



## **Internet-Based Cognitive Behavioral Therapy for Mixed Anxiety and Depression for Healthcare Workers on Disability Leave**

Healthcare workers on disability leave were referred to online cognitive behavioral therapy, with 40 modules to treat mental health symptoms. Twelve percent of workers completed at least two assessments, resulting in decreased depression and anxiety symptoms, in addition to improved functioning around daily activities, personal grooming, hobbies and relationships. Participation in an online therapy program could be a cost-effective method to assist workers with mental health issues and transitioning back to work.

**+Mental health among US employees:** IBI's recent research found that two in five employed adults reported symptoms of anxiety or depression disorder – a four-fold increase from pre-pandemic levels. Read more on how the pandemic impacted the mental health of US employees [here](#).

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## **Estimating Medical Expenditure Savings Associated with Weight Loss Among Adults with Chronic Medical**

Data from commercially insured adults with chronic medical conditions showed that for each decrease in 1 BMI unit, people with diabetes saved an estimated \$752 in medical expenditures, hypertension saved \$367, and mental health disorders saved \$306. These findings provide a method for employers to evaluate the cost-effectiveness of weight management interventions.

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## **How Does Including Caregiver and Societal Costs Affect Cost-Effectiveness Models for the Treatment of Alzheimer's Disease?**

An economic simulation suggests the incremental cost-effectiveness ratio for a novel disease-modifying therapy for Alzheimer's disease surrounding the patient's

healthcare costs was \$192,000 per quality-adjusted life-year gained; however, when considering the patient's care and caregiving, this costs decreases to \$74,000. The inclusion of traditional health care sector and societal perspectives in the model can be helpful in evaluating the cost-effectiveness.

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### **A Quality Improvement Project to Improve Influenza Vaccination Rates Among Employees**

Providing education materials on influenza and flu vaccines to employees of a large financial company at a work health fair and at a lunch and learn session increased the number of flu vaccinations at an on-site employer health clinic by 20%, as well as increased employee knowledge on flu vaccinations. Providing education and vaccine access at work can reduce barriers and increase vaccination rates, in turn preventing sick leave.

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### **The Role of Occupational Physical Activity, Physical Demands and Psychosocial Work-Related Factors on Musculoskeletal Pain**

Objective measures of occupational physical activity (i.e., standing, sitting, or moderate to vigorous physical activity) had no effect on low back pain or neck-shoulder pain amongst workers with physically demanding professions. Although physical demands increased pain, having job control reduced the reporting of musculoskeletal pain so that employees who organized their own work tasks could potentially continue to work through discomfort.

**+Find out more about musculoskeletal pain:** A [report](#) coauthored by IBI examined multiple care goals and effective approaches for patients with musculoskeletal conditions and pain.

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#### **Upcoming Events**

POSTPONED: [IBI/Conference Board Health and Productivity Forum \(Chicago\); new dates set for September 28-29, 2022](#)

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