



Advancing Digital Mental Health Interventions for Corporate Employees: A Systematic Review

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MENTOR APPROVAL



Preetha G.S

to me ▼

Dear Rohit,
Approved
Best wishes,
Preetha





INTRODUCTION

Background

- Workplace stress, burnout, anxiety, and depression are increasing among corporate employees.
- Poor mental health negatively affects productivity, engagement, absenteeism, and employee retention.
- Traditional mental health services often face barriers such as stigma, accessibility, cost, and limited availability.

Digital Mental Health Interventions

- Mobile Mental Health Applications
- AI-Based Chatbots
- Teletherapy & Online Counselling
- CBT-Based Digital Platforms
- Wearable Stress Monitoring Device

Rationale of the Study

- Growing workplace mental health concerns globally.
- Increasing adoption of digital wellness technologies.
- Limited evidence focused specifically on corporate employees.
- Need to understand effectiveness and implementation barriers.



OBJECTIVES OF THE STUDY

Primary Objective:

- To evaluate the effectiveness of digital mental health interventions in improving psychological well-being and reducing workplace stress among corporate employees.

Secondary Objectives:

- Review existing literature on workplace digital mental health interventions.
- Assess impact on productivity and emotional resilience.
- Identify barriers affecting adoption.
- Analyze organizational factors influencing implementation.
- Provide recommendations for workplace mental health strategies.

METHODOLOGY (1/2)

Study Design

- Systematic Review
- PRISMA-based approach
- Secondary data analysis



Data Sources

- PubMed
- Scopus
- Web of Science
- PsycINFO
- IEEE Xplore
- Google Scholar



Search Keywords

- Digital Mental Health
- Workplace Mental Health
- Corporate Employees
- Teletherapy
- Mental Health Applications
- AI Mental Health Tools

METHODOLOGY (2/2)

Inclusion Criteria:

- ✓ Peer-reviewed studies (2018–2024)
- ✓ Corporate employee population
- ✓ Digital mental health interventions
- ✓ English language studies
- ✓ Effectiveness and implementation studies

Exclusion Criteria:

- ✗ Non-peer reviewed articles
- ✗ Editorials and opinion papers
- ✗ Student population studies
- ✗ Severe psychiatric hospitalization studies
- ✗ Duplicate studies

Thematic Synthesis Based On:

- Effectiveness
- Productivity
- Accessibility
- Organizational Factors
- Adoption Barriers

RESULTS (1/3)

PRISMA Study Selection

Stage	Number of Studies
Records Identified	312
After Duplicate Removal	248
Full Text Reviewed	86
Final Studies Included	42

Key Observation :

- 42 studies fulfilled all eligibility criteria.
- Studies were conducted across USA, UK, Australia, Canada, and India.
- Majority published between 2019–2024

RESULTS (2/3)

Types of Digital Mental Health Interventions Identified

Mobile Applications

- Stress management
- Mindfulness exercises
- Emotional tracking

AI Chatbots

- Real-time support
- CBT-based guidance

Teletherapy Platforms

- Online counselling
- Virtual psychological support

Wearable Technologies

- Stress monitoring
- Sleep and activity tracking

Effectiveness in Improving Mental Well-being

The review found that digital mental health interventions:

- ✓ Reduced workplace stress
- ✓ Reduced anxiety levels
- ✓ Improved emotional regulation
- ✓ Enhanced coping mechanisms
- ✓ Improved psychological well-being

Most Effective Interventions

- Mindfulness Applications
- CBT-Based Digital Tools
- Teletherapy Services



RESULTS (3/3)

Impact on Productivity & Emotional Resilience

Studies reported:

- Improved concentration and focus
- Increased work engagement
- Higher motivation levels
- Reduced absenteeism
- Better emotional resilience

Organizational Benefits

- Improved employee performance
- Better workforce wellbeing
- Increased retention and engagement



DISCUSSION (1/2)

Accessibility Advantages

Digital interventions provide:

- Anytime, anywhere access
- Greater privacy and anonymity
- Reduced stigma associated with help-seeking
- Support for remote and hybrid workers

Key Insight

Digital platforms make mental health support more accessible than traditional face-to-face services.

Major Barriers Identified

- Workplace stigma
- Privacy and confidentiality concerns
- Lack of employee awareness
- Limited digital literacy
- Low long-term engagement
- Insufficient organizational support

Key Challenge

Technology is available, but adoption remains a challenge.



DISCUSSION (2/2)

Organizational Factors Influencing Success

Successful implementation was associated with:

- Leadership support
- Mental health awareness programs
- Strong privacy policies
- Employee engagement initiatives
- Integration with workplace wellness programs

Key Finding

Leadership support emerged as one of the strongest drivers of successful adoption.



KEY FINDINGS

Major Findings of the Review:

- Digital mental health interventions effectively reduce workplace stress.
- Employee psychological well-being improves significantly.
- Productivity and emotional resilience increase.
- Accessibility to mental health support improves.
- Organizational support is critical for long-term success.

Major Barriers:

- Stigma
- Privacy concerns
- Lack of awareness
- Digital literacy issues

CONCLUSION

Conclusion

- Digital mental health interventions are effective workplace wellness tools.
- Mobile apps, AI chatbots, teletherapy, and wearable technologies showed positive outcomes.
- These interventions improve stress management, emotional resilience, and employee productivity.
- Successful implementation depends on organizational culture, privacy assurance, leadership support, and employee engagement.
- Digital mental health should become an integral component of corporate wellness programs.



RECOMMENDATIONS

For Corporate Organizations:

- Integrate digital mental health tools into wellness programs.
- Conduct awareness campaigns to reduce stigma.
- Strengthen employee privacy and data security.
- Encourage leadership participation.

For Healthcare Managers:

- Collaborate with HR teams.
- Monitor outcomes using measurable KPIs.
- Integrate digital wellness into organizational systems.

For Future Research:

- More studies in Indian corporate settings.
- Long-term effectiveness assessment.
- Evaluation of AI-based counselling solutions.



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Thankyou
Open for Questions