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

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MHI Q2-22: Key Risk

General Anxiety Disorder (GAD)

- ↓13%
- ↓8%

Depressive Disorder

- ↑9%

PTSD

- ↓32%*
- ↑51%*
MHI Q2-22: A Closer Look

Stress
12% increase from February to May
15% drop through June
Now 10% lower than pre-pandemic

Anxiety
23% increase from February to May
23% drop through June
Now not different to pre-pandemic level

General Anxiety Disorder
33% increase February to May
51% higher than pre-pandemic in May
39% drop through June back to pre-pandemic level

Social Anxiety Disorder
42% increase February to May
59% higher than pre-pandemic in May
22% drop through June back to pre-pandemic level

PTSD
57% increase February to May
119% higher than pre-pandemic in May
31% drop through June to be 51% higher than pre-pandemic

Anxiety related measures worsened through May, then improved in June

% Positive Screens
Stress and anxiety levels increased commensurate with macro-economic issues.

Summer months consistently offer a welcome respite from those stressors.

Encourage regular assessment of stress levels and usage of support tools and resources particularly as we come out of the summer months.
Mental Health Index

The Mental Health Index data is updated regularly. The health and capacity of a workforce can be monitored at any time.

Key Findings Overview

In 1 in 4 U.S. workers, there is a problem with mental health, and 67% of workers report that their well-being could use improvement.

As of 2023, the rate of mental health problems in the workforce has reached an all-time high. According to the Mental Health Index U.S. Worker Edition, the percentage of workers reporting mental health problems has increased by 14% since September 2021.

Further, men show a greater risk of addiction - up 10% in three months - and depression in men is up 13%. Women report increased anxiety by 20%, general anxiety by 54%.

State of Mental Health Among Working Americans

Risk of PTSD and other conditions has increased:

- **136%**
  - Stress: up 57% in December 2023 vs. pre-pandemic

- **63%**
  - Stress: more than half of workers in December 2021 vs. pre-pandemic

Notable Mental Health Index Findings from 2021 Q4

- **Pandemic-Related Trends**:
  - Increased mental health issues in the workforce (e.g., increased stress, anxiety, and depression)

- **Stress Levels Climb with Omicron Cases**:
  - Stress levels are up 15% in the last three months

- **Workforce Resilience Remains**:
  - Stress levels are up 10% since January 2020

Visit:

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