

Mental Health Index

U.S. Worker Edition — Q3 2022 Update

Fall Malaise Sets in as Stress, Anxiety and Depression Rise



Mental Health Index

The Mental Health Index data is updated quarterly so our workers' mental health and capacity can be monitored as we muddle through these uncertain times.

Key Findings Overview

Despite improvements through the summer, since mid-August, stress, and risk of anxiety disorder, depressive disorder and PTSD all worsened heading into the fall.

For many, the end of summer vacations, coupled with the return to the hustle and bustle of school and work routines, and the shorter, darker days, is also an end to the respite of mental health challenges like stress and anxiety. Recent findings from the Q3 2022 Mental Health Index: U.S. Worker Edition reinforce the notion that while summertime fun is good for your mental health, the end of summer can signal a coming period of concern.

From mid-August to September 2022, stress rose 16%, risk of anxiety disorder rose 44%, depressive disorder jumped 106% and PTSD climbed 61%. When coupled with the ongoing economic concerns and geopolitical issues, as well as the coming seasonal stressors of the holidays, this should serve as a reminder to business leaders and their HR departments to be particularly aware of the mental health struggles their employees may be facing in the coming months.

State of Mental Health Among Working Americans

Risk of Mental Conditions Increases Heading into Fall

16%

Increase in Stress from mid-August to September 2022

44%

Greater risk of General Anxiety Disorder in September vs. mid-August 2022

106%

Increase in risk of Depressive Disorder in September 2022 vs. mid-August 2022

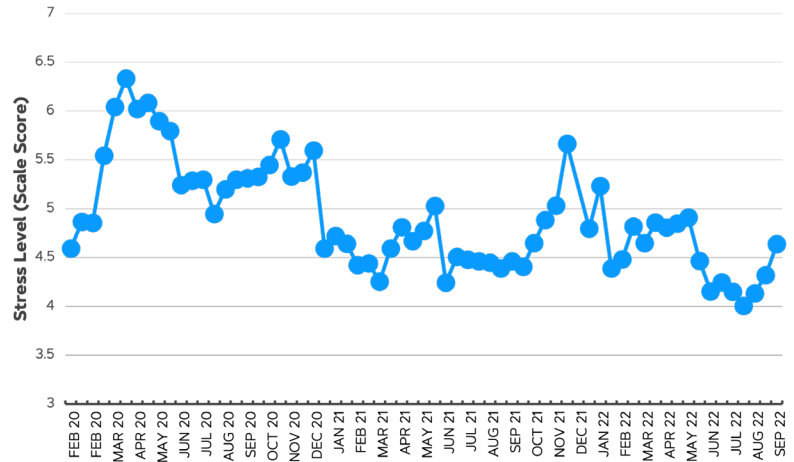
61%

Spike in risk of PTSD in September vs. mid-August 2022

Notable Mental Health Index Findings from Q3 2022

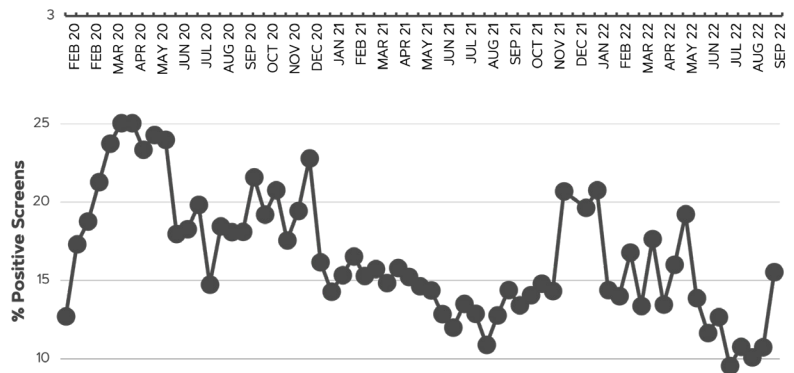
Workers Stress Levels Spiked Heading into Fall

Stress increased 16% from mid-August to September 2022



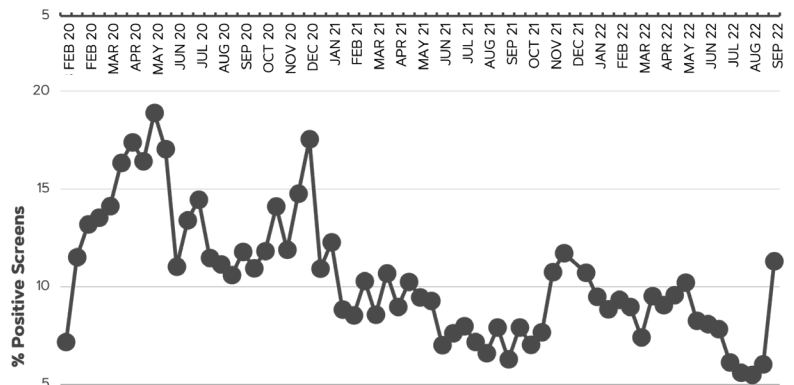
Workers Risk of General Anxiety Disorder Increased

Risk of General Anxiety Disorder increased 44% from mid-August to September 2022, commensurate with the end of summer.



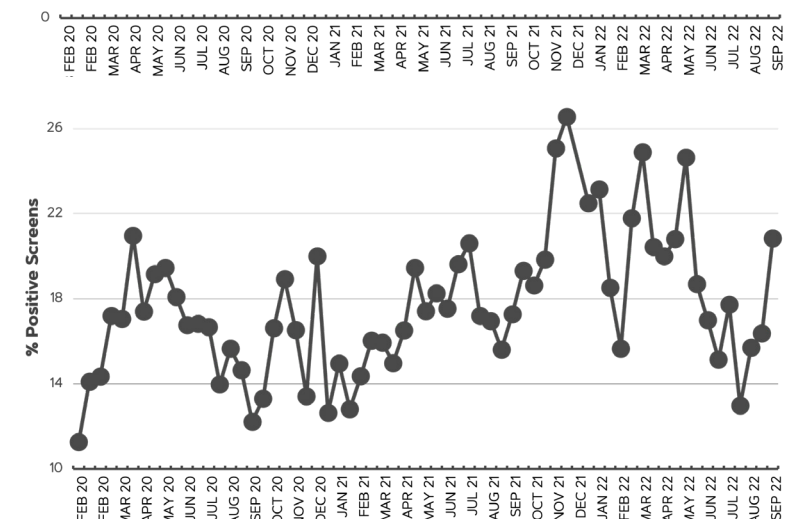
Workers Risk of Depressive Disorder Saw an Alarming Spike

Risk of Depressive Disorder increased 106% from mid-August to September 2022.



Risk of PTSD Followed a Similar Spike

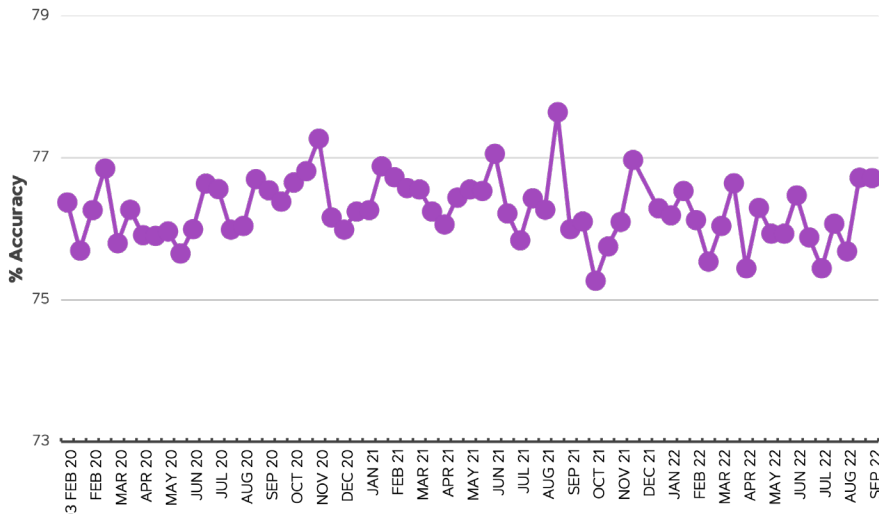
The end of Q3 saw a notable spike in risk of PTSD, jumping 61% from mid-August to September 2022.



Emotional Capacities

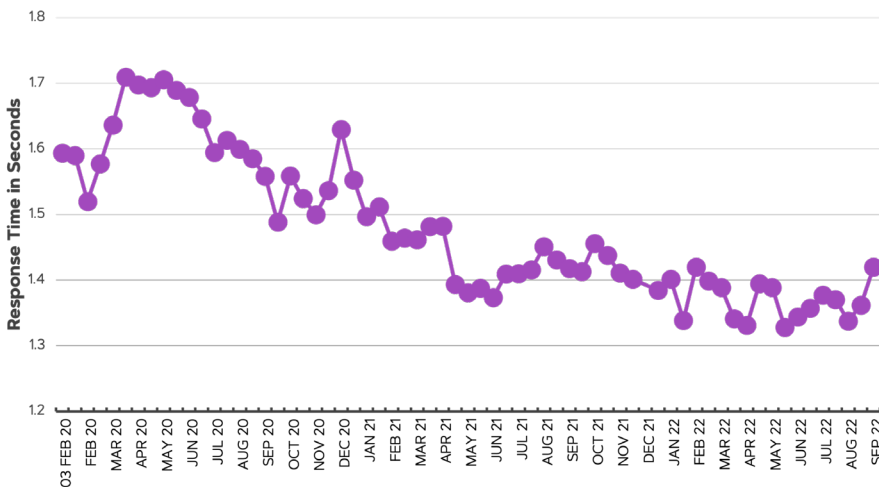
Examining the Emotional State of Workers

Our emotions greatly influence all other brain capacities, which can also be impaired by mental conditions like depression, anxiety, and ADHD.



Emotional Awareness

Emotional awareness helps us build relationships and trust. It impacts how well we read emotional cues in others and informs our behavior in uncertain situations.



Non-Conscious Negativity Bias

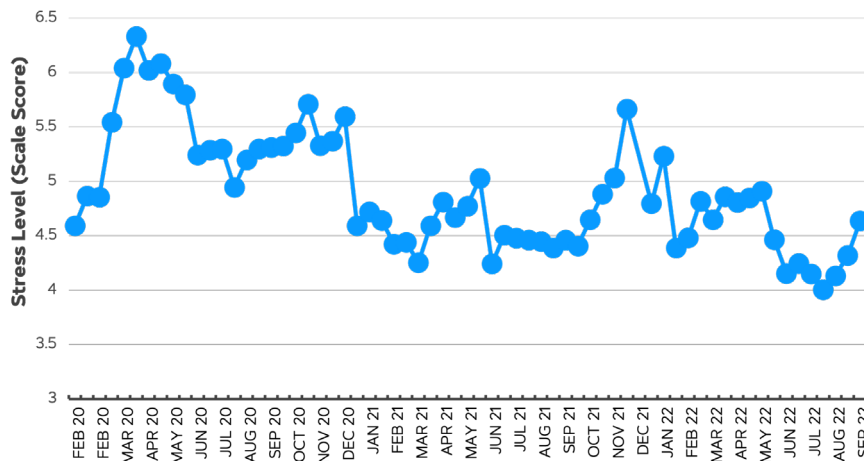
Non-conscious negativity bias is our natural intuition formed by life experiences. It strongly influences our feelings, motives and decisions. And, it determines how effectively we communicate and collaborate with others.



Feeling Capacities

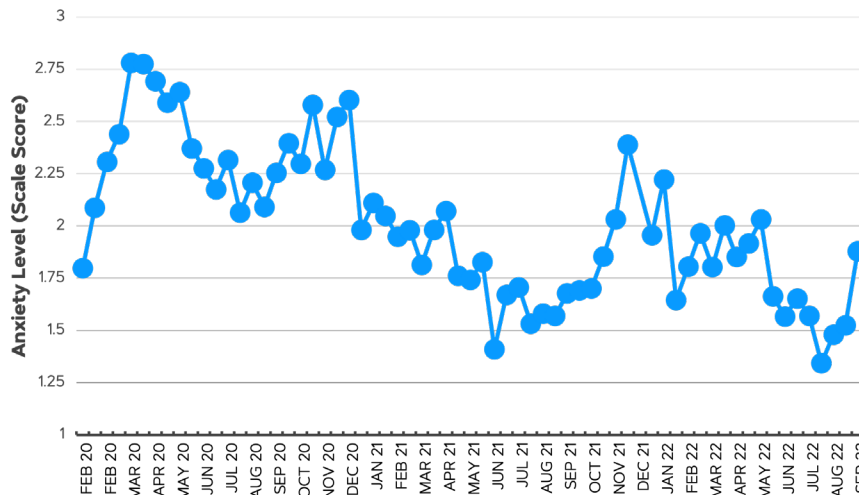
Tracking Trends in Stress, Anxiety, and Depressive Mood

Feelings are your conscious awareness of, and body's response to, your unconscious emotions. For example, when you're feeling stressed or anxious, your body will respond with changes in heart rate, breathing, muscle tension, and sweating. Feelings are triggered by emotions, and emotions are triggered by cues of threat or reward.



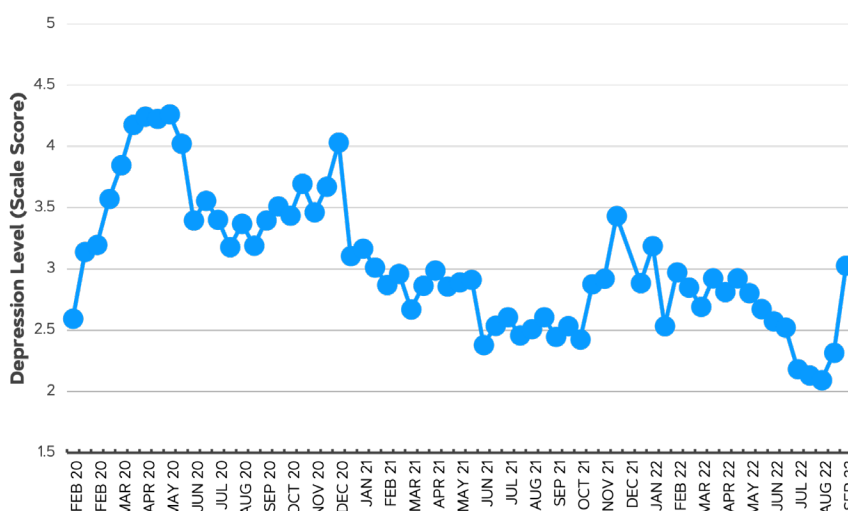
Stress

Stress is a response to an external "stressor" such as a work deadline, an argument with a loved one, the loss of a job, or a major life change. COVID-19's impact on health and the economy is a substantial stressor right now. When external stressors are not resolved, stress becomes chronic and leads to anxiety and depression.



Anxiety

Anxiety is the internal reaction to stress. It is often accompanied by persistent worrying and fearing something bad will happen. Unlike stress, anxiety persists even after the stressor has been resolved. In severe cases, anxiety can lead to General Anxiety Disorder.



Depressive Mood Level

Feeling sadness, frustration, anger, loneliness, or grief often make up what is considered "depressive mood." These feelings, however, lift after a few days or weeks. When these feelings persist over time, you can become clinically depressed.

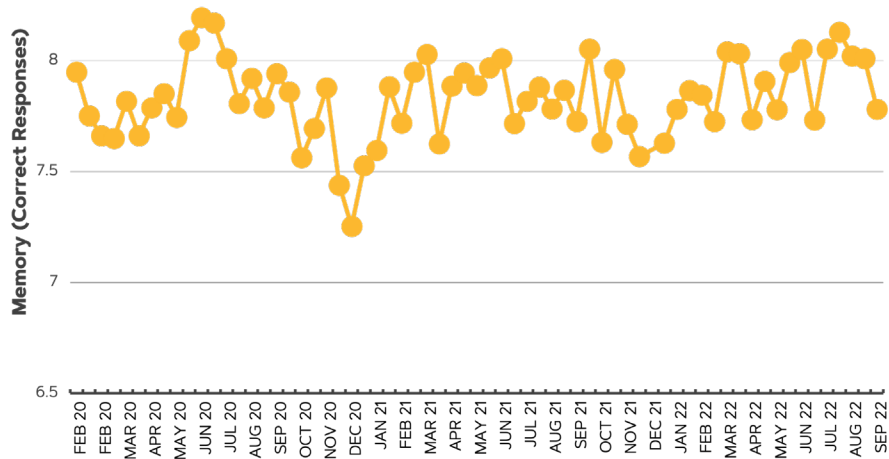
Cognitive Capacities

Assessing Workers' Cognition

Your cognitive capacity determines how well you learn, remember, pay attention, and solve problems. It impacts how quickly you can complete tasks and how many mistakes you make while doing so. Chronic stress and anxiety can result in cognitive decline over time.

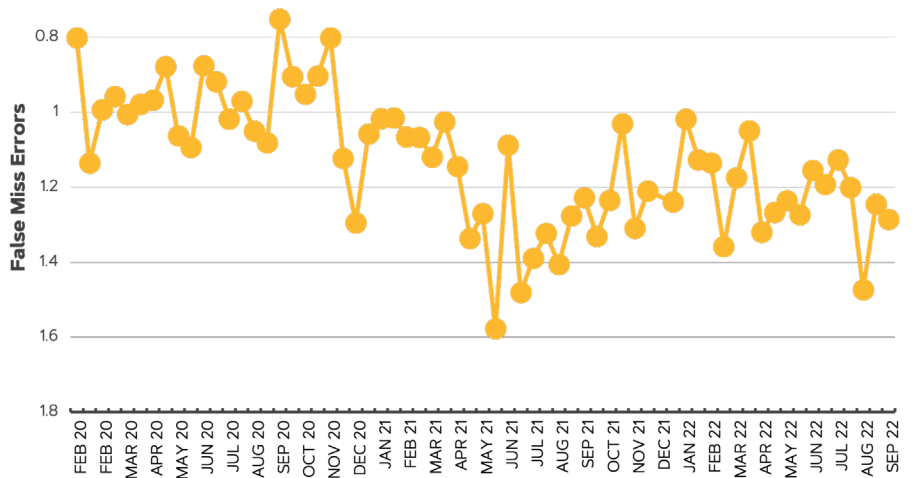
Memory

Stress and anxiety can hinder the way we form and retrieve memories. It can make you more forgetful. For example, you may find yourself forgetting where you left your phone, or have a hard time recalling names.



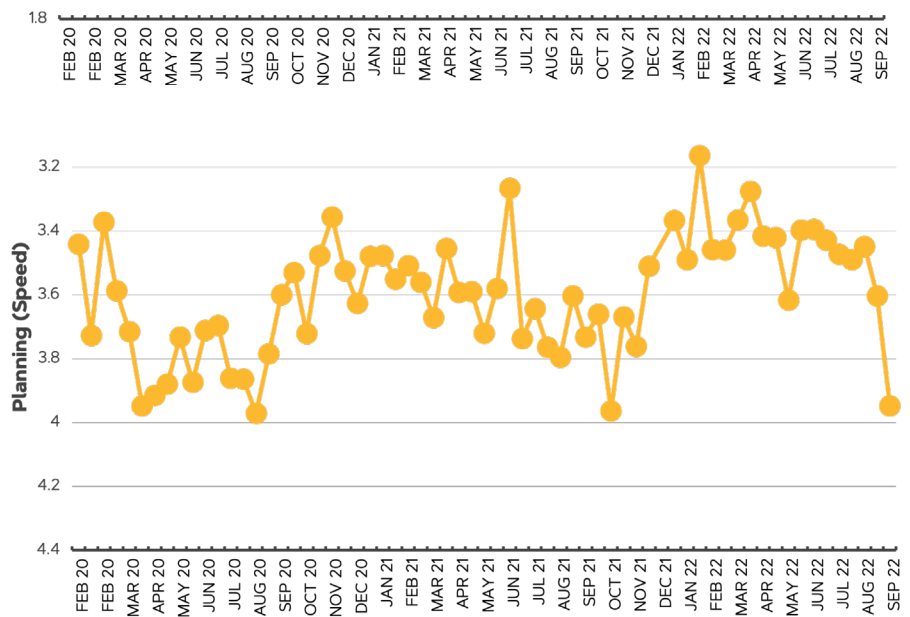
Focus: Sustained Attention

Increased levels of stress not only cause us to become more irritable, but also tend to impact our ability to focus. For example, it's common for stress to cause people to make more mistakes.



Planning

Stress can negatively affect your ability to plan and complete tasks on time. When you're stressed, concentration declines and the amount of time it takes you to complete tasks increases.



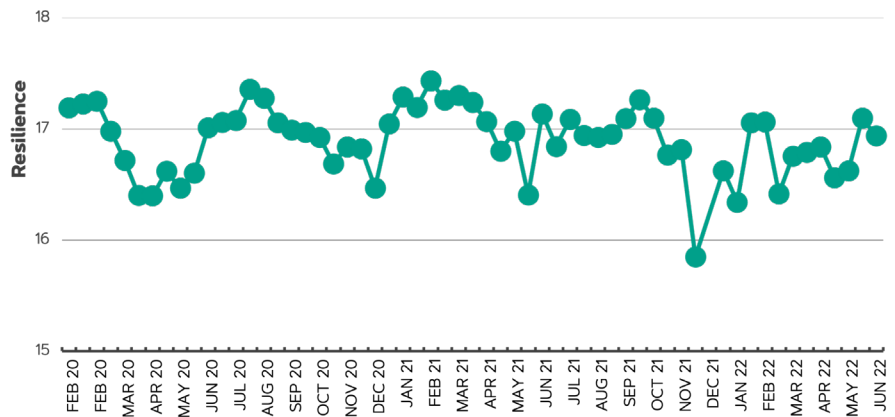
Self-Control Capacities

Analyzing Workers’ Resilience, Conscious Negativity, and Social Connectivity

Our ability to control our behavior enables us to achieve goals, resist temptation, avoid acting on impulse, and maintain our mental and physical health. When under high levels of stress, people tend to become more negative and less resilient. As a result, they may lose the ability to self-regulate their behavior, which leads to a myriad of problems, including obesity, addiction, poor financial decisions, sexual infidelity, and more.

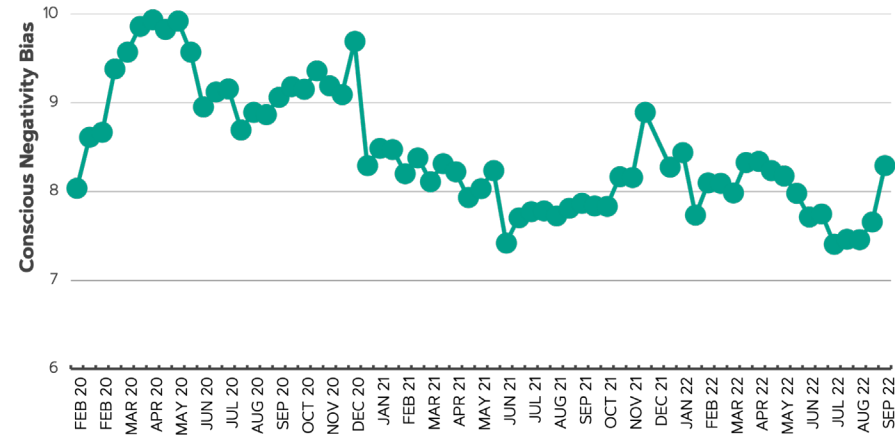
Resilience

Resilience allows us to bounce back when something bad happens. It’s the ability to adapt in the face of adversity, trauma, tragedy, or other significant sources of stress. Resilience can drop quickly after an emotionally distressing event or a particularly stressful period in life.



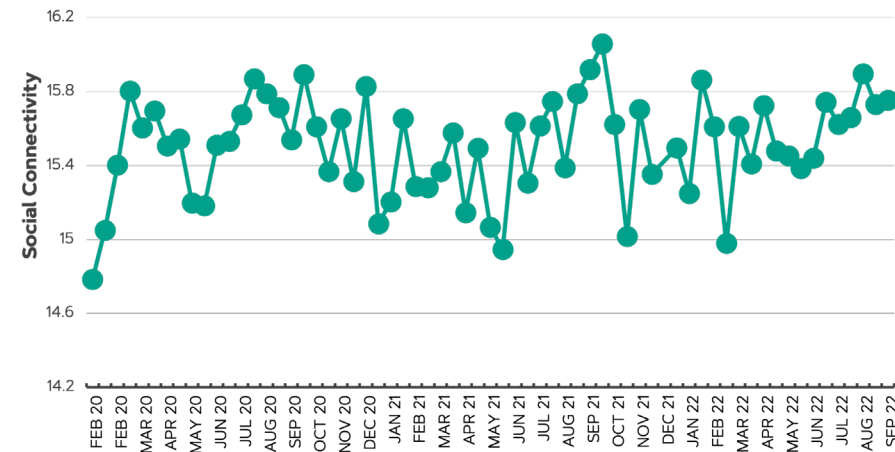
Conscious Negativity Bias

Conscious negativity bias – the tendency to see the “cup half empty” rather than the “cup half full” – can rise in times of uncertainty and discouragement. It’s a disproportionate focus on problems rather than opportunity. And, it’s highly contagious. That’s why one very negative person can disrupt an entire group or team.



Social Connectivity

Social connectivity reflects the extent to which people proactively seek and gain enjoyment from social interaction. Social connection plays a powerful role in supporting our mental and physical health.



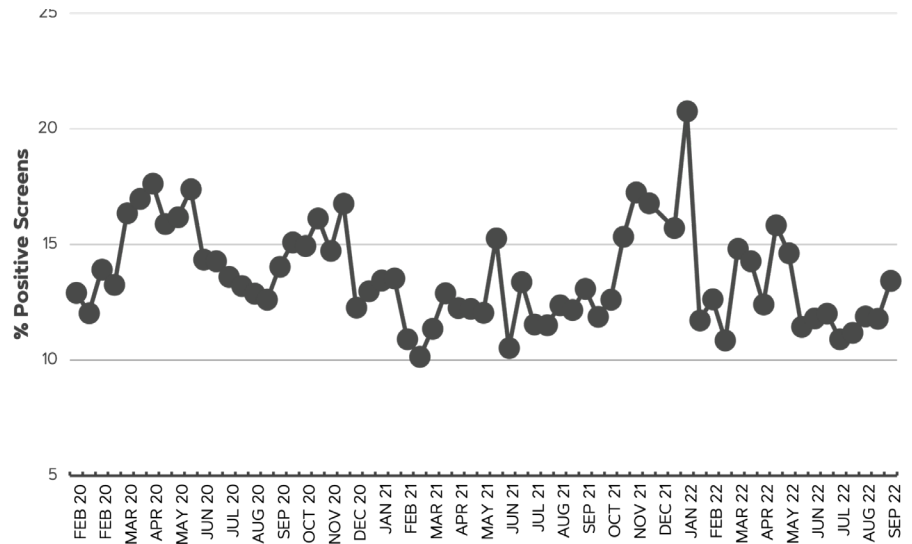
Mental Conditions

Monitoring Workers' Risk of Mental Disorders

The pandemic is increasing Americans' risk for certain mental disorders.

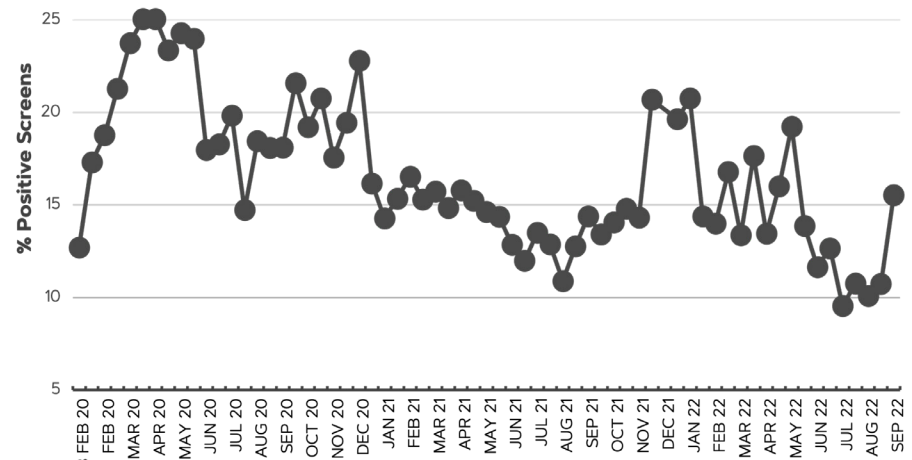
Addiction

When chemicals from drugs or alcohol hit the brain's reward receptors in bursts, it triggers a response similar to a highly pleasurable event. As the person repeats and increases substance use, the receptors degrade to the point that they cannot respond to un-intoxicated pleasure in the same way as they once did. The brain gets re-mapped to seek pleasure through intoxication rather than healthier activities, and as this new mapping takes hold, addiction is born.



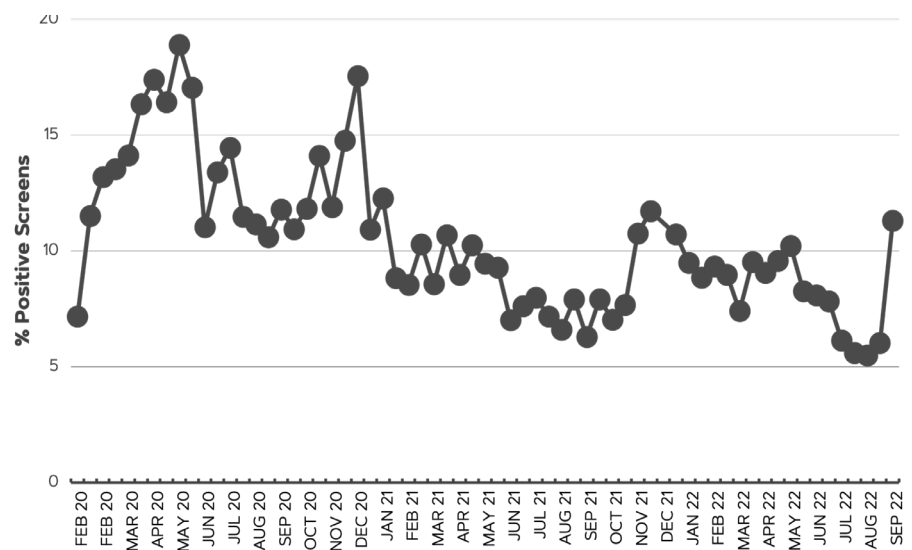
General Anxiety Disorder

Persistent and excessive worry are common indicators of General Anxiety Disorder. People with this condition have an inappropriate triggering of the fight-flight stress system that can make it difficult to control worrying or stop the worry cycle. As a result, they overthink, lose sleep, and agonize more than seems warranted for the situation. Stress is a common trigger for anxiety and if it becomes chronic it can lead to General Anxiety Disorder.



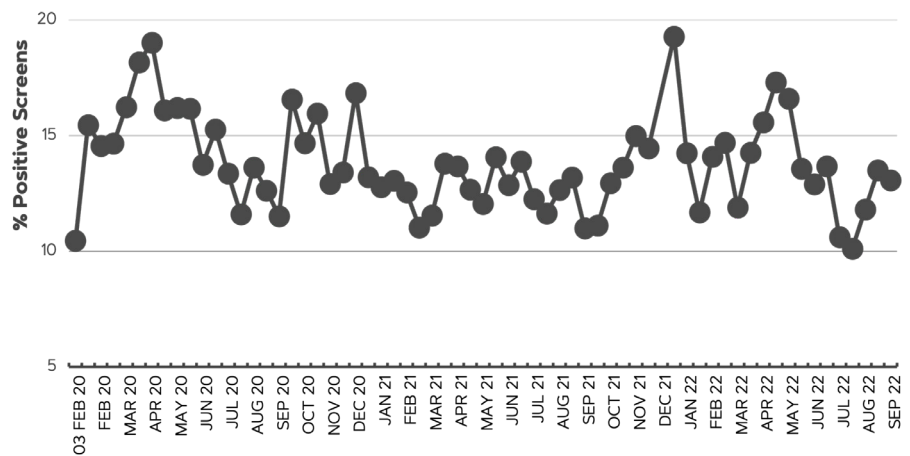
Depressive Disorder

Depression is more than a bout with the blues. When feelings of sadness and hopelessness persist and worsen, you may be clinically depressed. Some people are predisposed to depression based on genetics and the brain's chemical makeup. Chronic stressful life situations can also increase the risk of developing depression if you aren't coping well.



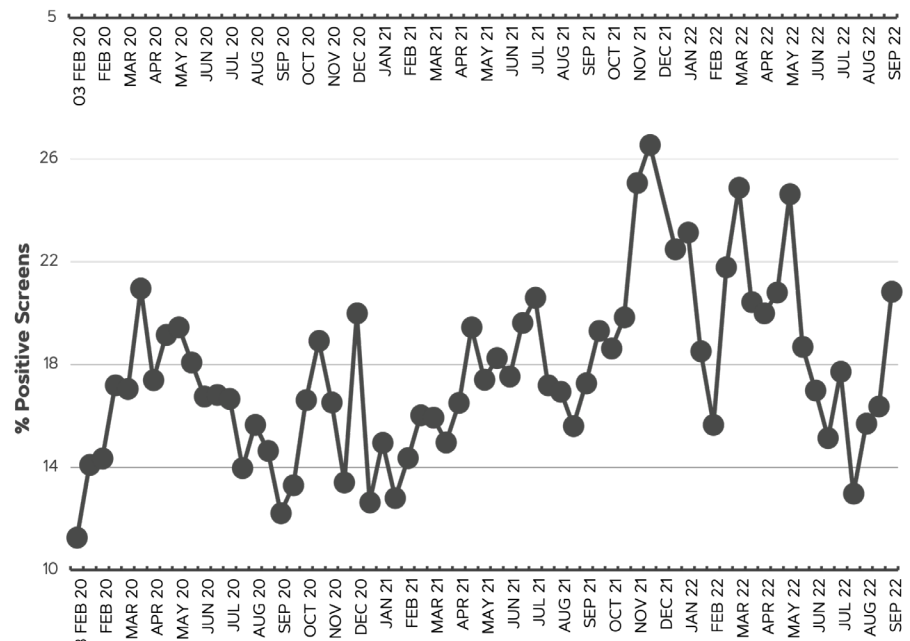
Social Anxiety Disorder

People who have Social Anxiety Disorder have intense fear of being judged negatively or rejected in social situations. They often worry about being perceived as stupid, awkward, or boring. It can significantly impact your ability to socialize and communicate with other people.



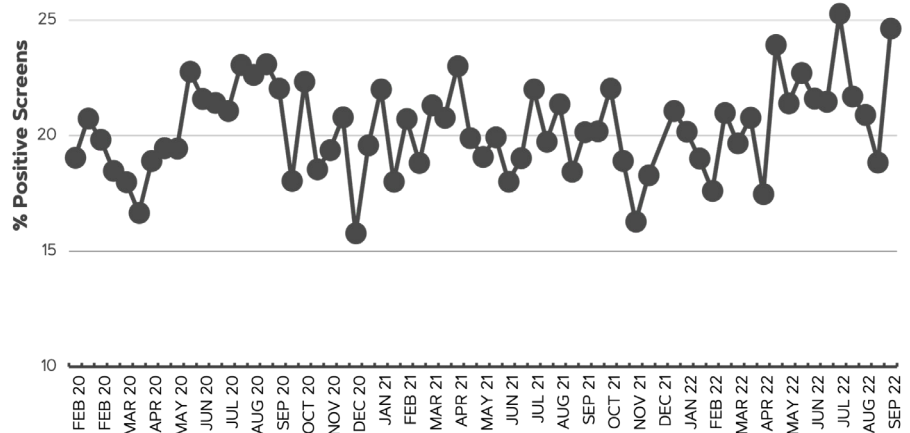
Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that's triggered by a traumatic event. Most people who experience a distressing event may temporarily have trouble coping. However, they get through it with time and self-care. When symptoms persist for months and years, interfering with daily life, you may have PTSD.



Sleep Apnea

Stress and anxiety may cause sleeping problems. Having a clinical condition compounds the problem. Sleep apnea is a condition in which breathing repeatedly stops and starts while sleeping.



The Total Brain Solution

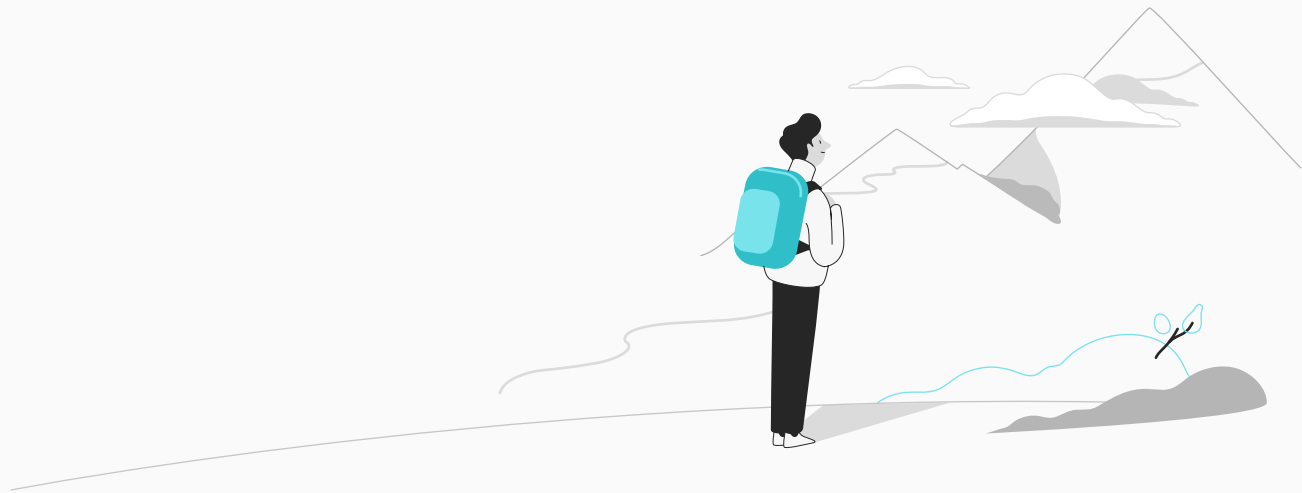
Total Brain is an applied, integrative neuroscience company. Our SaaS-based, mental health platform combines monitoring capabilities from assessments, screenings, biometrics, and genetics with personalized self-care support tools.

We offer solutions for three market segments: Population Health, Provider Support and Precision Medicine, providing our customers with mental health and brain performance data, operational efficiencies, precision medicine diagnostics, and health and productivity outcomes, while providing their constituents with improved self-awareness and support tools.

To learn more, contact us for a free demo of Total Brain's platform.

How Can Total Brain Help You?

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