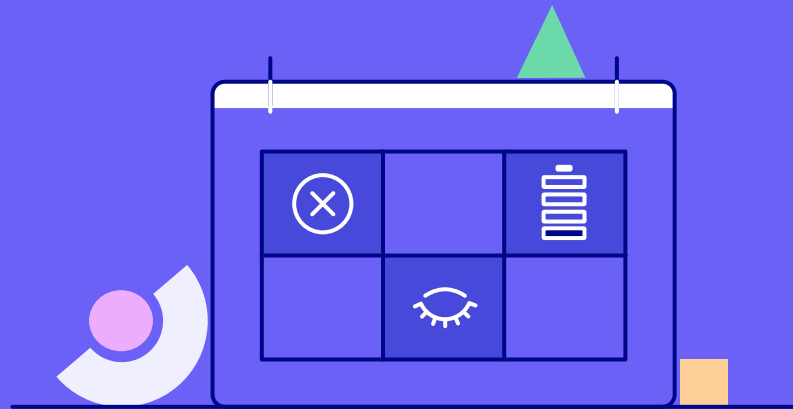




Combating the cost of presenteeism



Unmind delivers estimated presenteeism savings for organisations of £3912 to £5049 a year, for each employee using the platform to support their mood or sleep.

The cost of poor mental health at work

According to [Deloitte research](#)¹, mental ill-health costs UK employers up to £45bn a year. With an annual cost of £27-29bn, presenteeism (that's lost productivity due to mental ill-health) is the single greatest contributing factor to that figure. And it's the driving force behind a 16% spike in overall costs for businesses [since 2017](#)².

Two key causes of presenteeism are depression and poor sleep. Depression affects 322 million people globally and, according to the [World Health Organisation](#)³, is the largest contributor to disability worldwide. The US Center for Disease Control says depression costs employers between \$17 and \$44 billion a year, with around 200 million workdays lost. Employees with unresolved depression are reported to experience an estimated 35% reduction in [productivity](#)⁴.

Poor sleep is another widely experienced problem, with 36% of UK adults struggling to sleep at least once a week, and 1 in 5 experiencing problems [every night](#)⁵. Lost productivity from poor sleep costs the UK economy £40.2bn a year – a figure that is set to rise to £47bn by 2030. Already, the UK loses over 200,000 working days every year due to [poor sleep](#)⁶.

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 symptoms⁷ and poor sleep⁸.

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 four 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 population⁹. 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 number of hours of lost productivity by the average hourly wage in the UK, based on a 37.5 hour work week and an average weekly salary of £611 – as reported by the Office for National Statistics in 2021¹⁰.

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: 38.5%.

Per full-time employee with access to Unmind, this equates to a weekly cost saving of £75.22. Among the control group, the small change in presenteeism meant a £19.15 per employee, per week. Given mental health problems commonly fluctuate over time – even without intervention – this degree of change is expected.

SLEEP STUDY SAMPLE

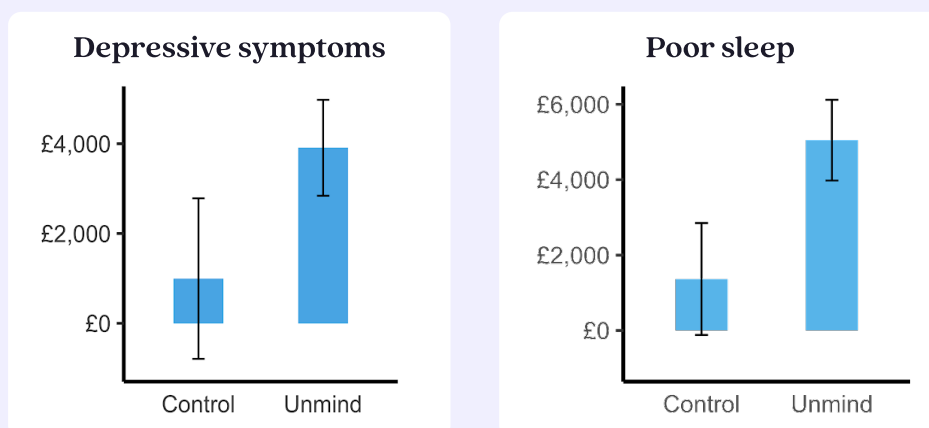
For sleep study participants, the average reported rate of presenteeism was 43.7% before using Unmind. Post-study, this reduced to 27.2%. As expected, presenteeism remained high for the control group (40.8%).

The estimated weekly cost saving, per employee with access to Unmind, equates to £97.10. This is far greater than the much smaller reduction (£26.26) for those without.

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 £3,912 per person, whereas using Unmind to help tackle poor sleep nets an even greater saving: £5,049.

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



*error bars show 95% confidence intervals

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 studies¹¹, because we really care about positive outcomes for our users. This report reflects on the impact of content to address low mood or poor sleep, 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 unmind.com/science.

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.**

To account for variability in the data, we also calculated confidence intervals. The weekly cost saving estimates for the depression study sample ranged from £55 to £96 for the group with access to Unmind. In the sleep study sample, the range was £77 to £118 for the group with access to Unmind.

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