Mental Health Index
U.S. Worker Edition
February 2021 Update

Methodology:
- Dozens of large US corporations using the Total Brain Platform
- Weekly randomized selection of 500 assessments
- Statistical control for cohort effect
COVID-19 IMPACT TIMELINE

1st Wave
Immediate mortality and morbidity of COVID-19

2nd Wave
- Psychological trauma
- Mental Illness
- Economic injury
- Burnout

3rd Wave
Impact of resource restriction on urgent non-COVID conditions

4th Wave
Impact of interrupted care on chronic conditions

No history of anxiety/depression
Preexisting anxiety/depression
**MHI Feb-21: Key Risk**

**General Anxiety Disorder (GAD)**
- % Positive Screens: $\uparrow 30\%$
- % Positive Screens: $\uparrow 16\%$

**Depressive Disorder**
- % Positive Screens: $\downarrow 30\%$
- % Positive Screens: $\uparrow 19\%$

**PTSD**
- % Positive Screens: $\downarrow 4\%$
- % Positive Screens: $\uparrow 27\%$
MHI Feb-21: Key Brain Capacities

**Conscious Negativity Bias**
- 16% decrease since December

**Resilience**
- 6% increase since December

**Stress**
- 21% decrease since December

**Memory**
- 9% increase since December
Isn’t it time we did the same for mental health?

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https://www.totalbrain.com/companies
THANK YOU
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