**Maine State Government**

*Baseline to Post-Treatment Follow-up Change*

+ = Improved

– = Worsened

Study Outcomes

|  |  |  |
| --- | --- | --- |
|  | Usual Care Group | Treatment Group |
| At-work performance (average of WLQ scores) for: |  |  |
| Time management Range = 0–100% | +0.9 points | +18.1 points |
| Physical tasks Range = 0–100% | +2.0 points | +10.9 points |
| Mental-interpersonal tasks Range = 0–100% | -1.0 points | +11.8 points |
| Output tasks | +0.3 points | +14.2 points |
| At-work productivity loss Range = 0–28% | +0.3% | +3.5% |
| Absence (two-week) Range = 0–11 or more | -1.1day  | +0. 8 day |
| Depression severity (by PHQ-9 scores) Range = 0 (mild) to 27 (severe) | -0.6 | +5.4 |
| At-work productivity loss cost savings – unadjusted | +$96 | +$1,182 |
| Absenteeism cost savings – unadjusted | –$3,043  | +$2,935 |
| Total productivity loss savings (at-work + absenteeism) – unadjusted | –2,947  | + 3,578 |
| Total marginal WHI treatment cost saving over usual care group (adjusted) |  | $6,041 |

Note: The cost is derived from 2010 median hourly wage of $16.27 and total of 2,080 annual working hours.