



# How online therapy improves employee productivity

*Talkspace and Columbia University study finds online therapy engagement can lead to increased employee productivity*



While the effectiveness of therapy as a treatment for mental health conditions has been studied and [documented for decades](#), Talkspace is committed to advancing the science and research behind technology-supported therapy solutions.

Since 2012, Talkspace has facilitated care between licensed therapists and over 1.5 million individuals by offering live video sessions and private messaging services from a secure, HIPAA-compliant app.

After publishing a study on the effectiveness of online therapy to treat anxiety and depression, Talkspace partnered with Columbia University to examine how online therapy improves workplace performance.

## The study

Published in [The Journal of Technology in Behavioral Science](#), the study sought to understand the impact messaging therapy, conducted on the Talkspace platform, has on employee

productivity and engagement. Researchers asked employees with depression and anxiety to self-report progress in both their mood and work performances after 3 months' treatment on Talkspace. They used widely-accepted clinical questionnaires, including the [Patient Health Questionnaire-9](#), the [Generalized Anxiety Disorder-2](#), and the [Work Productivity](#) and [Activity Impairment scale](#).

## The results

After 3 months, employees reported feeling more productive, energized, and engaged at work.

 **50%** fewer hours of work missed, translating to 90 reclaimed work hours per employee per year

 **36%** increase in productivity, measured by employees' reported ability to complete tasks

 **39%** reported greater work-life balance and an increase in quality of life outside work

These work results were driven by a significant improvement in employee mental health as a result of regularly engaging with a therapist.

**depression**

**84%**

of employees previously diagnosed experience significant symptom reduction.

They reported feeling happier, more resilient, and engaged with daily tasks. They slept better and felt more energized during the workday.

**anxiety**

**64%**

of employees previously diagnosed experienced significant symptom reduction.

They reported feeling less stressed out, irritable, and more grounded.

Employees at any level of an organization can benefit from engaging with a licensed therapist, and learning tools for stress management, resiliency, and communication, among others. To learn more about our research or Talkspace's services, reach out to your Talkspace representative.