



# TELUS Mental Health Index.

Singapore | March 2025

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# What you need to know for March 2025.

Nearly **two in five workers** say their mental health is adversely impacting work productivity, one-third feel anxious, isolated and depressed.

- At 62.9, the mental health of workers has improved modestly from January
- 36 per cent of workers have a high mental health risk, 45 per cent have a moderate mental health risk, and 19 per cent have a low mental health risk
- 37 per cent of workers say their mental health is adversely impacting their work productivity
- 33 per cent feel anxious
- 32 per cent feel isolated
- 32 per cent feel depressed
- 22 per cent do not have emergency savings for basic needs
- Anxiety, optimism, and general psychological health sub-scores have declined from January
- Anxiety and work productivity have been the lowest mental health sub-scores for three years
- The mental health score of managers continues to be higher than the score of non-managers
- Labourers continue to have a lower mental health score than service industry and office workers



**Financial concerns** are the overwhelming source of personal stress; health concerns drive stress for one in three workers.

- 45 per cent of workers say financial concern is a source of personal stress
- 30 per cent of workers say health/medical concerns are a source of personal stress
- 26 per cent of workers say a lack of time for self-care or hobbies is a source of personal stress
- The mental health score of 10 per cent of workers citing social isolation as a source of stress is 34 points lower than that of workers reporting no personal stress and more than 16 points lower than the national average
- 34 per cent of workers say personal issues are their primary reason for feeling overwhelmed; the mental health score of this group is nine points lower than the national average



Nearly half of workers **feel overwhelmed by their responsibilities**, with disproportionate concern among younger workers.

- 49 per cent of workers feel overwhelmed by their responsibilities or commitments; the mental health score of this group is 22 points lower than that of workers not feeling overwhelmed, and eight points lower than the national average
- 32 per cent of workers say a high workload is a source of work stress
- 32 per cent of workers say a lack of work-life balance is a source of work stress
- 25 per cent of workers say insufficient resources or support are a source of work stress
- 25 per cent of workers say job insecurity is a source of work stress
- 22 per cent of workers say a lack of recognition or feedback is a source of work stress
- 18 per cent of workers say poor communication is a source of work stress
- The mental health score of 25 per cent of workers citing job insecurity as a source of stress is 20 points lower than that of workers reporting no work stress and more than seven points lower than the national average
- Younger workers (under 40) are more likely to say high workload and a lack of work-life balance are sources of stress



More than one in five parents of school-aged kids, teens, and young adults are concerned about their children's mental health.

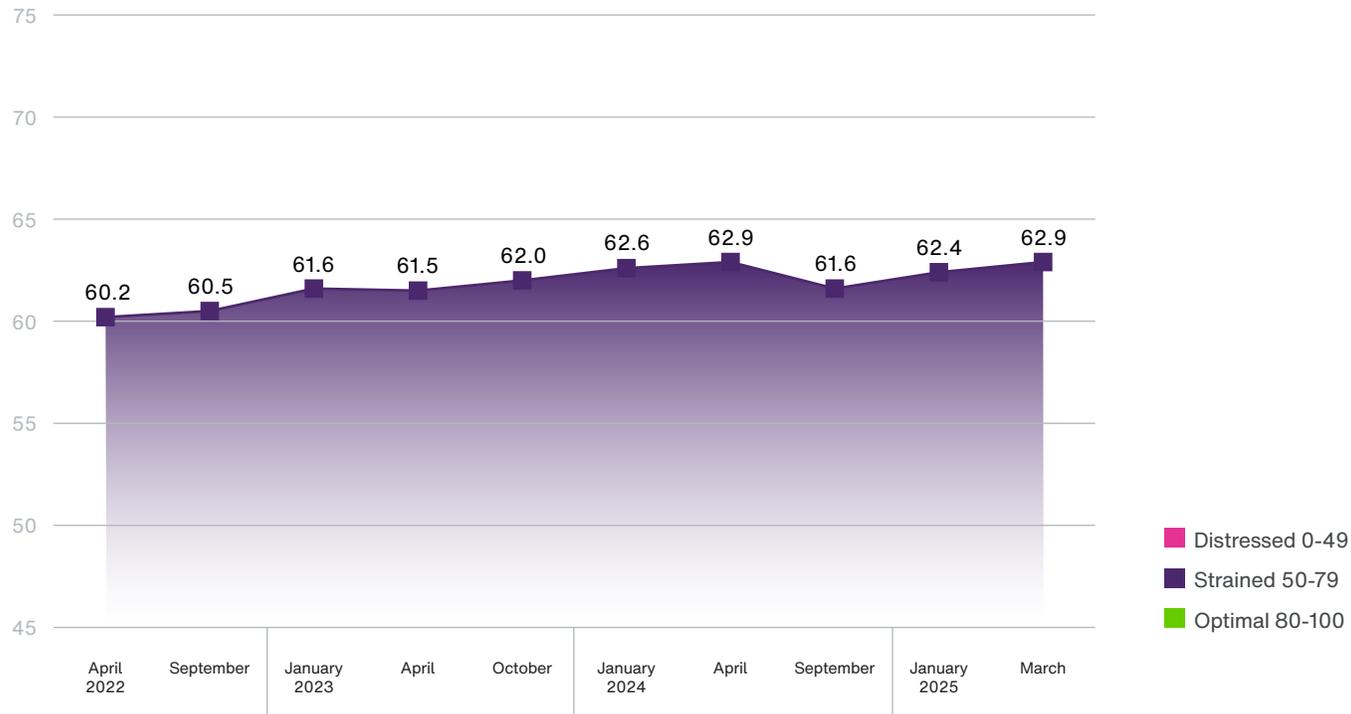
- 41 per cent of parents with school-age kids, 25 per cent of parents with teens, and 23 per cent of parents with young adult children are concerned about their children's mental health
- 31 per cent of parents with school-age kids and 30 per cent of parents with teens are concerned about their children's social relationships
- Parents concerned about their children's mental health have MHI scores at least five points lower than the national average
- Parents with young adult children are most concerned about their children's job prospects and stability
- 40 per cent of working parents are experiencing stress from balancing work and family responsibilities
- 30 per cent of working parents are feeling guilty for not spending enough time with their families
- 26 per cent of working parents are feeling overwhelmed by the pressure to excel at work and at home

Improving fitness, better financial management, and better stress management are the top lifestyle goals workers have set for themselves.

- 48 per cent of workers want to improve their fitness; however, 20 per cent of those have not made any progress towards their goal
- 43 per cent of workers want to improve financial management; however, 23 per cent of those have not made any progress towards their goal
- 33 per cent of workers want to better manage stress; however, 22 per cent of those have not made any progress towards their goal
- 31 per cent of workers want to lose weight; however, 40 per cent of those have not made any progress towards their goal
- 31 per cent of workers want to improve their nutrition; however, 17 per cent of those have not made any progress towards their goal
- 18 per cent of workers want to improve their relationships; however, 24 per cent of those have not made any progress towards their goal

# The Mental Health Index.

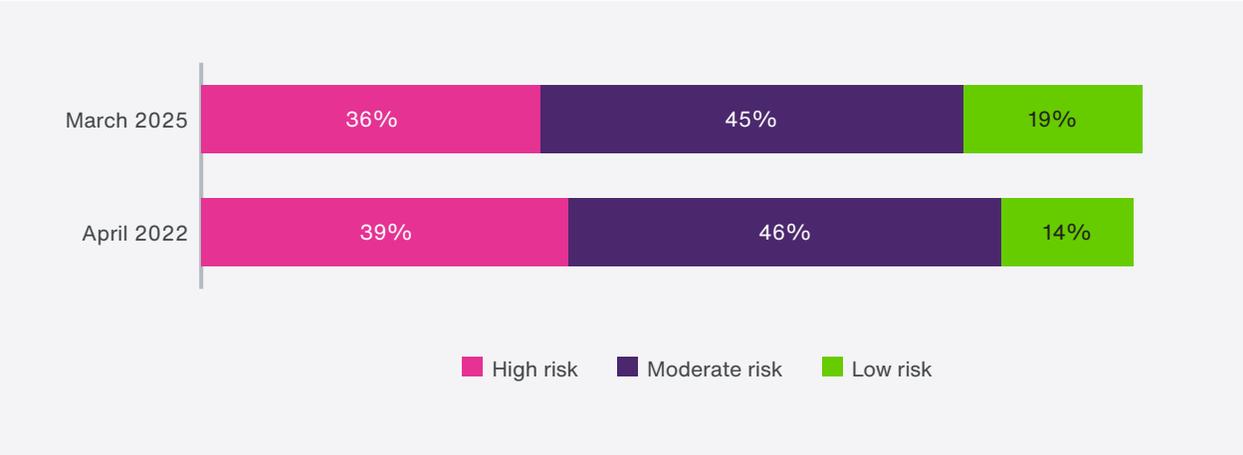
The overall Mental Health Index for March 2025 is **62.9**. The mental health of workers in Singapore has increased for the second consecutive period.



MHI Current Month March 2025	January 2025
62.9	62.4

### Mental health risk.

In March 2025, 36 per cent of workers have a high mental health risk, 45 per cent have a moderate mental health risk, and 19 per cent have a low mental health risk. Nearly three years after the launch of the Mental Health Index in April 2022, there has been a modest reduction in high-risk workers (3 per cent).



Twenty-four per cent of workers in the high-risk group report a mental health condition or issue, six per cent report a mental health condition or issue in the moderate-risk group, and two per cent of workers in the low-risk group report a mental health condition or issue.

## Mental Health Index sub-scores.

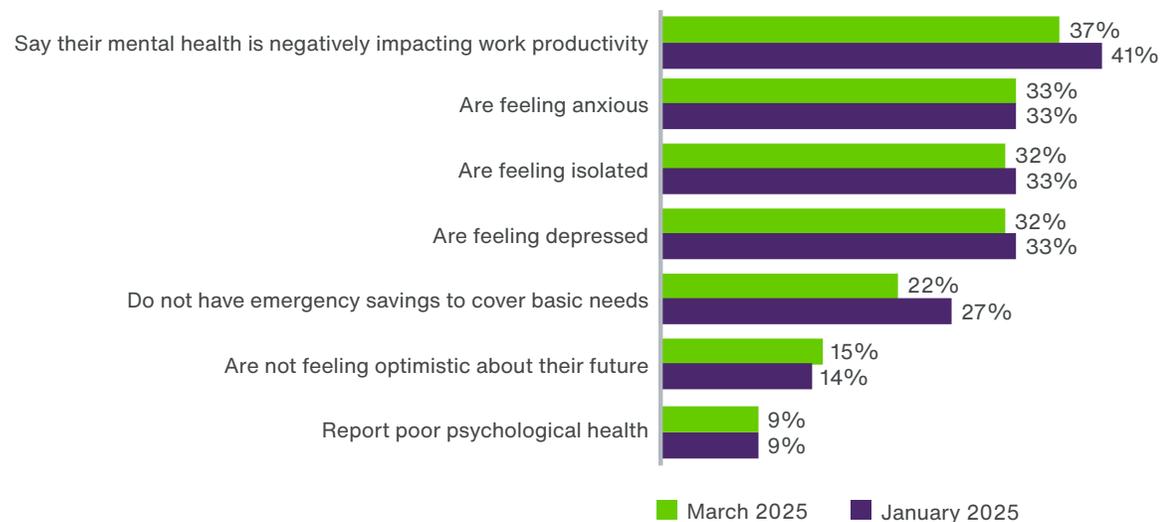
Work productivity (55.3) remains the lowest Mental Health Index sub-score in March 2025, followed by anxiety (55.7), isolation (56.6), depression (57.1), optimism (65.1), and general psychological health (71.1). Financial risk (74.6) is the most favourable mental health measure in March 2025

- Anxiety, optimism, and general psychological health scores have declined from January 2025
- With a significant 4.4-point increase, the financial risk score has shown the greatest improvement from the prior period

Mental Health Index Sub-scores	March 2025	January 2025
Work productivity	55.3	53.5
Anxiety	55.7	55.8
Isolation	56.6	56.0
Depression	57.1	56.6
Optimism	65.1	65.7
Psychological health	71.1	72.2
Financial risk	74.6	70.2

Nearly two in five (37 per cent) workers say their mental health is negatively impacting their work productivity, 33 per cent feel anxious, 32 per cent feel isolated, 32 per cent feel depressed, 22 per cent do not have emergency savings for basic needs, 15 per cent do not feel optimistic about their future, and nine per cent of workers generally cite poor psychological health.

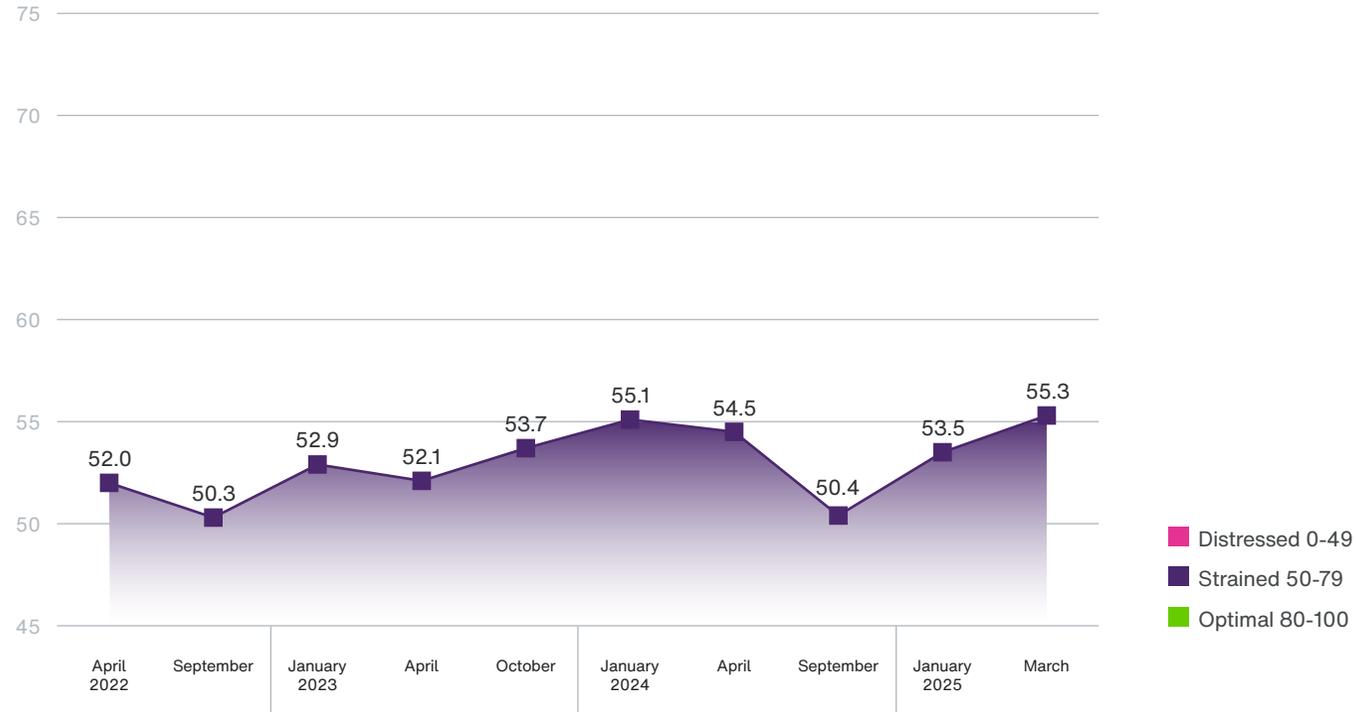
### Percentage at risk by MHI sub-score



## Work Productivity

In March 2025, 37 per cent of workers say their mental health is negatively impacting their work productivity and goals.

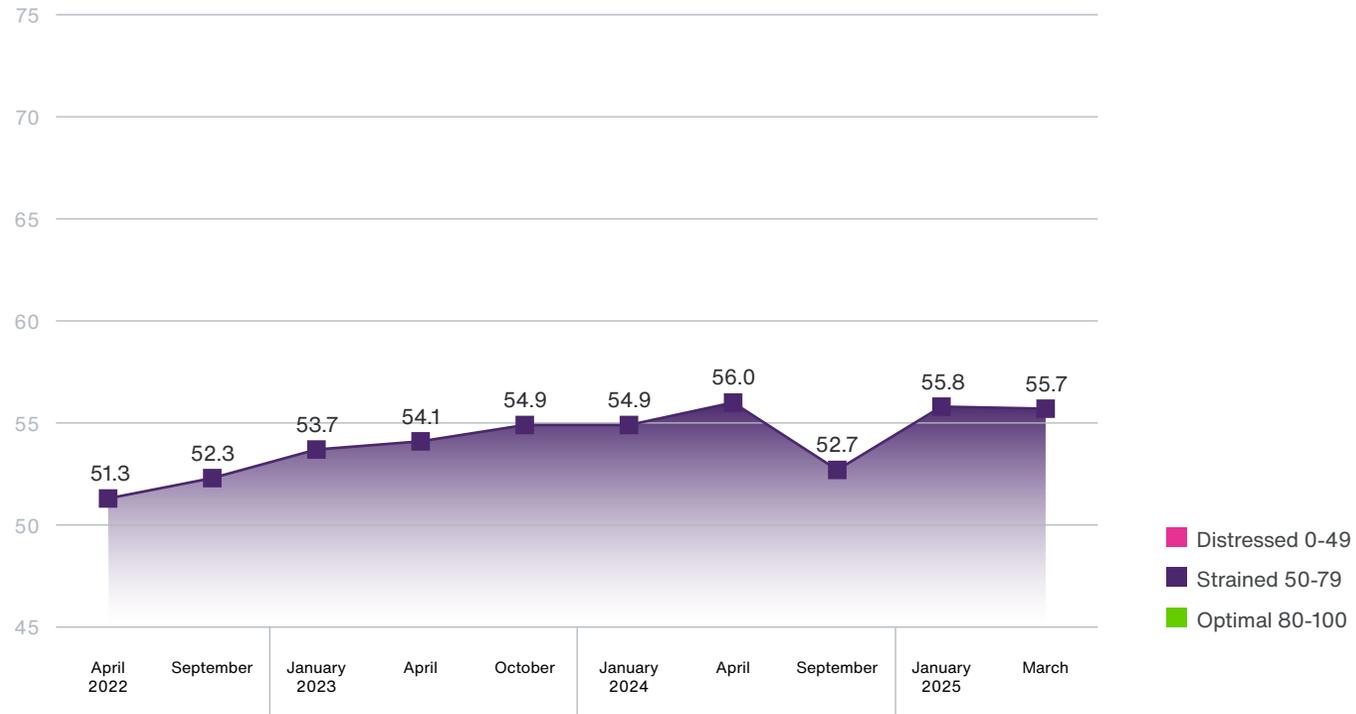
The work productivity sub-score declined from January to September 2024 but improved significantly from September 2024 to March 2025. Despite a 1.8-point increase in March, work productivity remains the lowest among all mental health sub-scores.



## Anxiety

In March 2025, 33 per cent of workers say they often feel unsettled and nervous.

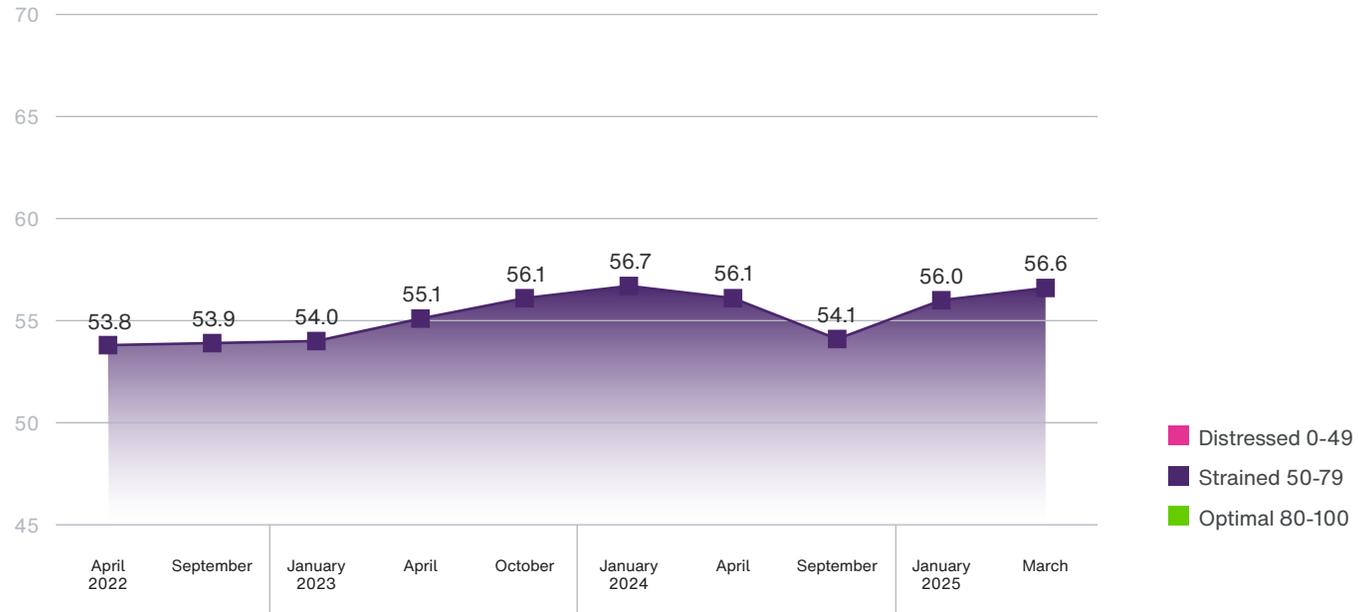
Despite a brief decline in September 2024, the anxiety sub-score has generally improved since the launch of the MHI in April 2022. Despite these improvements, anxiety remains the second-lowest mental health sub-score.



## Isolation

**In March 2025, 32 per cent of workers say they often feel alone.**

The isolation sub-score has shown gradual improvement since the launch of the MHI in April 2022. After peaking in January 2023, the score fell sharply through September 2024. The score rebounded in January 2025 and continues to improve in March.



## Mental health by gender and age.

- Since April 2023, women have had a lower mental health score than men. In March 2025, the mental health score of women is 62.3 compared to 63.5 for men
- Since April 2022, mental health scores have generally improved with age

## Mental health by employment status.

- Overall, two per cent of respondents are unemployed<sup>1</sup> and nine per cent report reduced hours or reduced salary
- Workers reporting reduced salary than the previous month have the lowest mental health score (50.1), followed by workers reporting fewer hours than the last month (57.5), workers with no change to salary or hours (63.6), and those not currently employed (66.1)
- Labourers continue to have a lower mental health score (59.7) than service industry (60.6) and office workers (63.9)
- Managers continue to have a higher mental health score (65.3) than non-managers (59.8)
- Respondents working for companies with 2-50 employees have the highest mental health score (63.9)
- Respondents working for companies with 501-1,000 employees have the lowest mental health score (61.7)



## Emergency savings

- Workers without emergency savings continue to experience a lower mental health score (44.4) than the overall group (62.9). Workers with emergency savings have a mental health score of 71.5

<sup>1</sup> MHI respondents employed in the past six months are included in the poll.

Employment status	March 2025	Jan. 2025
Employed (no change in hours/salary)	63.6	62.8
Employed (fewer hours compared to last month)	57.5	64.2
Employed (reduced salary compared to last month)	50.1	56.9
Not currently employed	66.1	54.7

Age group	March 2025	Jan. 2025
Age 20-29	54.9	53.5
Age 30-39	61.8	61.1
Age 40-49	61.1	60.5
Age 50-59	66.1	67.4
Age 60-69	70.8	73.1

Number of children	March 2025	Jan. 2025
No children in household	62.3	61.8
1 child	64.8	66.1
2 children	61.6	59.2
3 children or more	64.3	60.7

Gender	March 2025	Jan. 2025
Men	63.5	63.7
Women	62.3	61.1

Household income/annum	March 2025	Jan. 2025
\$50K	59.0	59.2
\$50K to <\$100K	61.1	59.3
\$100K to <\$150K	64.5	64.8
\$150K to \$200K	66.0	66.7
\$200K and over	66.1	66.9

Employer size	March 2025	Jan. 2025
Self-employed/sole proprietor	63.8	63.0
2-50 employees	63.9	61.3
51-100 employees	62.4	64.3
101-500 employees	62.8	63.9
501-1,000 employees	61.7	61.4
1,001-5,000 employees	63.4	64.6
5,001-10,000 employees	62.7	60.4
More than 10,000 employees	62.3	59.0

Manager	March 2025	Jan. 2025
Manager	65.3	64.6
Non-manager	59.8	59.4

Work environment	March 2025	Jan. 2025
Labour	59.7	57.2
Office/desk	63.9	63.4
Service	60.6	61.2

Numbers highlighted in pink are the lowest/worst scores in the group.  
Numbers highlighted in green are the highest/best scores in the group.

## The Mental Health Index by industry.

Workers in Public Administration and Defence have the lowest mental health score (55.9), followed by workers in Health and Social Services (58.9), and Other Service Activities (59.2).

Workers in Real Estate Activities (67.3), Professional, Scientific and Technical Activities (67.1), and Construction (66.5) have the highest mental health scores this month.



Industry	March 2025	January 2025	Change
Public Administration and Defence	55.9	50.6	5.3
Administrative and Support Service Activities	61.2	57.5	3.7
Professional, Scientific and Technical Activities	67.1	63.8	3.3
Accommodation and Food Service Activities	60.1	57.7	2.4
Wholesale and Retail Trade	64.9	63.4	1.5
Financial and Insurance Activities	59.9	58.6	1.3
Construction	66.5	66.1	0.4
Real Estate Activities	67.3	68.1	-0.8
Other Service Activities	59.2	60.1	-0.9
Health and Social Services	58.9	61.0	-2.1
Manufacturing	66.2	69.4	-3.2
Education	61.7	65.1	-3.4
Transportation and Storage	61.4	66.5	-5.1

# Spotlight

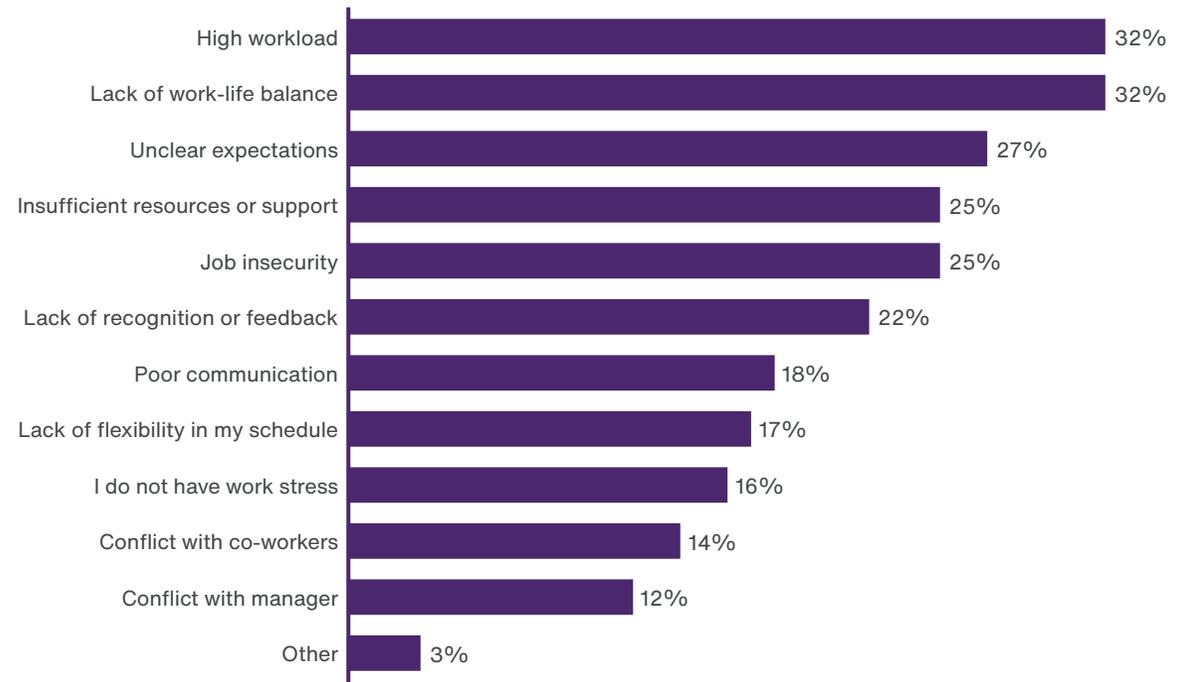
## Stressors

**Workload and a lack of work-life balance are the most common sources of work stress.**

- High workload, reported by 32 per cent of workers, is the leading source of work stress, followed by a lack of work-life balance (32 per cent), unclear expectations (27 per cent), insufficient resources or support (25 per cent), job insecurity (25 per cent), a lack of recognition or feedback (22 per cent), and poor communication (18 per cent)
- Workers under 40 are 70 per cent more likely than workers over 50 to report a lack of work-life balance as a source of work stress
- Workers under 40 are 60 per cent more likely than workers over 50 to report a high workload as a source of work stress

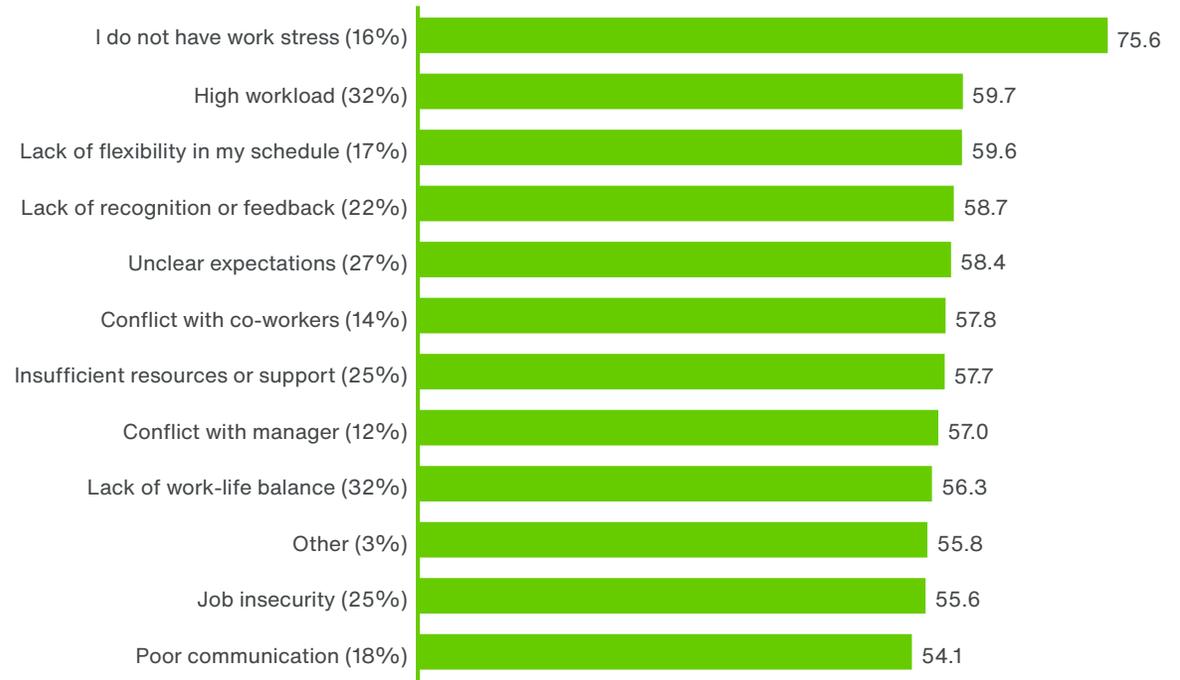


**What are your sources of work stress?**



- The lowest mental health score (54.1) is among 18 per cent of workers citing poor communication as a source of work stress, 22 points lower than workers reporting no work stress (75.6) and more than eight points lower than the national average (62.9)
- Sixteen per cent of workers report no work stress; this group has the highest mental health score (75.6), nearly 13 points higher than the national average (62.9)
- Workers over 50 are three times more likely than workers under 40 to report no work stress
- Non-parents are 70 per cent more likely than parents to report no work stress
- Non-managers are 40 per cent more likely than managers to report no work stress

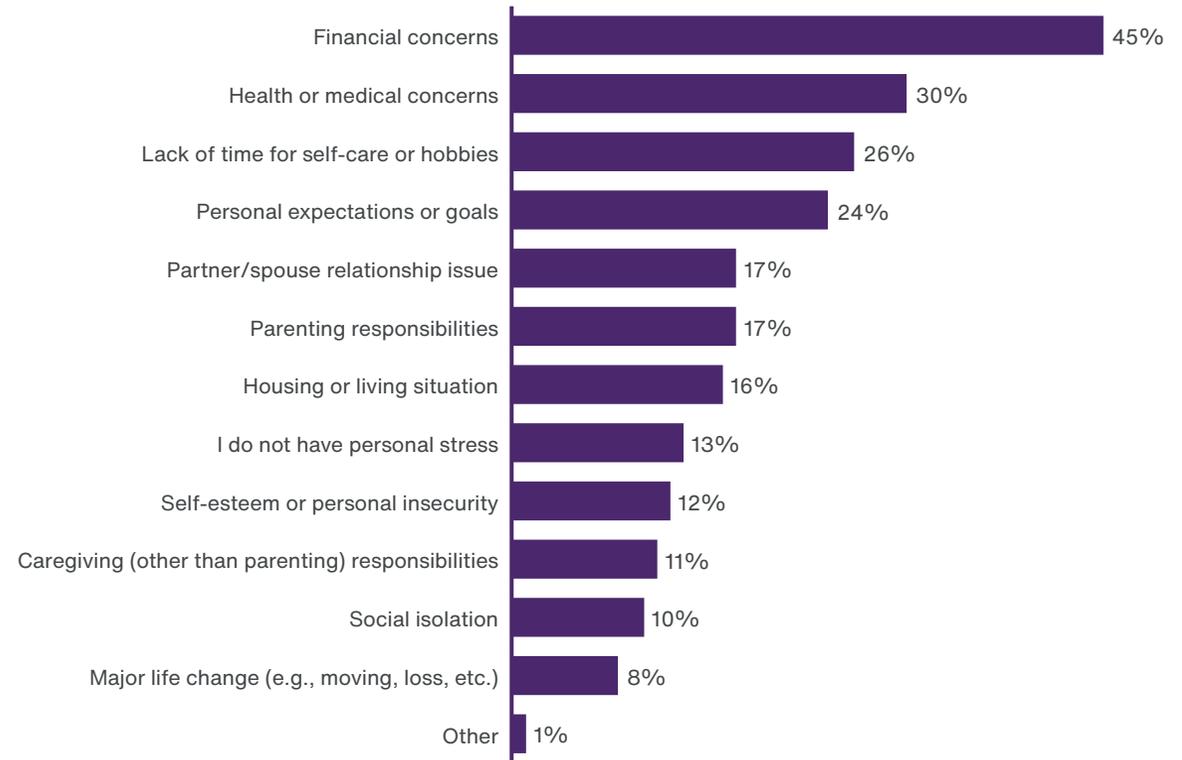
#### MHI score by “What are your sources of work stress?”



**Financial and health concerns are the most common sources of personal stress.**

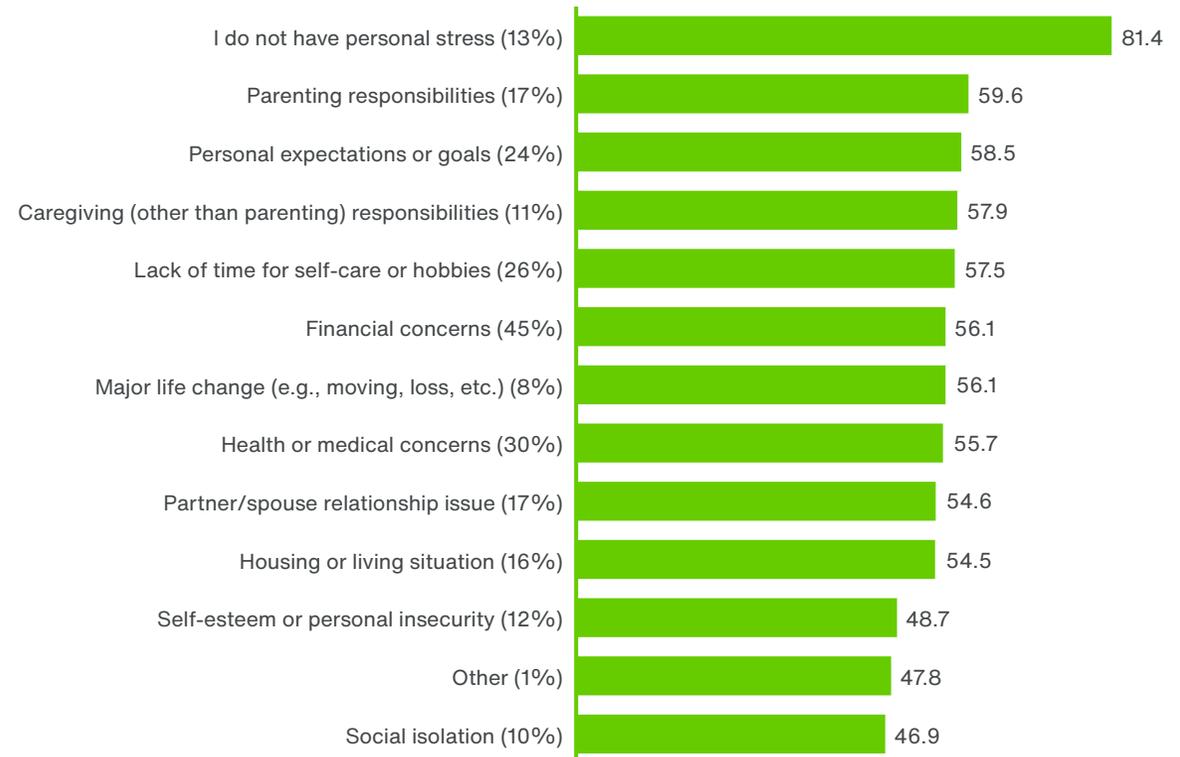
- Financial concern, reported by nearly half (45 per cent) of workers is the leading source of personal stress, followed by health or medical concerns (30 per cent), a lack of time for self-care or hobbies (26 per cent), personal expectations or goals (24 per cent), and relationship issues with a partner or spouse (17 per cent)
- The lowest mental health score (46.9) is among 10 per cent of workers citing social isolation as a source of personal stress, more than 34 points lower than workers reporting no personal stress (81.4) and 16 points lower than the national average (62.9)

**What are your sources of personal stress?**



- More than one in seven (13 per cent) workers report no personal stress; this group has the highest mental health score (81.4), more than 21 points higher than the national average (62.9)
- Workers over 50 are four times more likely than workers under 40 to report no personal stress
- Non-parents are 70 per cent more likely than parents to report no personal stress

#### MHI score by “What are your sources of personal stress?”

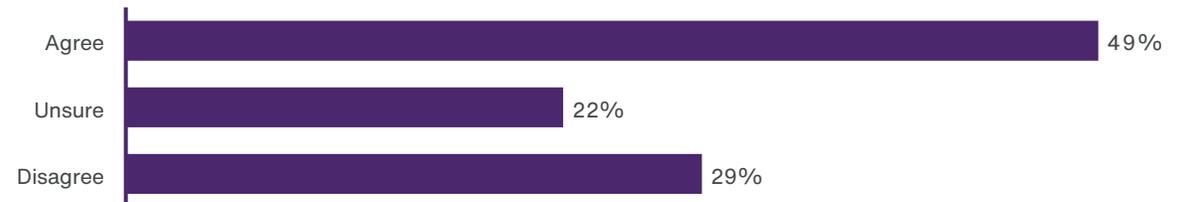


**Nearly half of workers feel overwhelmed by their responsibilities, with the concern disproportionately among younger workers.**

- Nearly half (49 per cent) of workers feel overwhelmed by their responsibilities or commitments; this group has the lowest mental health score (54.8), 22 points lower than workers not feeling overwhelmed by their responsibilities or commitments (76.9) and eight points lower than the national average (62.9)
- Workers under 40 are 60 per cent more likely than workers over 50 to feel overwhelmed by their responsibilities or commitments
- More than one-quarter (29 per cent) of workers do not feel overwhelmed by their responsibilities or commitments; this group has the highest mental health score (76.9), 14 points higher than the national average (62.9)



**I feel overwhelmed by my responsibilities or commitments**



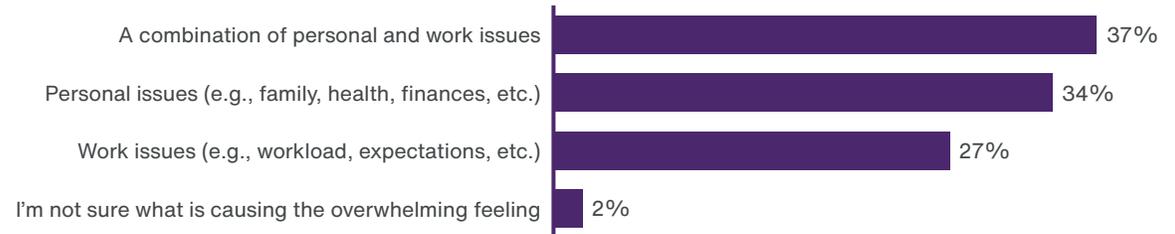
**MHI score by “I feel overwhelmed by my responsibilities or commitments”**



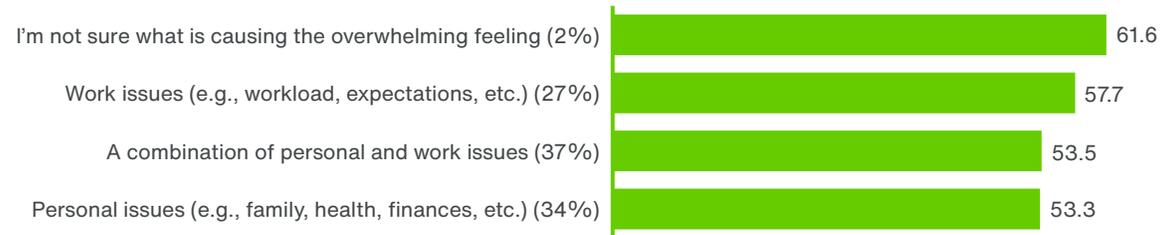
**More than one-third of workers say a combination of personal and work issues is their primary source of feeling overwhelmed.**

- Thirty-four per cent of workers report personal issues as their primary source of feeling overwhelmed; this group has the lowest mental health score (53.3), more than nine points lower than the national average (62.9)
- More than one-third (37 per cent) of workers report a combination of personal and work issues as the primary source of feeling overwhelmed, and 27 per cent report work issues as the primary source of feeling overwhelmed

**What is your primary source of feeling overwhelmed?**



**MHI score by “What is your primary source of feeling overwhelmed?”**



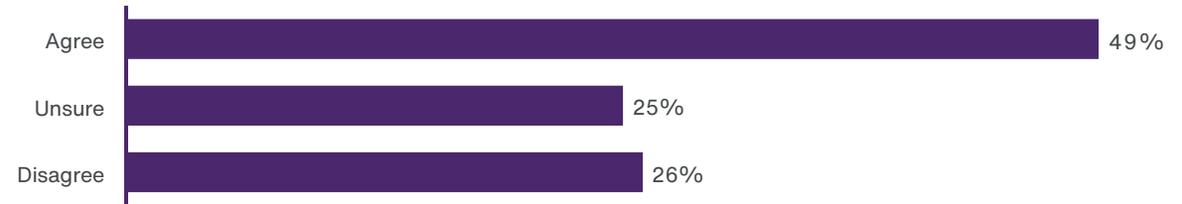
## Parenthood and work-life balance.

**Fewer than half of workers say their employer offers a family-friendly workplace.**

- Forty-nine per cent of workers say their employer offers a family-friendly workplace; this group has the highest mental health score (68.0), more than five points higher than the national average (62.9)
- One in four (26 per cent) say their workplace is not family-friendly; this group has the lowest mental health score (56.0), 12 points lower than workers who say their workplace is family-friendly (68.0) and nearly seven points lower than the national average (62.9)



### My employer offers a family-friendly workplace



### MHI score by “My employer offers a family-friendly workplace”



**Two-thirds of working parents feel supported by their managers.**

- Nearly two-thirds (65 per cent) of working parents feel supported by their manager; this group has the highest mental health score (68.5), nearly six points higher than the national average (62.9)
- One in six (14 per cent) working parents don't feel supported by their manager; this group has the lowest mental health score (50.4), 18 points lower than working parents who feel supported (68.5), and more than 12 points lower than the national average (62.9)
- Working parents over 50 are nearly two and a half times more likely than workers under 40 to feel unsupported by their manager



**My manager supports me as a working parent**



**MHI score by “My manager supports me as a working parent”**



**Two-thirds of working parents feel supported by their colleagues.**

- More than two-thirds (69 per cent) of working parents feel supported by their colleagues; this group has the highest mental health score (68.5), nearly six points higher than the national average (62.9)
- More than one in ten (13 per cent) working parents don't feel supported by their colleagues; this group has the lowest mental health score (51.8), 17 points lower than workers who feel supported (68.5) and 11 points lower than the national average (62.9)



**My colleagues generally support me as a working parent**



**MHI score by “My colleagues generally support me as a working parent”**

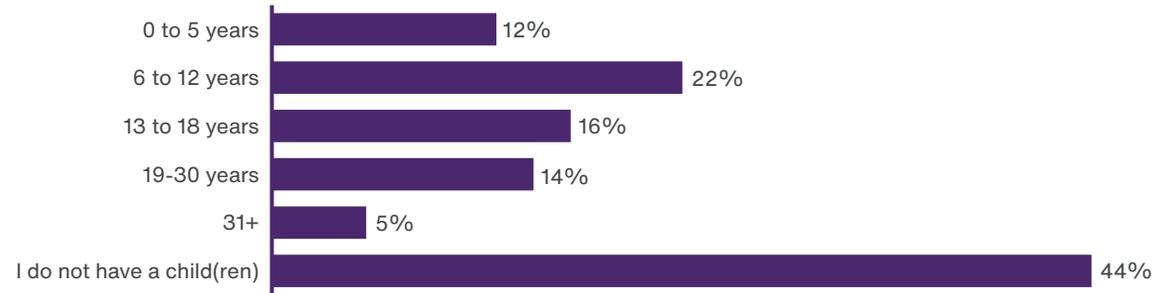


**Working parents with children under 6 have the lowest mental health scores.**

- Workers with children over the age of 19 have higher mental health scores, at least (67.3) five points higher than the national average (62.9) and at least three points higher than workers with children under the age of 12 (63.7)



**What age(s) are your child(ren)?**



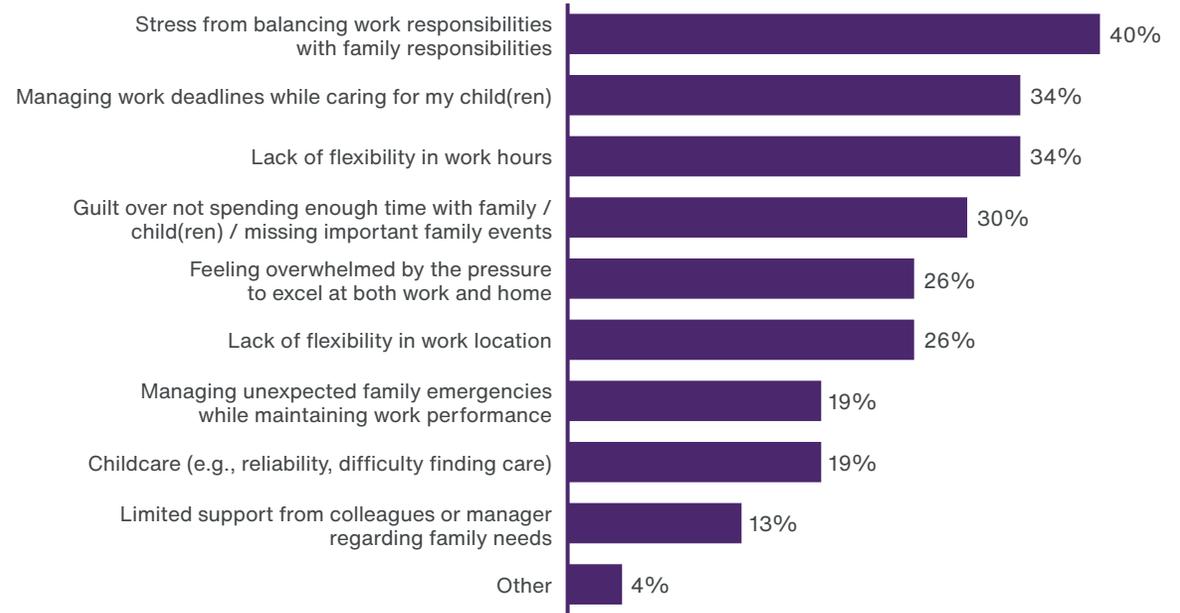
**MHI score by “What age(s) are your child(ren)?”**



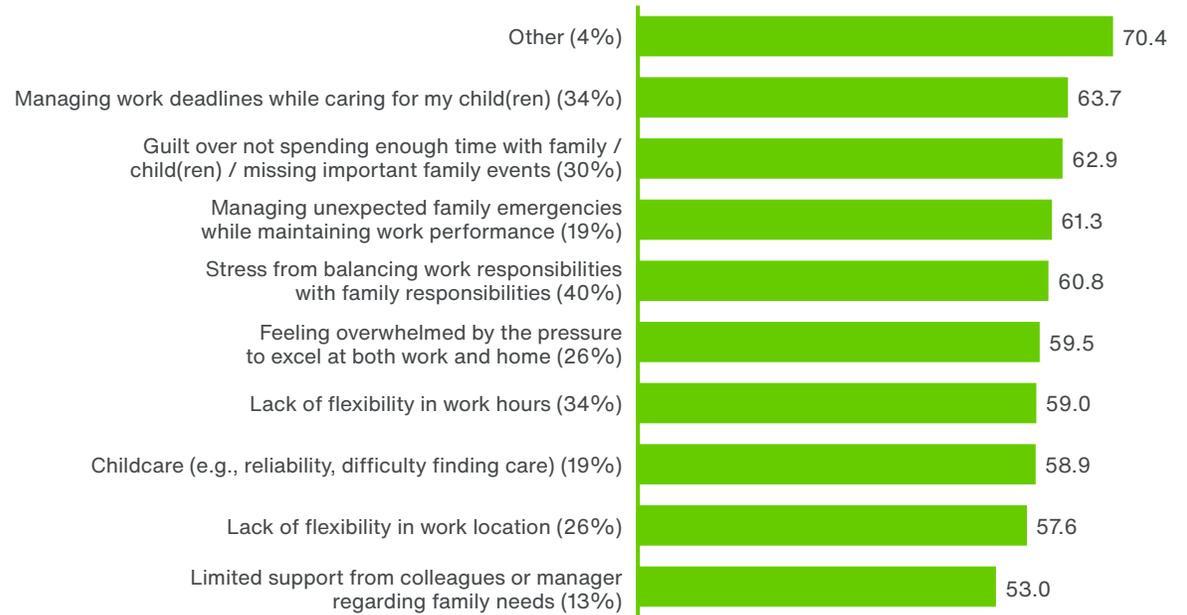
**Stress from balancing work and family, managing work deadlines while caring for their children, and a lack of flexibility in work hours are the top concerns for working parents.**

- Two in five (40 per cent) parents are feeling the stress of balancing work responsibilities with family responsibilities, 34 per cent are concerned about managing work deadlines while caring for their children, 34 per cent are concerned about the lack of flexibility in work hours, 30 per cent are feel guilt for not spending enough time with family/children or missing important family events, 26 per cent are feeling overwhelmed by the pressure to excel at both work and home, and 26 per cent are concerned about the lack of flexibility in work location
- Parents under 40 are twice as likely as parents over 50 to be concerned about the lack of flexibility in work location as well as working hours

**As a working parent, what are your concerns related to balancing work and family responsibilities?**



MHI score by “As a working parent, what are your concerns related to balancing work and family responsibilities?”

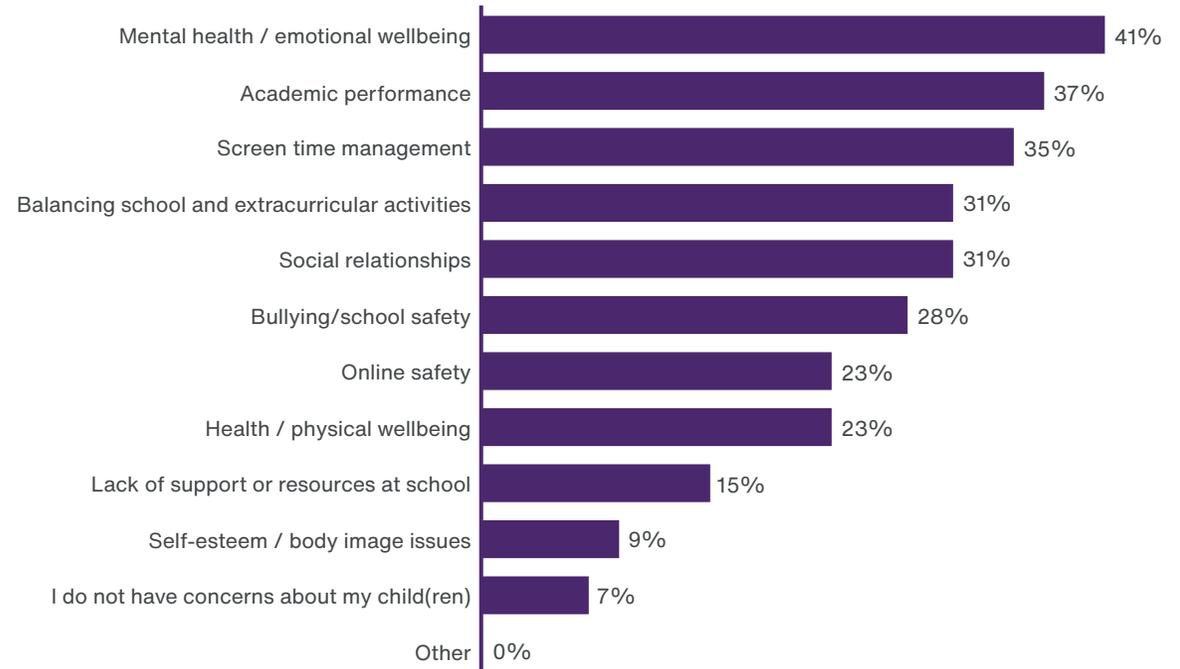


**Mental health/emotional wellbeing, academic performance, and screen time are the top concerns among parents with school-age children.**

- More than two in five (41 per cent) parents are concerned about their school-age children’s mental health/emotional wellbeing, 37 per cent are concerned about academic performance, 35 per cent are concerned about screen time, 31 per cent are concerned about balancing school and extracurricular activities, 31 per cent are concerned about their children’s social relationships, 28 per cent are concerned about bullying/school safety, 23 per cent are concerned about online safety



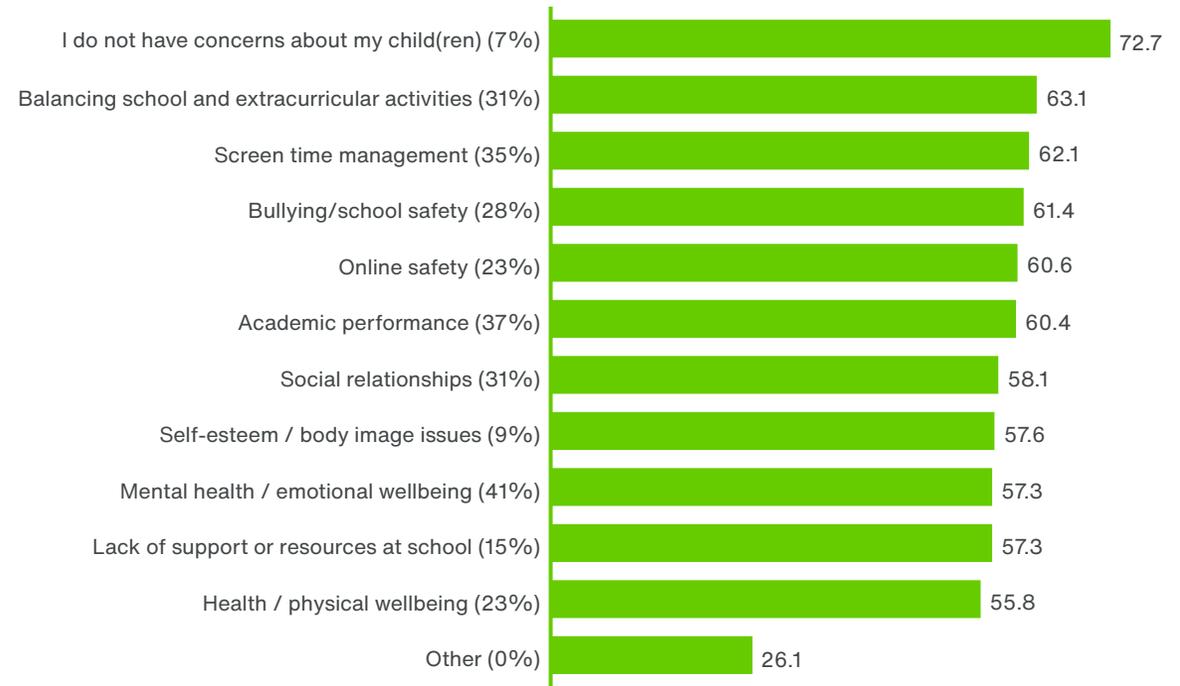
**Do you have any of the following concerns with respect to your school-age child(ren)?**



- Forty-one per cent of parents concerned about their school-age children’s mental health/emotional wellbeing have a mental health score (57.3) nearly six points lower than the national average (62.9)
- Less than one in ten (7 per cent) of parents do not have concerns about their school-age children; this group has the highest mental health score (72.7), nearly 10 points higher than the national average (62.9)



**MHI score by “Do you have any of the following concerns with respect to your school-age child(ren)?”**

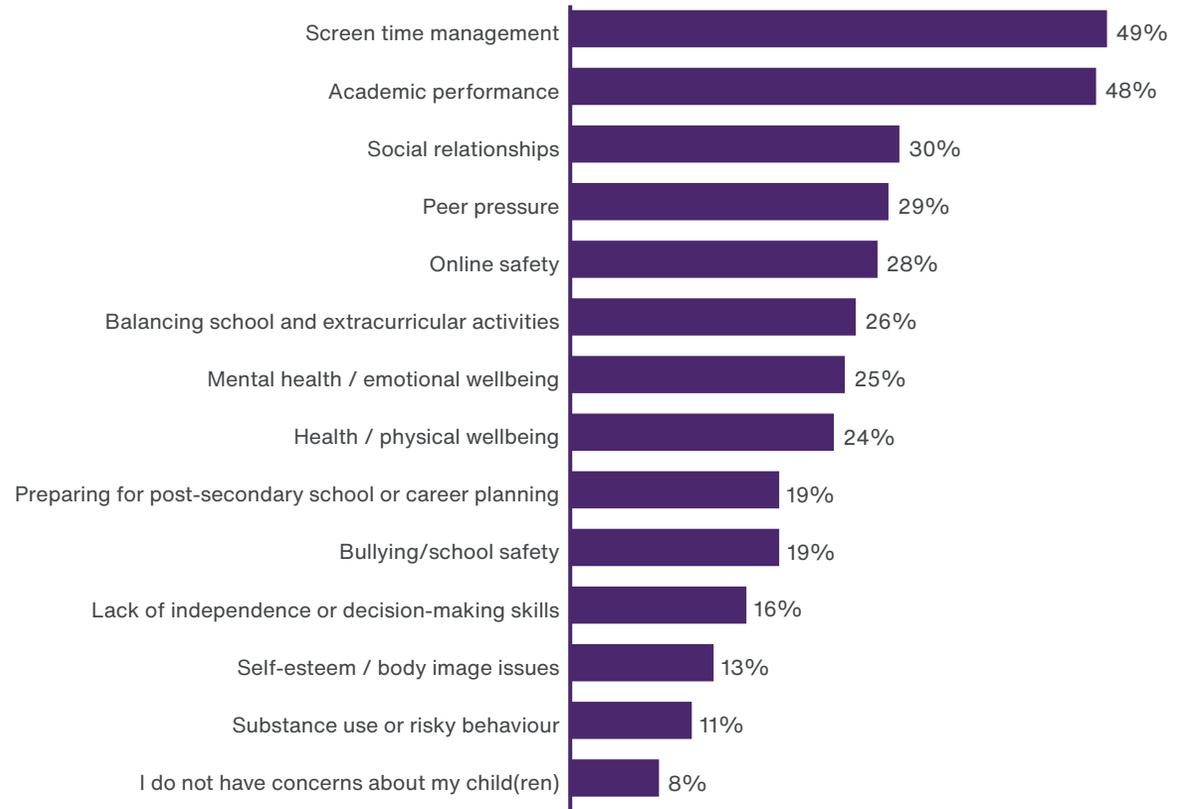


**Screen time management, academic performance, and social relationships are the top concerns among parents with teenagers.**

- Nearly half (49 per cent) of parents are concerned about their teen’s screen time, 48 per cent are concerned about academic performance, 30 per cent are concerned about their teen’s social relationships, 29 per cent are concerned about peer pressure, and 28 per cent are concerned about their teen’s online safety



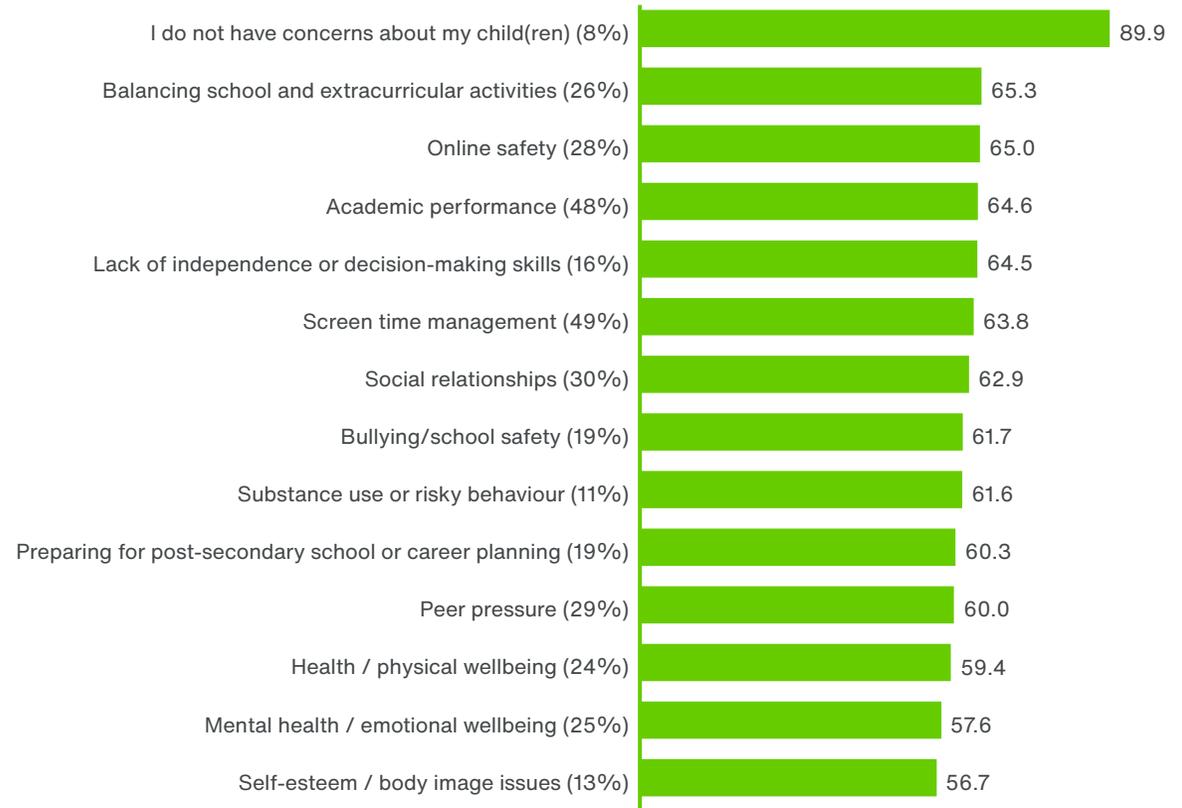
**Do you have any of the following concerns with respect to your teenage child(ren)?**



- Twenty-five per cent of parents concerned about their teen’s mental health/emotional wellbeing have a mental health score (57.6) more than five points lower than the national average (62.9)
- Fewer than one in ten (eight per cent) parents do not have concerns about their teens; this group has the highest mental health score (89.9), 27 points higher than the national average (62.9)



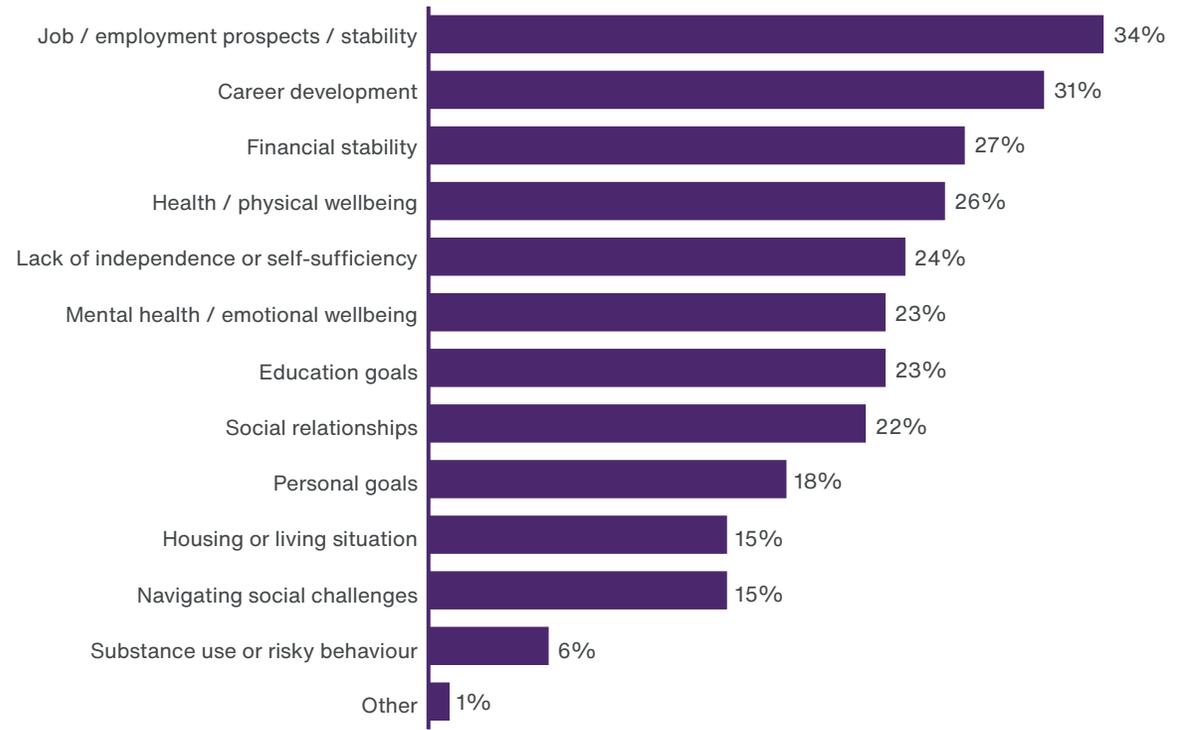
**MHI score by “Do you have any of the following concerns with respect to your teenage child(ren)?”**



**Job or employment prospects, career development, and financial stability are the top concerns among parents with young adult children.**

- More than one-third (34 per cent) of parents are concerned about the job/employment prospects/stability of their young adult children, 31 per cent are concerned about career development, 27 per cent are concerned about their young adult children's financial stability, 26 per cent are concerned about health/physical wellbeing, 24 per cent are concerned about lack of independence or self-sufficiency, 23 per cent are concerned about mental health/emotional wellbeing, 23 per cent are concerned about their young adult children's mental health/emotional wellbeing

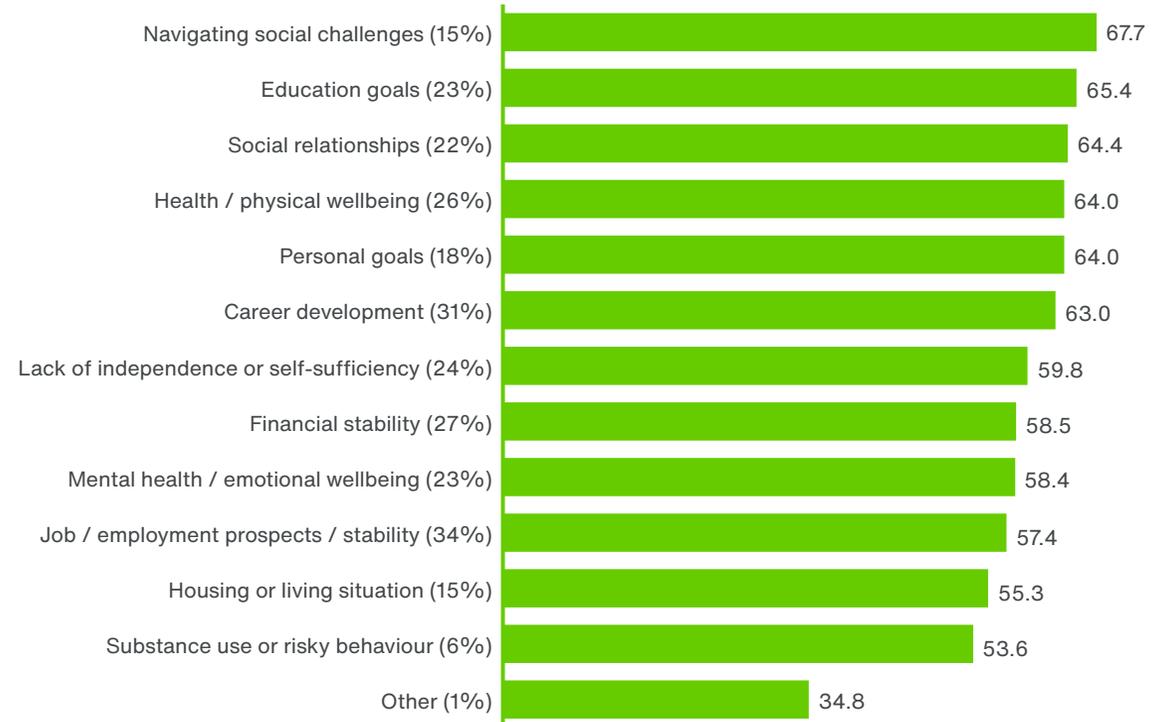
**Do you have any of the following concerns with respect to your young adult child(ren)?**



- Twenty-three per cent of parents concerned about their young adult children’s mental health/emotional wellbeing have a mental health score (58.4) more than four points lower than the national average (62.9)



MHI score by “Do you have any of the following concerns with respect to your young adult child(ren)?”

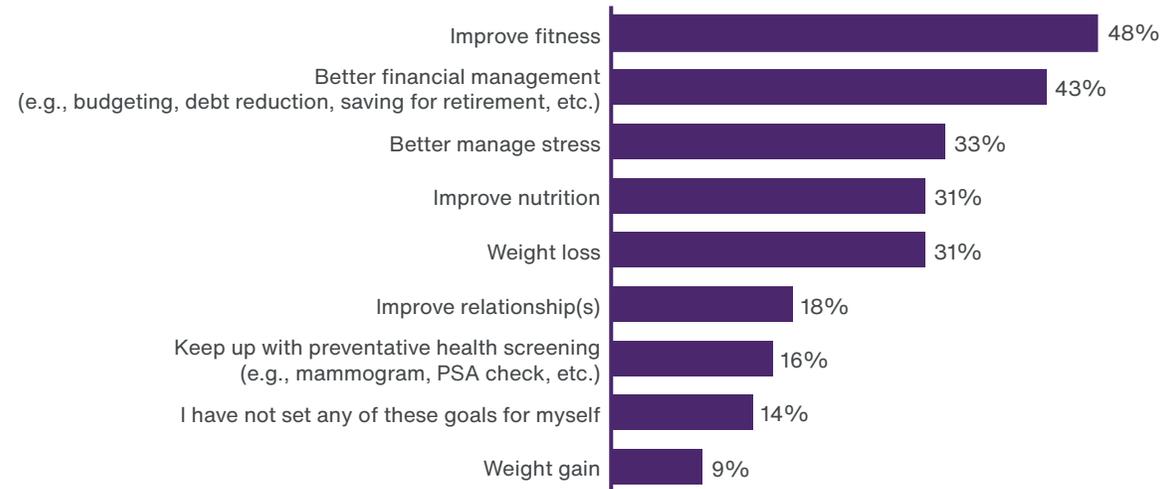


## Lifestyle goals

**Improving fitness, better financial management, and better stress management are the top goals workers set for themselves.**

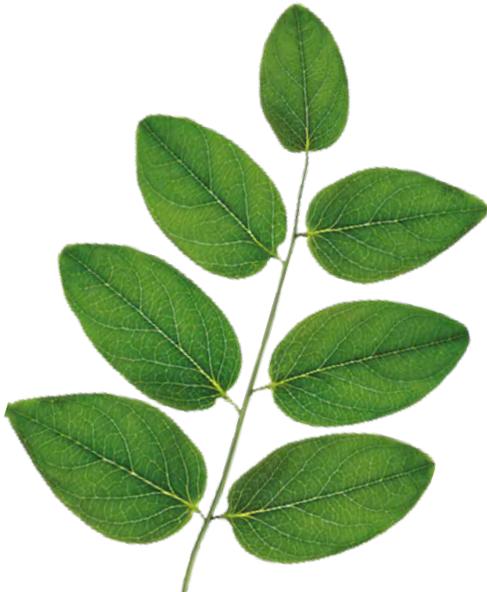
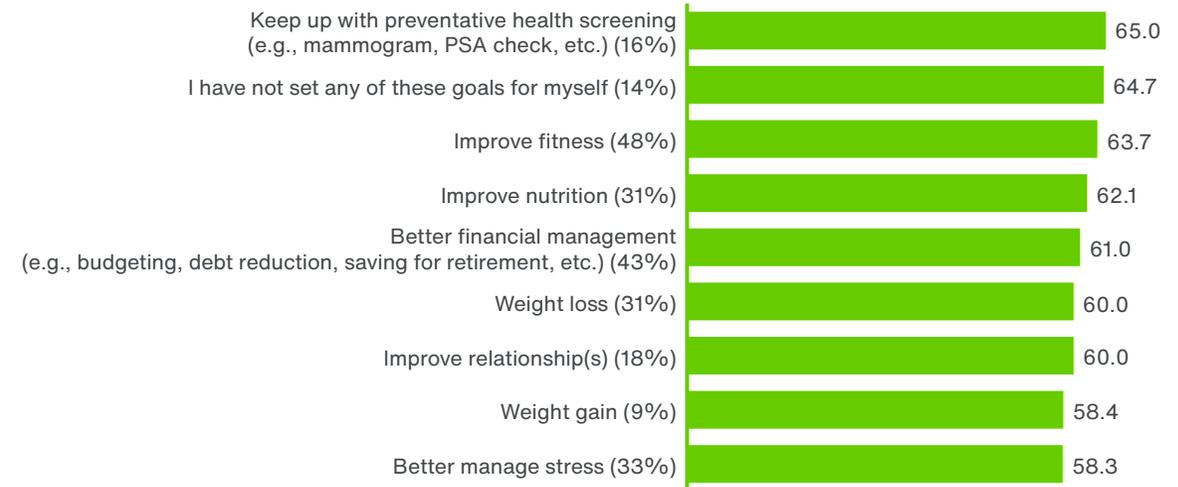
- Nearly half (48 per cent) of workers have set a goal to improve their fitness, 43 per cent have set a goal to improve financial management, 33 per cent have set a goal to better manage stress, 31 per cent have set a goal to improve their nutrition, and 31 per cent have set a goal for weight loss
- Workers under 40 are 70 per cent more likely than workers over 50 to have set a goal to better manage stress
- Workers over 50 are 70 per cent more likely than workers under 40 to have set a goal to keep up with preventative health screening

Have you set any of the following goals?



- The lowest mental health score (58.3) is among 33 per cent of workers who have set a goal to better manage stress, more than six points lower than workers who have not set any goals (64.7) and nearly five points lower than the national average (62.9)
- One in seven (14 per cent) have not set any goals; this group has the highest mental health score (64.7), nearly two points higher than the national average (62.9)

#### MHI score by “Have you set any of the following goals?”

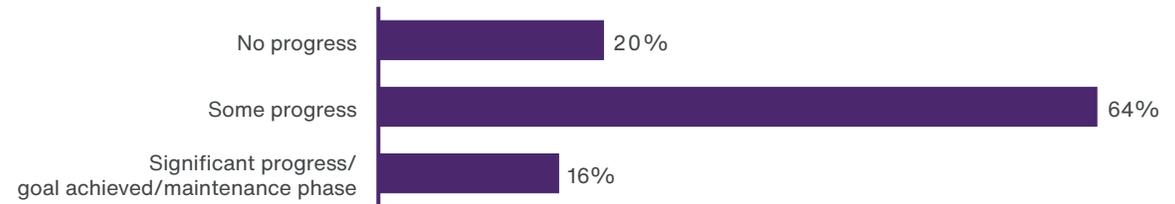


# Fitness

**Among workers who set a goal to improve their fitness, one in five has not made any progress.**

- One in five (20 per cent) has not made any progress towards improving their fitness; this group has the lowest mental health score (55.2), more than 13 points lower than workers who have made significant progress (68.5) and nearly eight points lower than the national average (62.9)
- Sixteen per cent have made significant progress towards improving their fitness; this group has the highest mental health score (68.5), nearly six points higher than the national average (62.9)
- Managers are more than twice as likely as non-managers to have made significant progress towards improving their fitness
- Men are 60 per cent more likely than women to have made significant progress towards improving their fitness

## What is your progress towards improving your fitness?



## MHI score by “What is your progress towards improving your fitness?”



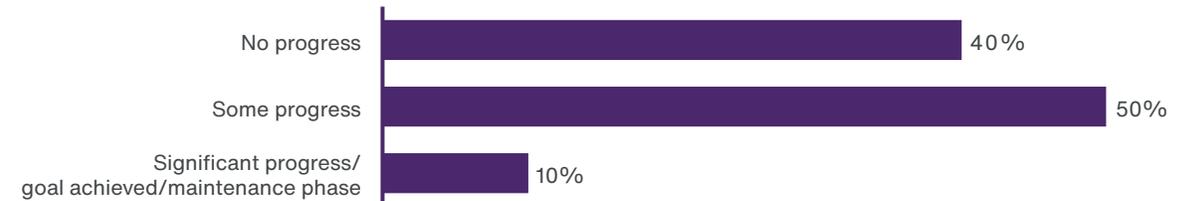
# Weight loss

Among workers who set a weight loss goal, two in five have not made any progress.

- Two in five (40 per cent) have not made any progress towards their weight loss goal; this group has the lowest mental health score (54.5), nearly eight points lower than workers who have made significant progress (62.4) and more than eight points lower than the national average (62.9)
- Half have made some progress towards their weight loss goal; this group has the highest mental health score (64.0), one point higher than the national average (62.9)
- Workers under 40 are two and a half times more likely than workers over 50 to have made significant progress towards their weight loss goal
- Men are 50 per cent more likely than women to have significant progress towards their weight loss goal



## What is your progress towards reaching your weight loss goal?



## MHI score by “What is your progress towards reaching your weight loss goal?”

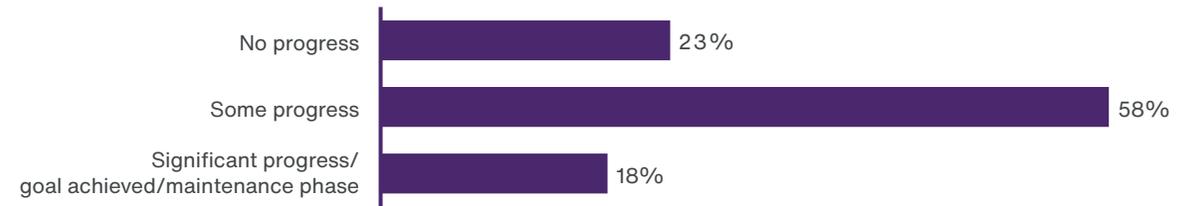


# Financial management

**Among workers who set a goal to improve their financial management, nearly one-quarter have not made any progress.**

- Nearly one-quarter (23 per cent) have not made any progress towards improving financial management; this group has the lowest mental health score (45.9), more than 26 points lower than workers who have made significant progress (72.0) and 17 points lower than the national average (62.9)
- Eighteen per cent have made significant progress towards improving financial management; this group has the highest mental health score (72.0), more than nine points higher than the national average (62.9)
- Managers are more than twice as likely as non-managers to have made significant progress towards improving financial management

What is your progress towards improving financial management?



MHI score by “What is your progress towards improving financial management?”



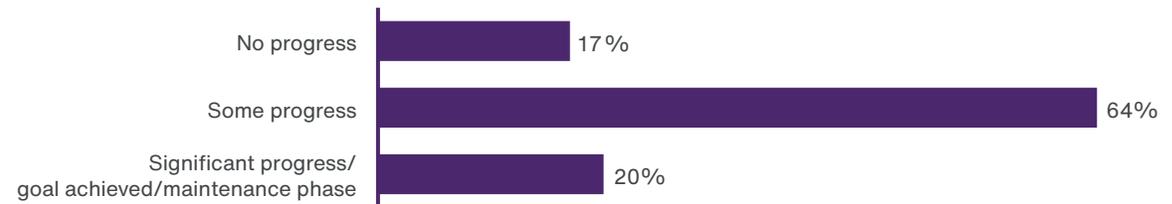
# Nutrition

Among workers who set a goal to improve their nutrition, one in six has not made any progress.

- One in six (17 per cent) has not made any progress towards improving their nutrition; this group has the lowest mental health score (52.8), 16 points lower than workers who have made significant progress (68.7) and 10 points lower than the national average (62.9)
- Twenty per cent have made significant progress towards improving their nutrition; this group has the highest mental health score (68.7), more than five points higher than the national average (62.9)



## What is your progress towards improving your nutrition?



## MHI score by “What is your progress towards improving your nutrition?”



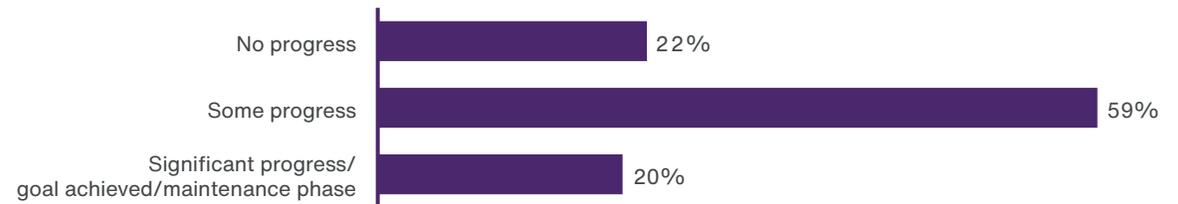
# Stress management

Among workers who set a goal to improve stress management, more than one in five have not made any progress.

- More than one in five (22 per cent) have not made any progress towards improving stress management; this group has the lowest mental health score (45.2), more than 20 points lower than workers who have made significant progress (65.8) and more than two points lower than the national average (62.9)
- Twenty per cent have made significant progress towards improving stress management; this group has the highest mental health score (65.8), more than two points higher than the national average (62.9)
- Managers are more than three times as likely as non-managers to have made significant progress towards improving stress management
- Workers under 40 are 50 per cent more likely than workers over 50 to have made significant progress towards improving stress management



## What is your progress towards improving stress management?



## MHI score by “What is your progress towards improving stress management?”



# Relationships

**Among workers who set a goal of improving their relationships, one-quarter have not made any progress.**

- Nearly one-quarter (24 per cent) have not made any progress towards improving their relationships; this group has the lowest mental health score (47.4), more than 22 points lower than workers who have made significant progress (69.6) and more than 15 points lower than the national average (62.9)
- Twenty-seven per cent have made significant progress towards improving their relationships; this group has the highest mental health score (69.6), more than six points higher than the national average (62.9)
- Managers are more than four times as likely as non-managers to have made significant progress towards improving their relationships

## What is your progress towards improving relationships?



## MHI score by “What is your progress towards improving relationships?”



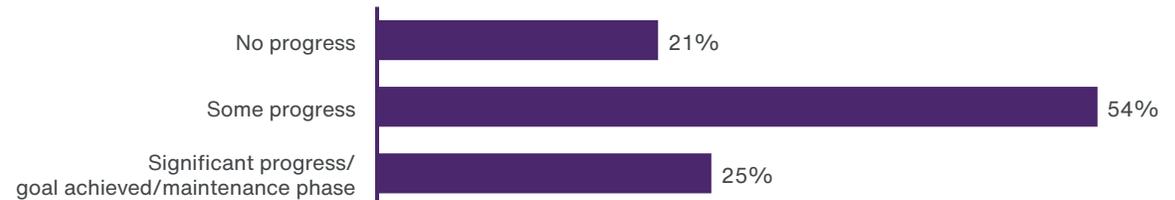
## Preventative health screening.

**Among workers who set a goal to keep up with preventative health screening, one in five has not made any progress.**

- One-quarter (25 per cent) have made significant progress towards keeping up with preventative health screening; this group has the highest mental health score (77.2), more than 14 points higher than the national average (62.9)
- Workers over 50 are 40 per cent more likely than workers under 40 to have made significant progress towards keeping up with preventative health screening
- Twenty-one per cent have not made any progress towards keeping up with preventative health screening; this group has the lowest mental health score (51.2), 26 points lower than workers who have made significant progress (77.2) and nearly 12 points lower than the national average (62.9)
- Non-parents are 80 per cent more likely than parents to have not made progress towards keeping up with preventative health screening



### What is your progress towards keeping up with preventative health screening



### MHI score by “What is your progress towards keeping up with preventative health screening”



# Weight gain

**Among workers who set a goal to gain weight, one-quarter have not made any progress.**

- One in four (25 per cent) workers have not made any progress towards their weight gain goal; this group has a mental health score (56.5) three points lower than workers who have made significant progress (59.8) and more than six points lower than the national average (62.9)
- Twenty-seven per cent have made significant progress towards their weight gain goal; this group has the highest mental health score (59.8), modestly lower than the national average (62.9)



## What is your progress towards reaching your weight goal?



## MHI score by “What is your progress towards reaching your weight goal?”



# Overview of the TELUS Mental Health Index.

The mental health and wellbeing of a population are essential to overall health and work productivity. The Mental Health Index measures the current mental health status of employed adults. The increases and decreases in the MHI are intended to predict cost and productivity risks and inform the need for investment in mental health support by business and government.

## The Mental Health Index report has two parts:

1. The overall Mental Health Index (MHI).
2. A spotlight section that reflects the specific impact of current issues in the community.

## Methodology

Data for this report is collected through an online survey of 1,000 people who live in Singapore and are currently employed or who were employed within the previous six months. Participants are selected to represent the age, gender, industry, and geographic distribution in Singapore. Respondents are asked to consider the last two weeks when answering each question. Data for the current report was collected between March 14 and March 26, 2025.

## Calculations

A scoring system, which assigns point values to individual responses, is used to create the Mental Health Index. Higher point values are associated with better mental health and less mental health risk. The sum of scores is divided by the total number of possible points to generate a score out of 100. The raw score is the mathematical mean of the individual scores. The distribution of scores is defined according to the following scale:

**Distressed** 0 - 49    **Strained** 50-79    **Optimal** 80 - 100

## Additional data and analyses.

Demographic breakdowns of sub-scores and specific cross-correlational and custom analyses are available upon request. Benchmarking against the national results or any subgroup is available upon request.

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