

Lawyer Wellness, BY THE NUMBERS

HOW MUCH DO YOU KNOW ABOUT ATTORNEY WELLNESS? The following questions highlight recent data about the state of mental health in the legal profession. Because mental health and addiction issues often lead to unethical and unprofessional behavior, recognizing and addressing these issues can help increase civility and ethical behavior in the legal profession.

- According to a 2021 Bloomberg Law survey, what percentage of lawyers said they experienced burnout in their jobs?
 - 18%
 - 29%
 - 38%
 - 52%
- According to that survey, what percentage of lawyers said their sense of well-being declined in the fourth quarter of 2021 during the height of the pandemic?
 - 22%
 - 35%
 - 47%
 - 59%
- According to a 2022 worldwide study of lawyers by law.com, what percentage of lawyers were experiencing anxiety?
 - 24%
 - 39%
 - 52%
 - 67%
- What percentage of lawyers were experiencing depression?
 - 24%
 - 35%
 - 44%
 - 53%
- What percentage of lawyers were experiencing a sense of isolation?
 - 44%
 - 51%
 - 58%
 - 66%
- According to a 2021 survey of well-being among law students, what percentage of law students felt like they needed help with emotional or health problems in the previous year?
 - 34%
 - 43%
 - 59%
 - 70%
- What percentage of these law students had received a diagnosis of depression at some point in their lives?
 - 27%
 - 33%
 - 44%
 - 51%
- What percentage of law students had a previous diagnosis of anxiety?
 - 40%
 - 49%
 - 55%
 - 62%
- According to a study commissioned by the ABA Commission on Lawyer Assistance Programs and the Hazelden Betty Ford Foundation, what percentage of lawyers reported “problematic alcohol use”?
 - 9.8%
 - 14.4%
 - 20.6%
 - 27.2%
- According to a survey of Massachusetts attorneys by Lawyers Concerned for Lawyers and the University of Chicago, what percentage reported feeling burned out?
 - 29%
 - 47%
 - 61%
 - 77%
- What percentage of lawyers reported suicidal thoughts?
 - 3%
 - 7%
 - 12%
 - 17%
- What percentage considered leaving the legal profession in the previous three years due to burnout or stress?
 - 15%
 - 29%
 - 40%
 - 58%



ABOUT THE CENTER

The Texas Center for Legal Ethics was created by three former chief justices of the Supreme Court of Texas to educate lawyers about ethics and professionalism. Lawyers can access the Texas Disciplinary Rules of Professional Conduct, the Texas Lawyer's Creed, and a variety of other online ethics resources by computer or smart device at legalethictexas.com.

DISCLAIMER

The information contained in Ethics Question of the Month is intended to illustrate an ethics issue of general interest in the Texas legal community; it is not intended to provide ethics advice that applies regardless of particular facts. For specific legal ethics advice, readers are urged to consult the Texas Disciplinary Rules of Professional Conduct (including the official comments) and other authorities and/or a qualified legal ethics adviser.

ANSWER: Correct responses: 1(D), 2(C), 3(D), 4(B), 5(A), 6(D), 7(B), 8(A), 9(C), 10(D), 11(B), and 12(C). If you are struggling with any of the above issues, *you are not alone*. The Texas Lawyers' Assistance Program can help. TLAP is a free, confidential service of the State Bar of Texas and is available to Texas lawyers, judges, and law students 24/7 by calling or texting 800-343-TLAP (8527). More information is available at TLAP's website, tlaphelps.org, and legalethictexas.com/ethics-question-of-the-month.