

## **Burnout & Well-Being in the Legal Profession Study Details**

To help law firms and other legal employers like yours make progress on improving well-being in the profession, we're conducting a brief survey to better understand burnout and what contributes to it. We invite your organization to participate.

**What Is the Survey About?** This survey aims to (1) investigate the frequency and severity of burnout among surveyed members of the legal profession and (2) identify correlates of burnout that legal employers can address to curb the risk of burnout. The survey targets all practicing lawyers and support staff. It will be anonymous—individual and organizational identifying information will not be collected.

**Why Are We Conducting The Survey?** As you know, a 2016 study of nearly 13,000 practicing lawyers found elevated rates of problematic alcohol use and symptoms of depression and anxiety. But we could locate no study in the U.S. seeking to determine the frequency of burnout among lawyers or their support staff. Although burnout has a significant relationship with depression, substance use disorders, and suicidal thinking, burnout itself is a non-medical, more socially-acceptable label that has limited stigma. This could make burnout prevention a useful complement to legal employers' efforts to prevent mental health and substance use disorders, which tend to be stigmatized.

**Who Is Sponsoring The Survey?** This survey is sponsored by the Institute for Well-Being in Law (IWIL), a 501(c)(3) charitable organization, in cooperation with Claremont Graduate University. IWIL was formerly named the National Task Force on Lawyer Well-Being (the entity that published the groundbreaking report, *The Path to Lawyer Well-Being: Practical Recommendations for Positive Change* in 2017). The results of this burnout survey will be distributed by IWIL, posted on its website, and will contribute to program planning. The results also may be published in academic journals or technical reports. No publication or presentation will contain information that will identify any individuals or legal employers that participate.

**When Are Survey Responses Due?** The deadline for the survey is **April 16 2021**. Our goal is to have results ready to distribute by Well-Being Week in Law, which is May 3-7, 2021.

**Questions?** I'd be happy to speak to you more about this survey and answer any questions. Anne Brafford, [anne.brafford@cgu.edu](mailto:anne.brafford@cgu.edu) or [ambrafford@gmail.com](mailto:ambrafford@gmail.com).

