

Mental Health Index

U.S. Worker Edition – August 2020 Update

August's Mental Health Data Shows Mental Health Crisis Remains and Is Beginning to Impact Cognition of U.S. Workers



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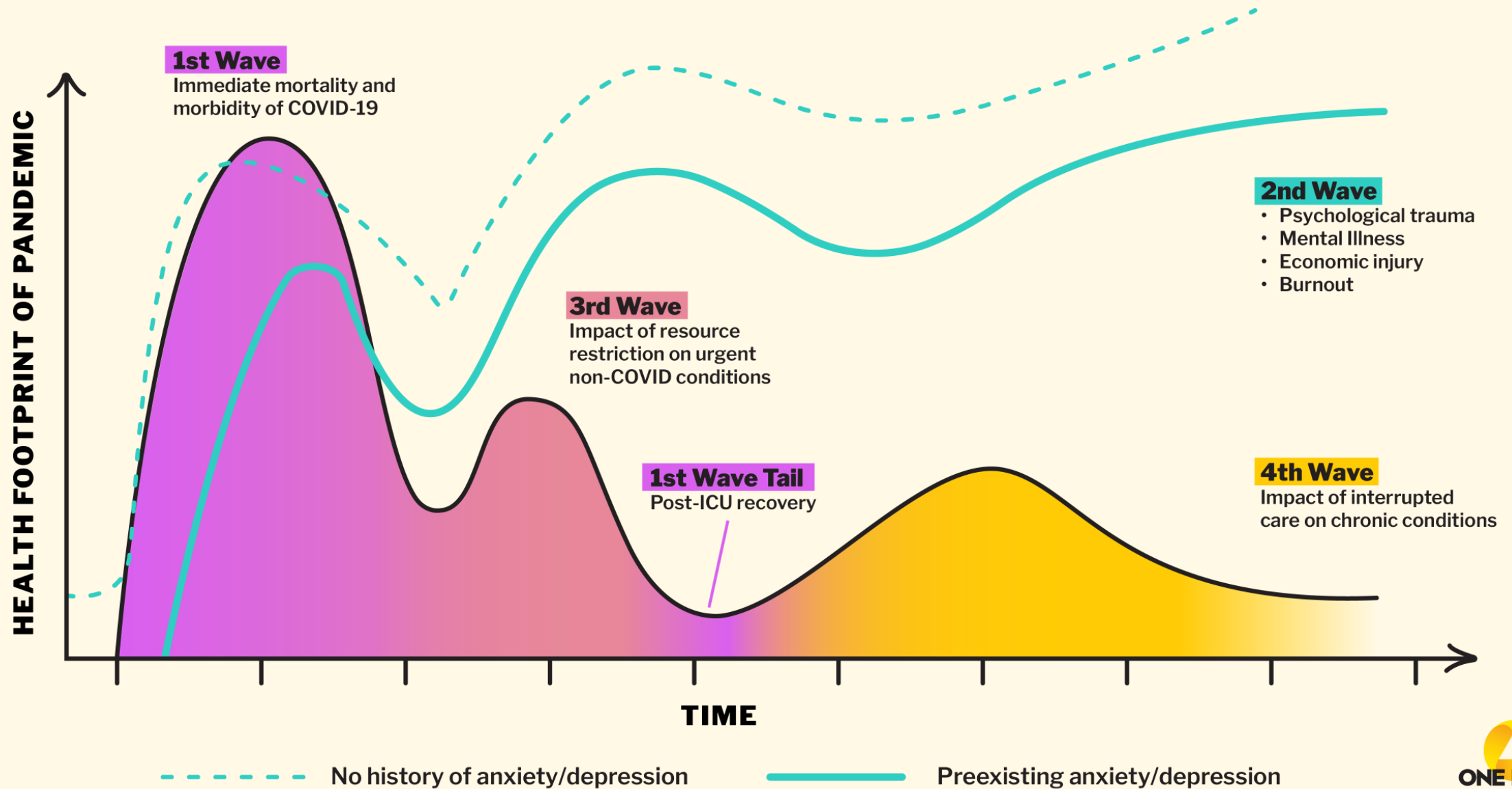
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COVID-19 IMPACT TIMELINE

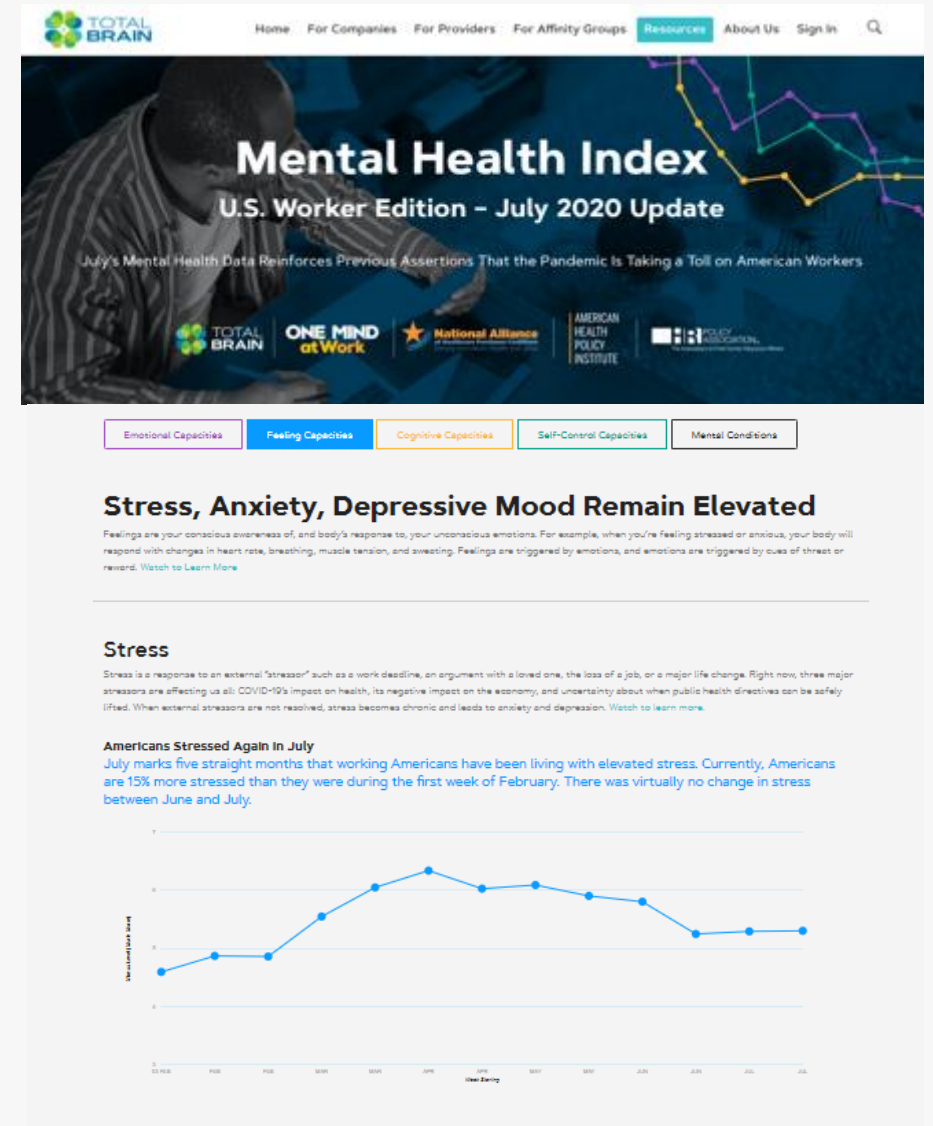


Mental Health Index

How we build and publish

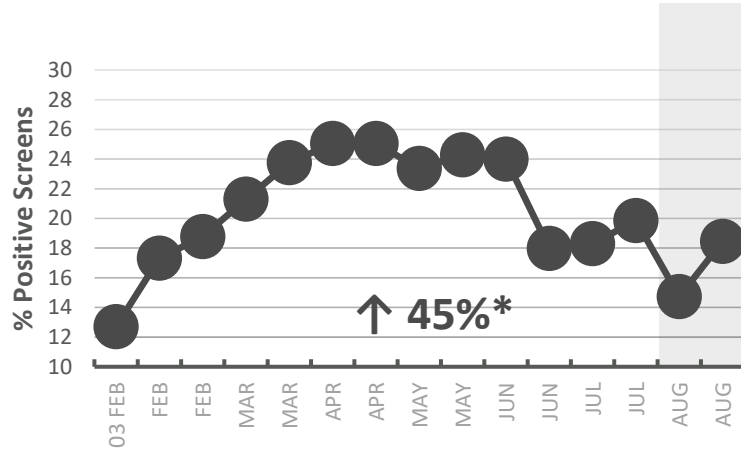
- Dozens of large US corporations use the Total Brain platform
- Each week, we randomly select 500 employees from all companies who completed their assessment. We control for statistical biases and implement one-way anova and linear regression analysis ($\alpha = .05$) to **determine what changed**
- 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

In partnership with:



Risk of Mental Conditions: August 2020

General Anxiety Disorder (GAD)

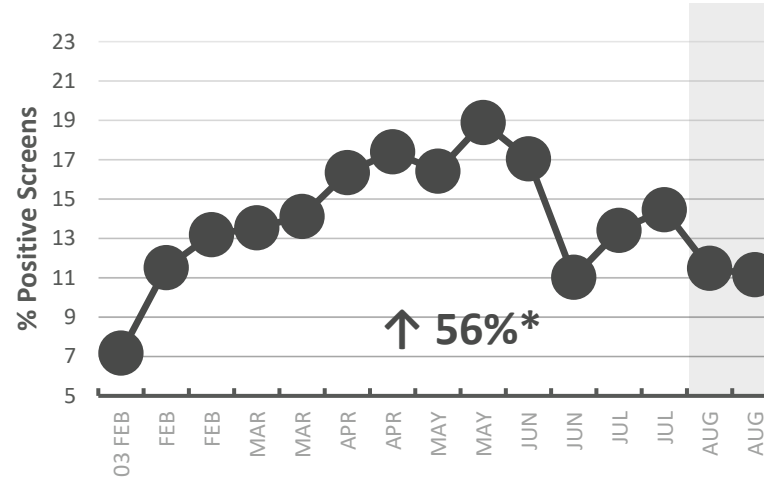


From July to August, risk of Anxiety **declined 7%**. It is, however, 45% higher than February (pre-COVID) level

At the end of August, risk of Anxiety was:

- 81% ↑ for females vs males
- 143% ↑ for those aged 20-39 vs 40-59
- 78% ↑ for those aged 20-39 vs 60+

Depressive Disorder

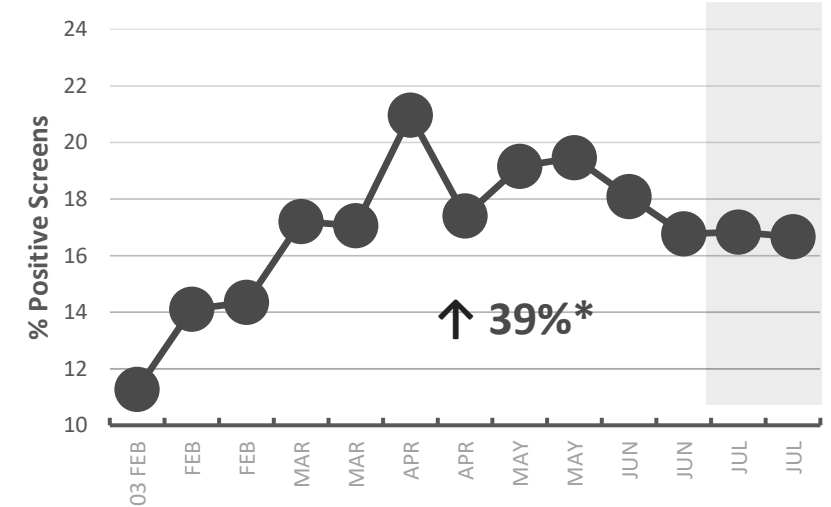


From July to August, risk of Depression **declined 23%**. It is, however, 56% higher than February (pre-COVID) level

At the end of August, risk of Depression was:

- 55% ↑ for females vs males
- 130% ↑ for those aged 20-39 vs 40-59
- Not significantly different for those aged 20-39 vs 60+

PTSD



From July to August, risk of PTSD **declined 6%**. It is, however, 39% higher than February (pre-COVID) level

At the end of August, risk of PTSD was:

- 62% ↑ for females vs males
- 107% ↑ for those aged 20-39 vs 40-59
- Not significantly different for those aged 20-39 vs 60+

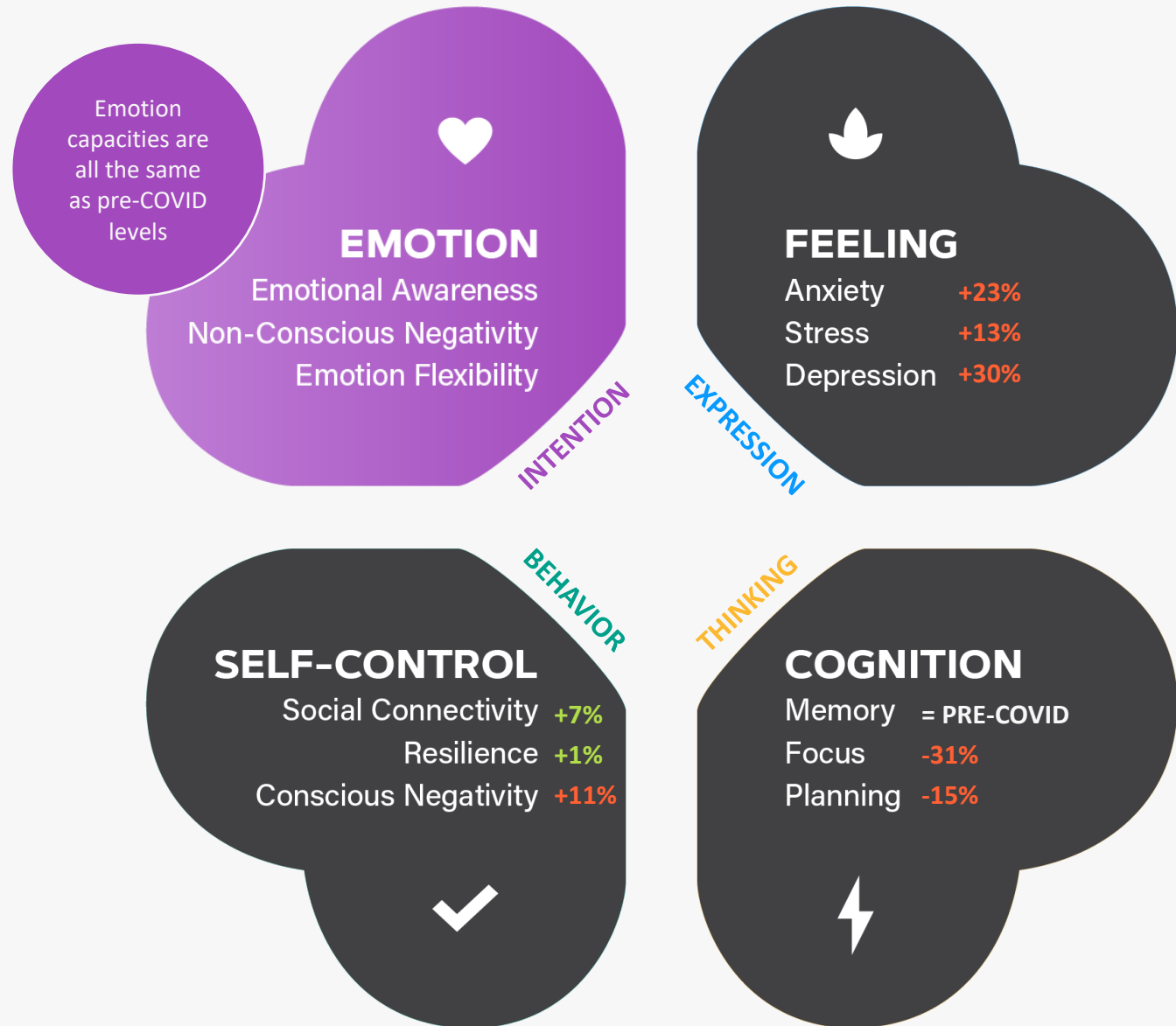


Our Brain Capacities are Under Attack

As the fallout from the pandemic continues, we are moving from an acute state to a chronic adaptive one.

Our brain capacities are under sustained attack causing us to adapt and reframe.

This, in turn, impacts our performance, including cognitive capacities like focus and planning.

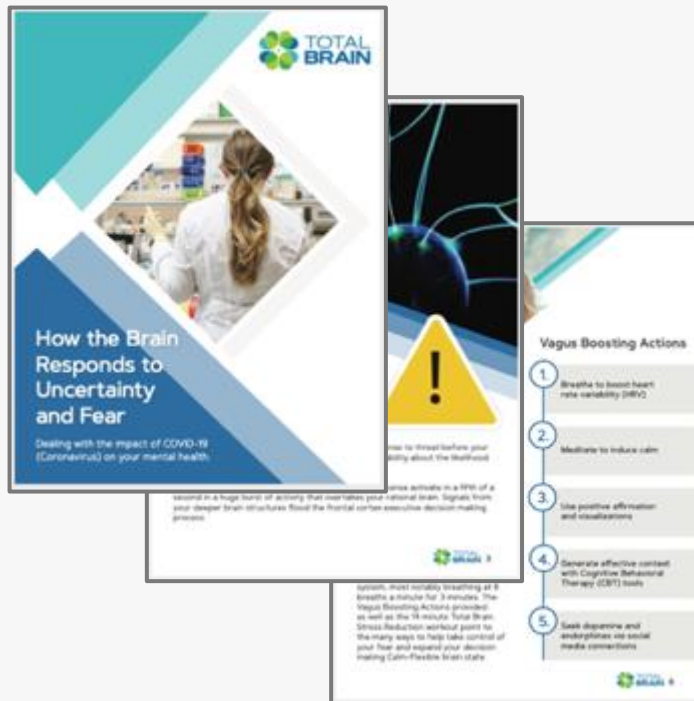


Support and Insights

1

Whitepaper:

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



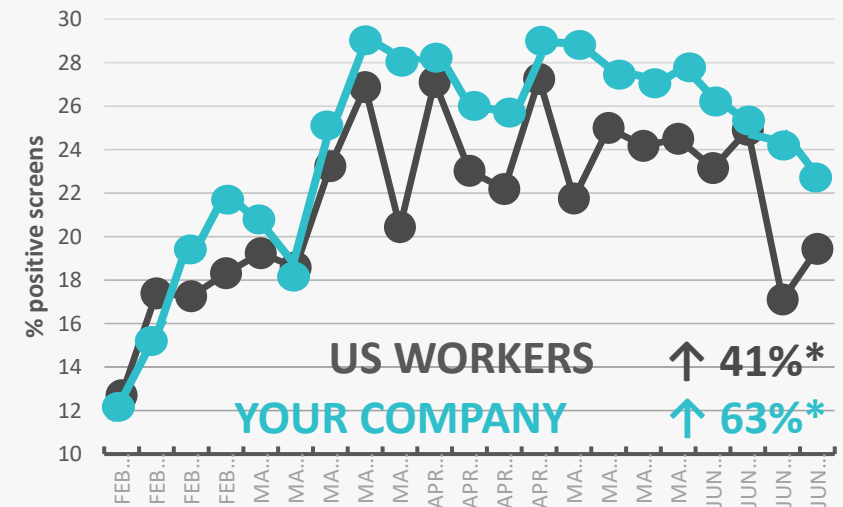
2

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)



Visit: <https://info.totalbrain.com/request-a-demo>



THANK YOU



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