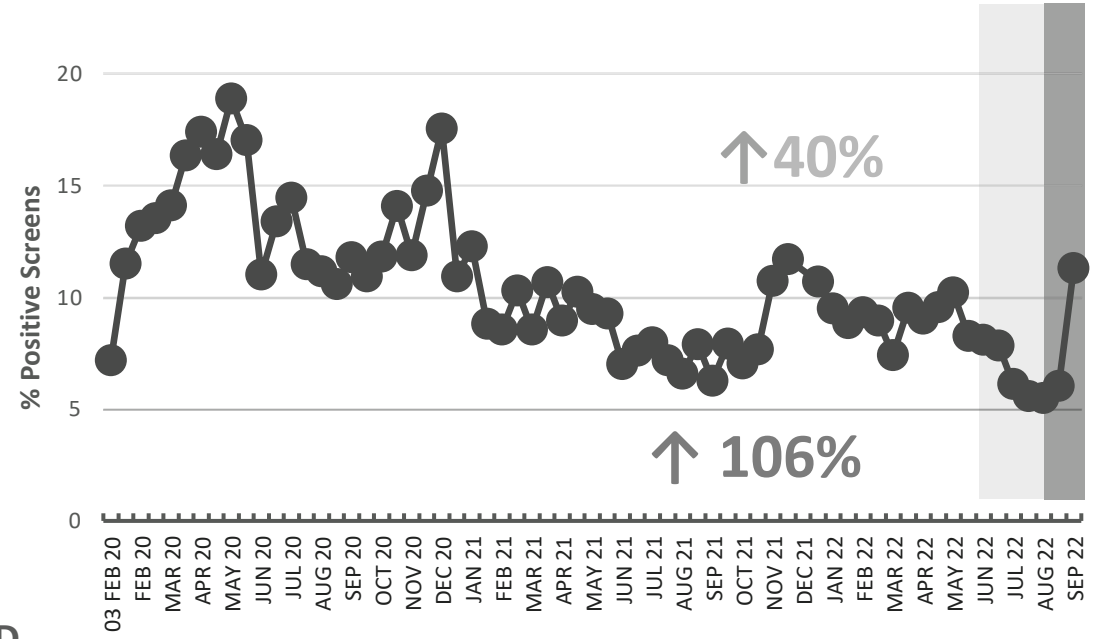


# MHI Q3-22: Key Risk

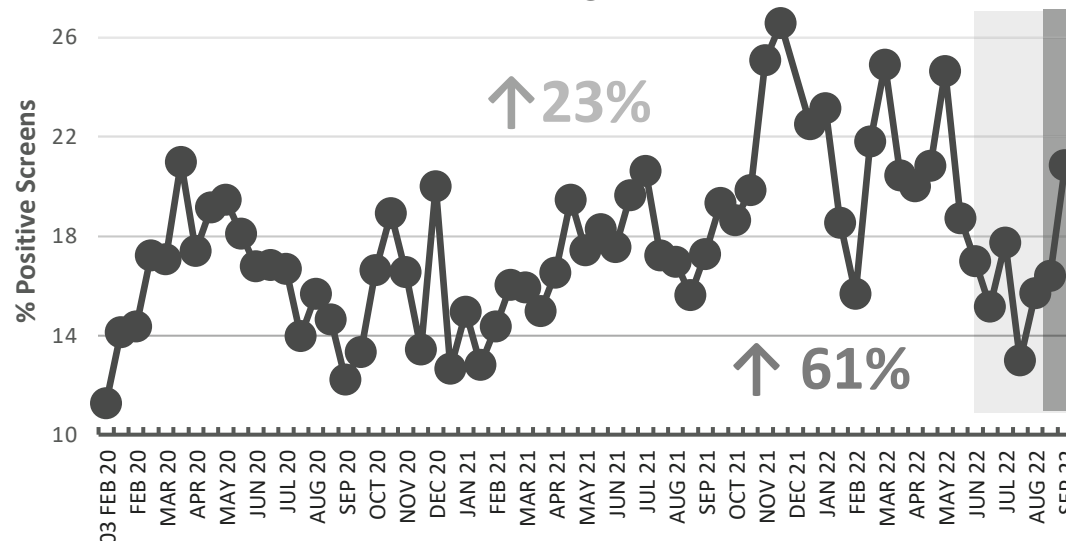
## General Anxiety Disorder (GAD)



## Depressive Disorder



## PTSD



Vs. June  
 Vs. mid-August

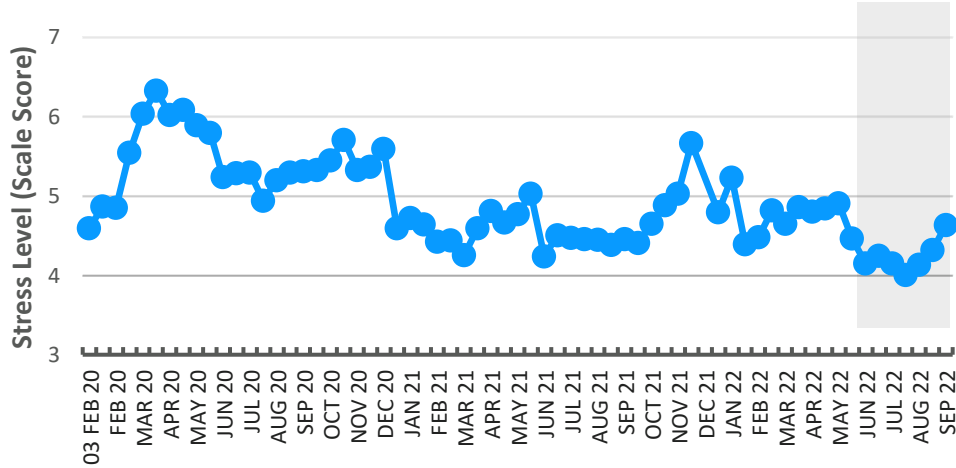


# MHI Q3-22: A Closer Look



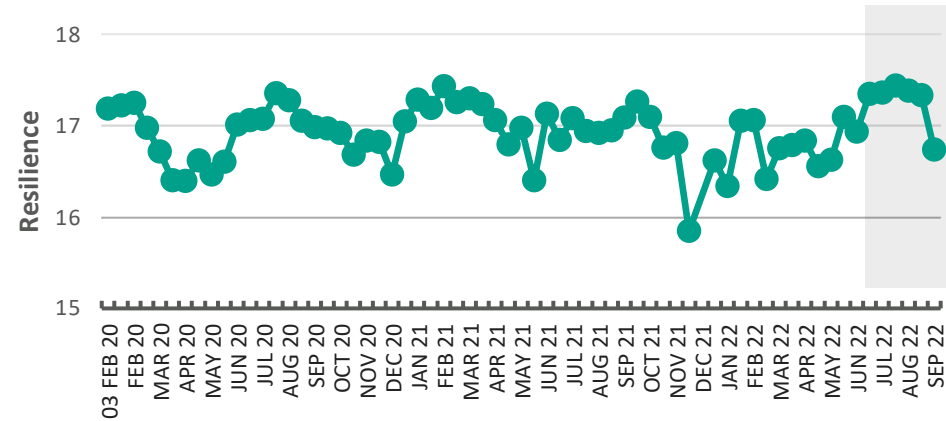
## Stress

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



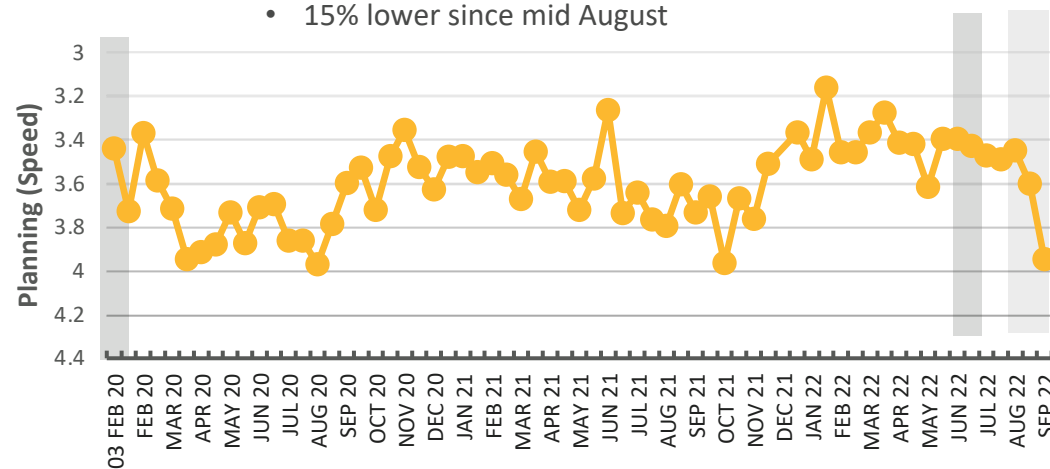
## Resilience

- 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

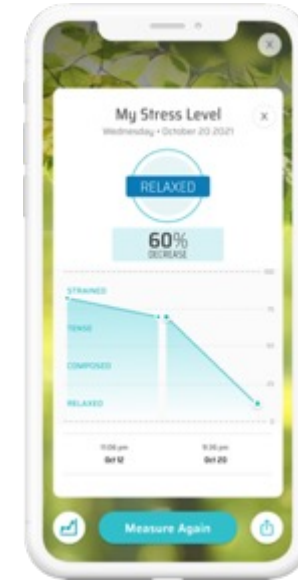
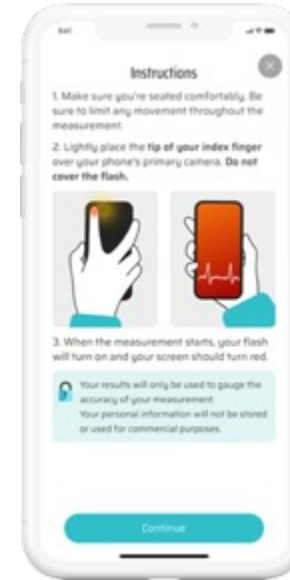
End of summer, and shorter darker days of fall typically bring increased risk of mental health issues

2

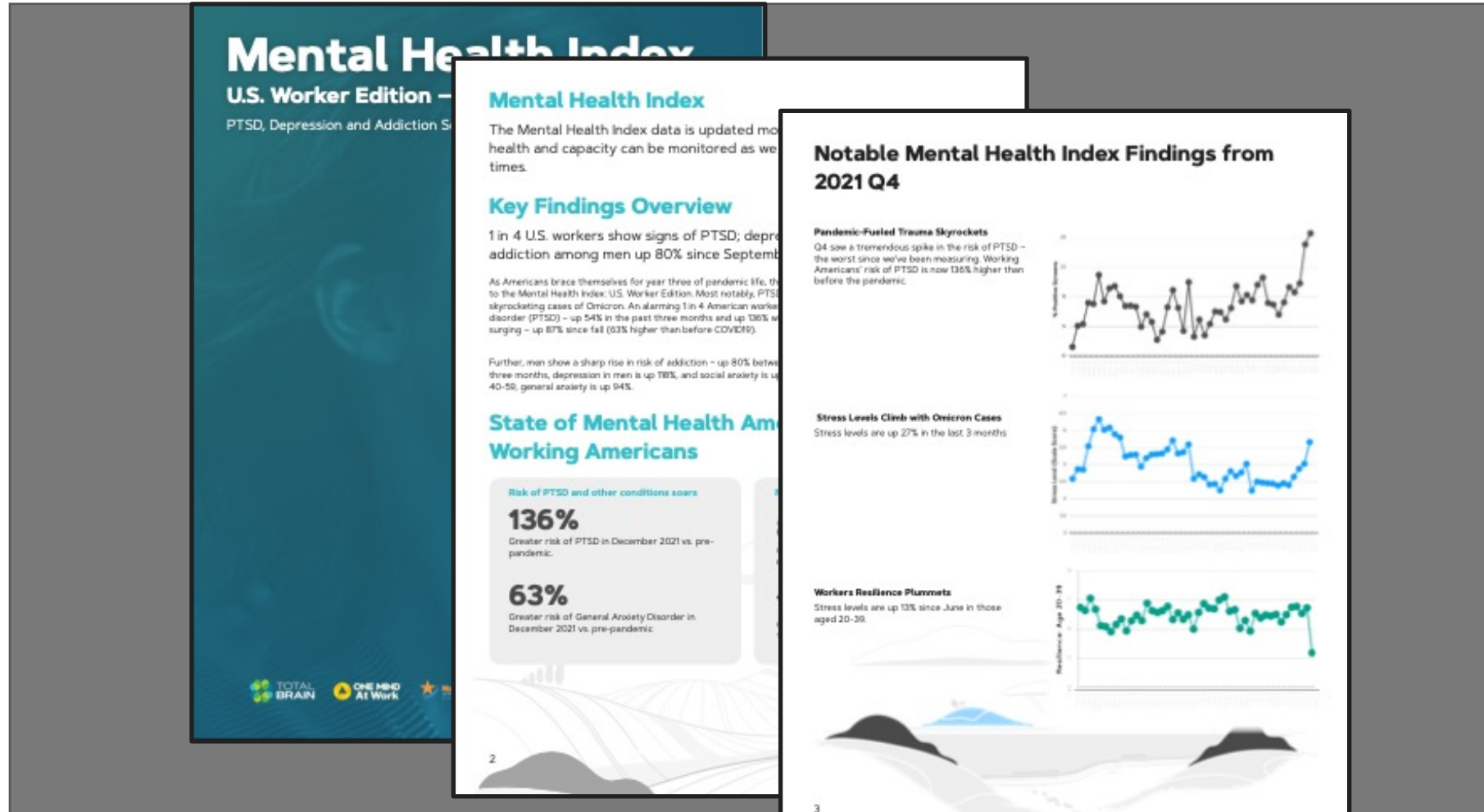
Of notable concern is drop in cognitive functions like planning, as we enter the key corporate planning season

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



Visit:

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



# THANK YOU

