

# Stress: Case Study

[CS-005] Mind Over Matter: Addressing Emotional Strain to Enhance Road Safety

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## Proactive Cognitive Assessments for Enhanced Driver Well-being and Safer Operations

Early Insights, Targeted Interventions—paving the way for safer roads.

Ensuring cognitive health is essential for both individual well-being and operational safety. These case studies demonstrate how proactive cognitive assessments can uncover hidden risks—from substance abuse and undiagnosed medical conditions to stress and distracted driving. By incorporating tools like Impirica’s assessments into routine safety protocols, organizations can identify issues early and implement targeted interventions, ultimately fostering a safer, healthier work environment.

CASE STUDY [001]

### Substance

Summary

Cognitive screening flagged a driver impaired by cocaine use, prompting timely intervention. Early detection prevented incidents and validated cognitive assessments.

CASE STUDY [002]

### Sleep

Summary

Cognitive assessment flagged irregular behavior later attributed to unmanaged sleep apnea. Prompt treatment enabled the driver’s safe return.

CASE STUDY [003]

### Distraction

Summary

Assessment ruled out impairment and revealed distractions from phone use. This led to refined policies for safer driving.

CASE STUDY [004]

### Heart

Summary

A high-risk cognitive score triggered evaluation that uncovered undiagnosed heart disease. Early detection enabled immediate treatment, averting a crisis.

CASE STUDY [005]

### Stress

Summary

Assessment revealed performance issues linked to personal stress despite normal medical exams. Addressing these challenges allowed the driver to resume safe operations.

CASE STUDY [006]

### Screening

Summary

Cognitive screening flagged a candidate for high-risk behavior during evaluation, preventing unsafe hiring and proving its predictive accuracy.





## CASE STUDY [005]

# Stress

### Context

A routine periodic assessment flagged a driver as high-risk, prompting an internal review by the fleet's **Occupational Health and Safety team**.

### Disclaimer

**Impirica's cognitive assessment does not diagnose medical conditions** but assesses risk relative to real-world driving. Medical conditions were uncovered through follow-up protocols.

## Emotional Distress – Mental Health Challenges in a Fleet of 1,550+

### Key Findings

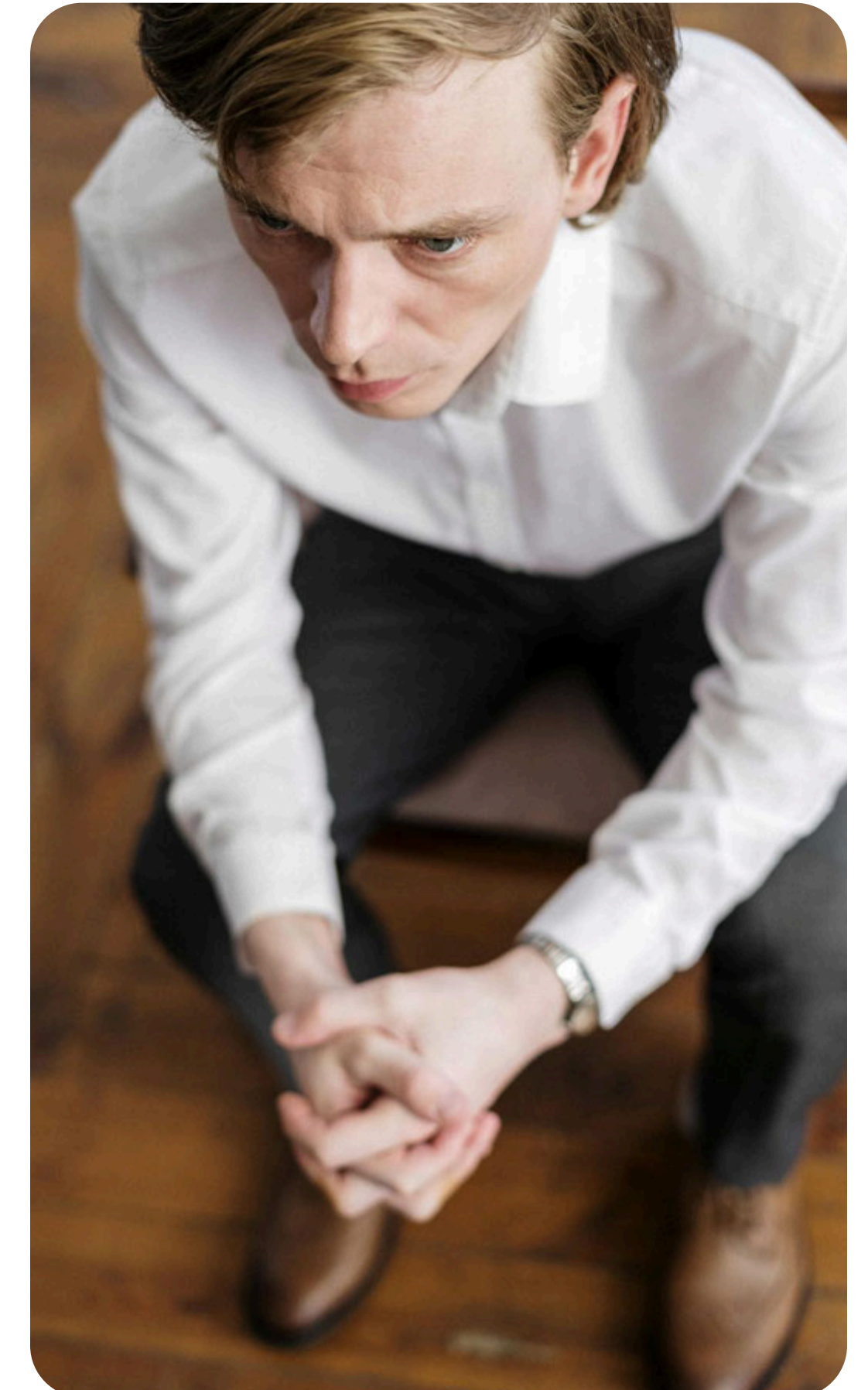
- The driver had recently passed a **provincial medical exam** during his commercial license renewal process.
- The **cognitive assessment revealed concerning cognitive performance** unrelated to a diagnosed medical condition.
- Follow-up discussions indicated that the **driver was experiencing significant emotional distress** due to **an ongoing, prolonged divorce**, which was affecting their focus and decision-making on the road.

### Impact

- The driver was able to seek necessary support and return to driving safely.
- The company gained a deeper understanding of how personal stressors can impact driver performance.
- Awareness around mental wellness in the workplace was strengthened.

### Conclusion

This case highlighted the importance of recognizing and addressing the broader factors that influence driving safety beyond traditional medical assessments.



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