



TELUS Mental Health Index.

Republic of Korea | June 2025

EZN wellness
a TELUS Health company

 **TELUS**® Health

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What you need to know for June 2025.



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

- At 55.5, the mental health of workers has declined modestly from March 2025
- 51 per cent of workers have a high mental health risk, 39 per cent have a moderate mental health risk, and 10 per cent have a low mental health risk
- All mental health sub-scores, apart from optimism, have declined from March
- Depression and isolation have been the lowest mental health sub-scores since January 2025
- 48 per cent of workers feel depressed
- 47 per cent of workers feel isolated
- 47 per cent of workers feel anxious
- 35 per cent of workers say their mental health is impacting work productivity
- 34 per cent of workers do not have emergency savings for basic needs
- Mental health scores have improved in the Honam and Yeongnam regions compared to March 2025
- Managers continue to have a higher mental health score than non-managers
- Service industry workers have a lower mental health score than labourers and office workers

Just over half of people leaders feel equipped to address employee mental health issues, and more than one in five say their organisation doesn't offer mental health leadership training.

- 36 per cent of people leaders are unsure, and 11 per cent would not know what to do if an employee was struggling with a mental health issue
- 22 per cent of people leaders say their organisation does not offer training on their role in supporting a mentally healthy workplace, and 12 per cent are unsure
- 20 per cent of people leaders say their organisation does not offer training in effective coaching or management techniques, and 15 per cent are unsure



Half of workers experience self-stigma and fear that workplace disclosure of mental health issues would limit their career options.

- 54 per cent of workers would feel negatively about themselves if they had a mental health issue
- 49 per cent of workers would be concerned about career options if they had a mental health issue and their workplace was aware

Two-thirds of workers report unclear or inconsistent communication about health and wellbeing programs; one in five say they rarely or never receive information about these programs.

- 35 per cent of workers say the information they receive on health and wellbeing programs is sometimes unclear or incomplete
- 28 per cent of workers say the information they receive is infrequent or confusing, and five per cent say the information is inconsistent
- Workers who say their organisation's communication is unclear are nearly four times more likely to be unaware of health and wellbeing programs
- 20 per cent of workers say they rarely or never receive information on health and wellbeing programs
- Non-unionized workers are 60 per cent more likely than unionized workers to say they rarely or never receive information about these programs
- 39 per cent of workers would prefer to receive information about health and wellbeing programs via email
- 20 per cent of workers would prefer to receive information about health and wellbeing programs in team meetings
- 45 per cent of workers say their manager has not communicated the availability of health and wellbeing programs to them



Managers are more likely to report reduced concentration or focus, and younger workers are more likely to experience reduced productivity due to poor sleep.

- 40 per cent of workers are dissatisfied with the quality of their sleep
- 41 per cent of workers say that work stress is a leading factor contributing to poor sleep
- 21 per cent of workers say that mental health challenges (e.g., anxiety, depression) are a leading factor contributing to poor sleep; the mental health of this group is nearly 16 points lower than the national average
- Workers under 40 are 60 per cent more likely to say that mental health challenges contribute to poor sleep
- 18 per cent of workers say that personal or family responsibilities are a leading factor contributing to poor sleep
- 15 per cent of workers say that financial worries are a leading factor contributing to poor sleep
- 34 per cent of workers say poor sleep quality has resulted in difficulty managing stress
- 33 per cent of workers say poor sleep quality has resulted in reduced concentration or focus at work
- 23 per cent of workers say poor sleep quality has resulted in increased irritability or mood changes
- 22 per cent of workers say poor sleep quality has resulted in decreased productivity

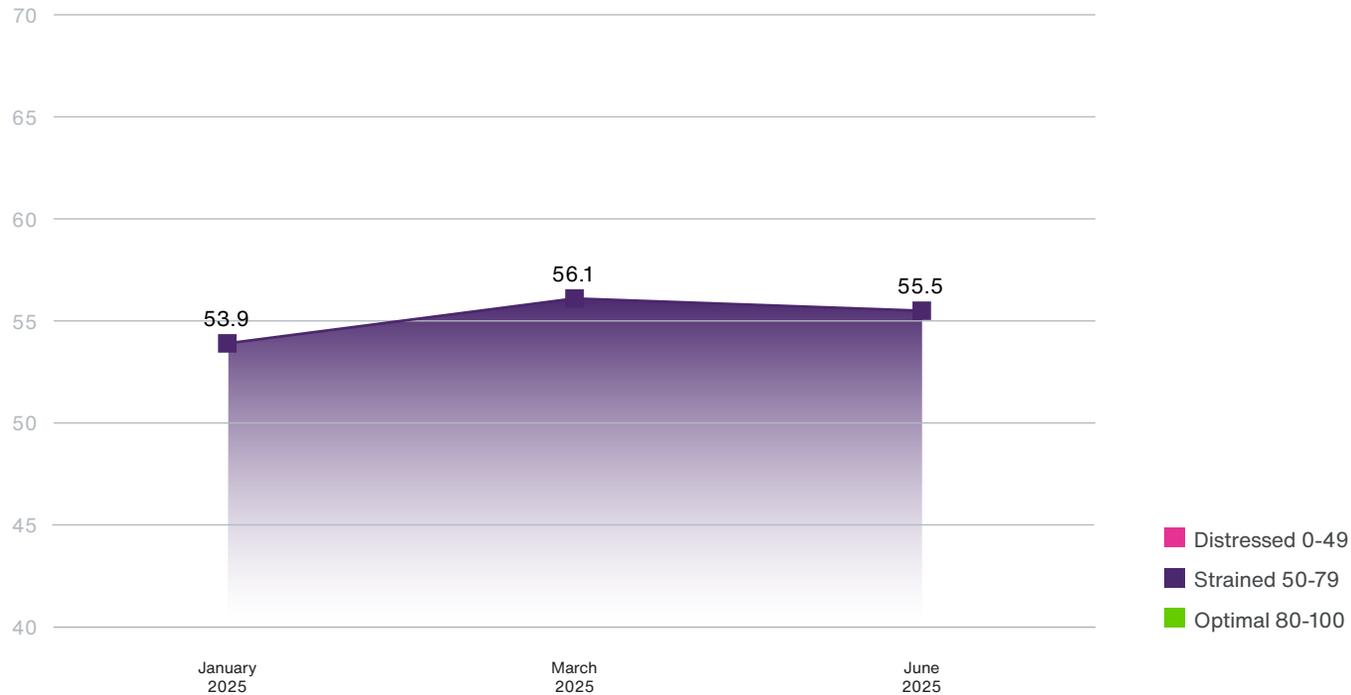
Job insecurity is the leading source of personal stress, and four in five workers lack confidence in their financial future.

- 56 per cent of workers have cut back on their spending over the last two months because of financial concerns or economic uncertainty: 42 per cent have cut back a little, and 14 per cent have significantly reduced their spending
- 14 per cent have reduced their spending on health and wellness; the mental health score of this group is lower than the national average
- 52 per cent of workers have some concerns about their financial future, 22 per cent of workers worry about financial instability, and five per cent feel financially vulnerable
- 51 per cent of workers can meet most of their everyday needs, but with some difficulty, 19 per cent often struggle to meet basic needs, and five per cent regularly cannot meet basic needs
- 19 per cent of workers say job security is their primary source of personal stress
- 16 per cent of workers say personal finances are their primary source of personal stress
- 15 per cent of workers say economic conditions are their primary source of personal stress

The Mental Health Index.

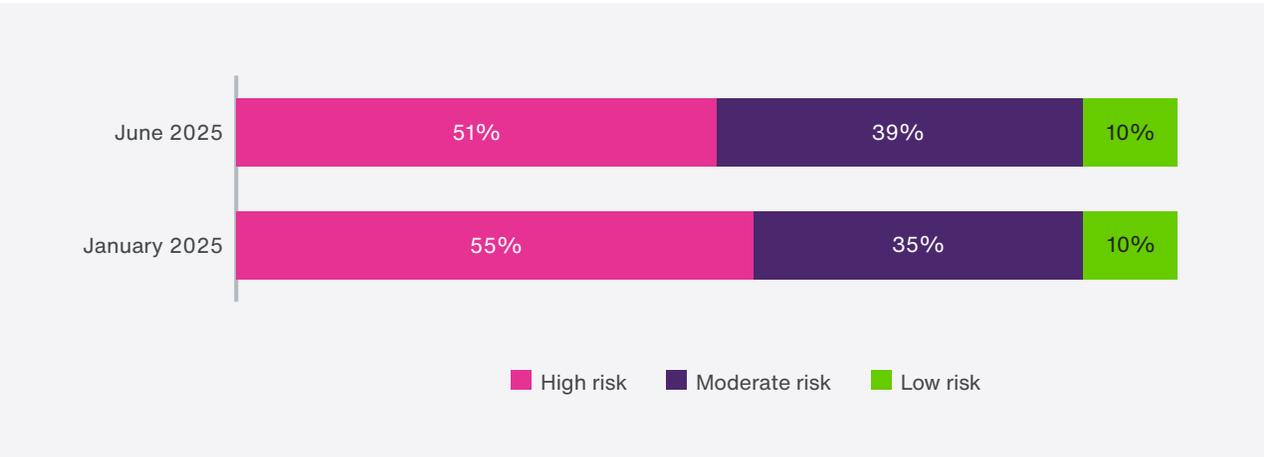
The overall Mental Health Index (MHI) for June 2025 is 55.5. Following a significant 2.2-point improvement in March 2025, the mental health of workers in the Republic of Korea has declined modestly in June 2025, underscoring continued levels of substantial strain in the working population.

MHI Current Month June 2025	March 2025
55.5	56.1



Mental health risk.

In June 2025, 51 per cent of workers have a high mental health risk, 39 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 four 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.

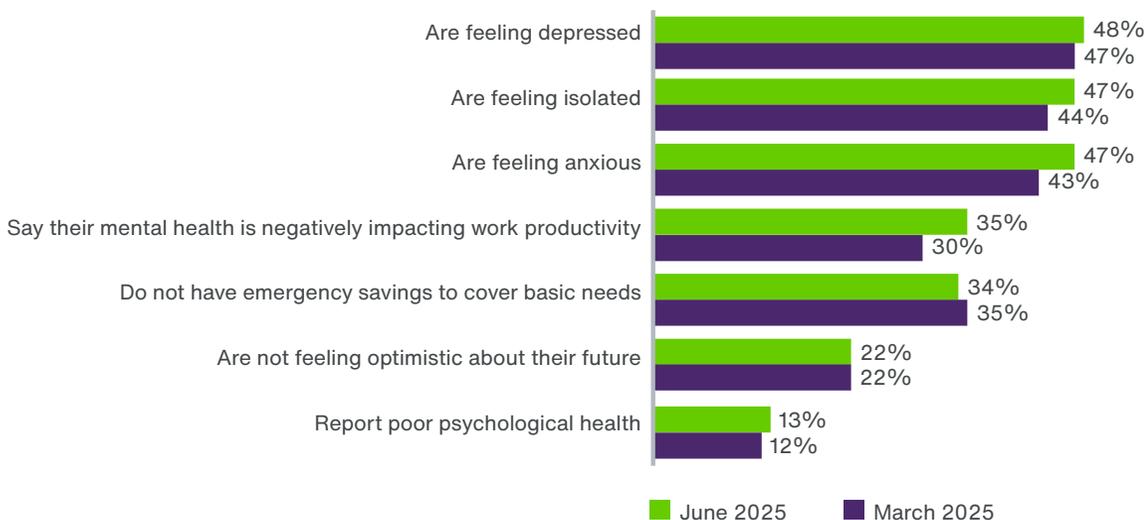
For the third consecutive period, the lowest Mental Health Index sub-score is depression (47.2). Isolation (47.8), anxiety (48.5), work productivity (58.6), optimism (59.8), and financial risk (63.4) follow. General psychological health (68.4) remains the most favourable mental health measure in June 2025.

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

Nearly half (48 per cent) of workers feel depressed, 47 per cent feel isolated, 47 per cent feel anxious, 35 per cent say their mental health is negatively impacting work productivity, 34 per cent do not have emergency savings for basic needs, 22 per cent do not feel optimistic about their future, and 13 per cent of workers cite poor psychological health.

Mental Health Index Sub-scores	June 2025	March 2025
Depression	47.2	47.6
Isolation	47.8	49.4
Anxiety	48.5	50.6
Work productivity	58.6	60.4
Optimism	59.8	58.4
Financial risk	63.4	63.9
Psychological health	68.4	68.6

Percentage at risk by MHI sub-score



Mental health by gender and age.

- Women have significantly lower mental health scores than men. In June 2025, the mental health score for women was 53.0, compared to 57.9 for men
- Mental health scores generally improve with age
- Workers without minor children have a higher mental health score (56.3) than workers with at least one child (54.6)

Mental health by employment status.

- Overall, two per cent of respondents are unemployed¹ and six per cent report reduced hours or reduced salary
- Workers reporting reduced salary compared to the previous month have the lowest mental health score (44.2), followed by workers reporting fewer hours than the last month (49.4), workers with no change to salary or hours (56.1), and respondents not currently employed (56.3)
- Service industry workers have a lower mental health score (52.6) than labourers (53.1) and office workers (56.5)
- Managers have a higher mental health score (57.1) than non-managers (54.3)
- Respondents working for companies with 1,001-5,000 employees have the highest mental health score (59.7)
- Self-employed/sole proprietors have the lowest mental health score (52.6)



Emergency savings

- Workers without emergency savings continue to experience a lower mental health score (41.3) than the overall group (55.5). Workers with an emergency fund have a mental health score of 68.7

¹ MHI respondents who have been 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 Yeongnam (57.2) and Honam (56.5) regions have the highest mental health scores, whereas scores in the Capital (55.3) and Central (52.8) regions are the lowest.

- In June 2025, mental health scores have improved in the Honam and Yeongnam regions compared to March 2025
- With a modest one-point increase, the mental health score in the Yeongnam region is highest in June 2025



Region	June 2025	March 2025	Change
Capital Region	55.3	56.4	
Central Region	52.8	53.1	
Honam Region	56.5	55.6	
Yeongnam Region	57.2	56.2	

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

Employment status	June 2025	March 2025
Employed (no change in hours/salary)	56.1	56.6
Employed (fewer hours compared to last month)	49.4	46.3
Employed (reduced salary compared to last month)	44.2	50.2
Not currently employed	56.3	54.9

Age group	June 2025	March 2025
Age 20-29	51.2	50.7
Age 30-39	53.6	54.7
Age 40-49	54.5	54.9
Age 50-59	60.4	60.5
Age 60-69	66.9	67.4

Number of children	June 2025	March 2025
No children in household	56.3	55.7
1 child	54.8	56.1
2 children	53.9	57.4
3 children or more	55.7	56.3

Gender	June 2025	March 2025
Men	57.9	59.3
Women	53.0	52.7

Household income/annum	June 2025	March 2025
< 20,000 won	46.4	48.4
20,000 to < 40,000 won	53.7	52.3
40,000 to < 60,000 won	53.2	54.9
60,000 to < 100,000 won	57.3	57.8
100,000 won and over	61.0	63.6

Employer size	June 2025	March 2025
Self-employed/sole proprietor	52.6	51.7
2-50 employees	55.8	52.7
51-100 employees	53.2	56.3
101-500 employees	56.4	58.8
501-1,000 employees	53.3	58.5
1,001-5,000 employees	59.7	63.7
5,001-10,000 employees	58.3	65.7
More than 10,000 employees	59.6	57.2

Manager	June 2025	March 2025
Manager	57.1	57.9
Non-manager	54.3	54.3

Work environment	June 2025	March 2025
Labour	53.1	54.7
Office/desk	56.5	56.3
Service	52.6	56.1

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 Accommodation and Food Service Activities have the lowest mental health score (48.4), followed by workers in Media and Telecommunications (50.3) and Administrative and Support Service Activities (51.3).

Workers in Technology (60.5), Public Administration and Defense; Compulsory Social Security (60.0), and Manufacturing (58.8) have the highest mental health scores in June.



Industry	June 2025	March 2025	Change
Arts, Entertainment and Recreation	53.2	50.5	2.7
Manufacturing	58.8	57.3	1.4
Technology	60.5	59.4	1.2
Wholesale and Retail Trade; Repair of Motor Vehicles and Motorcycles	51.3	50.3	1.0
Education	58.5	57.6	0.8
Human Health and Social Work Activities	55.3	54.7	0.6
Other Service Activities	51.3	51.0	0.4
Professional, Scientific and Technical Activities	57.9	58.3	-0.4
Real Estate Activities	55.7	56.3	-0.6
Public Administration and Defense; Compulsory Social Security	60.0	60.7	-0.7
Financial and Insurance Activities	54.3	56.3	-2.0
Accommodation and Food Service Activities	48.4	50.9	-2.5
Information and Communication (excluding media and telecommunications)	55.1	58.0	-2.9
Construction	55.8	59.0	-3.2
Media and Telecommunications	50.3	54.6	-4.2
Transportation and Storage	55.7	61.5	-5.8
Administrative and Support Service Activities	51.3	59.7	-8.5

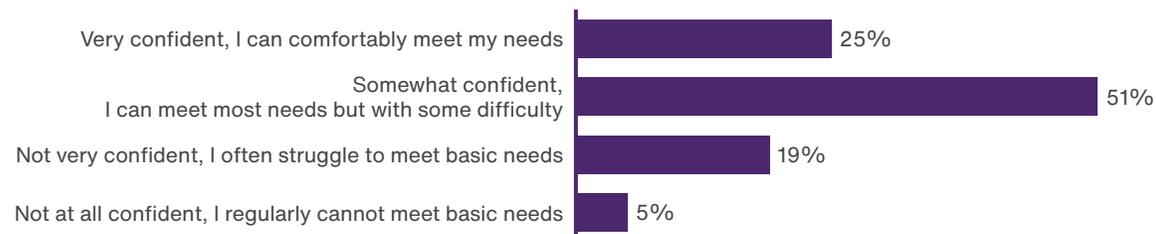
Spotlight

Financial wellbeing

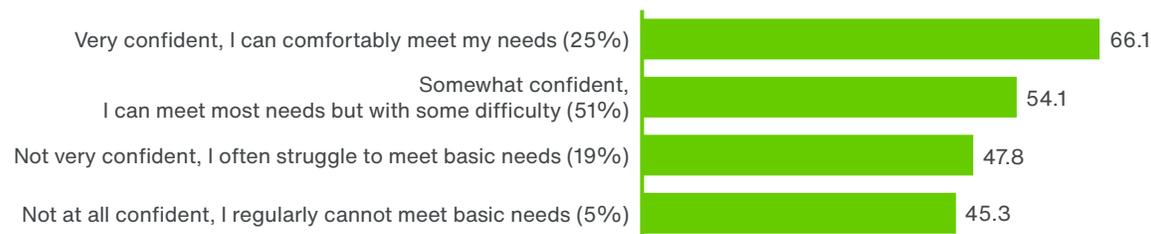
Three-quarters of workers are concerned about not being able to financially support their everyday needs.

- The highest mental health score (66.1) is among 25 per cent of workers who can comfortably meet their needs, nearly 11 points higher than the national average (55.5)
- Workers with a yearly household income greater than 60,000KRW are 70 per cent more likely than workers with an annual household income lower than 60,000KRW to feel confident they can comfortably meet their needs
- The lowest mental health score (45.3) is among five per cent of workers who regularly cannot meet basic needs, nearly 21 points lower than workers who can comfortably meet their needs (66.1) and more than 10 points lower than the national average (55.5)
- Non-managers are twice as likely as managers to report not being regularly able to meet basic needs
- Workers without emergency savings are 80 per cent more likely than workers with emergency savings to report not being regularly able to meet basic needs
- Workers over 50 are 50 per cent more likely than workers under 40 to report not being regularly able to meet basic needs

How confident are you that you can financially support your everyday needs?



MHI score by “How confident are you that you can financially support your everyday needs?”

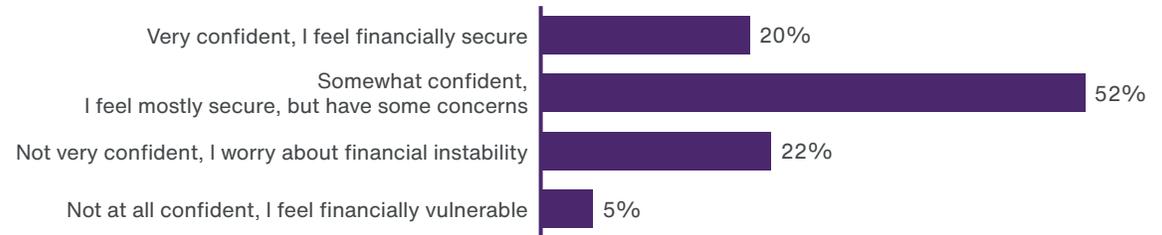


Four in five workers lack confidence in their financial future, with non-parents more likely to feel financially vulnerable.

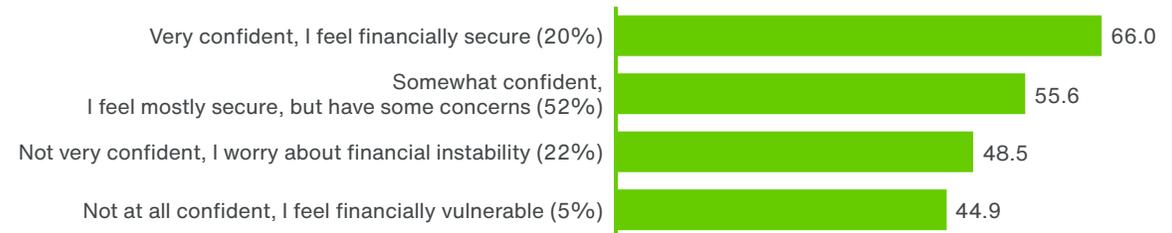
- The highest mental health score (66.0) is among 20 per cent of workers who are very confident in their financial future, more than 10 points higher than the national average (55.5)
- Workers with a yearly household income greater than 60,000KRW are nearly twice as likely as workers with an annual household income lower than 60,000KRW to feel financially secure
- Managers are 60 per cent more likely than non-managers to feel financially secure
- The lowest mental health score (44.9) is among five per cent of workers who feel financially vulnerable and not at all confident in their financial future, 21 points lower than workers who feel financially secure (66.0), and nearly 11 points lower than the national average (55.5)
- Workers with a yearly household income lower than 100,000KRW are 70 per cent more likely than workers with an annual household income greater than 100,000KRW to feel financially vulnerable
- Non-parents are 70 per cent more likely than parents to feel financially vulnerable



Thinking about the next 6 months, how confident are you in your financial future?



MHI score by “Thinking about the next 6 months, how confident are you in your financial future?”

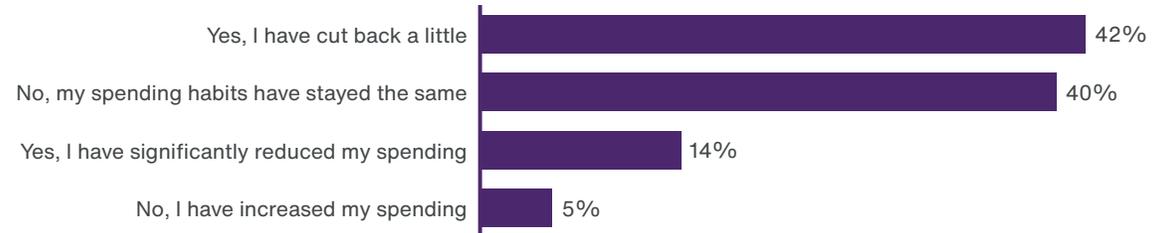


Nearly three in five workers have reduced their spending over the last two months due to financial concerns or economic uncertainty.

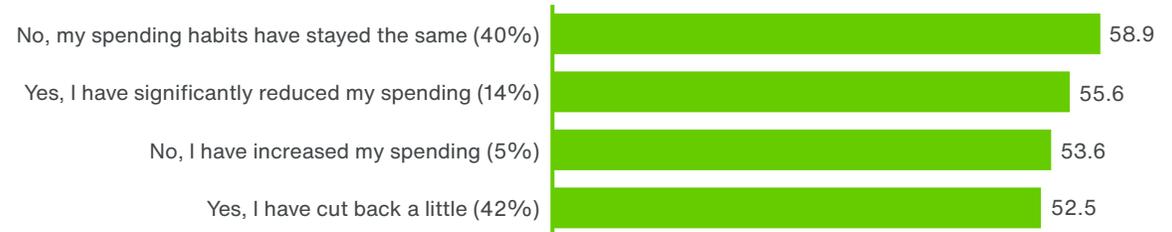
- The highest mental health score (58.9) is among 40 per cent of workers reporting their spending habits have remained the same over the last two months, more than three points higher than the national average (55.5)
- The lowest mental health score (52.5) is among 42 per cent of workers who have cut back a little on their spending over the last two months, more than six points lower than workers who have made no changes (58.9), and three points below the national average (55.5)
- Parents are 60 per cent more likely than non-parents to have significantly reduced their spending



Have you changed your spending habits in the past 2 months because of financial concerns or economic uncertainty?



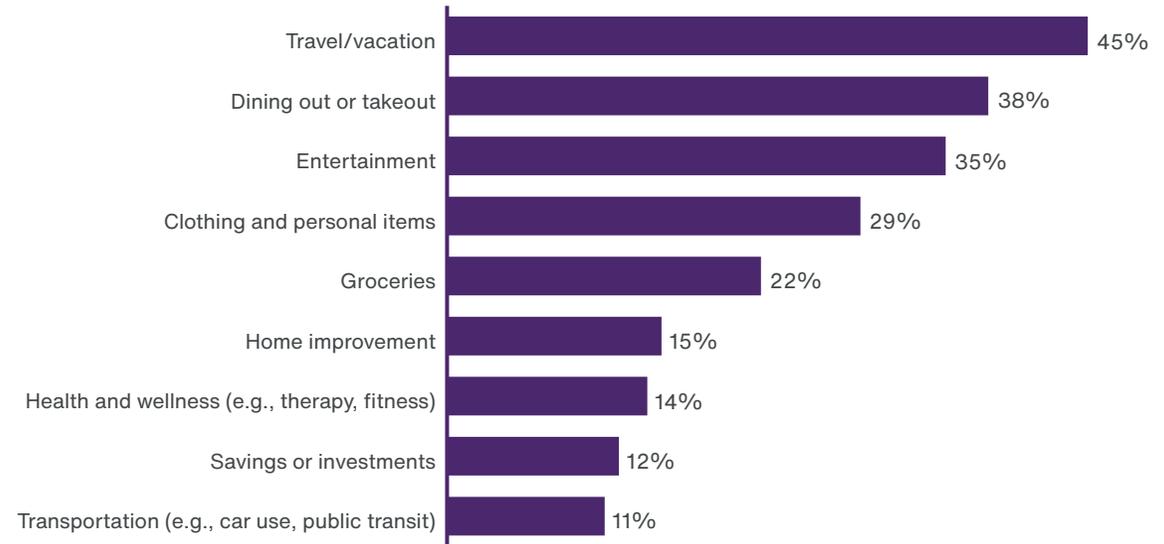
MHI score by “Have you changed your spending habits in the past 2 months because of financial concerns or economic uncertainty?”



One in seven workers has reduced their spending on health and wellness.

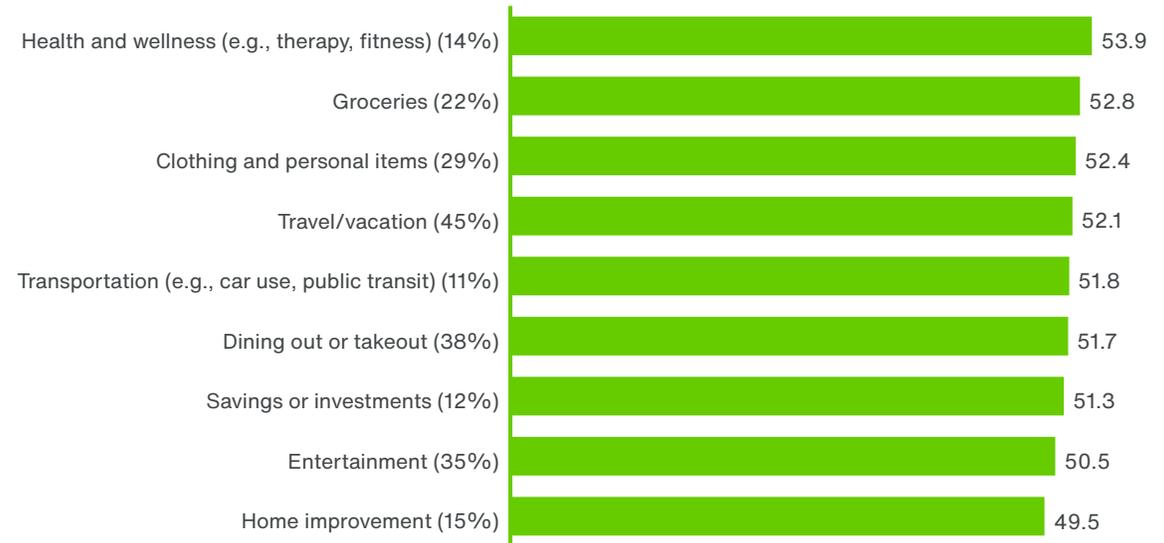
- Nearly half (45 per cent) of workers have reduced spending on travel/vacation, 38 per cent have cut back on dining out or takeout, 35 per cent have cut back on entertainment, 29 per cent have reduced spending on clothing and personal items, 22 per cent have reduced spending on groceries, 15 per cent are spending less on home improvement, 12 per cent are spending less on savings or investments

In which areas have you reduced your spending?



- One in seven (14 per cent) have reduced their spending on health and wellness; this group has a mental health score (53.9) nearly two points lower than the national average (55.5)

MHI score by “In which areas have you reduced your spending?”



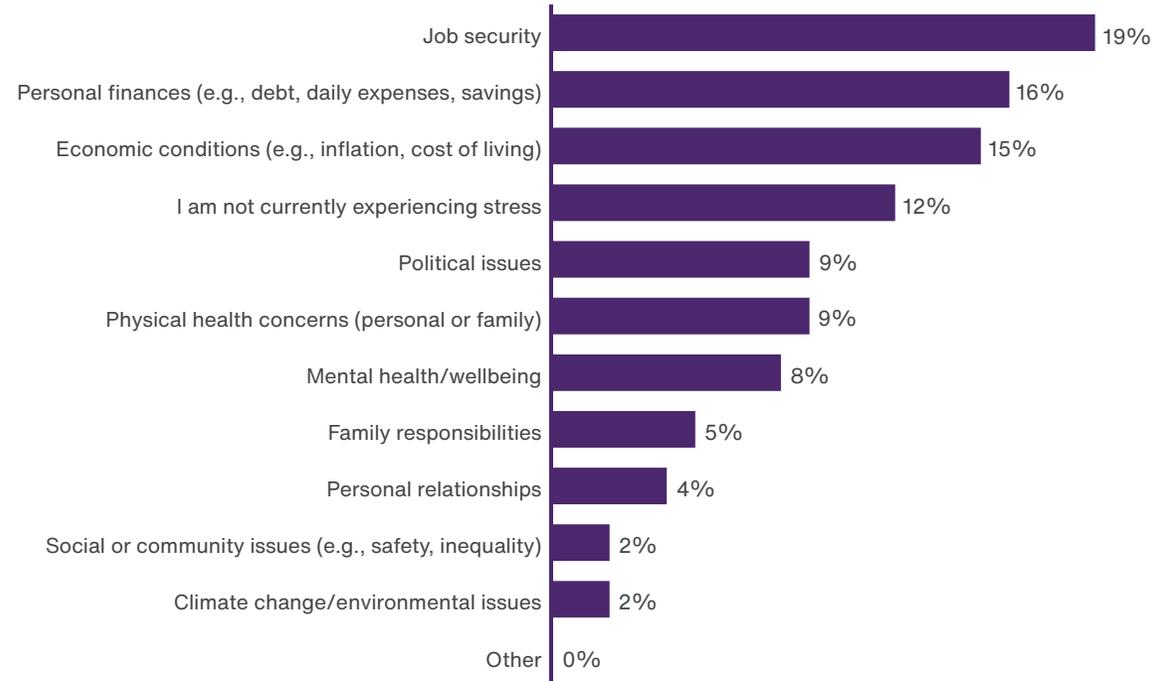
Personal stressors

Three in ten workers say finances or economic conditions are their primary sources of personal stress.

- Non-parents are twice as likely as parents to report not experiencing personal stress
- Non-managers are more than twice as likely as managers to report not experiencing personal stress
- Women are 60 per cent more likely than men to say mental health/wellbeing is their primary source of personal stress
- Workers without emergency savings are 60 per cent more likely than workers with emergency savings to report personal finances as their primary stressor



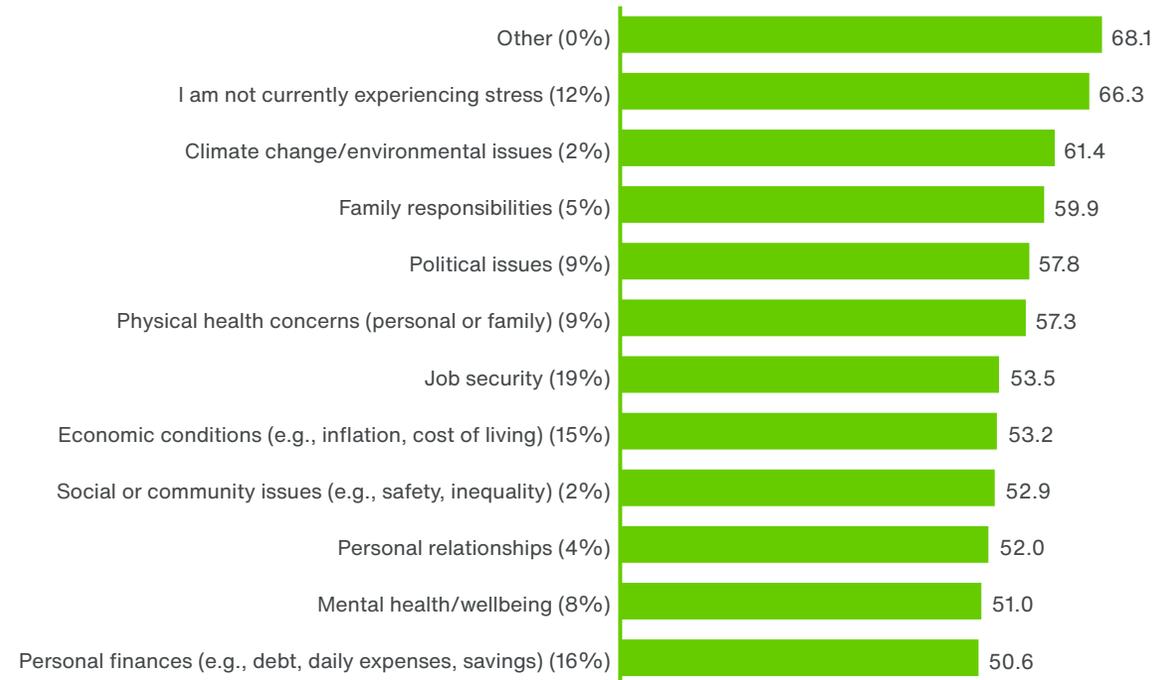
What is your primary source of personal stress right now?



- Just over one in ten (12 per cent) workers are not experiencing personal stress; this group has a mental health score (66.3) nearly 11 points higher than the national average (55.5)
- The lowest mental health score (50.6) is among 16 per cent of workers who report personal finances as their primary source of personal stress, nearly 16 points lower than workers not experiencing personal stress (66.3), and five points lower than the national average (55.5)



MHI score by “What is your primary source of personal stress right now?”

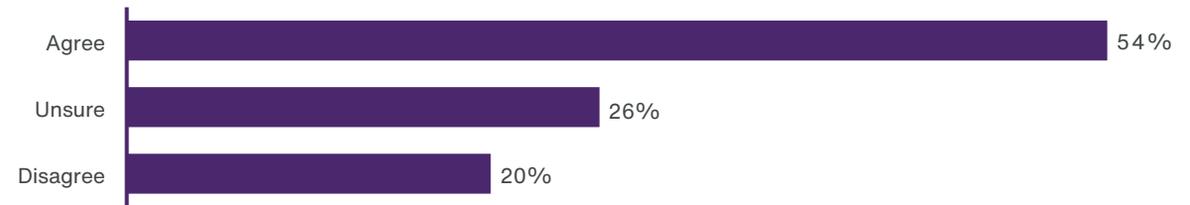


Mental health stigma.

More than half of workers would feel negatively about themselves if they had a mental health issue.

- More than half (54 per cent) of workers would feel negatively about themselves if they had a mental health issue; this group has the lowest mental health score (52.4), nearly 14 points lower than workers who would not feel negatively about themselves (66.0) and three points lower than the national average (55.5)
- One in five (20 per cent) workers would not feel negatively about themselves if they had a mental health issue; this group has the highest mental health score (66.0), more than 10 points higher than the national average (55.5)

I would feel negatively about myself if I had a mental health issue



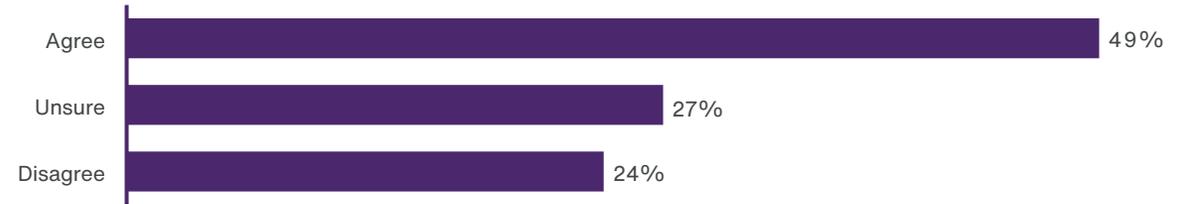
MHI score by “I would feel negatively about myself if I had a mental health issue”



Nearly half of workers would be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware.

- Just under half (49 per cent) of workers would be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware; this group has the lowest mental health score (52.8), nearly 11 points lower than workers who would not be concerned (63.4), and almost three points lower than the national average (55.5)
- Nearly one-quarter (24 per cent) would not be concerned that their career options would be limited if they had a mental health issue, and their workplace was aware; this group has the highest mental health score (63.4), eight points higher than the national average (55.5)

I would be concerned that my career options would be limited if I had a mental health issue and my workplace was aware



MHI score by “I would be concerned that my career options would be limited if I had a mental health issue and my workplace was aware”



Manager support for wellbeing.

Nearly half of managers are unsure or would not know what to do if they suspected an employee was struggling with a mental health issue.

- The highest mental health score (59.4) is among 53 per cent of managers who would know what to do if they suspected an employee was struggling with a mental health issue, four points higher than the national average (55.5)
- Nearly two in five (36 per cent) managers are unsure and an additional 11 per cent would not know what to do if they suspected an employee was struggling with a mental health issue; the mental health scores of these groups (54.8 and 53.5, respectively) are more than four points lower than the mental health of score managers who would know what to do (59.4) and modestly lower than the national average (55.5)



If you suspected an employee was struggling with a mental health issue, would you know what to do?



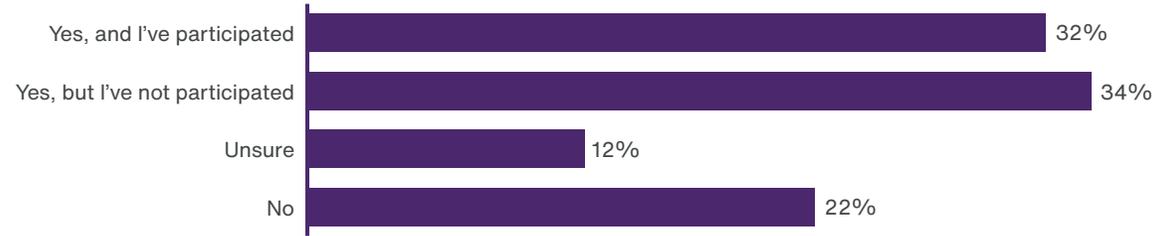
MHI score by “If you suspected an employee was struggling with a mental health issue, would you know what to do?”



More than one-third of managers are unsure or say their organisation does not offer training on their role in supporting a mentally healthy workplace.

- The highest mental health score (59.4) is among 32 per cent of managers who have participated in training on their role in supporting a mentally healthy workplace, four points higher than the national average (55.5)
- The lowest mental health score (53.4) is among 22 per cent of managers who report their organisation does not offer training for people leaders on their role in supporting a mentally healthy workplace, six points lower than managers who have participated in training (59.4) and two points lower than the national average (55.5)

Does your organisation offer training for people leaders on their role in supporting a mentally healthy workplace?



MHI score by “Does your organisation offer training for people leaders on their role in supporting a mentally healthy workplace?”

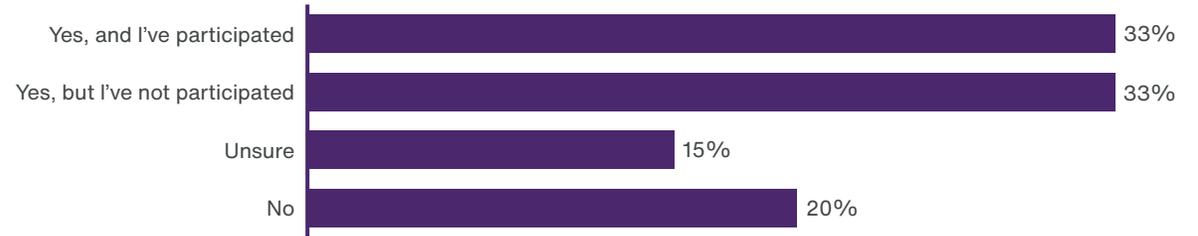


More than one-third of managers are unsure or say their organisation does not offer training for people leaders on effective coaching/management techniques.

- The highest mental health score (59.3) is among 33 per cent of managers who have participated in training on effective coaching/management techniques, nearly four points higher than the national average (55.5)
- The lowest mental health score (54.8) is among 15 per cent of managers who are unsure whether their organisation offers training for people leaders on effective coaching/management techniques, more than four points lower than managers who have participated (59.3) and modestly lower than the national average (55.5)



Does your organisation offer training for people leaders on effective coaching/management techniques?



MHI score by “Does your organisation offer training for people leaders on effective coaching/management techniques?”

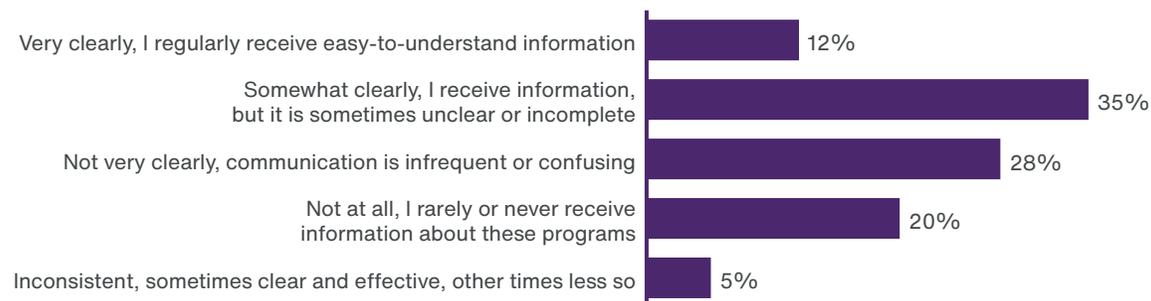


Communication about health and wellbeing programs.

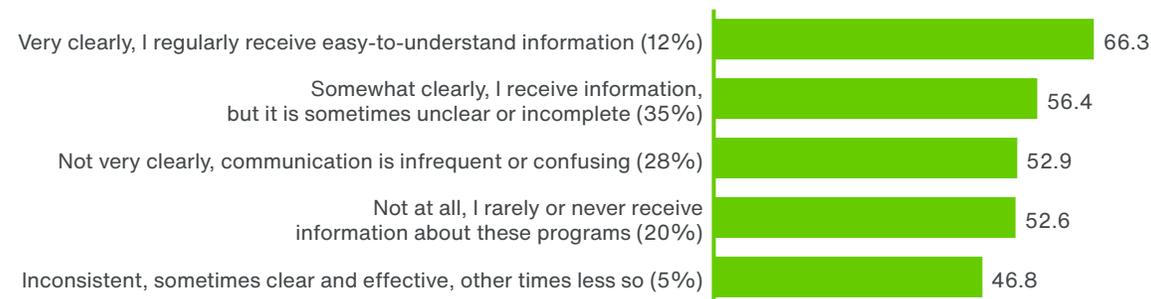
Nearly nine in ten workers say their organisation’s communication about health and wellbeing programs is unclear or inconsistent.

- The highest mental health score (66.3) is among 12 per cent of workers who say their organisation communicates very clearly about health and wellbeing programs, nearly 11 points higher than the national average (55.5)
- The lowest mental health score (46.8) is among five per cent of workers who say their organisation’s communication about health and wellbeing programs is inconsistent, nearly 20 points lower than workers who say communication is very clear (66.3) and almost nine points lower than the national average (55.5)
- Non-unionized workers are 60 per cent more likely than unionized workers to say they rarely or never receive information about these programs
- Non-managers are 60 per cent more likely than managers to say their organisation’s communication about health and wellbeing programs is not at all clear

How well does your organisation communicate information about health and wellbeing programs?



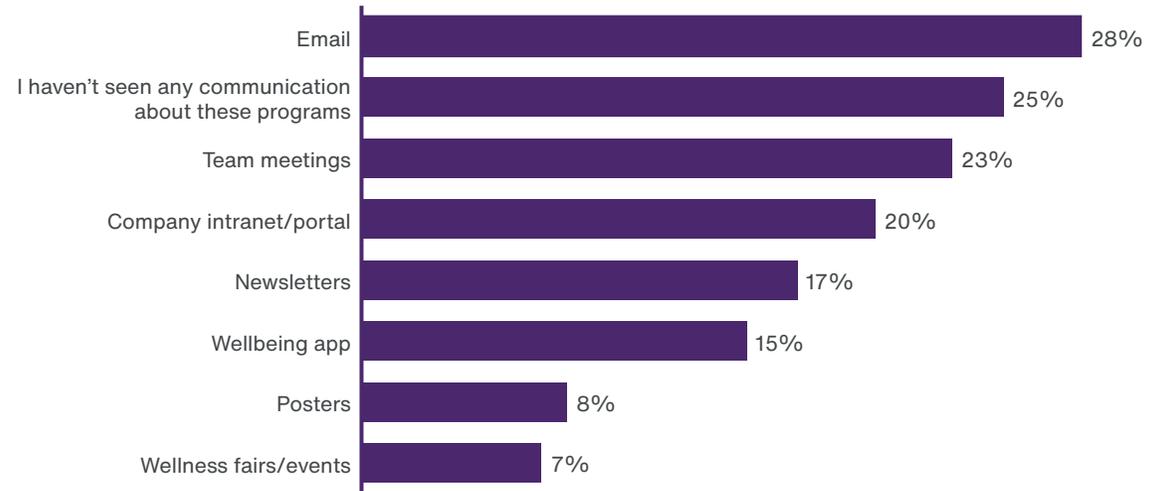
MHI score by “How well does your organisation communicate information about health and wellbeing programs?”



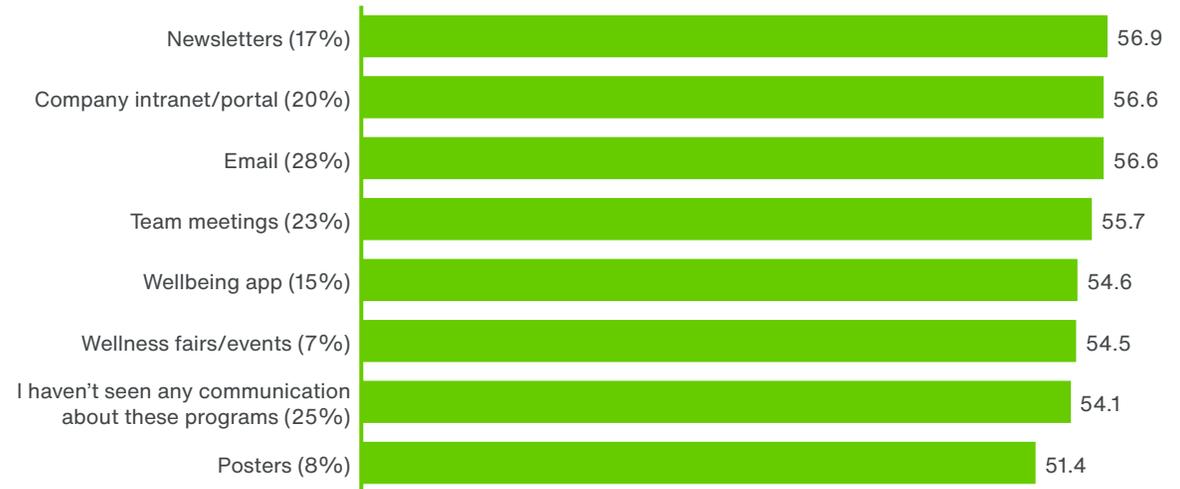
One-quarter of workers say they haven't seen any communication about their organisation's health and wellbeing programs.

- Nearly three in ten (28 per cent) organisations use email to communicate health and wellbeing programs, 23 per cent communicate programs during team meetings, 20 per cent use their company's intranet/portal, 17 per cent communicate programs via newsletters, 15 per cent communicate through a wellbeing app, eight per cent use posters, and seven percent communicate health and wellness programs during wellness fairs/events
- One-quarter (25 per cent) of workers haven't seen any communication about health and wellbeing programs; this group has a mental health score (54.1) just over one point lower than the national average (55.5)

Which methods does your organisation use to communicate health and wellbeing programs?



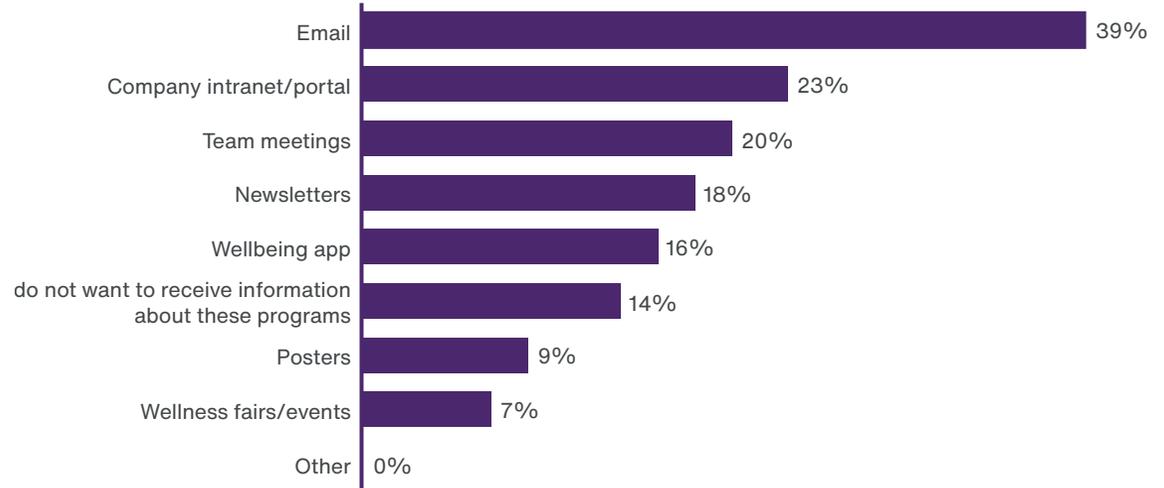
MHI score by "Which methods does your organisation use to communicate health and wellbeing programs?"



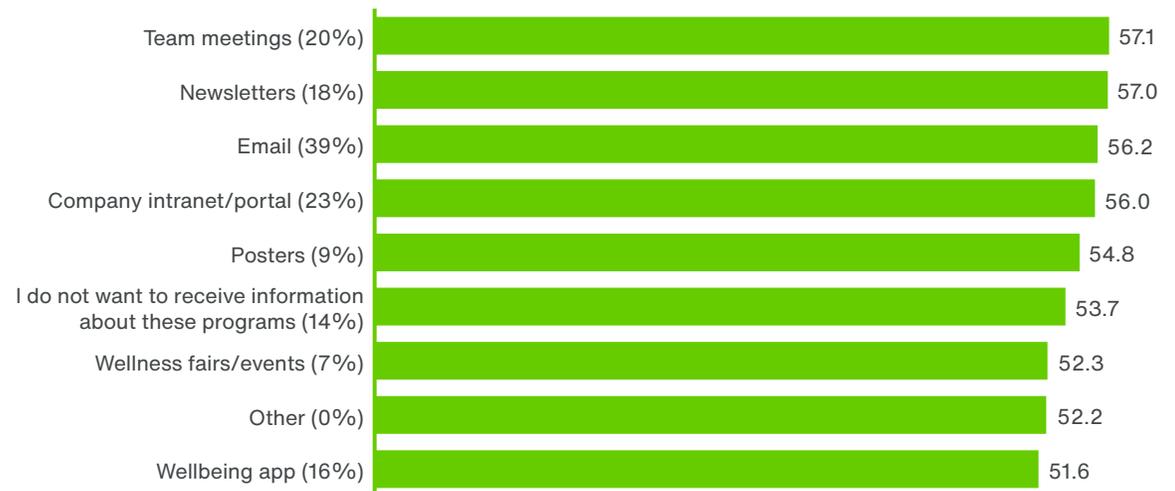
Two in five workers would prefer to receive information about their organisation’s health and wellbeing programs via email.



How would you prefer to receive information about health and wellbeing programs from your organisation?



MHI score by “How would you prefer to receive information about health and wellbeing programs from your organisation?”



Nearly half of workers say their manager has not informed them about available health and wellbeing programs.

- More than two in five (42 per cent) workers say their manager has communicated the availability of health and wellbeing programs. This group has a mental health score (56.9) just over one point higher than the national average (55.5)
- The lowest mental health score (52.8) is among 45 per cent of workers who say their manager has not communicated the availability of health and wellbeing programs to them, four points lower than workers who say their manager has communicated this information (56.9), and nearly three points lower than the national average (55.5)



Has your manager communicated the availability of health and wellbeing programs to you?



MHI score by "Has your manager communicated the availability of health and wellbeing programs to you?"



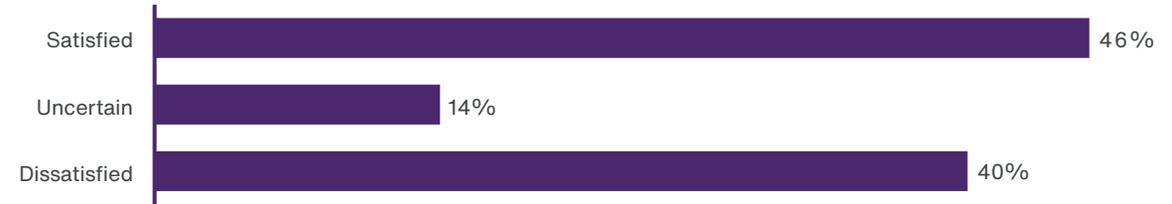
Sleep quality

Fewer than half of workers are satisfied with the quality of their sleep.

- The highest mental health score (63.0) is among 46 per cent of workers satisfied with the quality of their sleep, more than seven points higher than the national average (55.5)
- The lowest mental health score (47.8) is among 40 per cent of workers dissatisfied with the quality of their sleep, more than 15 points lower than workers who are satisfied with their sleep quality (63.0) and almost eight points lower than the national average (55.5)



Overall, how satisfied are you with the quality of sleep you get?



MHI score by “Overall, how satisfied are you with the quality of sleep you get?”

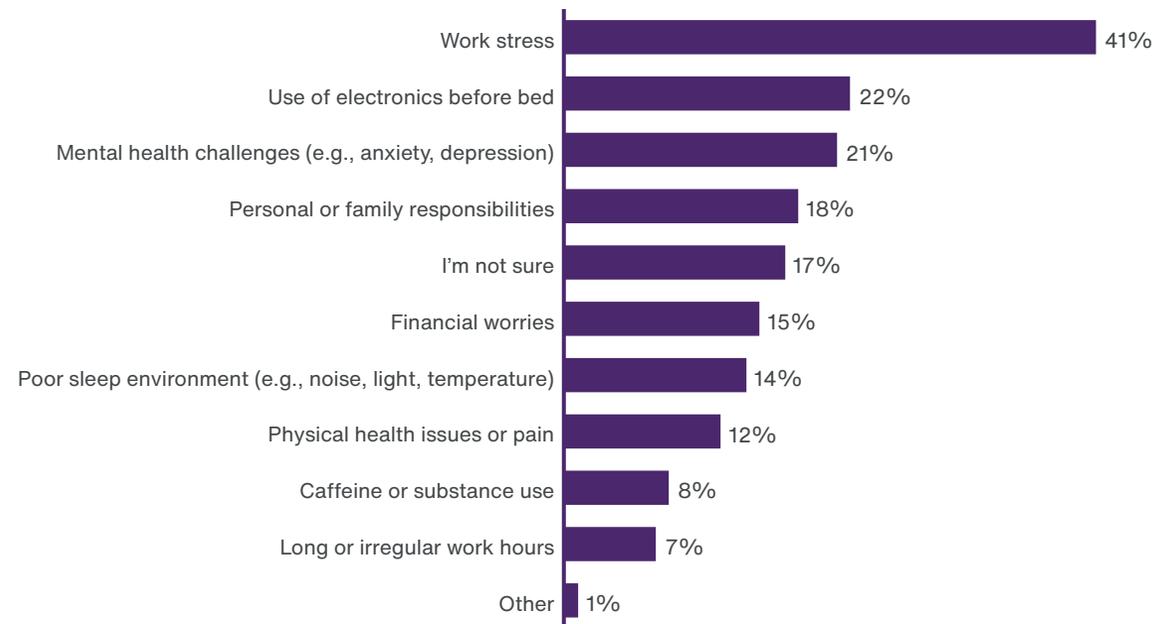


Work stress, use of electronics before bed, mental health challenges, and personal or family responsibilities are the leading factors contributing to poor sleep quality.

- Workers under 40 are 60 per cent more likely than workers over 50 to report that mental health challenges contribute to their poor sleep quality
- Parents are 50 per cent more likely than non-parents to say personal or family responsibilities are the primary factor contributing to their poor sleep quality
- Workers without emergency savings are more than twice as likely as workers with emergency savings to say financial worries are the leading factor contributing to poor sleep quality



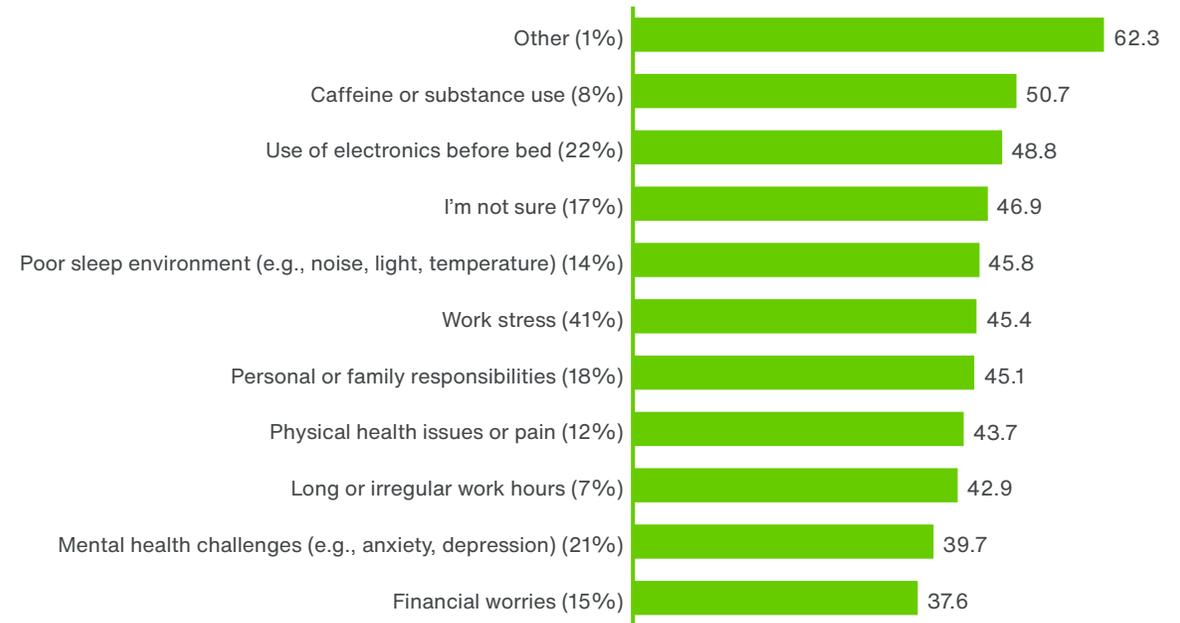
What do you believe are the main factors contributing to your poor sleep quality?



- The lowest mental health score (37.6) is among 15 per cent of workers reporting that financial worries contribute to their poor sleep quality, 18 points lower than the national average (55.5)



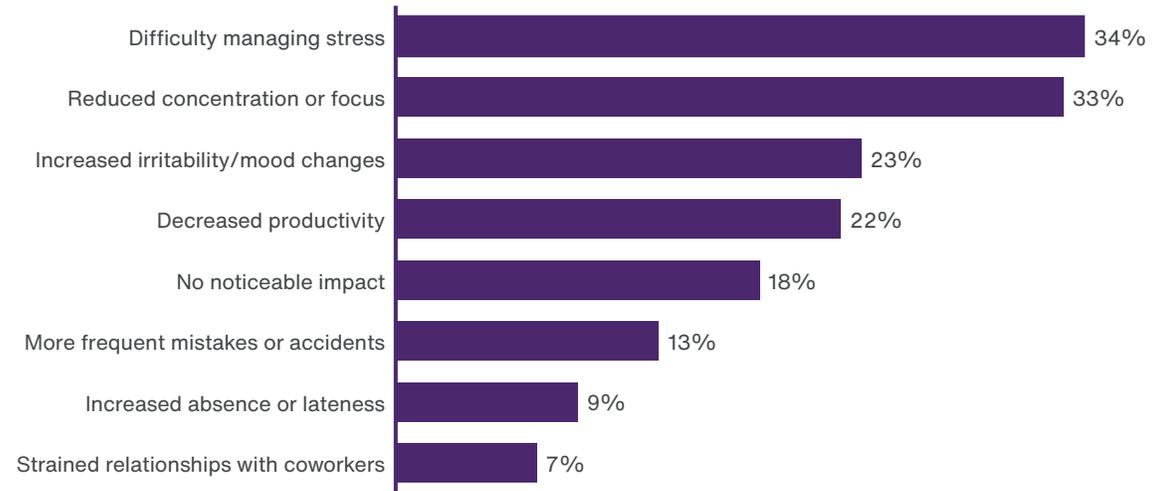
MHI score by “What do you believe are the main factors contributing to your poor sleep quality?”



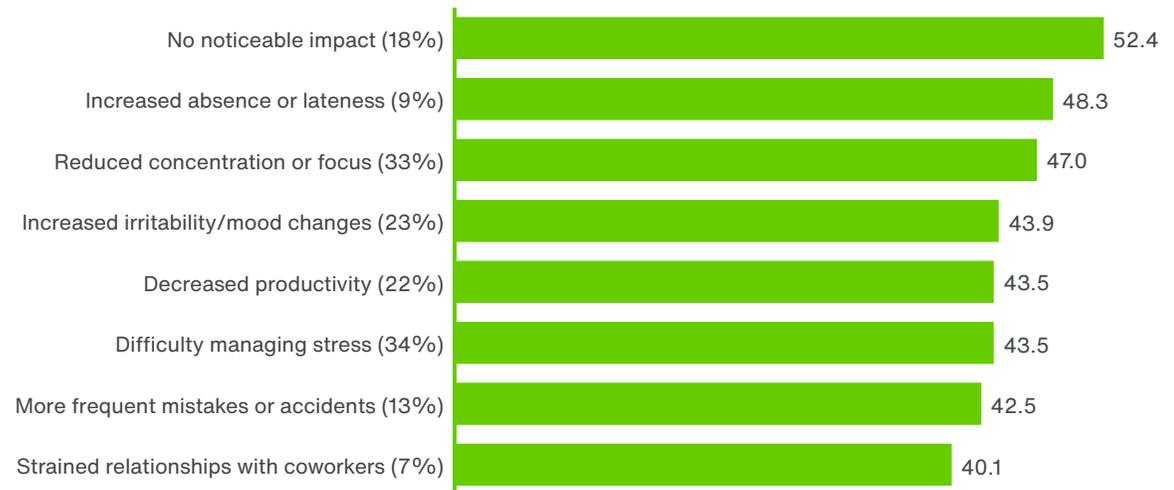
Managers are more likely to report reduced concentration or focus, and younger workers are more likely to report decreased productivity due to poor sleep quality.

- The highest mental health score (52.4) is among 18 per cent of workers reporting no noticeable impact at work, three points lower than the national average (55.5)
- Non-managers are two and a half times more likely than managers to report no noticeable impact at work due to poor sleep quality
- Workers over 50 are twice as likely as workers under 40 to report no noticeable impact at work due to poor sleep quality
- The lowest mental health score (40.1) is among seven per cent of workers who say poor sleep quality results in strained relationships with coworkers, more than 12 points lower than workers reporting no noticeable impact (52.4) and more than 15 points lower than the national average (55.5)
- Workers under 40 are 50 per cent more likely than workers over 50 to report decreased productivity at work due to poor sleep quality
- Managers are 50 per cent more likely than non-managers to report reduced concentration or focus at work due to poor sleep quality

How has your poor sleep quality affected your work?



MHI score by “How has your poor sleep quality affected your work?”



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, informing 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 June 10 and June 25, 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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