

WELLBEING SOLUTIONS BACKED BY SCIENCE

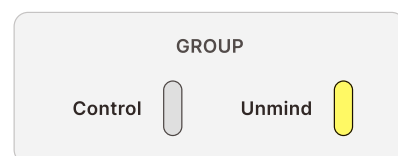
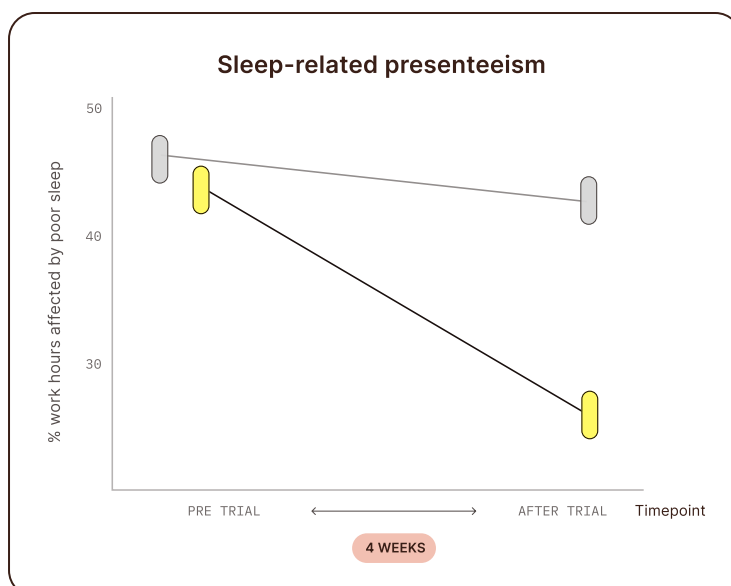
95% of wellbeing platforms aren't backed by science. We are.

Wellbeing solutions are facing a credibility crisis. Untested products and a lack of clinical evidence base means unpredictable outcomes and unreliable returns on investment. This is bad news for organizations and their people who need real solutions to support their mental health and wellbeing.

We're combatting the wild west of wellbeing support. Our solutions are developed by clinicians and our science team evaluates and informs our platform. As part of the scientific community, we're committed to publishing all research, regardless of the results.

Our findings

Reduction in productivity loss after using Unmind



\$9,072.53 estimated annual productivity saving per employee experiencing low mood or sleep difficulties ⁽⁰¹⁾

30+ minutes extra sleep a night for people with sleep difficulties ⁽⁰¹⁾

Demonstrable impact on employee health

71%

of participants reported a reduction in stress levels ⁽⁰²⁾

64%

of employees with increased levels of stress and anxiety showed improvements after three weeks of using Unmind ⁽⁰³⁾

40%

of participants experienced clinically significant improvements in depressive symptoms after two weeks of using Unmind ⁽⁰⁴⁾

World-class engagement

- Our Courses highly rated by **>80%** of participants ^(02, 03)
- **91%** of completion rate of manager's training in a client trial ⁽⁰⁵⁾

Empowering leaders to improve culture

- **84%** of managers completing training gained confidence, skills and knowledge on how to support their team and their own wellbeing ⁽⁰⁵⁾

"We wanted to help managers nurture the right conversations and better support their teams. Rolling out the Unmind "Made for Managers" training content for the whole organization was a no brainer"

Stella Gavinho, Group Head of Wellbeing

How we deliver scientific research

Evaluating impact

We conduct randomized controlled trials (RCT) of our platform – on the mental health and wellbeing of employees who use it, and wider organizational outcomes.

Testing with clients

We partner with specific clients to study the impact of Unmind post-launch, ensuring that the efficacy of our findings translate to the real world.

Using the right measurement tools

Our platform features reliable, credible and robust measures of mental health and wellbeing. We also think globally – by validating our tools for use across territories.

Our principles

At Unmind, we hold ourselves accountable to the highest standards of academic rigor, and are guided by the following principles.



We conduct research by partnering with academic institutions, allowing us to draw on expertise from world-leading researchers.



We pre-register our studies and publish results, regardless of findings. This prevents publication bias and maintains transparency in what we do.



Our studies are subject to ethical approval to ensure safety and privacy for all participants and clients.

Our research roadmap

As Unmind grows, so does our knowledge. So far, we've conducted three key pilot RCTs targeting low mood, sleep difficulties and common mental health issues. Results show that using Unmind content for a short period (2-3 weeks) is associated with improved wellbeing and productivity.

We're investigating the real-world applications of Unmind with successful client trials helping employees manage stress with John Lewis Partnership and training managers to support the wellbeing needs of their people with Entain.

Science driven solutions for higher performing teams

Wellbeing Tracker - our employee wellbeing index developed with University of Cambridge

Our wellbeing tracker is scientifically backed as a reliable tool for employees to understand and improve their wellbeing over time. Thinking globally, we've validated the tracker for use across UK, USA and ANZ populations and translated into six languages.

Workplace Index - a scientifically backed measure of workplace insights

Our index of organizational health is developed by experts drawing from organizational, clinical and positive psychology research. Drawing from the scientific evidence base, our index brings insight to how organizations can flourish and drive better performance.

Expert-made workplace wellbeing support that goes beyond mindfulness

Our resources provide engaging and effective content based on evidence and expertise from clinical, positive and organisational psychology. From these disciplines, we use approaches to improve individual wellbeing (Acceptance and Commitment Therapy (ACT), Cognitive Behavioural Therapy (CBT)) and drive positive organisational change ([PsychCap](#), [PERMA](#)).

Unmind Talk - a new approach to therapy and coaching

Unmind Talk delivers high quality online therapy and coaching, localised to cultures and communities around the world. Research shows empowering users to select their practitioner is associated with more positive outcomes and higher engagement, though this is rarely offered in traditional EAP models ⁽⁰⁶⁾. That's why we're enabling users to select from a range of therapists and coaches according to their specialties and demographic profile.



References

- ⁽⁰¹⁾ Economides, M., Male, R., Bolton, H., & Cavanagh, K. (2023). Feasibility and preliminary efficacy of mobile tools to improve sleep health in working adults experiencing poor sleep: a multi-arm randomized pilot trial. *Sleep*. In Press. <https://doi.org/10.1093/sleep/zsad053>
- ⁽⁰²⁾ Economides, M., Bolton, H., Male, R., & Cavanagh, K. (2022). Feasibility and Preliminary Efficacy of Web-Based and Mobile Interventions for Common Mental Health Problems in Working Adults: Multi-Arm Randomized Pilot Trial. *JMIR Form Res.*; 6(3):e34032, doi: [10.2196/34032](https://doi.org/10.2196/34032)
- ⁽⁰³⁾ Based on findings from a client trial of employees in 2021-2022, n=599.
- ⁽⁰⁴⁾ Taylor, R., Male, R., Economides, M., Bolton, H., & Cavanagh, K. (2023). Feasibility and preliminary efficacy of digital interventions for depressive symptoms in working adults: a multi-arm randomized pilot trial. *JMIR Formative Research*, In Press
- ⁽⁰⁵⁾ Based on content engagement with large enterprise company, user sample n=1666.
- ⁽⁰⁶⁾ Swift JK, Callahan JL, Cooper M, Parkin SR. The impact of accommodating client preference in psychotherapy: A meta-analysis. *J Clin Psychol.* 2018;74(11):1924–37.