

CTRL+Mind

Mental Health In tech Field

Analytical Phase

A) The Psychological Suffering of Workers in The Technical Field Compared To Others (and their Demographics):

- 1-How Many Workers were included in the Study?
- 2-How many of them Work in the Technology Field?
- 3- How many of them Work in Non-Technical Fields?
- 4-How Many Workers That suffer from Mental health Disorder in technical field Compared with those in Non-tech fields?
- 5-Between workers those work in technical field , How many worker of them currently suffer from Mental health Disorder?
- 6-Which Genders Suffers More?
- 7-Which age group Suffer the most?
- 8- Percentage of cases suffering from a proportion of the total percentage of workers participating in the study each year?
- 9- Is there a particular race that suffers more?

B) Past Psychological State Reasons:

- 1-Did workers in tech field that suffer from MH issues work before or this is the first job?
- 2-If it is not the first job, were they suffer in the past?
- 3-Is there a Family History with MH Disorder?
- 4-Are they Expatriate from their Families?
- 5-Are they Resident far from Work?
- 6-if worker was suffer from MH in the past ,Were that because his previous Company polices?

C) Current Psychological State Reasons:

- 1-if worker Currently Suffer from MH disorder , is that Because his current company?
- 2-Distribution of Company categories with ratio of workers with MH issues?
- 3-which company categories provide mental health more?
- 4-which company categories provide mental health more (in formal way)?
- 5-How do workers with MH issues Rate their company interest of Mental health compared with physical health?
- 6- If a mental health issue prompted you to request a medical leave from work, how easy or difficult would it be to ask for that leave?
- 7-Do employers in the current Company offer recourses to learn more about how to deal with MH issues?
- 8-which countries and cities with companies with higher rates of MH issues?

D) Awareness and Courage:

- 1- If you currently suffer MH disorder or were suffer from it before Had you ever sought treatment for a mental health disorder from a mental health professional?
- 2- aware of the options for mental health care?
- 3- Would you be willing to talk to one of us more extensively about your experiences with mental health issues in the tech industry?
- 4- Have your observations of how another individual who discussed a mental health issue made you less likely to reveal a mental health issue yourself in your current workplace
- 5- Rate your Ability of Courage Disclosing MH VS Courage Discussing PH.
- 6- Was your anonymity protected if you chose to take advantage of mental health ?
- 7- Describe your Managers Reactions to your Mental Issues complaints?
- 8- experienced badly handled response to a mental health?

E) Productivity:

- 1- Is your mental health issues Impact on the relations between you and your coworkers?
- 2- Do you believe your productivity is ever affected by a mental health issue?
- 3- How has it affected your career?
- 4- Do you know local or online resources to seek help for a mental health issue?

Then We will insert Helping Recourses :

Takeaways

Confidentiality is crucial, programs must be tailored, management support is essential, and consistency is better than one-time actions.

Company	Initiatives	Results
Google	Mindfulness, leave, EAP	Reduced burnout
Microsoft	Mental health days, training	Improved engagement
IBM	First aid, hotlines	Increased safety
GitHub	Headspace, wellbeing channels	Stronger belonging
Salesforce	Therapy, reimbursements	Lower turnover