

Mental Health Index

U.S. Worker Edition

March 2021 Update



Methodology:

- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of 500 assessments
- Statistical control for cohort effect



SPEAKERS



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CEO, National Alliance



COLLEEN MCHUGH
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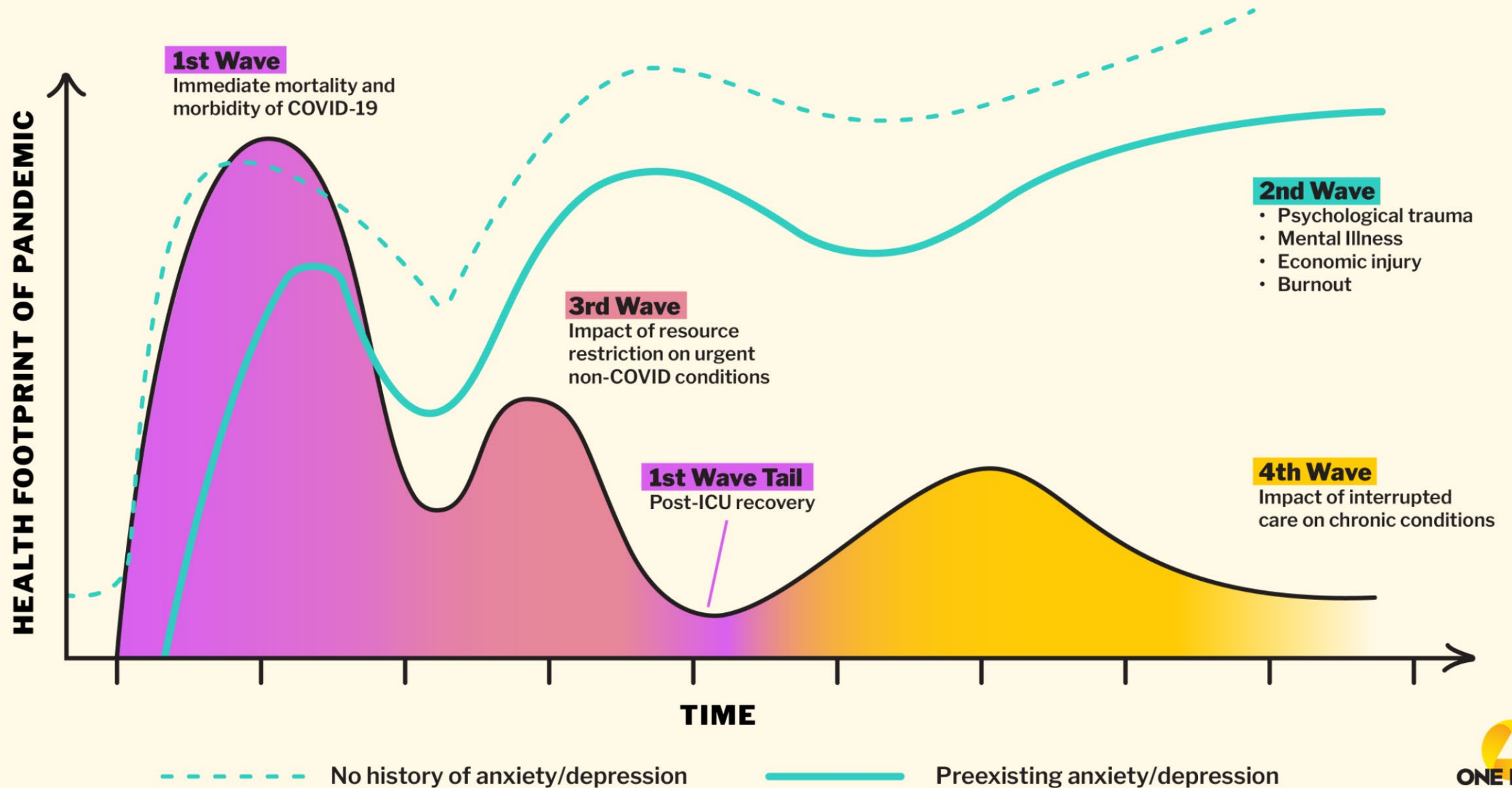


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One Mind at Work

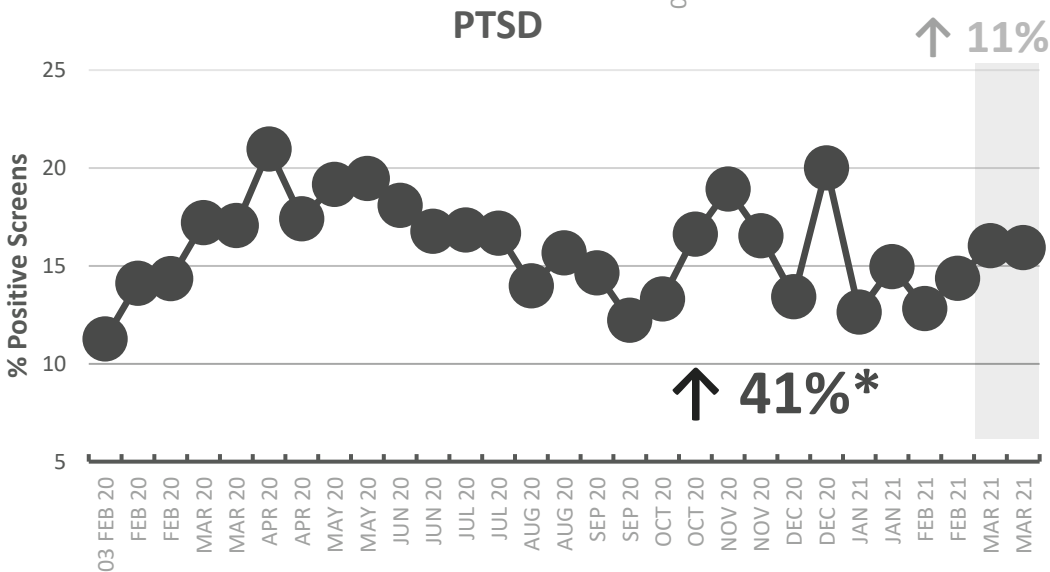
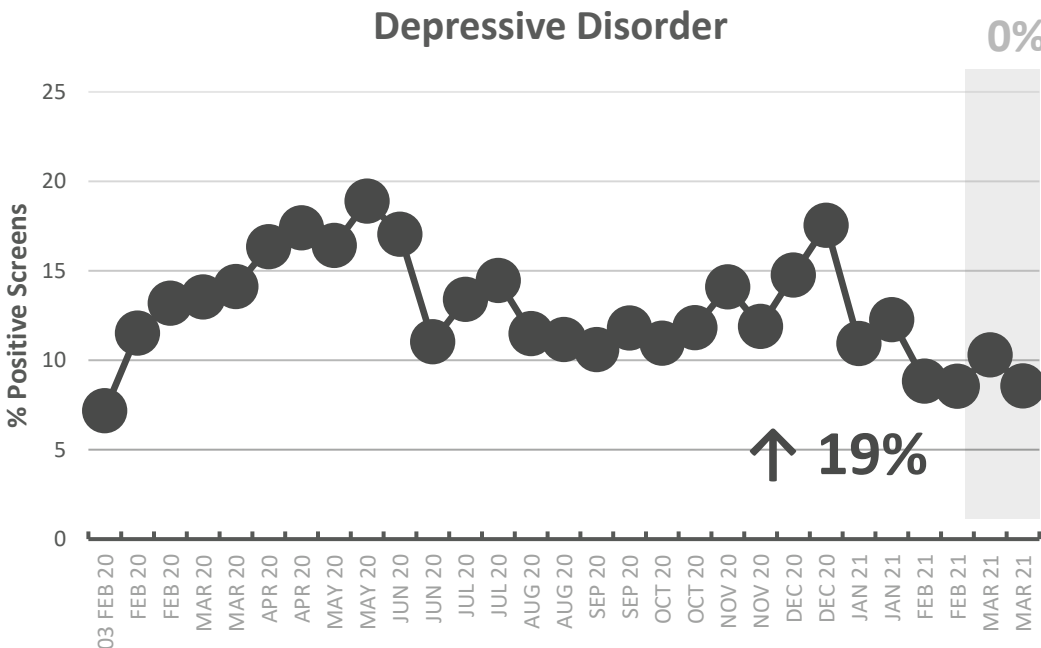
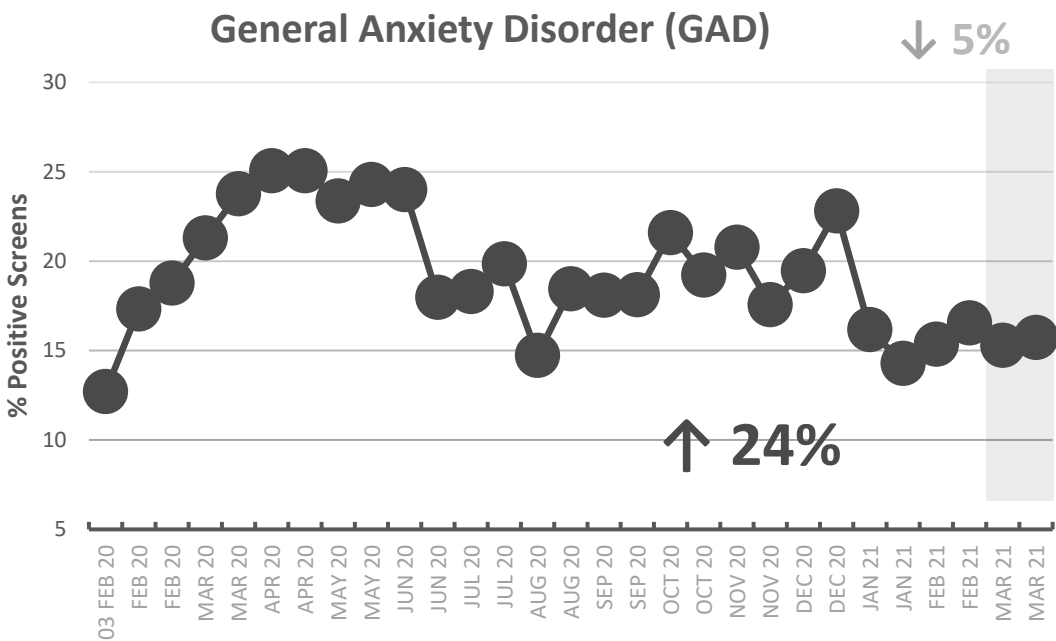


RUSSELL MEYEROWITZ
COO, Brand Knew

COVID-19 IMPACT TIMELINE



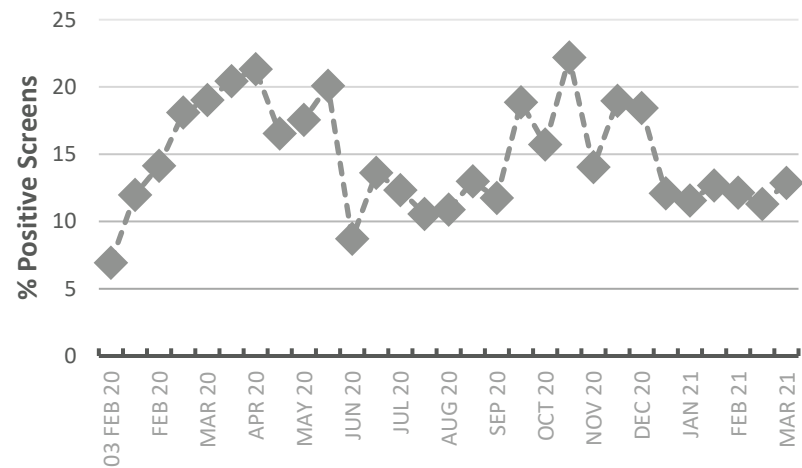
MHI Mar-21: Key Risk



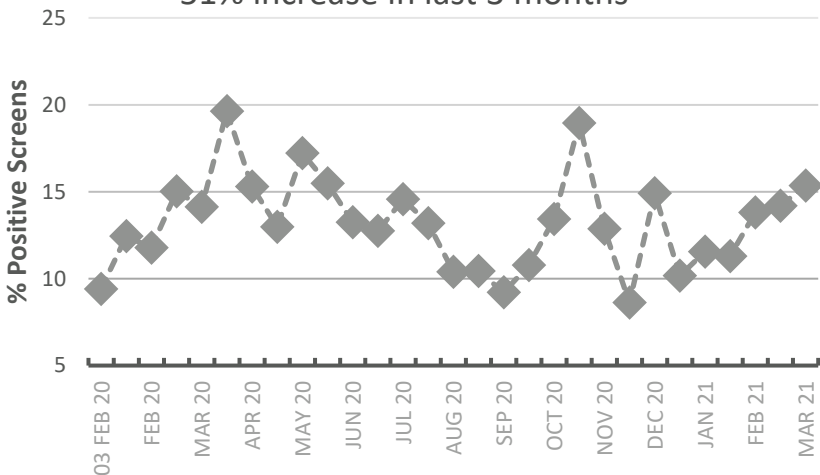
MHI Mar-21: 40-59 Yrs. Old Worsening



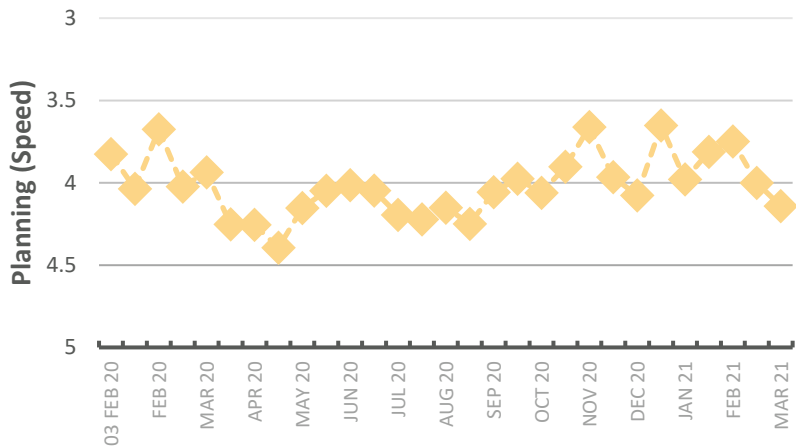
General Anxiety Disorder
86% higher than pre-pandemic



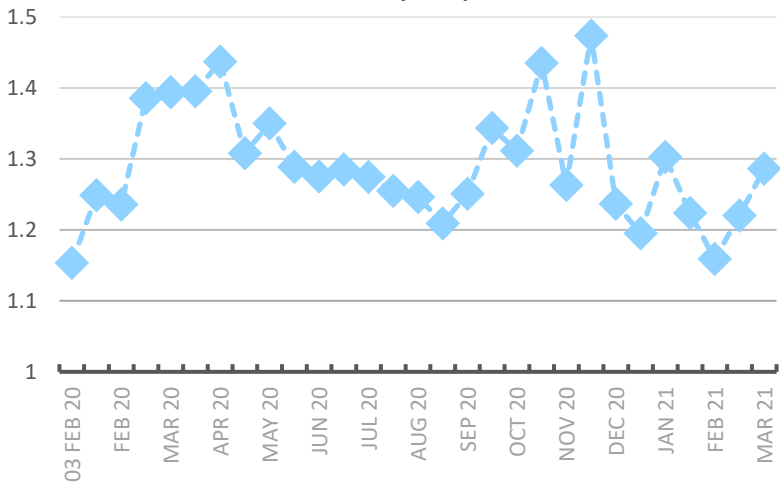
PTSD
63% higher than pre-pandemic
51% increase in last 3 months



Planning
10% worse in last month



Anxiety Symptom – Feeling Scared
12% worse than pre-pandemic



Download our New White Paper

Mental Health in the COVID-19 Era

During the last 12 months, U.S. workers experienced a pandemic-fueled emotional roller coaster of events, marked by alarmingly high mental health risk levels and worrisome declines in cognitive capacities.



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THANK YOU



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