



# Headspace & Google and Roche

AFTER 8 WEEKS OF HEADSPACE

**46%** ↓

decrease in symptoms of depression

**31%** ↓

decrease in symptoms of anxiety

| Increased positivity

| Improved well-being

## BACKGROUND

Headspace provides subscriptions to an online mindfulness training solution. General research has shown that mindfulness meditation can increase employee productivity while reducing stress, illness, and absenteeism over time.\* Headspace is meditation made simple, accessible anywhere teams need it.

## PROBLEM

According to the American Psychological Association, 65% of Americans report that work is a significant source of stress and this is estimated to cost U.S. industry more than \$300 billion a year in absenteeism, staff turnover, diminished productivity, and medical costs. There is a similar picture globally: in the UK, stress and poor mind-health cost the economy \$40 billion per year.

Google and Roche – both recognized for their engaging employee benefits packages – wanted to take an innovative approach to tackling the problem of stress. At the same time, both wanted scientific evidence prior to rolling out a product to their wider employee population. These companies decided to test Headspace for their employees.

## STUDY RESULTS

238 healthy employees from Google and Roche took part in the study, conducted by Oxford University. The study looked at psychological and biological outcomes relevant to heart disease and whether short, accessible self-guided programs like Headspace would be associated with the established benefits of more intensive mindfulness training.

For the study, Headspace provided access to the app and an introductory talk for participants. Those participants were then part of an 8-week program of 10-20 minutes of Headspace, measuring outcomes at both 8 weeks and 16 weeks. The Headspace group was compared to a wait-list control group, which received the same Headspace intervention at a later time.

Those 8 weeks of Headspace in the workplace resulted in a 31% decrease in symptoms of anxiety and a 46% decrease in depression symptoms, and an increase in positivity, well-being. Results from this study align with the body of research showing mindfulness delivered in non-traditional ways can have positive effects on psychological and workplace outcomes.

\*STUDIES DID NOT USE HEADSPACE AS AN INTERVENTION.