

Mental Health Index

U.S. Worker Edition

Q3 2022 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



MATT RESTEGHINI
Chief Marketing Officer, Total
Brain



MICHAEL THOMPSON
CEO, National Alliance



MARGARET FASO
Director Healthcare Research and Policy, HR
Policy Association

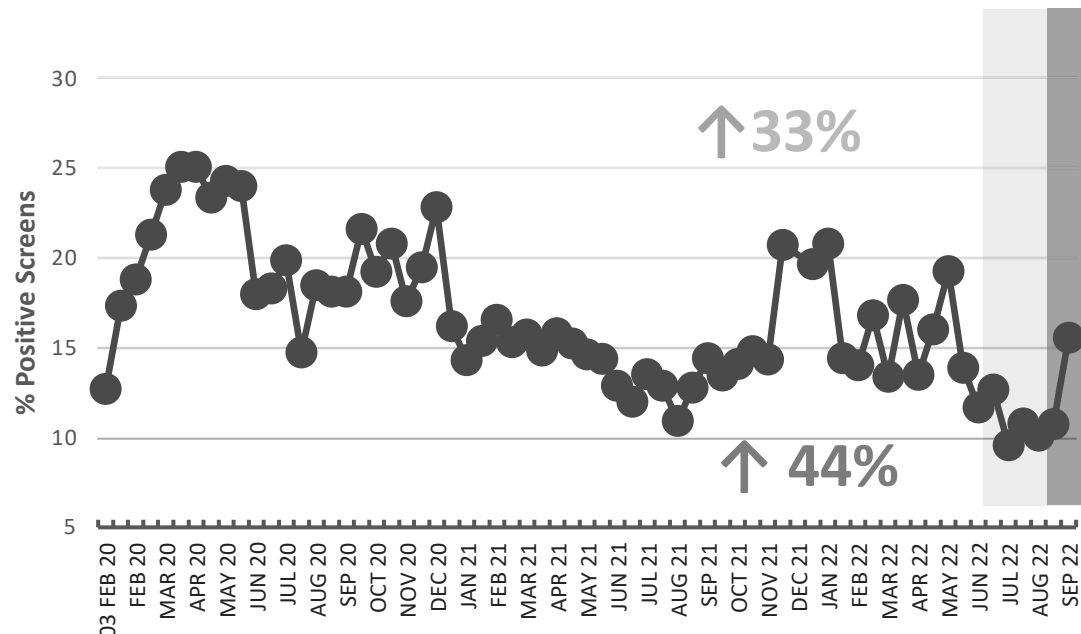


KATY RIDDICK
Director of Strategy and
Engagement, One Mind

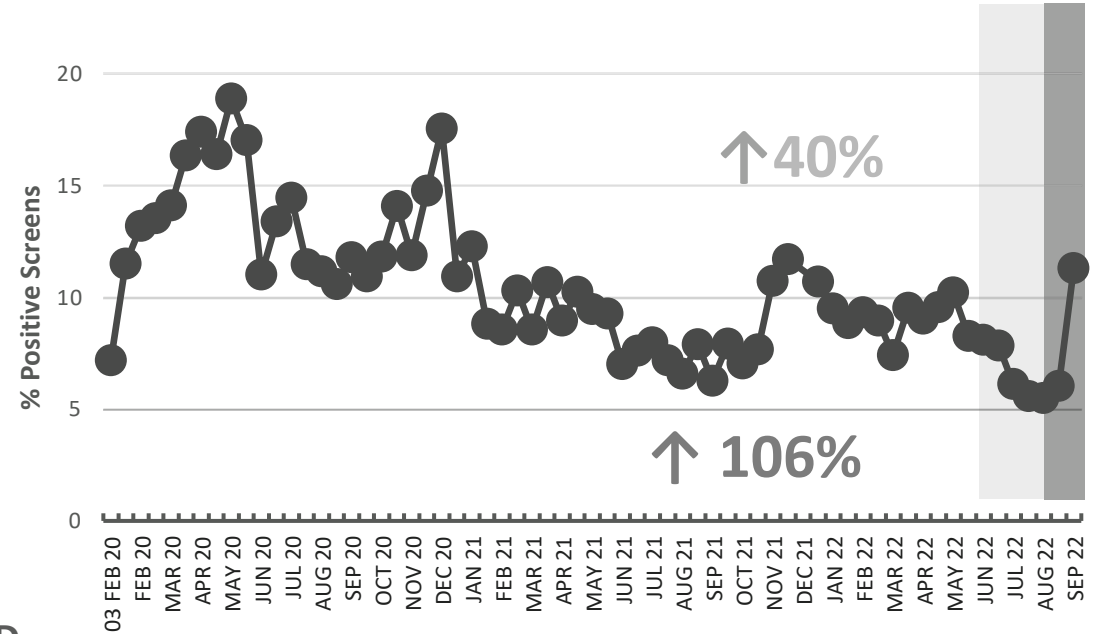


MHI Q3-22: Key Risk

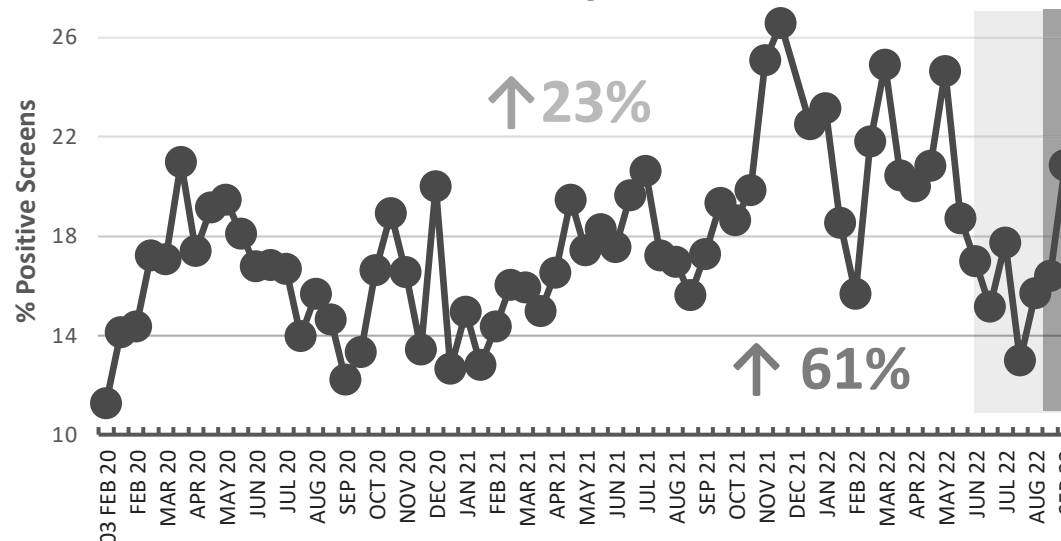
General Anxiety Disorder (GAD)



Depressive Disorder



PTSD



Vs. June
 Vs. mid-August

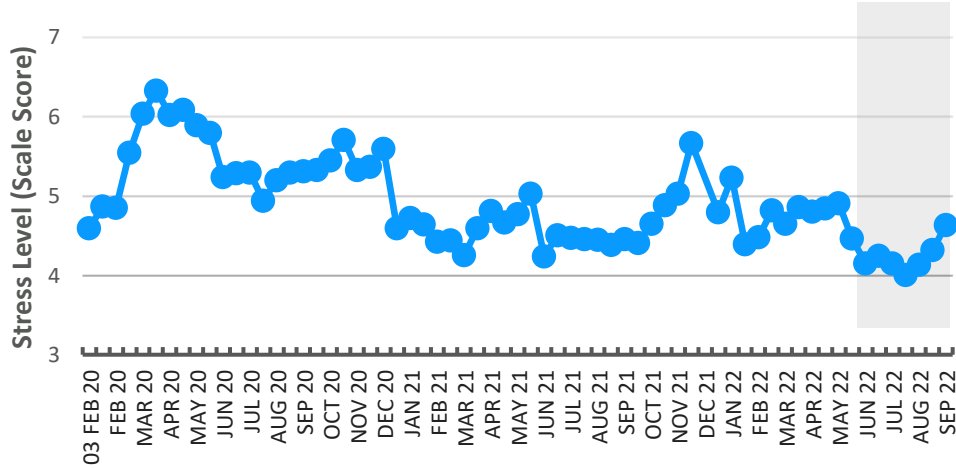


MHI Q3-22: A Closer Look



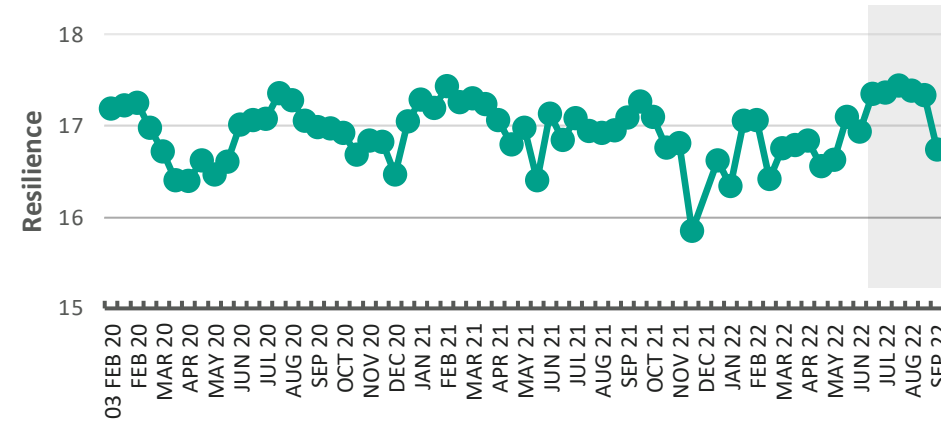
Stress

- 12% higher than June
- Decreased through summer until mid August, with 16% increase since then.



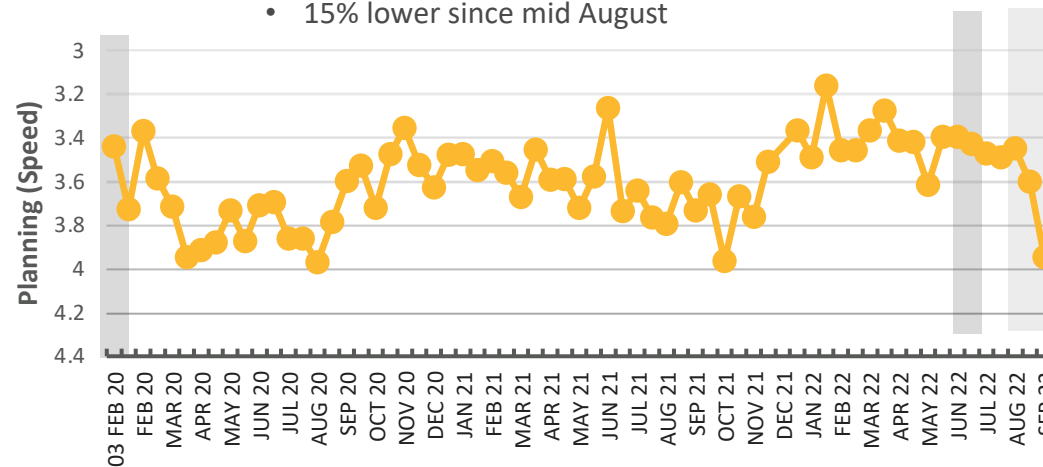
Resilience

- 3% (trend) lower than June
- Increased through summer until mid August, with 4% decrease since then.



Planning

- 16% lower than June
- 15% lower since mid August



Key Insights and Suggested Actions

1

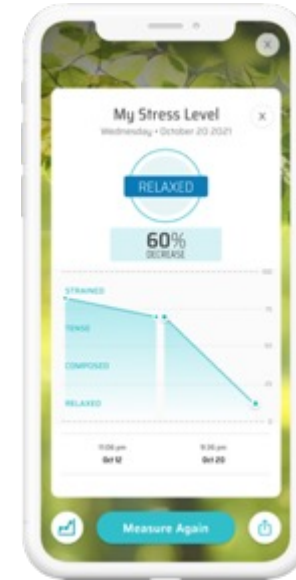
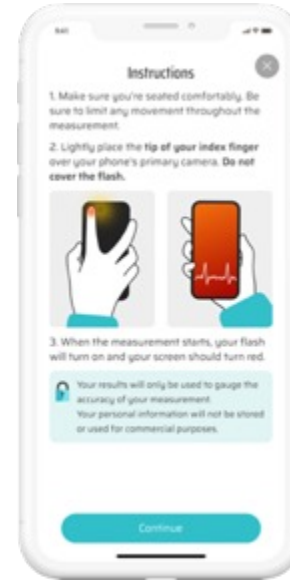
End of summer, and shorter darker days of fall typically bring increased risk of mental health issues

2

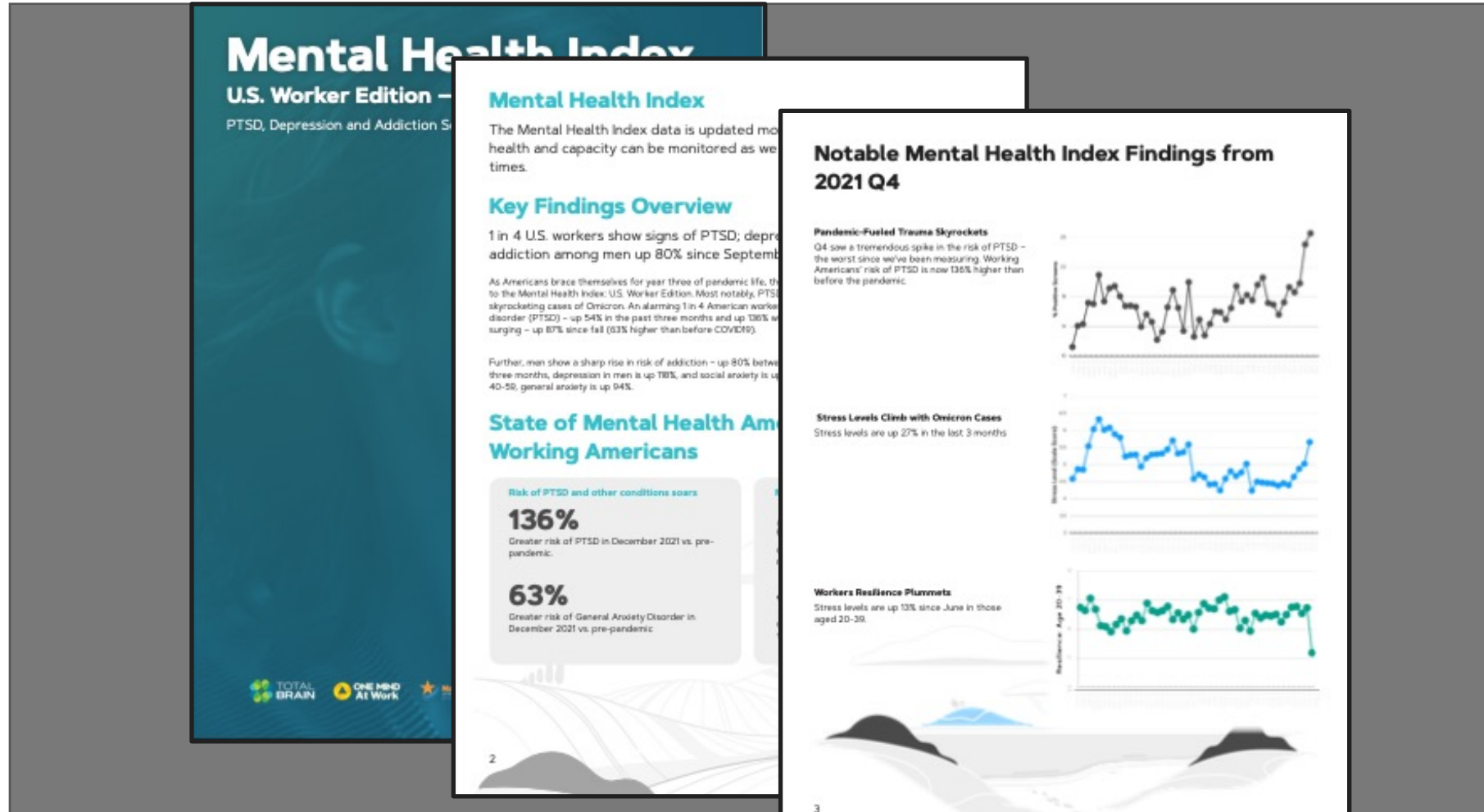
Of notable concern is drop in cognitive functions like planning, as we enter the key corporate planning season

3

Encourage regular assessment of stress levels and usage of support tools and resources particularly as we enter the stressful holiday season



Learn More: Download the MHI Whitepaper



Visit:

<https://www.totalbrain.com/mentalhealthindex/>



THANK YOU

