

# Mental Health Index

## U.S. Worker Edition

### May 2021 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



**DR. EVIAN GORDON, MD,  
PHD**  
CMedO, Total Brain



**MICHAEL THOMPSON**  
CEO, National Alliance



**COLLEEN MCHUGH**  
President, Healthcare Policy Roundtable / HRManaging Partner, High Lantern Group /  
Policy Association



**DREW HOLZAPFEL**  
One Mind at Work

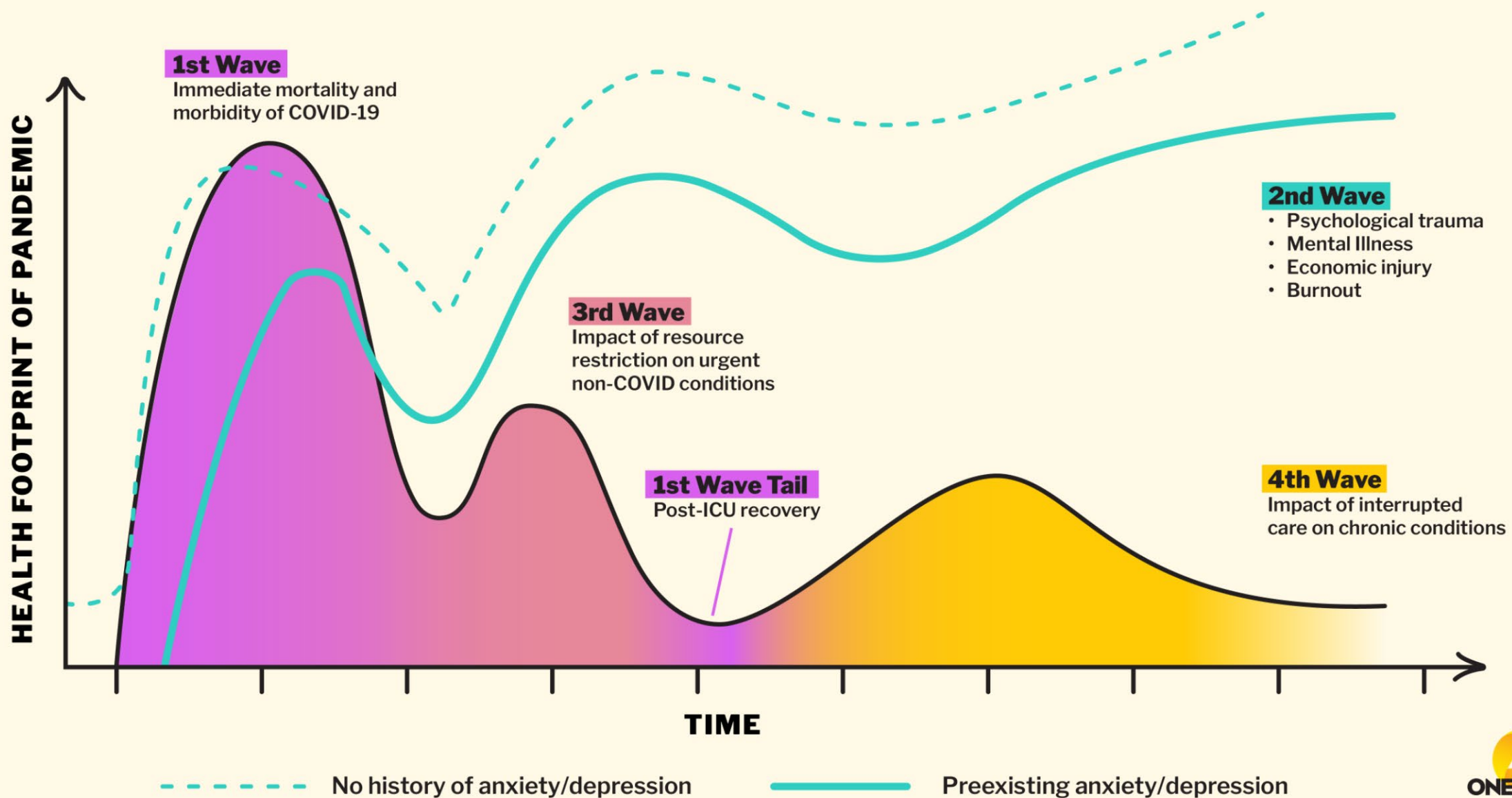


**CHARLES LATTARULO,  
PHD** Director, Healthy Minds  
at American Express

## #thisisnormal

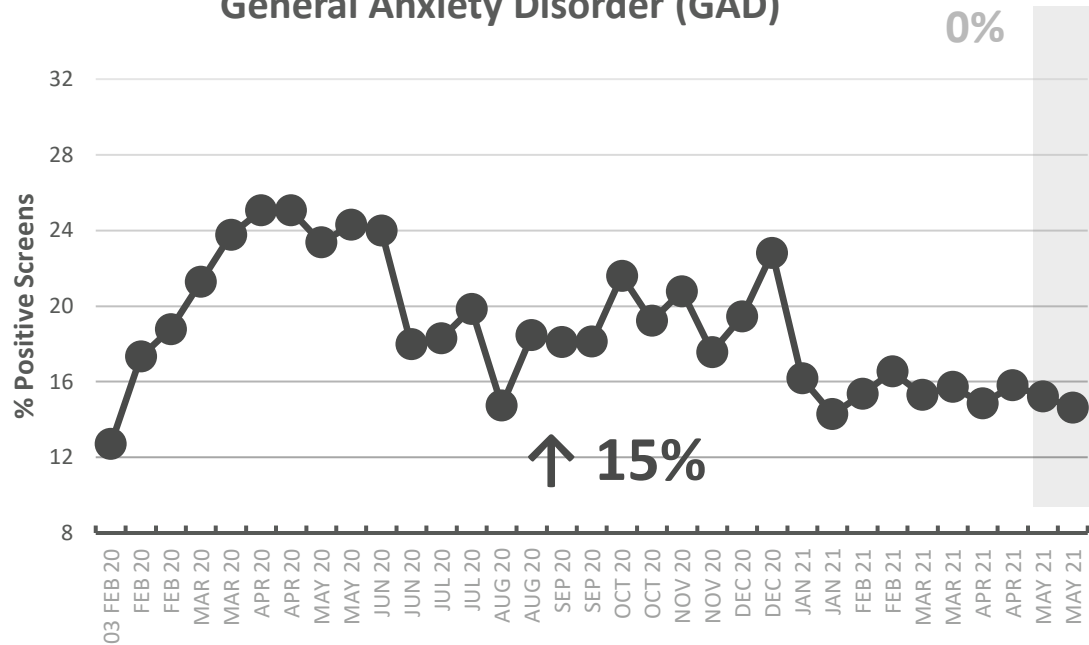


# COVID-19 IMPACT TIMELINE

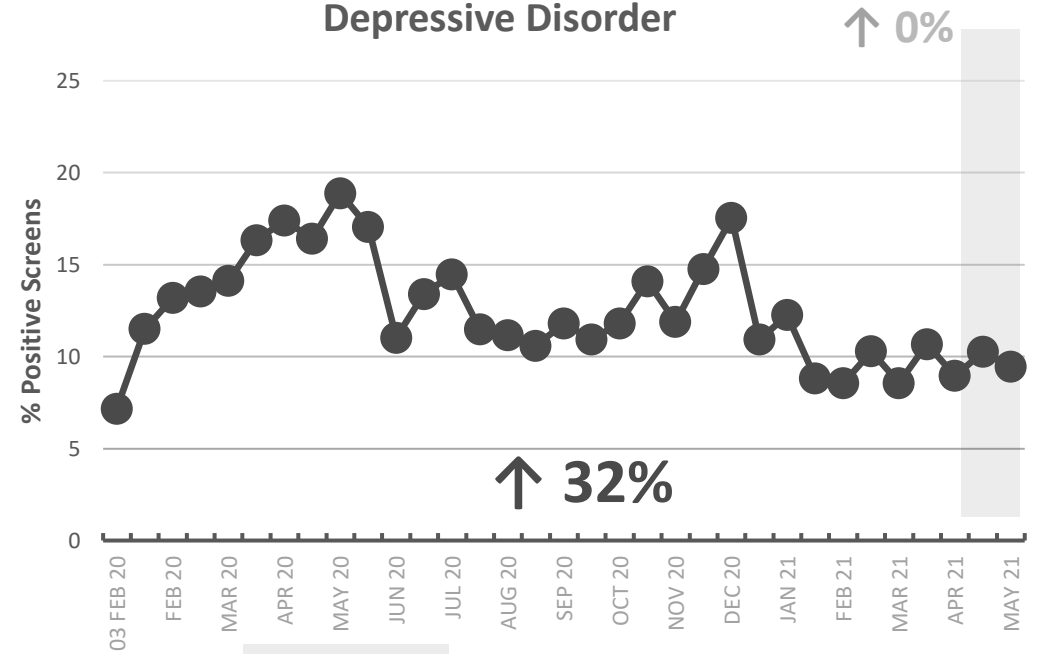


# MHI May-21: Key Risk

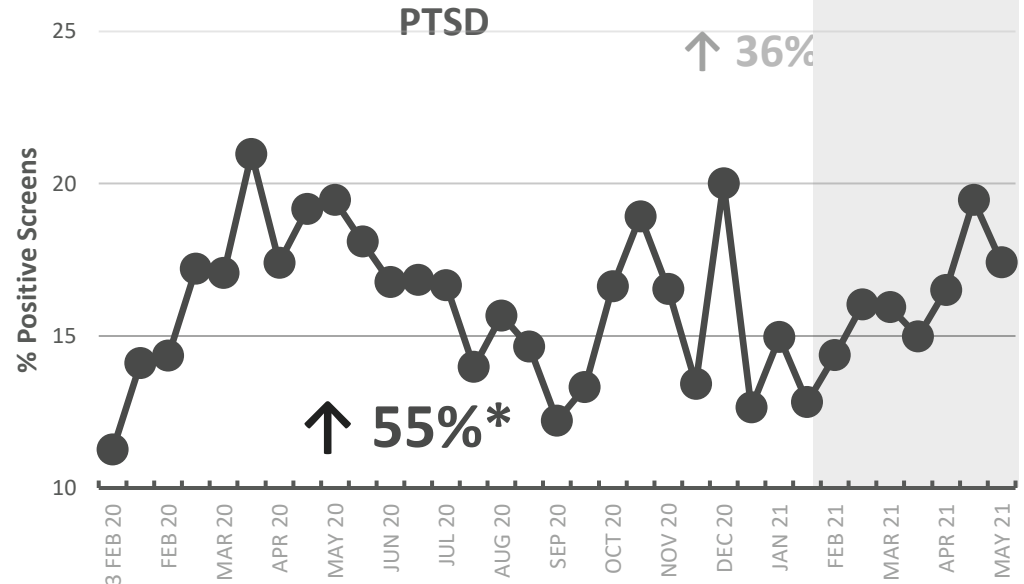
## General Anxiety Disorder (GAD)



## Depressive Disorder



## PTSD

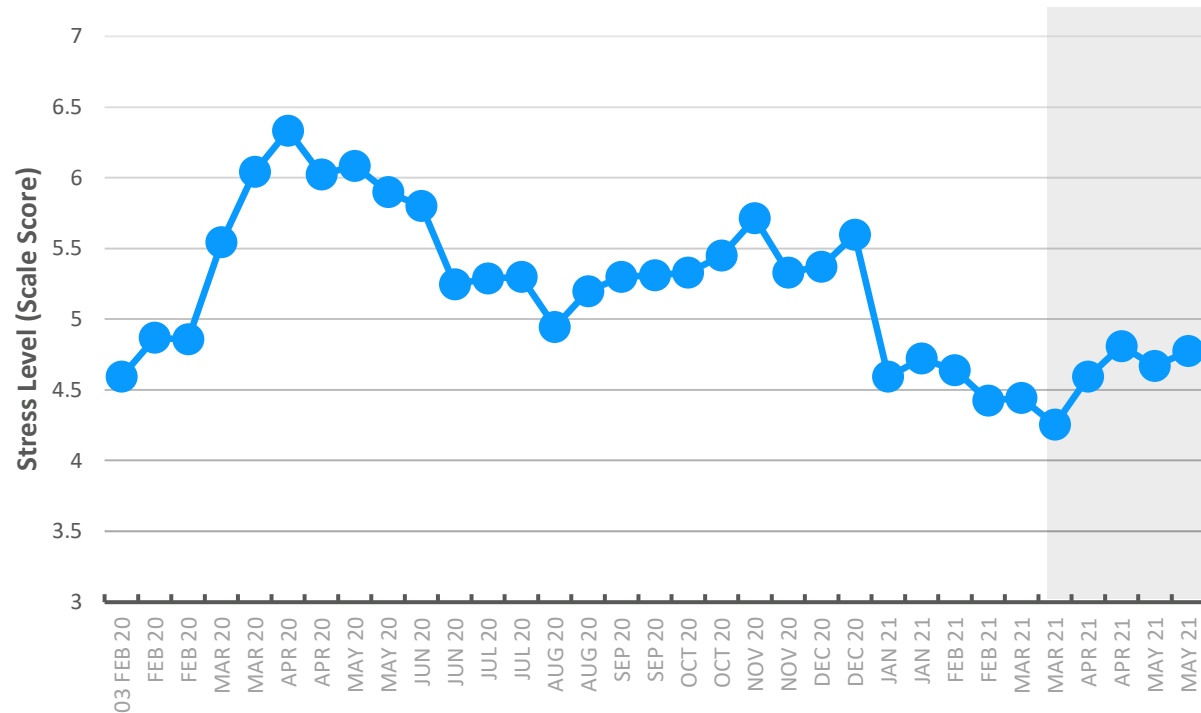


# MHI May-21: Stress Remains Elevated; Focus is Suffering



## Stress

12% increase since March 2021

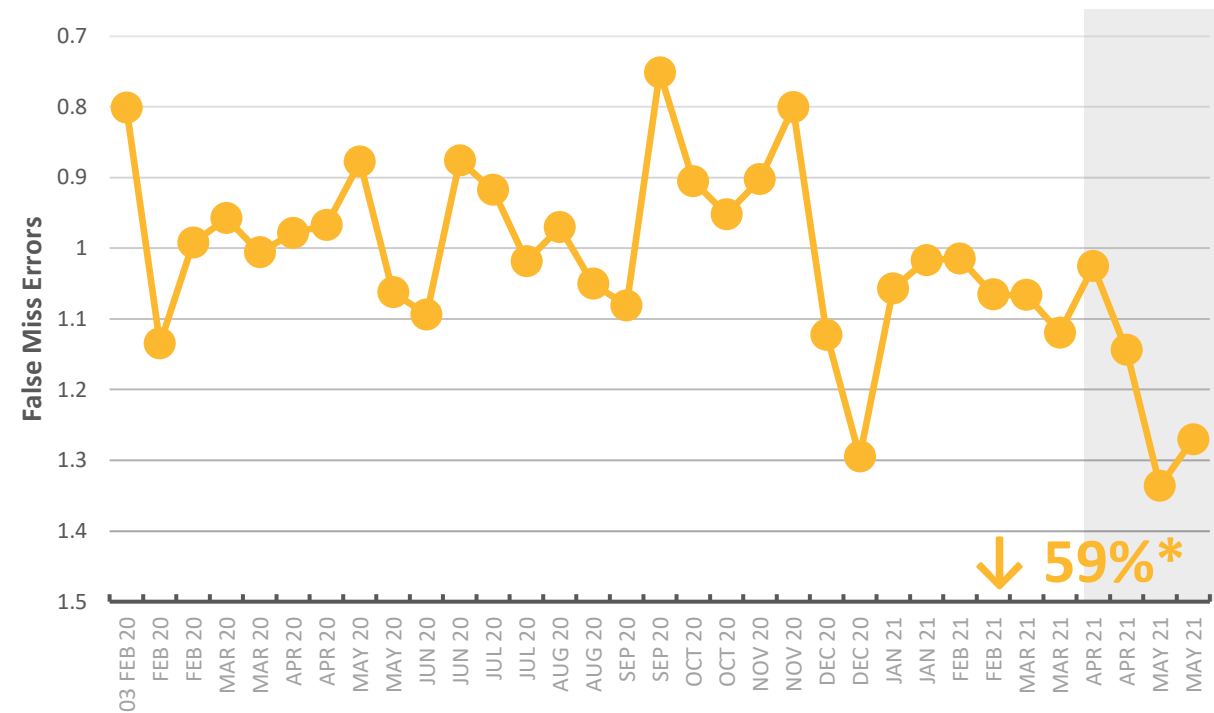


## Stress

- How much of a threat we perceive
- Drives performance... or burn-out

## Focus

59% lower than pre-pandemic  
24% decrease since April 2021



## Focus – Sustained Attention

- How much we complete tasks
- Drives task completion

# Download our New White Paper

## Back to Work

How to Prepare for Five Mental Health Challenges Facing Returning Workers



Visit:

<https://info.totalbrain.com/resources>



THANK YOU



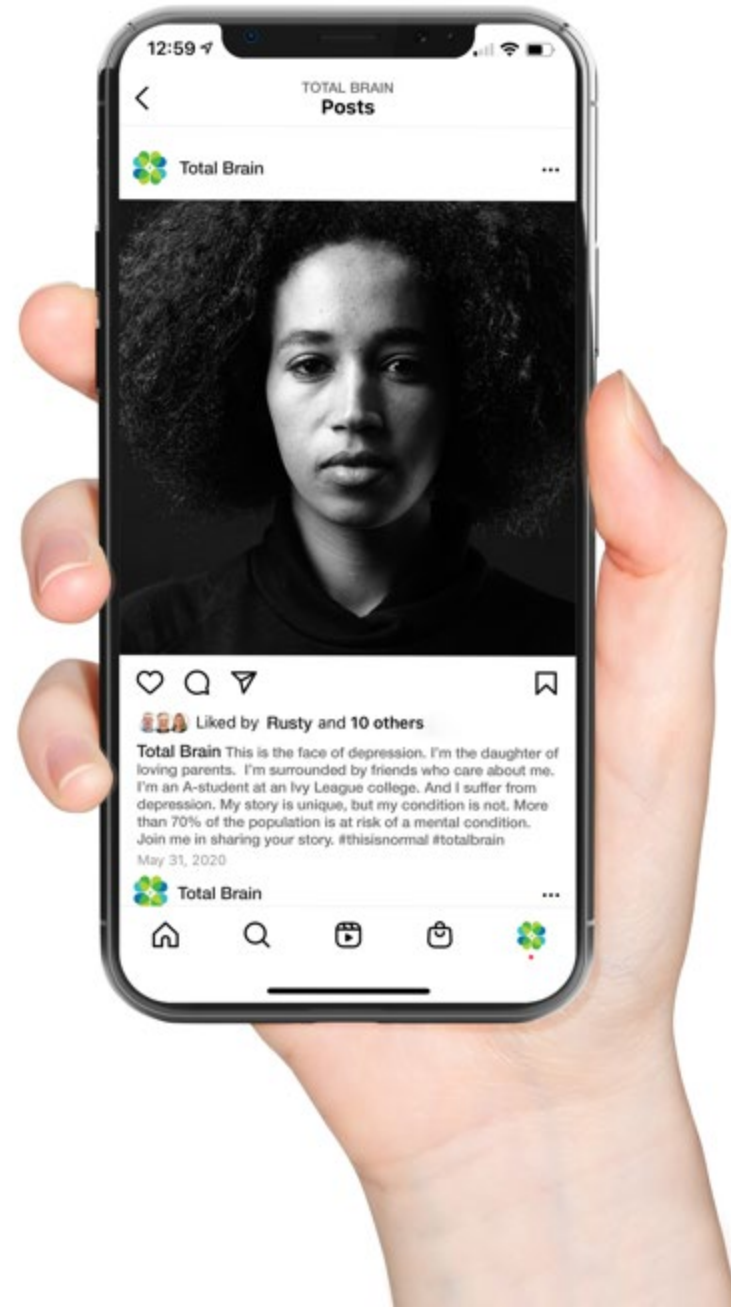
Join us in opening a dialogue...

## #thisisnormal Social Campaign

To demonstrate that #thisisnormal Total Brain is encouraging people to engage through a simple call to action of posting a black and white selfie on social media, along with your personal testimonial on mental health and the hashtag #thisisnormal.

Total Brain will donate \$5 to One Mind, a mental health non-profit, for each of the first 1K participants.

Visit: [www.totalbrain.com/thisisnormal](http://www.totalbrain.com/thisisnormal)





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