MENTAL HEALTH RISK FACTORS

There is a wide range of conditions that affect mental health, including:

- Cardio-vascular
  - Diabetes
  - Cancer
  - Tuberculosis/HIV
- Overweight/obesity

WHY FOCUS ON MENTAL HEALTH

INDIVIDUAL CONSEQUENCES

Errors
Distractions
Memory difficulties
Decreased productivity
Poor concentration
Absenteeism
Poor decision making

MENTAL HEALTH

ORGANISATIONAL SUPPORT

- 77% provide or enable booking/arrangement of travel logistics
- 59% provide business class flights on long haul
- BUT ONLY
  - 34% employee assistance plan
  - 25% wellness programme
  - 21% mental health support

DISCLAIMER:

This pocket guide has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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Depression/anxiety in the workplace effects

**ONE IN FIVE WORKERS**

Annual cost average cost per employee (regardless of health status)
£1,119 - £1,481

Annual cost of work related stress in the EU alone is €617 BILLION

26% OF EU WORKERS think that work effects their mental health negatively

50-60% OF LOST WORKING DAYS are due to stress

Average return on investment in mental health programmes is £4.20 FOR EVERY £1 INVESTED

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### RISKY BEHAVIOURS UNCOVERED

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Behaviour</th>
</tr>
</thead>
<tbody>
<tr>
<td>46%</td>
<td>Consume MORE ALCOHOL</td>
</tr>
<tr>
<td>35%</td>
<td>More likely to VISIT BARS AND NIGHTCLUBS</td>
</tr>
<tr>
<td>35%</td>
<td>More likely to EAT IN UNHYGIENIC PLACES</td>
</tr>
<tr>
<td>33%</td>
<td>Will travel to areas THEY DON’T KNOW ARE SAFE</td>
</tr>
<tr>
<td>32%</td>
<td>More likely to travel in VEHICLES WITHOUT ADEQUATE PROTECTION</td>
</tr>
</tbody>
</table>

**Nearly one in ten travellers** (9%) also reported that they would be more likely to START A SEXUAL RELATIONSHIP with a new sexual partner(s)

### MENTAL AND PHYSICAL HEALTH

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>78%</td>
<td>More working HOURS</td>
</tr>
<tr>
<td>45%</td>
<td>Experience an INCREASE IN STRESS LEVELS</td>
</tr>
<tr>
<td>15%</td>
<td>Concerned about PERSONAL SAFETY WHILE AWAY</td>
</tr>
<tr>
<td>76%</td>
<td>LESS LIKELY TO HAVE A BALANCED DIET</td>
</tr>
<tr>
<td>73%</td>
<td>Suffer from LESS QUALITY SLEEP</td>
</tr>
<tr>
<td>76%</td>
<td>LESS LIKELY TO EXERCISE</td>
</tr>
</tbody>
</table>

### MENTAL HEALTH AND THE INTERNATIONAL BUSINESS TRAVELLER*

Business travellers make 3 TIMES AS MANY CLAIMS for psychological treatment as non-travellers.

67% report being more engaged

**BUT**

34% OF INTERNATIONAL BUSINESS TRAVELLERS (IBTS) are more likely to engage in a number of risky behaviours.

**AND**

31% EXPERIENCE EMOTIONAL EXHAUSTION, a core feature of burnout, on a weekly basis.

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