



# TELUS Mental Health Index.

Republic of Korea | March 2025

**EZN** wellness  
a TELUS Health company

 **TELUS**® Health

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# What you need to know for March 2025.

Nearly half of workers are feeling depressed, more than two in five feel isolated and anxious, more than one-third do not have emergency savings to cover basic needs, and one in three say their mental health is adversely impacting work productivity.

- At 56.1, the mental health of workers has improved over January; however, the score continues to reflect significant mental health strain in the population
- 47 per cent of workers have a high mental health risk, 43 per cent have a moderate mental health risk, and 10 per cent have a low mental health risk
- 47 per cent feel depressed
- 44 per cent feel isolated
- 43 per cent feel anxious
- 35 per cent do not have emergency savings for basic needs
- 30 per cent say their mental health is adversely impacting work productivity
- 22 per cent are not feeling optimistic about their future
- All mental health sub-scores, apart from optimism, have improved from January 2025
- Mental health scores have improved in all regions compared to January 2025. Scores are highest in the Capital and Yeongnam regions. The Central region has the lowest mental health score
- The mental health score of managers continues to be higher than the score of non-managers
- Labourers have a lower mental health score than service industry and office workers



Financial concerns are the overwhelming source of personal stress; personal expectations or goals drive stress for more than one in four workers.

- 46 per cent of workers say financial concern is a source of personal stress
- 27 per cent of workers say personal expectations or goals are a source of personal stress
- 25 per cent of workers say health/medical concerns are a source of personal stress
- 24 per cent of workers say self-esteem or personal insecurity is a source of personal stress
- 15 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 six per cent of workers citing social isolation as a source of stress is more than 37 points lower than workers reporting no personal stress and more than 18 points lower than the national average
- 39 per cent of workers say personal issues are their primary reason for feeling overwhelmed; the mental health score of this group is 11 points lower than the national average



Nearly two in five workers feel overwhelmed by their responsibilities, with disproportionate concern among younger workers and women.

- 38 per cent of workers feel overwhelmed by their responsibilities or commitments; the mental health score of this group is nearly 19 points lower than that of workers not feeling overwhelmed, and more than eight points lower than the national average
- 42 per cent of workers say a lack of work-life balance is a source of work stress
- 24 per cent of workers say a high workload is a source of work stress
- 21 per cent of workers say unclear expectations are a source of work stress
- 18 per cent of workers say job insecurity is a source of work stress
- 16 per cent of workers say a lack of flexibility in their schedule is a source of work stress
- 15 per cent of workers say insufficient resources or support is a source of work stress
- 14 per cent of workers say poor communication is a source of work stress
- The mental health score of 18 per cent of workers citing job insecurity as a source of stress is nearly 19 points lower than workers reporting no work stress and more than six points lower than the national average
- Younger workers (under 40) are more likely to say that a high workload and poor communication are sources of stress



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

- 31 per cent of parents with school-age kids, 29 per cent of parents with teens, and 18 per cent of parents with young adult children are concerned about their children's mental health
- 42 per cent of parents with school-age kids and 39 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 six points lower than the national average
- Parents with young adult children are most concerned about their children's job/employment prospects and stability
- 38 per cent of working parents are experiencing stress from balancing work and family responsibilities
- 33 per cent of working parents are feeling guilty over 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
- Fewer than half of working parents feel supported by their manager and colleagues

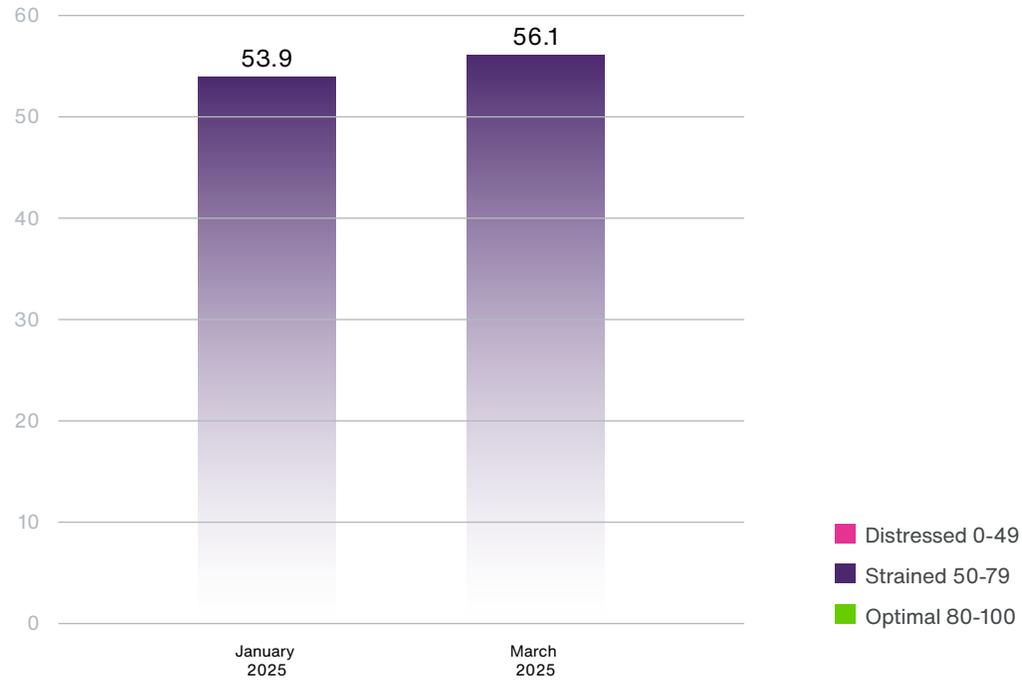
Improving fitness, weight loss, and better financial management are the top lifestyle goals workers have set for themselves.

- 41 per cent of workers want to improve their fitness; however, 21 per cent of those have not made any progress towards their goal
- 38 per cent of workers want to lose weight; however, 31 per cent of those have not made any progress towards their goal
- 35 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
- 22 per cent of workers want to improve their nutrition; however, 13 per cent of those have not made any progress towards their goal
- 10 per cent of workers want to improve their relationships; however, 27 per cent of those have not made any progress towards their goal

# The Mental Health Index.

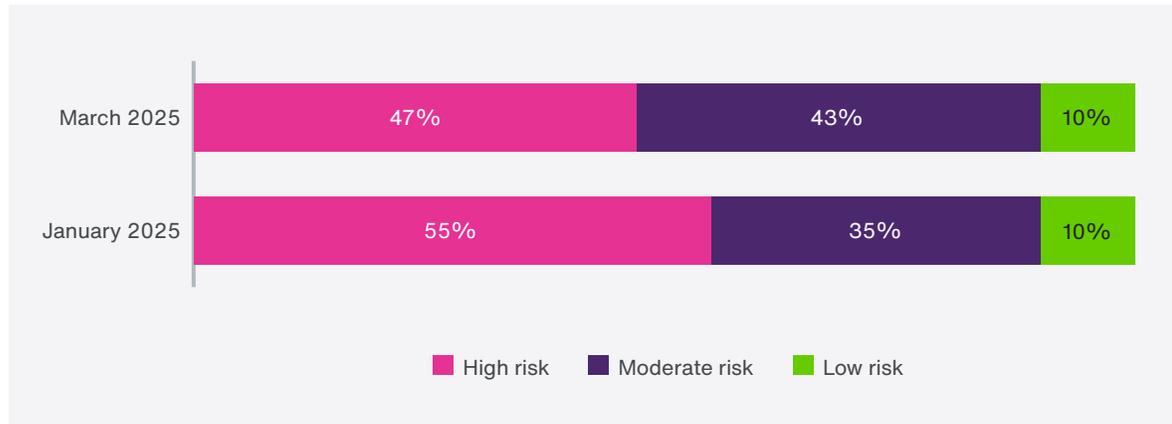
The overall Mental Health Index (MHI) for March 2025 is 56.1. The mental health of workers in the Republic of Korea has improved by 2.2 points from January 2025; however, March's score continues to reflect significant mental health strain in the working population.

MHI Current Month March 2025	January 2025
56.1	53.9



## Mental health risk.

In March 2025, 47 per cent of workers have a high mental health risk, 43 per cent have a moderate mental health risk, and 10 per cent have a low mental health risk. The proportion of workers in the high-risk group has declined by five per cent since January 2025. Approximately 30 per cent of workers in the high-risk group report diagnosed anxiety or depression, seven per cent report diagnosed anxiety or depression in the moderate-risk group, and one per cent of workers in the low-risk group report diagnosed anxiety or depression.



## Mental Health Index sub-scores.

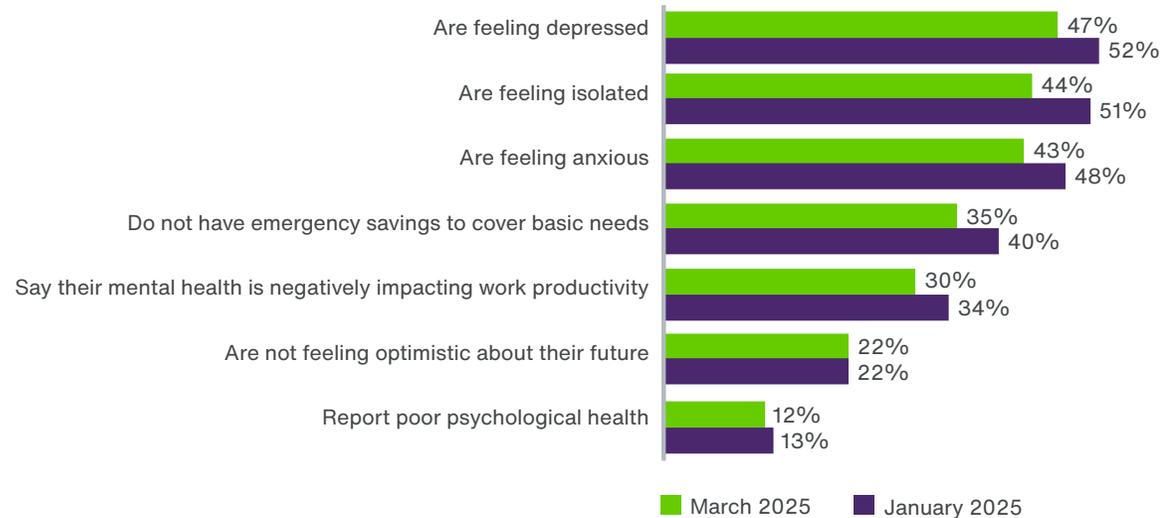
The lowest Mental Health Index sub-score is depression (47.6). Isolation (49.4), anxiety (50.6), optimism (58.4), work productivity (60.4), and financial risk (63.9) follow. General psychological health (68.6) remains the most favourable mental health measure in March 2025.

- All mental health sub-scores, apart from optimism, have improved compared to January 2025
- Depression and isolation continue to be the lowest mental health sub-scores in March 2025

Nearly half (47 per cent) of workers feel depressed, 44 per cent feel isolated, 43 per cent feel anxious, 35 per cent do not have emergency savings for basic needs, 30 per cent say their mental health is negatively impacting work productivity, 22 per cent do not feel optimistic about their future, and 12 per cent of workers generally cite poor psychological health.

Mental Health Index Sub-scores	March 2025	January 2025
Depression	47.6	44.4
Isolation	49.4	45.6
Anxiety	50.6	47.1
Optimism	58.4	59.6
Work productivity	60.4	57.0
Financial risk	63.9	60.2
Psychological health	68.6	67.9

### Percentage at risk by MHI sub-score



## Mental health by gender and age.

- Women have significantly lower mental health scores than men. In March 2025, the mental health score of women is 52.7 compared to 59.3 for men
- Mental health scores improve with age

## Mental health by employment status.

- Overall, three per cent of respondents are unemployed<sup>1</sup> and six per cent report reduced hours or reduced salary
- Workers reporting fewer hours than the previous month have the lowest mental health score (46.3), followed by workers reporting reduced salary than the last month (50.2), respondents not currently employed (54.9), and workers with no change to salary or hours (56.6)
- Labourers have a lower mental health score (54.7) than service industry (56.1) and office workers (56.3)
- Managers have a higher mental health score (57.9) than non-managers (54.3)
- Respondents working for companies with 5,001-10,000 employees have the highest mental health score (65.7)
- Self-employed/sole proprietors have the lowest mental health score (51.7)



## Emergency savings

- Workers without emergency savings continue to experience a lower mental health score (43.2) than the overall group (56.1). Workers with emergency savings have a mental health score of 66.2.

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

# The Mental Health Index by region.

Mental health scores in all regions remain significantly strained. The mental health scores in the Capital (56.4) and Yeongnam (56.2) regions are the highest, whereas scores in the Honam (55.6) and Central (53.1) regions are the lowest.

- In March 2025, mental health scores have improved in all regions compared to January 2025
- With a 6.5-point increase, the mental health score in the Honam region has seen the most significant improvement from January 2025



Region	March 2025	January 2025	Change
Capital Region	56.4	54.6	0.6
Yeongnam Region	56.2	55.0	-2.1
Honam Region	55.6	49.1	-1.6
Central Region	53.1	50.6	-0.7

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

Employment status	March 2025	Jan. 2025
Employed (no change in hours/salary)	56.6	54.4
Employed (fewer hours compared to last month)	46.3	48.0
Employed (reduced salary compared to last month)	50.2	50.4
Not currently employed	54.9	48.0

Age group	March 2025	Jan. 2025
Age 20-29	50.7	52.3
Age 30-39	54.7	51.8
Age 40-49	54.9	53.1
Age 50-59	60.5	58.7
Age 60-69	67.4	65.8

Number of children	March 2025	Jan. 2025
No children in household	55.7	53.3
1 child	56.1	54.8
2 children	57.4	54.7
3 children or more	56.3	51.9

Gender	March 2025	Jan. 2025
Men	59.3	56.0
Women	52.7	51.5

Household income/annum	March 2025	Jan. 2025
< 20,000 won	48.4	44.0
20,000 to <40,000 won	52.3	50.0
40,000 to <60,000 won	54.9	51.6
60,000 to <100,000 won	57.8	55.7
100,000 won and over	63.6	63.5

Employer size	March 2025	Jan. 2025
Self-employed/sole proprietor	51.7	49.1
2-50 employees	52.7	52.8
51-100 employees	56.3	53.1
101-500 employees	58.8	54.7
501-1,000 employees	58.5	54.7
1,001-5,000 employees	63.7	59.1
5,001-10,000 employees	65.7	55.0
More than 10,000 employees	57.2	62.9

Manager	March 2025	Jan. 2025
Manager	57.9	54.8
Non-manager	54.3	53.2

Work environment	March 2025	Jan. 2025
Labour	54.7	52.3
Office/desk	56.3	55.0
Service	56.1	51.3

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 Wholesale and Retail Trade; Repair of Motor Vehicles and Motorcycles have the lowest mental health score (50.3), followed by workers in Arts, Entertainment and Recreation (50.5), and Accommodation and Food Service Activities (50.9).

Workers in Transportation and Storage (61.5), and Public Administration and Defense; Compulsory Social Security (60.7), and Administrative and Support Service Activities (59.7) have the highest mental health scores this month.



Industry	March 2025	January 2025	Change
Information and Communication (excluding media and telecommunications)	58.0	49.8	8.2
Transportation and Storage	61.5	53.8	7.7
Administrative and Support Service Activities	59.7	52.9	6.8
Construction	59.0	54.5	4.5
Financial and Insurance Activities	56.3	52.0	4.2
Accommodation and Food Service Activities	50.9	47.1	3.8
Electricity, Gas, Steam and Air Conditioning Supply	56.2	52.5	3.8
Other Service Activities	51.0	48.1	2.9
Arts, Entertainment and Recreation	50.5	47.8	2.6
Manufacturing	57.3	54.9	2.4
Public Administration and Defense; Compulsory Social Security	60.7	58.5	2.3
Education	57.6	55.6	2.0
Professional, Scientific and Technical Activities	58.3	57.0	1.3
Technology	59.4	58.5	0.8
Media and Telecommunications	54.6	54.0	0.6
Real Estate Activities	56.3	57.5	-1.2
Wholesale and Retail Trade; Repair of Motor Vehicles and Motorcycles	50.3	52.3	-2.0
Human Health and Social Work Activities	54.7	56.7	-2.0

# Spotlight

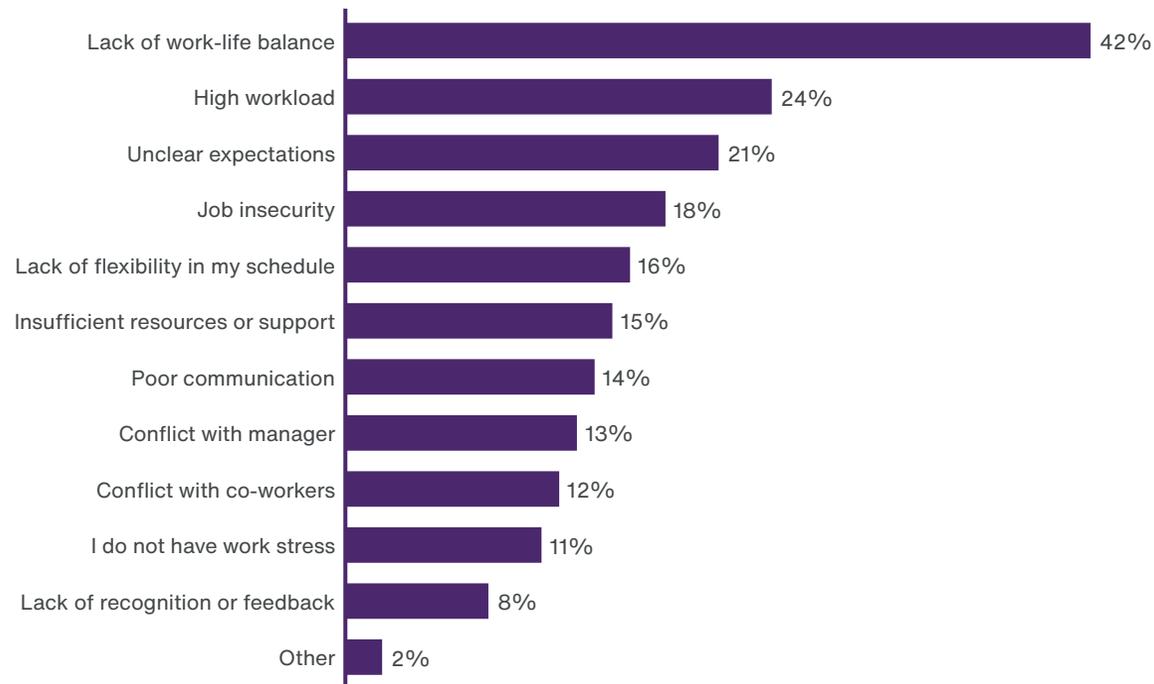
## Stressors

**Lack of work-life balance and workload are the most common sources of work stress**

- Lack of work-life balance, reported by 42 per cent of workers, is the leading source of work stress, followed by high workload (24 per cent), unclear expectations (21 per cent), job insecurity (18 per cent), lack of flexibility in schedule (16 per cent), and insufficient resources or support (15 per cent)
- Workers under 40 are nearly twice as likely as workers over 50 to identify a high workload as a source of work stress
- Workers under 40 are more than twice as likely as workers over 50 to report poor communication as a source of work stress
- Workers over 50 are nearly twice as likely as workers under 40 to report no work stress

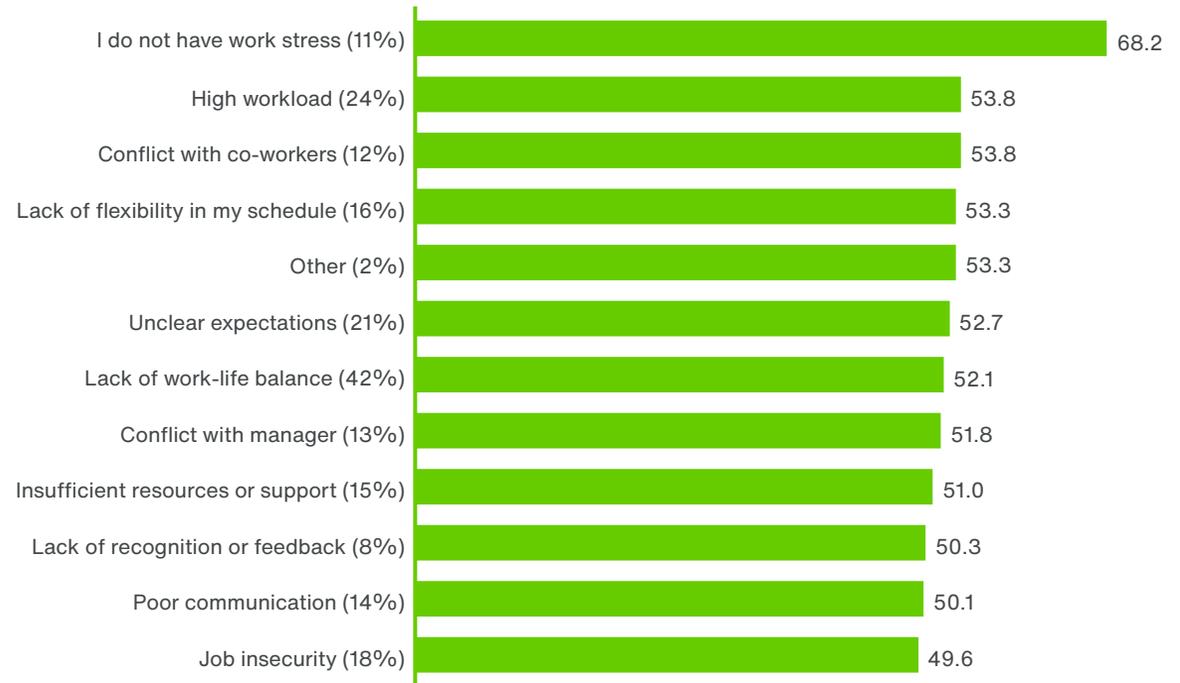


**What are your sources of work stress?**



- The lowest mental health score (49.6) is among 18 per cent of workers citing job insecurity as a source of work stress, nearly 19 points lower than workers reporting no work stress (68.2) and more than six points lower than the national average (56.1)
- Eleven per cent of workers report no work stress; this group has the highest mental health score (68.2), more than 12 points higher than the national average (56.1)
- Managers are 40 per cent more likely than non-managers to identify lack of recognition or feedback as a source of work stress
- Non-parents are 60 per cent more likely than parents to report no work stress

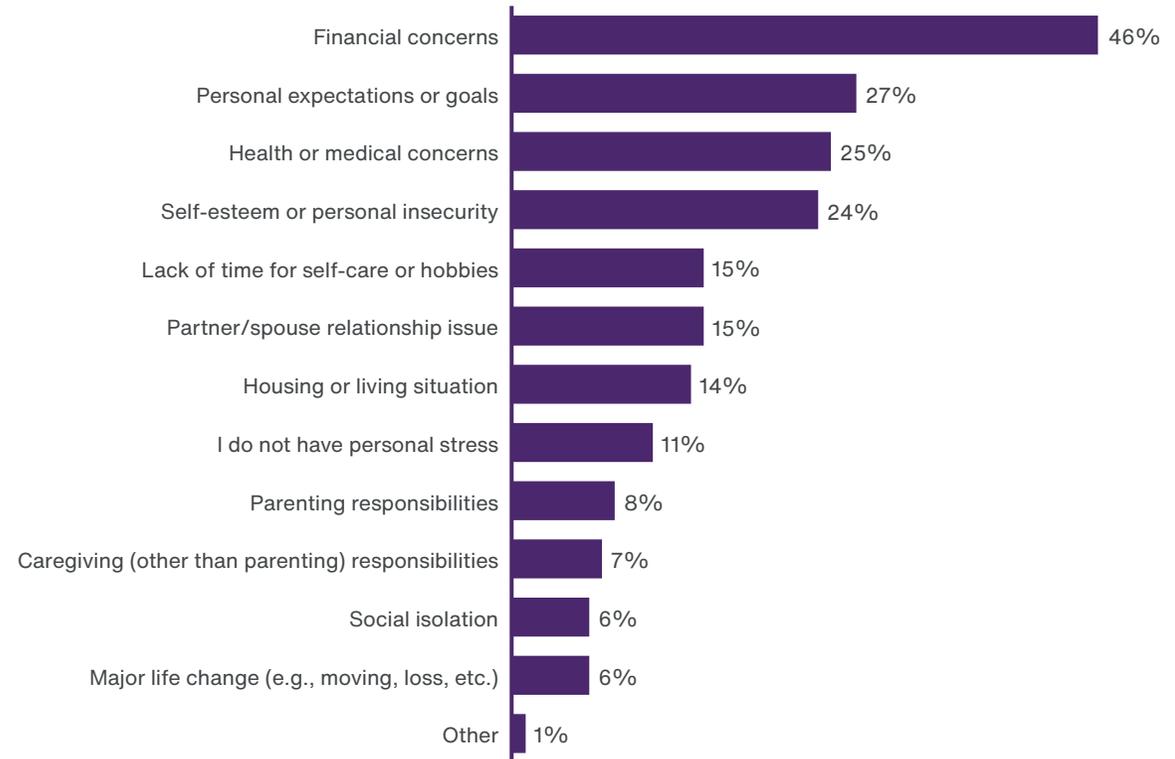
#### MHI score by “What are your sources of work stress?”



**Financial concerns and personal expectations or goals are the most common sources of personal stress.**

- Financial concern, reported by nearly half (46 per cent) of workers is the leading source of personal stress, followed by 27 per cent reporting personal expectations or goals, 25 per cent reporting health or medical concerns, 24 per cent reporting self-esteem or personal insecurity, and 15 per cent reporting a lack of time for self-care or hobbies as a source of personal stress
- Workers with an annual household income less than 60,000 won are 70 per cent more likely than workers with a yearly household income greater than 60,000 won to say financial concerns are a source of personal stress
- Workers over 50 are 50 per cent more likely than workers under 40 to say health or medical concerns are a source of personal stress
- Workers under 40 are 50 per cent more likely than workers over 50 to report social isolation as a source of personal stress
- Workers over 50 are twice as likely as workers under 40 to report no personal stress

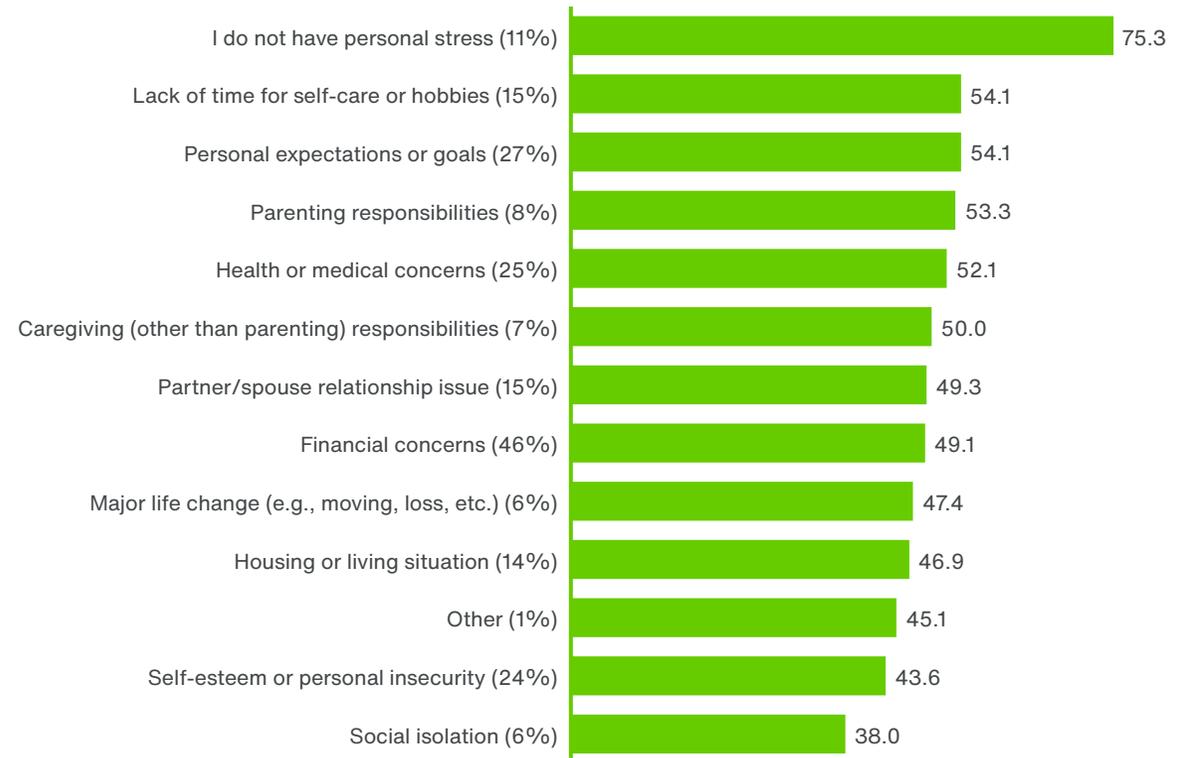
**What are your sources of personal stress?**



- The lowest mental health score (38.0) is among six per cent of workers citing social isolation as a source of personal stress, more than 37 points lower than workers reporting no personal stress (75.3) and more than 18 points lower than the national average (56.1)
- More than one in ten (11 per cent) report no personal stress; this group has the highest mental health score (75.3), more than 19 points higher than the national average (56.1)
- Men are 40 per cent more likely than women to report no personal stress
- Non-parents are 40 per cent more likely than parents to report no personal stress



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



**Nearly two in five workers feel overwhelmed by their responsibilities, with the concern disproportionately among younger workers and women.**

- Thirty-eight per cent of workers feel overwhelmed by their responsibilities or commitments; this group has the lowest mental health score (47.9), nearly 19 points lower than workers not feeling overwhelmed by their responsibilities or commitments (66.6) and more than eight points lower than the national average (56.1)
- Workers under 40 are 40 per cent more likely than workers over 50 to feel overwhelmed by their responsibilities or commitments
- Women are 40 per cent more likely than men to feel overwhelmed by their responsibilities or commitments
- Nearly two in five (37 per cent) workers do not feel overwhelmed by their responsibilities or commitments; this group has the highest mental health score (66.6), more than 10 points higher than the national average (56.1)



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



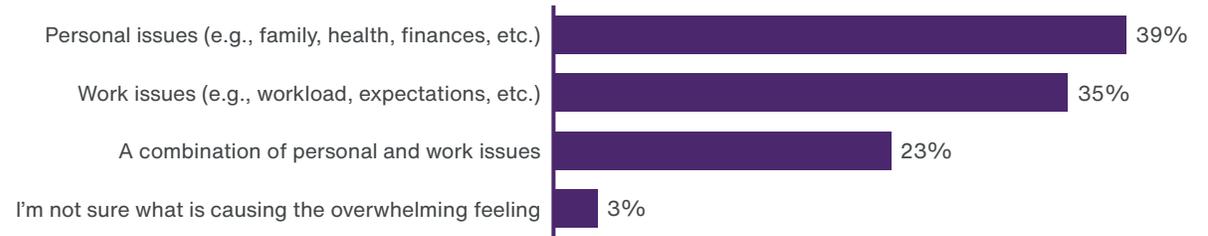
**MHI score by “I feel overwhelmed by my responsibilities or commitments”**



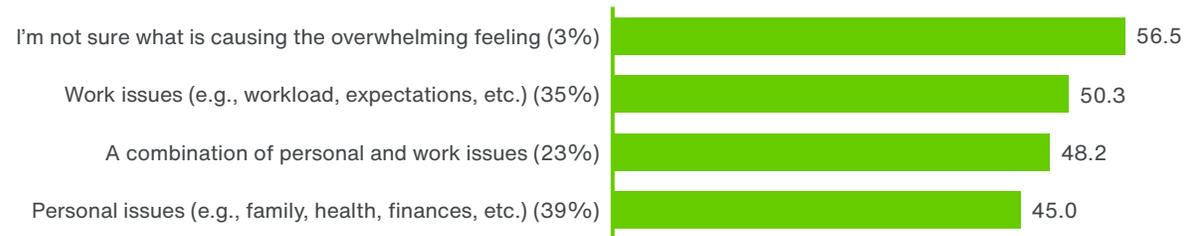
**Two in five workers say personal issues is their primary source of feeling overwhelmed.**

- Thirty-nine per cent of workers report personal issues as their primary source of feeling overwhelmed; this group has the lowest mental health score (45.0), 11 points lower than the national average (56.1)
- More than one-third (35 per cent) of workers report work issues as their primary source of feeling overwhelmed, and 23 per cent report a combination of personal and work issues as the primary source of feeling overwhelmed
- Managers are 60 per cent more likely than non-managers to report a combination of personal and 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.

The proportion of workers reporting a family-friendly workplace is nearly equal to the proportion reporting it is not.

- Thirty-five per cent of workers say their employer offers a family-friendly workplace; this group has the highest mental health score (62.2), more than six points higher than the national average (56.1)
- Thirty-four per cent say their workplace is not family-friendly; this group has the lowest mental health score (52.0), more than 10 points lower than workers who say their workplace is family-friendly (62.2) and more than four points lower than the national average (56.1)



### My employer offers a family-friendly workplace



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



**Working parents are almost equally split between those who feel supported by their managers and those who do not.**

- Nearly two in five (38 per cent) working parents feel supported by their managers; this group has the highest mental health score (63.5), more than seven points higher than the national average (56.1)
- More than one-third (34 per cent) of working parents don't feel supported by their manager; this group has the lowest mental health score (52.6), 11 points lower than working parents who feel supported (63.5), and more than three points lower than the national average (56.1)



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



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

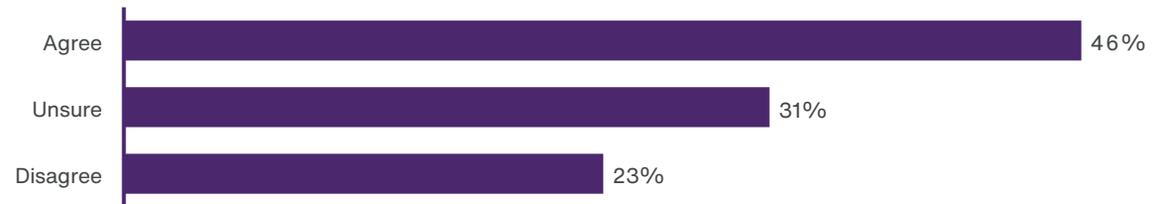


**Fewer than half of working parents feel supported by their colleagues.**

- Nearly half (46 per cent) of working parents feel supported by their colleagues; this group has the highest mental health score (61.6), more than five points higher than the national average (56.1)
- Fewer than one-quarter (23 per cent) of working parents feel supported by their colleagues; this group has a mental health score (53.7) eight points lower than workers who feel supported (61.6) and more than two points lower than the national average (56.1)



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



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

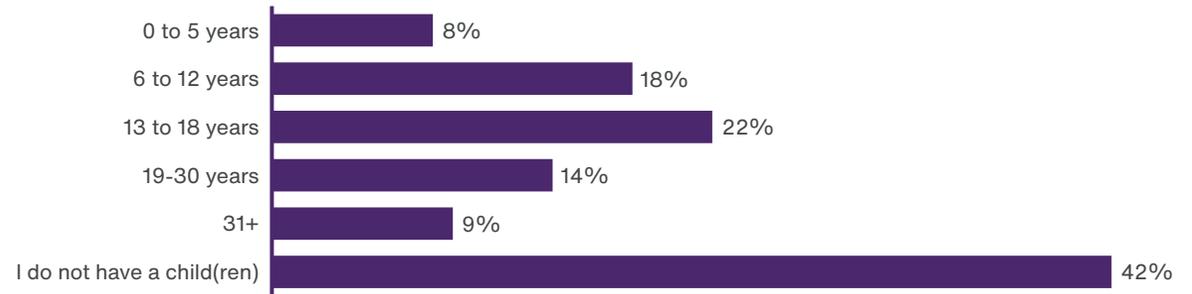


**Working parents with children under 18 have the lowest mental health scores.**

- Workers with children over the age of 19 have the highest mental health scores, at least four and a half points higher than the national average (56.1) and at least four points higher than workers with children under the age of 18



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



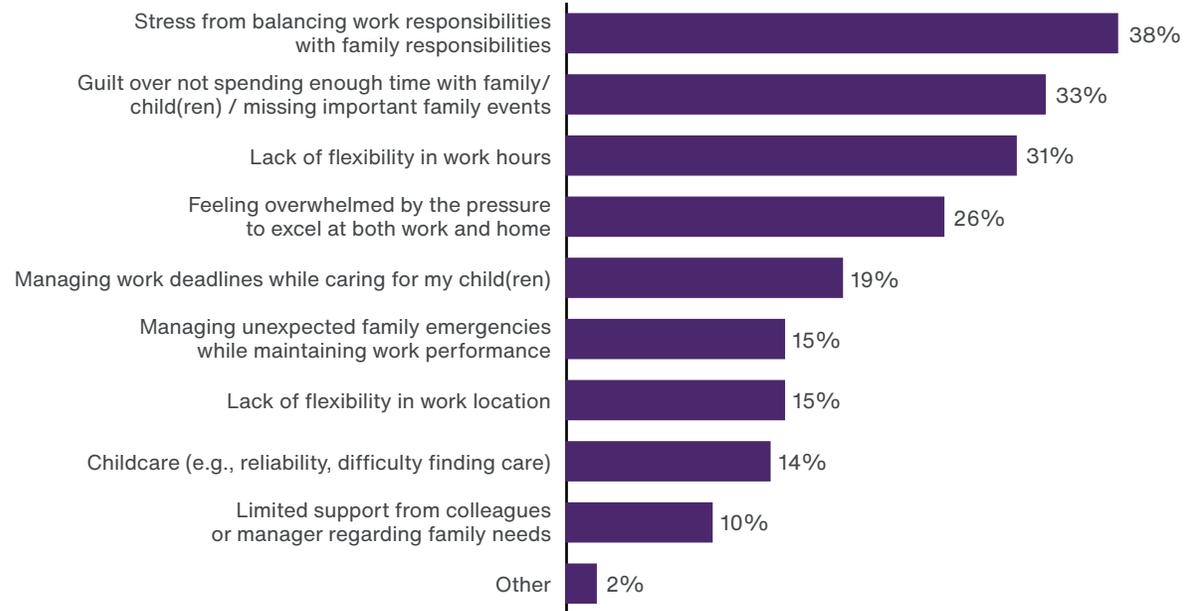
**MHI score by “What age(s) are your child(ren)?”**



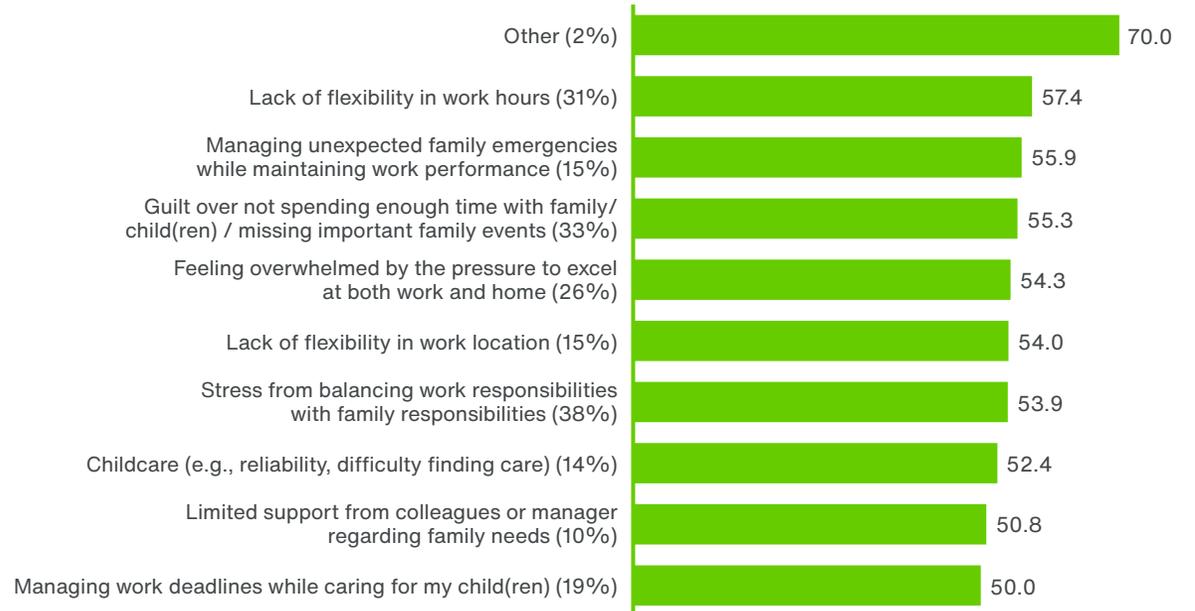
**Stress from balancing work and family, and guilt over not spending enough time with family/children, are the top concerns for working parents.**

- Nearly two in five (38 per cent) parents are feeling the stress of balancing work responsibilities with family responsibilities, 33 per cent feel guilty for not spending enough time with family/children or missing important family events, 31 per cent are concerned about the lack of flexibility in work hours, 26 per cent are feeling overwhelmed by the pressure to excel at both work and home, and 19 per cent are concerned about managing work deadlines while caring for their children
- Parents who are also managers are more likely to be concerned about the lack of flexibility in work location and work 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?”

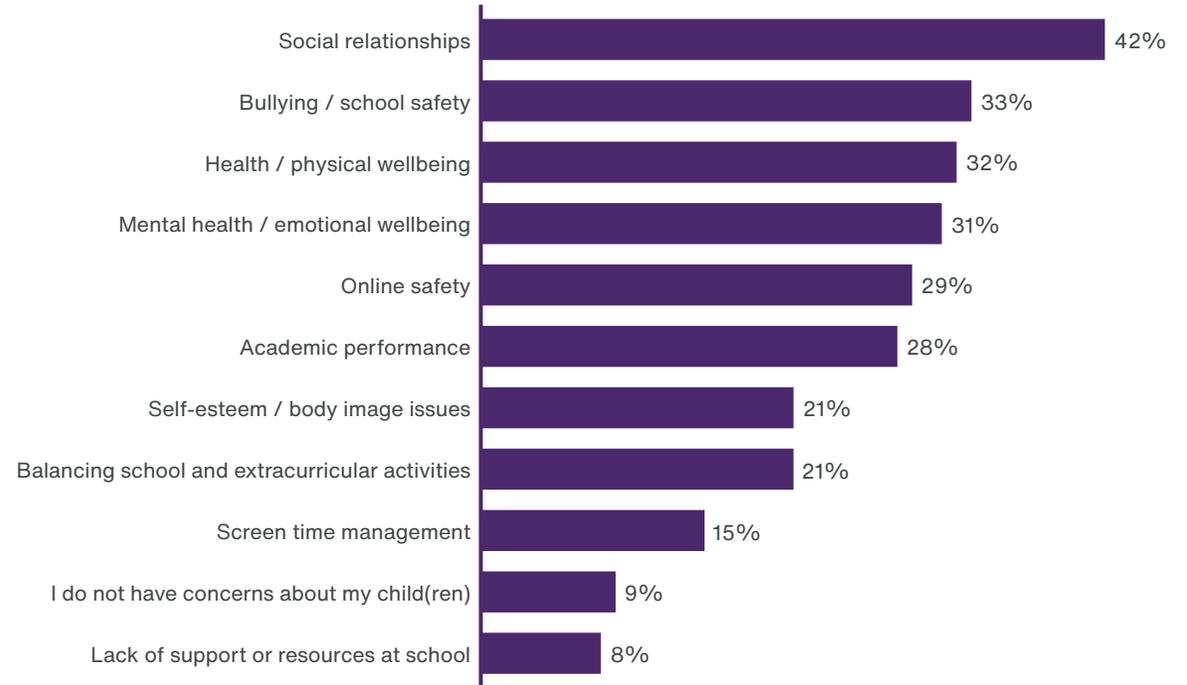


**Social relationships, bullying/school safety, and health/physical wellbeing are the top concerns among parents with school-age children.**

- More than two in five (42 per cent) parents are concerned about their children’s social relationships, 33 per cent are concerned bullying/school safety, 32 per cent are concerned about their children’s health/physical wellbeing, 31 per cent are concerned their school-age children’s mental health/emotional wellbeing, and 29 per cent are concerned about online safety



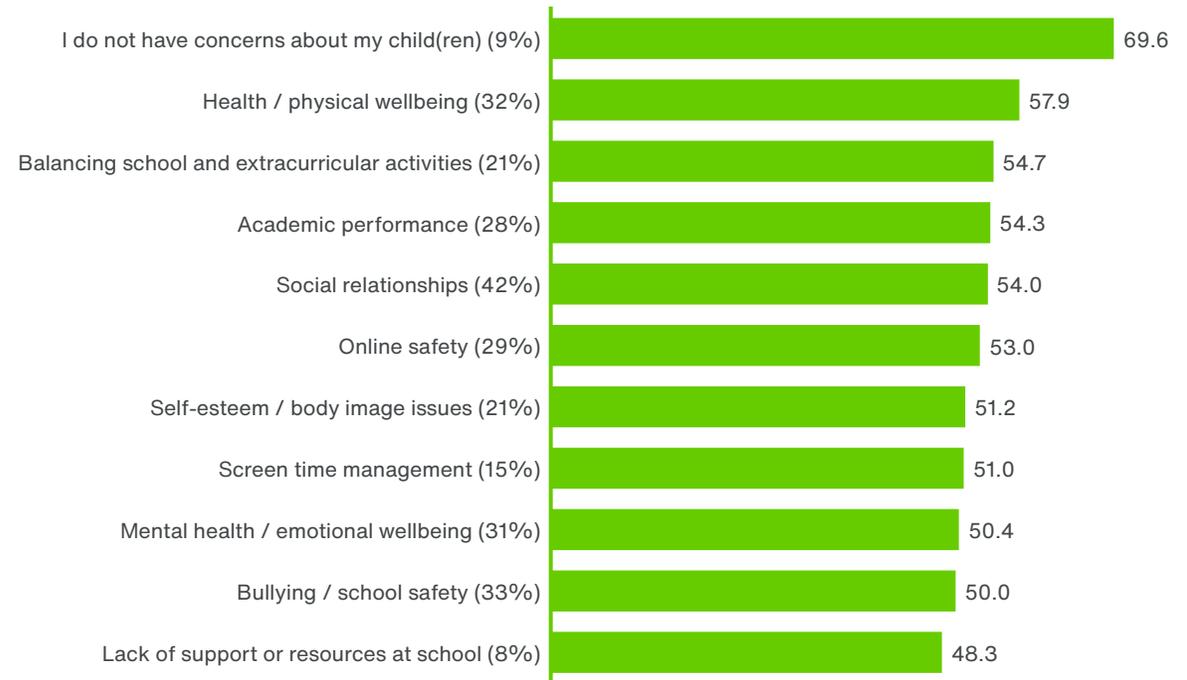
**Do you have any of the following concerns with respect to your school-age child(ren)?**



- Thirty-one per cent of parents concerned about their school-age children’s mental health/emotional wellbeing have a mental health score (50.4) nearly six points lower than the national average (56.1)
- Nearly one in ten (nine per cent) parents do not have concerns about their school-age children; this group has the highest mental health score (69.6), more than 13 points higher than the national average (56.1)



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

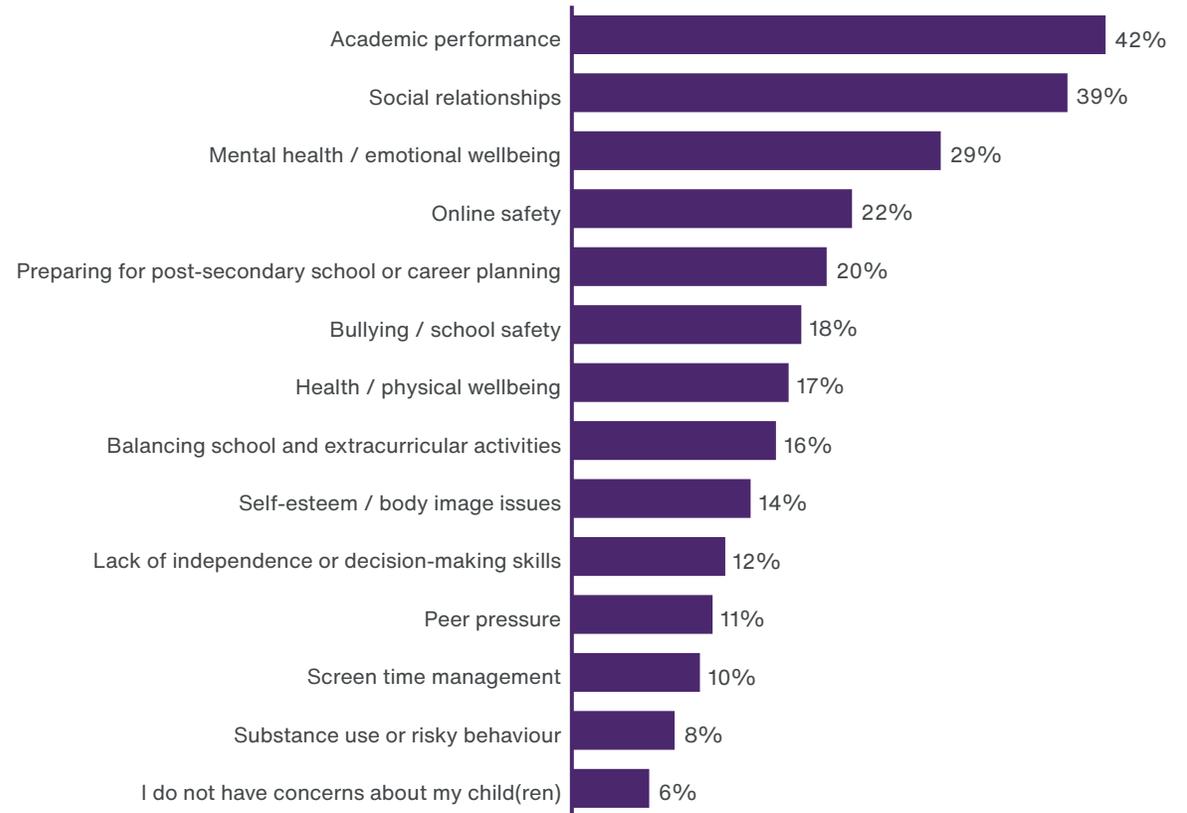


**Academic performance, mental health/emotional wellbeing, and social relationships are the top concerns among parents with teenagers.**

- More than two in five (42 per cent) parents are concerned about their teen’s academic performance, 39 per cent are concerned about their teen’s social relationships, 29 per cent are concerned about their teen’s mental health/emotional wellbeing, 22 per cent are concerned about online safety, 20 per cent are concerned about preparing for their teen’s post-secondary school or career planning, and 18 per cent are concerned about bullying/school safety



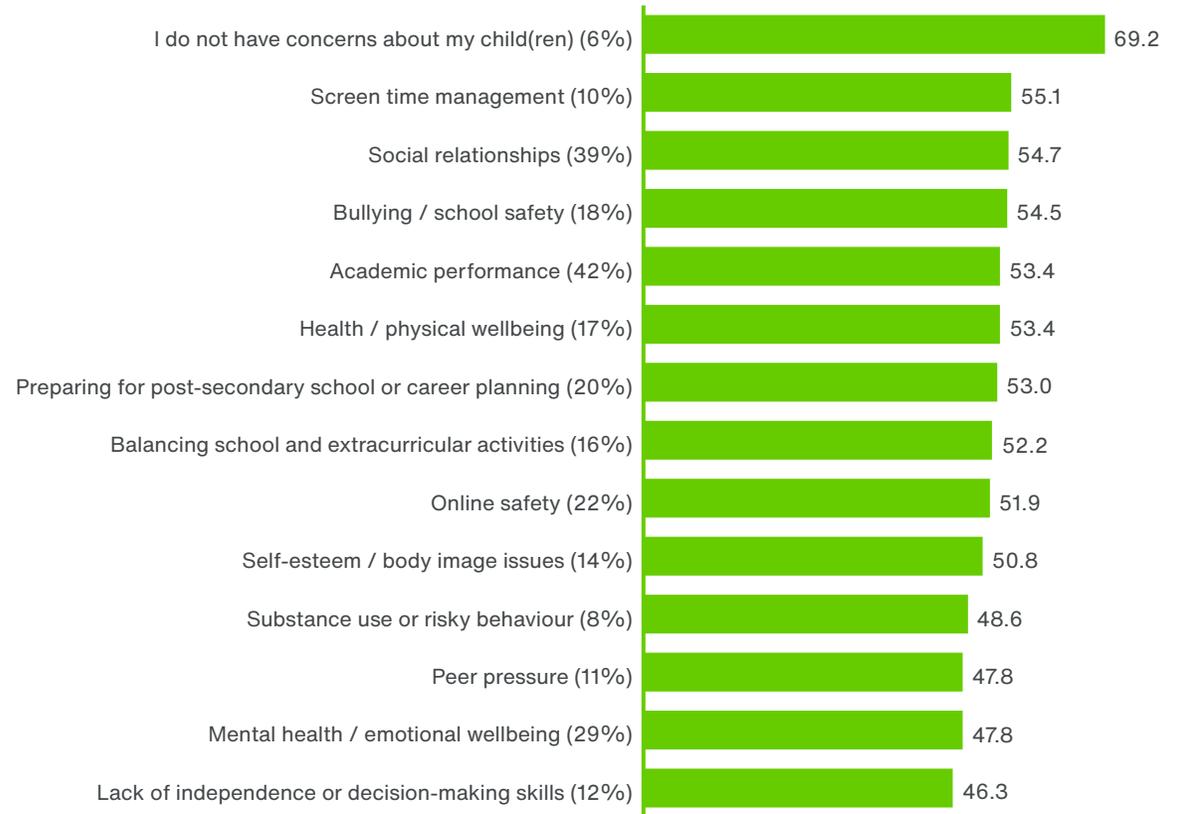
**Do you have any of the following concerns with respect to your teenage child(ren)?**



- Twenty-nine per cent of parents concerned about their teen’s mental health/emotional wellbeing have a mental health score (47.8) more than eight points lower than the national average (56.1)
- Six per cent of parents do not have concerns about their teens; this group has the highest mental health score (69.2), more than 13 points higher than the national average (56.1)



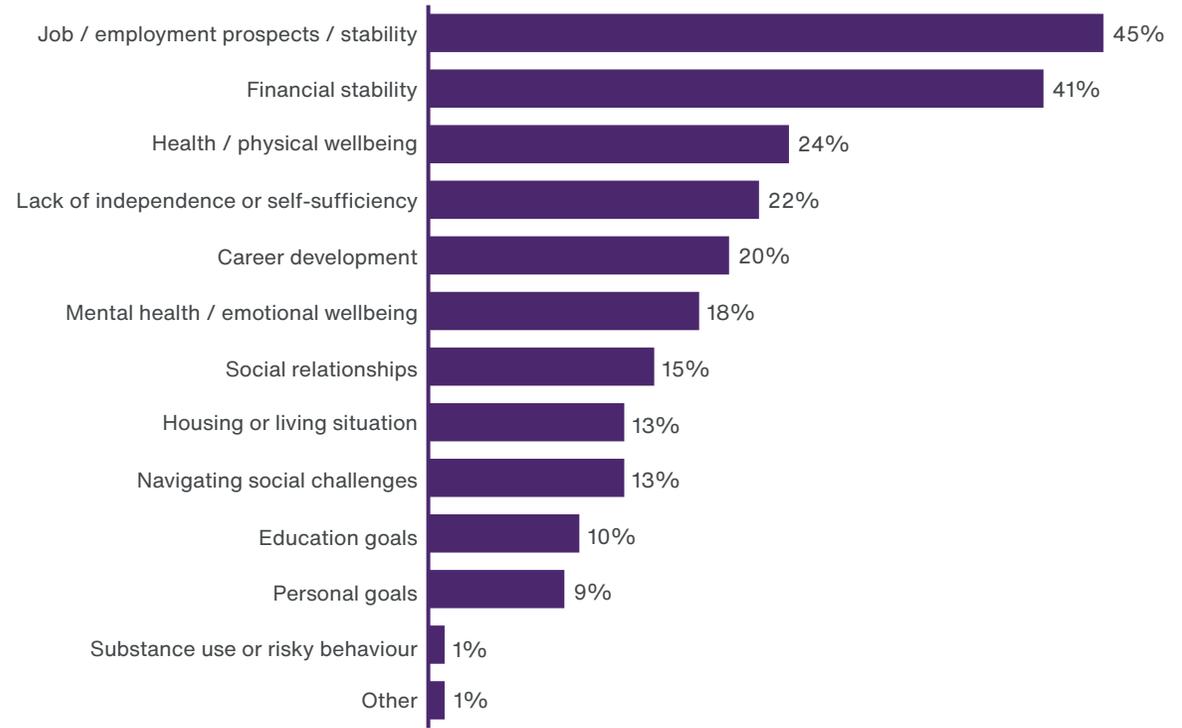
### MHI score by “Do you have any of the following concerns with respect to your teenage child(ren)?”



**Job/employment prospects, financial stability, and health/physical wellbeing are the top concerns among parents with young adult children.**

- Nearly half (45 per cent) of parents are concerned about job/employment prospects/stability of their young adult children, 41 per cent are concerned about the financial stability of their young adult children, 24 per cent are concerned about their young adult children’s health/physical wellbeing, 22 per cent are concerned about lack of independence or self-sufficiency, 20 per cent are concerned about career development, 18 per cent are concerned about their young adult children’s mental health/emotional wellbeing, and 15 per cent are concerned about their young adult children’s social relationships

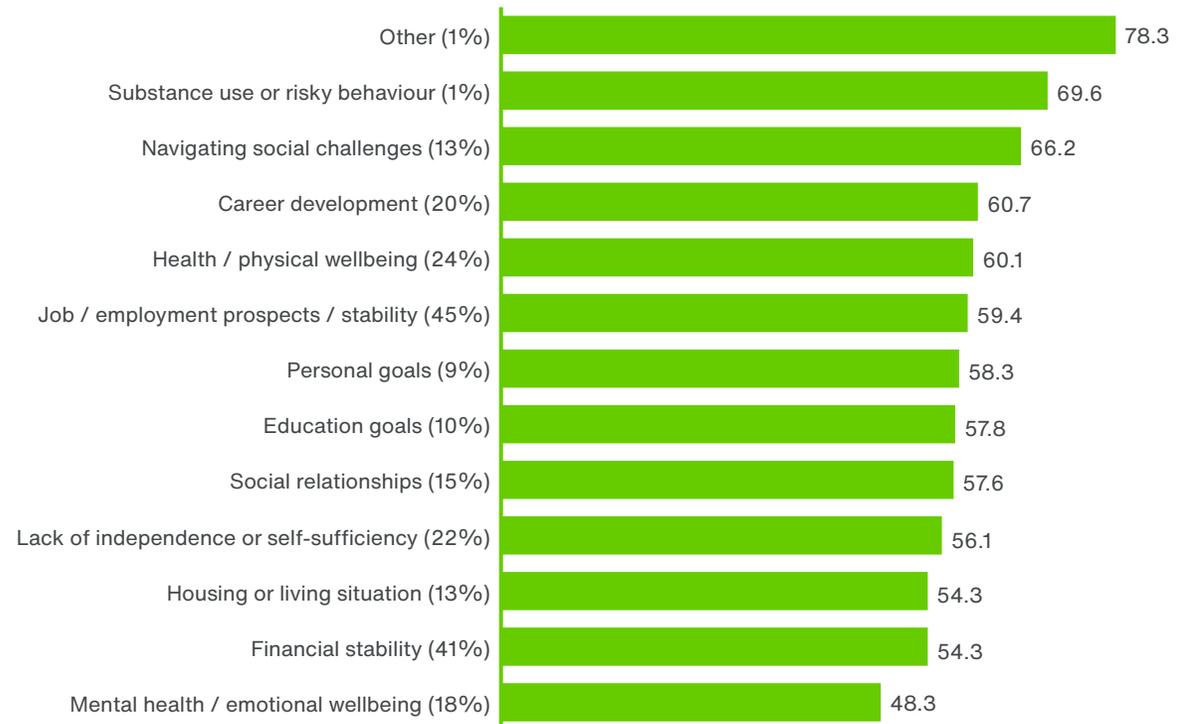
**Do you have any of the following concerns with respect to your young adult child(ren)?**



- Eighteen per cent of parents concerned about their young adult children’s mental health/emotional wellbeing have the lowest mental health score (48.3), nearly eight points lower than the national average (56.1)



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

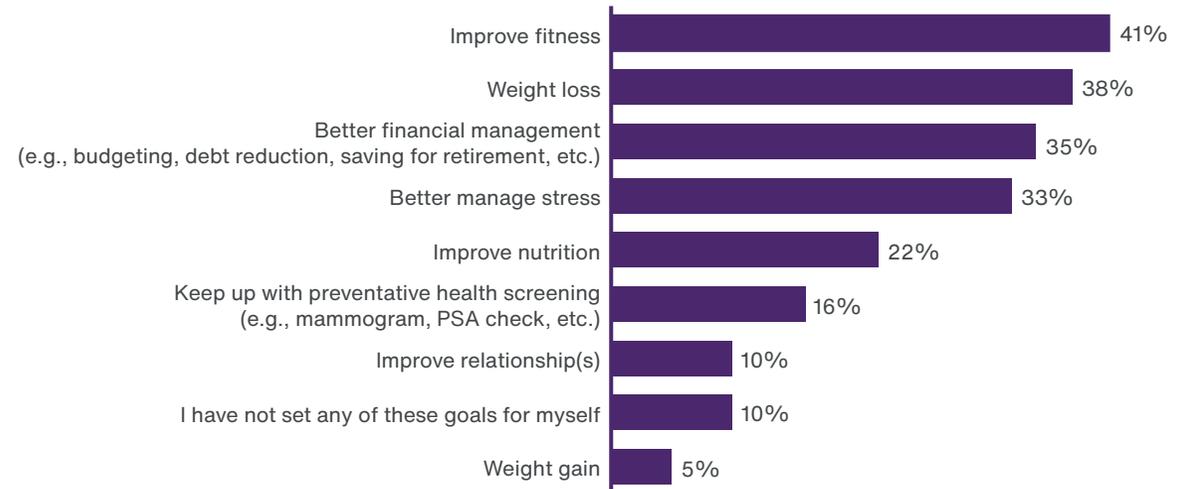


## Lifestyle goals

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

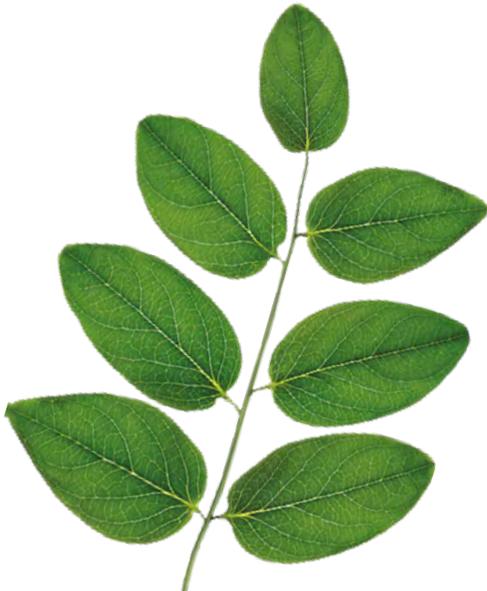
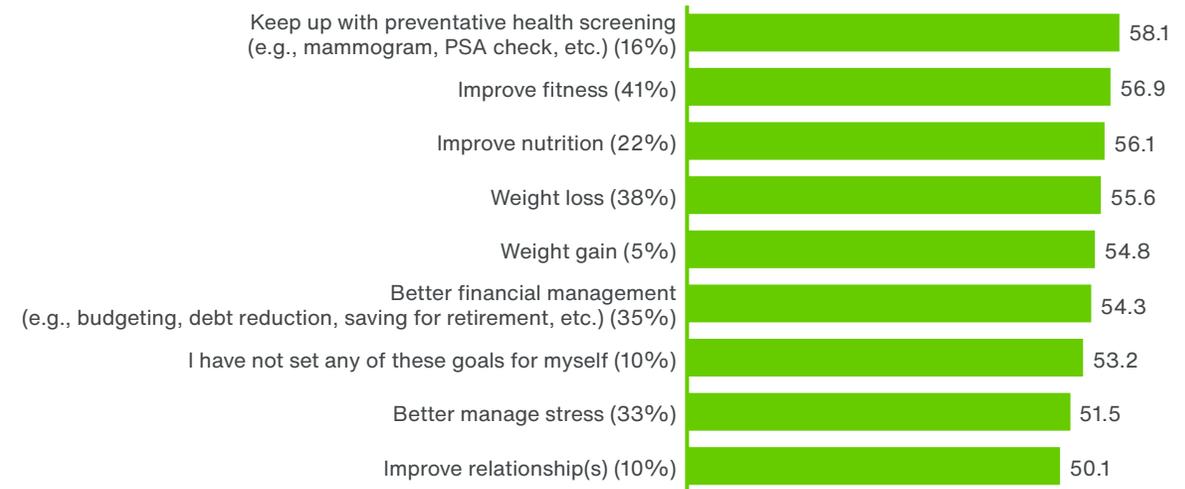
- More than two in five (41 per cent) workers have set a goal to improve their fitness, 38 per cent have set a goal for weight loss, 35 per cent have set a goal to improve financial management, 33 per cent have set a goal to better manage stress, and 22 per cent have set a goal to improve their nutrition
- Workers over 50 are twice as likely as workers under 40 to have set a goal to keep up with preventative health screening
- Non-parents are 50 per cent more likely than parents 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 (50.1) is among 10 per cent of workers who have set a goal to improve their relationships, six points lower than the national average (56.1)
- One in ten (10 per cent) have not set any goals; this group has a mental health score (53.2) three points lower than the national average (56.1)

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

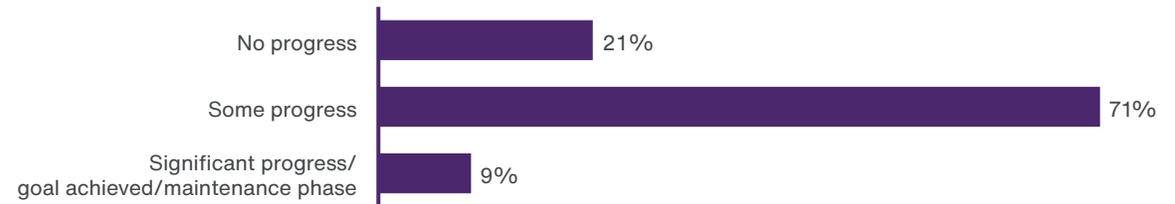


# Fitness

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

- More than one in five (21 per cent) have not made any progress towards improving their fitness; this group has the lowest mental health score (48.5), nearly 13 points lower than workers who have made significant progress (61.4) and nearly eight points lower than the national average (56.1)
- Nine per cent have made significant progress towards improving their fitness; this group has the highest mental health score (61.4), more than five points higher than the national average (56.1)
- Workers over 50 are two and a half times more likely than workers under 40 to have made significant progress towards improving their fitness
- Men are twice as likely as women to have made significant progress towards improving their fitness
- Managers are 80 per cent more likely than non-managers 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?”



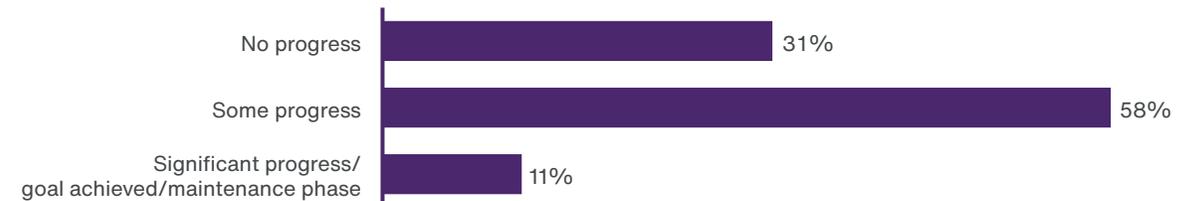
# Weight loss

Among workers who set a weight loss goal, nearly one-third have not made any progress.

- Nearly one-third (31 per cent) have not made any progress towards their weight loss goal; this group has the lowest mental health score (51.8), more than nine points lower than workers who have made significant progress (60.9) and more than four points lower than the national average (56.1)
- Workers under 40 are 80 per cent more likely than workers over 50 to not have made significant progress towards their weight loss goal
- Eleven per cent have made significant progress towards their weight loss goal; this group has the highest mental health score (60.9), nearly five points higher than the national average (56.1)



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



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

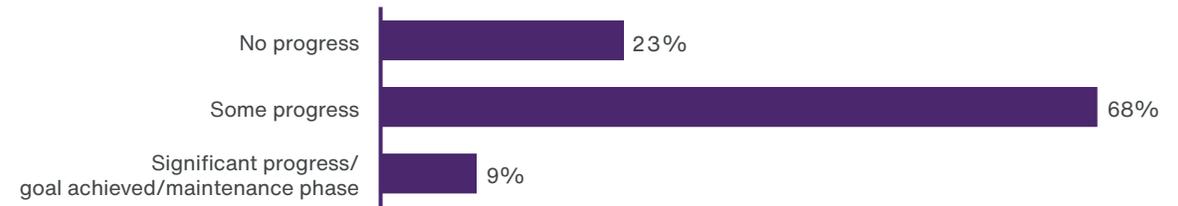


# Financial management

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 (44.4), more than 16 points lower than workers who have made significant progress (60.6) and nearly 12 points lower than the national average (56.1)
- Nine per cent have made significant progress towards improving financial management; this group has the highest mental health score (60.6), more than four points higher than the national average (56.1)

What is your progress towards improving financial management?



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



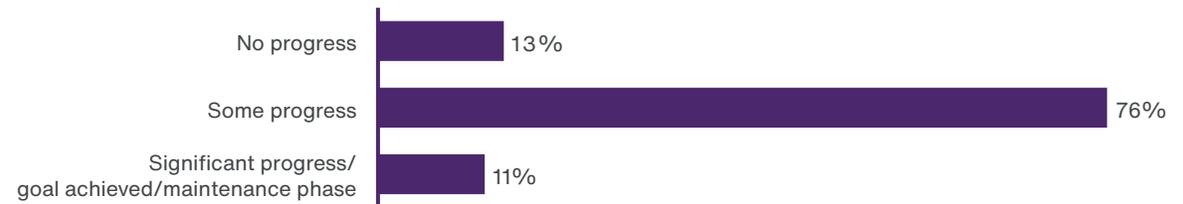
# Nutrition

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

- Nearly one in seven (13 per cent) have not made any progress towards improving their nutrition; this group has the lowest mental health score (46.1), 14 points lower than workers who have made significant progress (60.1) and 10 points lower than the national average (56.1)
- Eleven per cent have made significant progress towards improving their nutrition; this group has the highest mental health score (60.1), four points higher than the national average (56.1)
- Workers over 50 are 50 per cent more likely than workers under 40 to have made significant progress towards improving their nutrition



## What is your progress towards improving your nutrition?



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



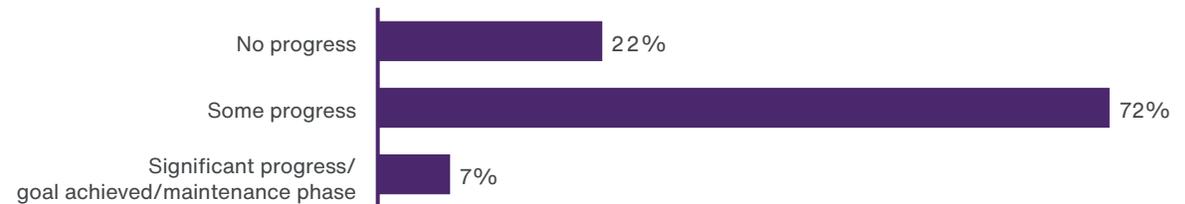
# Stress management

Among workers who set a goal to improve stress management, nearly one-quarter 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 (38.8), 24 points lower than workers who have made significant progress (62.8) and more than 17 points lower than the national average (56.1)
- Seven per cent have made significant progress towards improving stress management; this group has the highest mental health score (62.8), nearly seven points higher than the national average (56.1)



## What is your progress towards improving stress management?



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

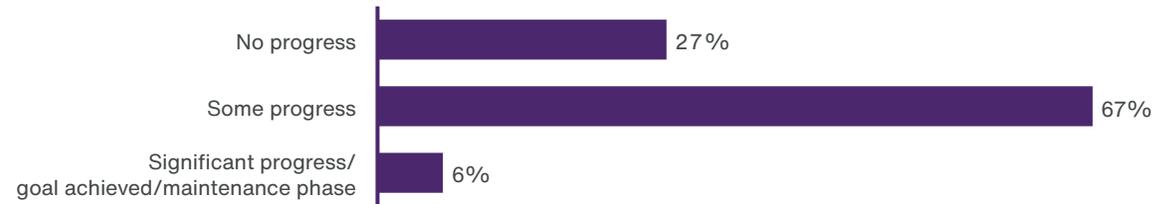


# Relationships

**Among workers who set a goal to improve their relationships, more than one-quarter have not made any progress.**

- More than one-quarter (27 per cent) have not made any progress towards improving their relationships; this group has the lowest mental health score (41.3), more than 17 points lower than workers who have made significant progress (58.7) and nearly 15 points lower than the national average (56.1)
- Six per cent have made significant progress towards improving their relationships; this group has the highest mental health score (58.7), nearly three points higher than the national average (56.1)
- Non-managers are more than twice as likely as 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?”



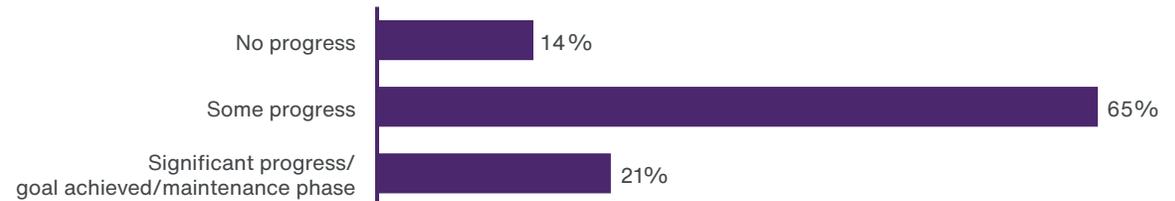
## Preventative health screening.

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

- More than one in five (21 per cent) have made significant progress towards keeping up with preventative health screening; this group has the highest mental health score (68.9), nearly 13 points higher than the national average (56.1)
- Men are 80 per cent more likely than women to have made significant progress towards keeping up with preventative health screening
- One in seven (14 per cent) have not made any progress towards keeping up with preventative health screening; this group has the lowest mental health score (51.6), more than 17 points lower than workers who have made significant progress (68.9) and more than four points lower than the national average (56.1)
- Non-parents are more than twice as likely as parents to not have 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”

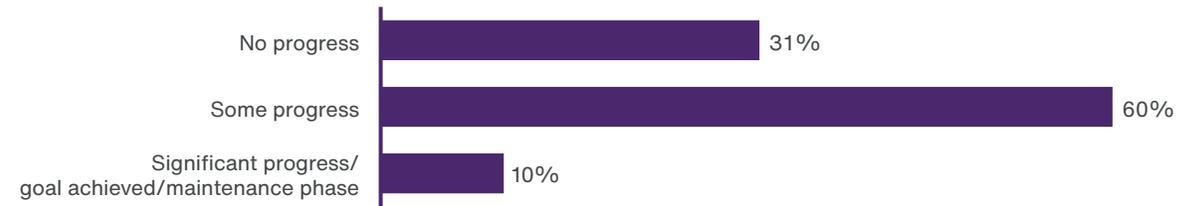


# Weight gain

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

- More than one in three (31 per cent) workers have not made any progress towards their weight gain goal; this group has the lowest mental health score (48.9), more than nine points lower than workers who have made significant progress (58.3) and more than seven points lower than the national average (56.1)
- Parents are 50 per cent more likely than non-parents to not have made any progress towards their weight gain goal
- Ten per cent have made significant progress towards their weight gain goal; this group has the highest mental health score (58.3), more than two points higher than the national average (56.1)
- Men are two and a half times more likely than women to have made significant progress towards their weight gain goal

## 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. 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 businesses and governments.

## 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 South Korea 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 South Korea. 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 27, 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. Contact [MHI@telushealth.com](mailto:MHI@telushealth.com)





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