

COMBATTING THE COST OF PRESENTEEISM

Unmind delivers estimated cost savings of \$11,070 to \$14,850 a year, for each employee using content to support their mood or sleep.

The cost of poor mental health at work

The World Economic Forum reports that by 2030, the global costs of mental health problems will total over \$6 trillion¹. When employees suffer from poor mental health at work, companies pay for it through numerous direct and indirect costs. \$11.0 billion, or \$431 per person, was spent on mental health-related services in Australia during 2019–20, a real increase from \$409 per person in 2015–16². Poor mental health is estimated to cost the Australian economy \$60 billion per year³, \$12.8 billion of which is associated with workplace mental ill-health⁴. Among employees in Australia, psychological distress has been found to be associated with an over 300% increased risk of presenteeism (that's lost productivity due to mental ill-health)⁵, and is estimated to account for \$5.9 billion in reduced productivity per year⁶.

Two key causes of presenteeism are depression and poor sleep. Depression affects 322 million people globally and, according to the World Health Organisation, is the largest contributor to disability worldwide⁷. Untreated depression results in over 6 million working days lost each year in Australia⁸, and employees with unresolved depression are reported to experience an estimated 35% reduction in productivity⁹.

Poor sleep is another widely experienced problem, with nearly half (48%) of all Australian adults reporting at least 2 sleep-related problems, and nearly one-quarter (23%) reporting that their typical weekday routine does not allow them to get enough sleep¹⁰. Lost productivity due to poor sleep is estimated to cost the Australian economy \$17.9 billion per year¹¹, or \$2,418 per person with inadequate sleep, and 29% of adults report making errors at work due to sleepiness or sleep problems¹².

The need to improve wellbeing and productivity – while tackling the vast financial burden that depressive symptoms and sleep problems put on employers – is obvious. But doing so requires making effective interventions freely available to working adults.

Unmind provides evidenced-based tools for mental health

Unmind is a digital platform that provides a range of tools designed to help employees measure, manage and improve their mental health and wellbeing. Two separate randomised controlled trials (RCTs), conducted in collaboration with the University of Sussex, have evaluated the impact of brief interventions available on the Unmind platform for **depressive symptoms**¹³ and **poor sleep**¹⁴.

The first trial evaluated three brief evidence-based courses designed to tackle low mood in 405 UK working adults experiencing depressive symptoms. Participants were randomly allocated to one of the three Unmind courses, or a control group that did not have access to the Unmind platform. Participants in the intervention groups had three weeks to complete six to eight brief sessions, totalling around one-hour of content on the app, and were followed up for a further 4 weeks. The study provided evidence that these interventions effectively reduce symptoms of depression, as well as other mental health outcomes. What's more, this improved rates of presenteeism.

The second study evaluated tools intended to improve sleep among 300 UK working adults experiencing poor sleep. Participants used tools before bed, or to help get back to sleep during the night. Of the 300 individuals, 200 were randomly allocated one of two sets of Unmind tools, with the other 100 in a control group (without access to Unmind). On average, participants used the tools approximately three times a week for a four-week period. The study provided evidence that using the tools improves sleep quality, and reduces sleep-related impairment, presenteeism, and other mental health problems.

In this report, we evaluate the economic impact of the reductions in presenteeism identified in each of these studies and estimate the cost saving for employers.

Our economic analysis

In both studies, we measured presenteeism using the Work Productivity and Activity Impairment (WPAI) questionnaire; a validated six-item, self-report measure of health-related work productivity loss for the **working population**¹⁵. For the analyses reported here, we compared the change in presenteeism from the start to the end of each study, between those who had access to the Unmind platform and those who did not (control group participants).

We calculated presenteeism costs by multiplying the numbers of hours lost productivity based on a 37.5 hour work week and an annual salary of \$90,000 AUD per year based on industry trends across private and public sector employee data.

Financial results

DEPRESSION STUDY SAMPLE

Presenteeism was at an average of 41% for all participants before using Unmind, showing the considerable impact that symptoms of depression can have on productivity. For participants with access to the Unmind platform, this dropped to 28.7%. The control group – who did not have access to Unmind – saw a much smaller reduction to 38.5%.

Per full-time employee with access to Unmind, this equates to a weekly cost saving of \$212.88. Among the control group. The small change in presenteeism meant a \$55.46 saving per employee, per week. Given mental health problems commonly fluctuate over time – even without intervention – this degree of change is expected.

SLEEP STUDY SAMPLE

For sleep study participants, the average reported rate of presenteeism was 43.7% before using Unmind. Post-study, this reduced to 27.2%. As expected, presenteeism remained high for the control group (40.8%).

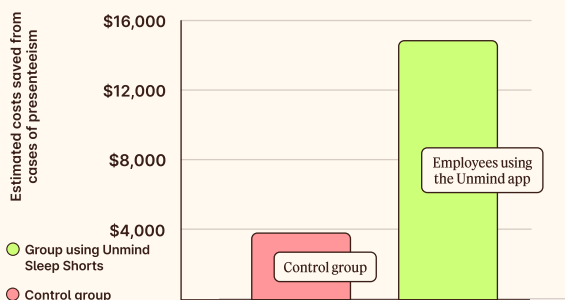
ESTIMATED ANNUAL SAVINGS

Stretch these improvements in productivity across a year, and the estimated cost savings – per each employee using Unmind – are vast. Using Unmind to help employees tackle depressive symptoms saves \$11,070 per person, whereas using Unmind to help tackle poor sleep nets an even greater saving: \$14,850.

These savings compared to no use of Unmind are shown in the figure below*.

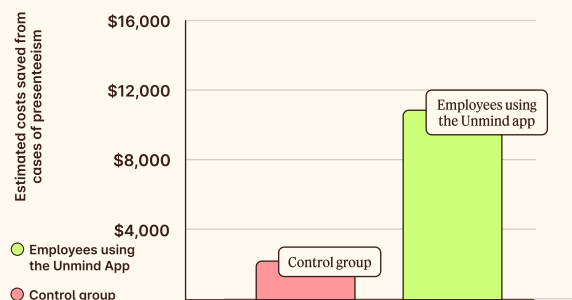
WHEN EMPLOYEES SLEEP BETTER, COMPANIES SAVE MONEY

AN ESTIMATED SAVING OF \$14,850 AUD PER EMPLOYEE, PER YEAR IN REDUCED PRESENTEEISM



COMBATTING LOW MOOD, IMPROVING PERFORMANCE

COSTS SAVINGS OF \$11,070.00 AUD PER EMPLOYEE, PER YEAR



Conclusions

Lost productivity from poor mental health causes a substantial financial burden for employers. These findings demonstrate that Unmind can effectively support the mental health and wellbeing of employees, helping businesses to create happier, more productive teams, while reducing presenteeism and boosting performance.

It's clear that investing in employee mental health and wellbeing isn't just human altruism, it's smart economics too.

At Unmind, we're in the 5% of mental health apps being evaluated in high-quality studies^{16,17}, because we really care about positive outcomes for our users. This report reflects on the impact of our low mood and sleep tools, but we're continually evaluating the efficacy of many aspects of our platform.

You can learn more about the Science behind Unmind and our studies in progress at **www.unmind.com/research-lab**.

To find out more about how you could boost business performance and drive measurable mental health and wellbeing outcomes for your employees with Unmind, **[book a consultation with an Unminder today](#)**.

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