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OT&P  
Healthcare  
領康醫療



# Corporate Mental Health & Wellness Survey

Helping you understand the  
current mental health status of  
your staff and your company

# ABOUT OT&P HEALTHCARE

For over 25 years, OT&P Healthcare has been a highly respected provider of medical services in Hong Kong, delivering expert care to the local and expat communities.

We are a team of highly respected general practitioners, specialists, allied health professionals and nursing staff, covering a wide range of services such as Obstetrics and Gynaecology, Psychiatry, Orthopaedics and Paediatrics. We strive to help individuals enhance and optimise their health with evidence-based information and personalised care. OT&P Healthcare is the only clinic group in Hong Kong to achieve accreditation from the Australian Council on Healthcare Standards (ACHS).

OT&P MindWorX, our dedicated mental wellness clinic, was established in 2019 with more than ten mental health professionals, offering a wide range of psychiatric, psychological and counselling services.

***We believe that when employees feel their best, they perform at their best.***

Studies carried out by the WHO on mental health and the workplace showed that



of the global population experiences mental health issues every year.

Research has also shown that for companies that invest in mental health programmes for their employees, the return on investment is around 10%.

# The Wellness Survey

The survey contains validated assessment tools that offers a screening of the health of your staff, incorporating the domains of depression, anxiety, burnout, wellness and physical health. Once the survey has been completed, your staff will receive a reply to their preferred email address, providing the results of the assessments, shedding light on their mental wellbeing and suggesting whether there is any need for further medical attention.

## Respondents will get instant feedback on the answers

Information on the employee's health will be accessible only to the respondent and no individual response will be revealed to the management in order to ensure confidentiality. The survey and individual report can also be delivered in multiple languages.

### Mental Health and Wellbeing at the Workplace Individual survey results

Thank you for filling in our Mental Health and Wellbeing at the workplace survey. The questions incorporated in the survey have all been derived from validated assessment tools widely used in research and general population health screening. There are five major parts of the survey that pertain to questions on depression, anxiety, exhaustion and disengagement, wellness, and physical health. The findings of the survey are not meant to replace the observations and diagnosis of a qualified healthcare professional. Should you require further assistance, please seek professional help with a GP family practitioner or a mental health professional.

#### Depression

Depression is an illness which the low mood impacts the way one feels, thinks and behaves, and leads to a feeling that one can no longer cope with things in life. It is ore than just a sensation of "feeling just a bit down". There are nine questions relayed to the symptoms of depression in the survey, which scores each of the nine criteria for depression as defined by the Diagnostic and Statistics Manual (DSM-V) from "0" (not at all) to "3" (nearly every day). The questions have been validated for use and scores range from 0 to 27 (Kroenke et al., 2001).



You scored 14 in the depression screening. This indicates that you are at a Moderate severity of depression. It is advisable that you seek professional help on this matter.

#### Anxiety

Whilst low levels of anxiety can lead to improved work performance, excessive levels of anxiety will conversely hamper productivity, lead to decreased concentration and increased irritability, thereby generating more conflicts at work. Anxiety can also lead to various physical symptoms, such as muscle tension and palpitations. There are seven questions related to the symptoms of anxiety in the survey. The questions have been used as a screening tool and a measurement of the severity of the illness, with scores ranging form 0 to 21 with various cut offs (Löwe et al., 2008).



You scored 10 in the anxiety screening. This indicates that you are at a Moderate severity of anxiety. It is advisable that you seek professional help on this matter.

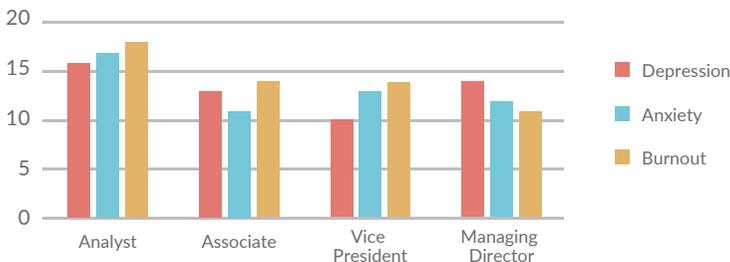
# The Corporate Report

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After the staff have completed their individual responses, the company management will then receive an aggregate report on the health of the company. The report will include an aggregate view of the health of your company, particularly on the aspects of mental wellbeing, any individual comments that the respondents may have made, physical wellbeing and lifestyle choices. The report will also provide analysis according to different strata, delineated by seniority, department and other customised breakdown, so the company management can receive a picture of the areas that require most attention and recommendations given on the suggested course of action.

## Detailed analysis of different parts of your company

To ensure that your staff fills in the questionnaire truthfully without fear of repercussions, only the aggregate data will be presented to the company and no individual responses will be shared.



After the corporate report has been delivered, we can also offer other services for your staff, including:

- Guided interactive talks or workshops
- Medical consults
- Individual therapy or coaching
- Provide aggregate data to insurance companies to facilitate negotiations on healthcare coverage

## Key Benefits

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- Improved productivity of your employees
- Decreased absenteeism
- Reduced health risks