

Devo Cybersecurity Burnout Survey: Quick Read Report



Conducted by Wakefield Research on behalf of Devo

SURVEY

The Devo Survey was conducted by Wakefield Research among 200 IT security professionals from larger organizations, defined as companies with \$500 million+ in revenue, between June 27 and July 8, 2023, using an email invitation and an online survey.

1. Which of the following, if any, contributes to your current stress at work?

| | TOTAL |
|--|------------|
| Increased routine or menial tasks | 55% |
| Increased alerts | 52% |
| Continued staff shortages | 50% |
| Lack of continued training | 48% |
| Other | - |
| None of these, I am not stressed at work | 5% |
| Other | - |
| QuickFacts* | |
| Any (Net) | 95% |

2. Which of the following best describes how your IT leadership has responded to employee burnout?

| | TOTAL |
|--|------------|
| They've taken a proactive approach to address burnout before concerns are raised | 55% |
| They've been reactive, taking action as concerns are raised | 38% |
| They listen when concerns are raised, but have not acted much | 7% |
| They are neither listening to concerns, nor taking action against burnout | 1% |
| QuickFacts* | |
| Not Proactive (Net) | 45% |

* Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.

3. Which of the following do you wish your IT leadership would implement to help with burnout?

| | TOTAL |
|---|-------------|
| Offer additional training, mentorship and development | 59% |
| Increase staffing | 55% |
| Invest in automation tools | 55% |
| More mental health awareness and resources | 42% |
| Other | - |
| None of these | - |
| QuickFacts* | |
| Any (Net) | 100% |

4. Have you or anyone in your department ever, even once, made an error in a role due to burnout that resulted in a security breach?

| | TOTAL |
|---------------------------------|------------|
| Yes, multiple times | 39% |
| Yes, once | 44% |
| No, never | 18% |
| QuickFacts* | |
| Yes, at lease once (Net) | 83% |

5. How strongly do you agree or disagree with the following statement? My stress levels at work have a direct impact on keeping private customer data safe.

| | TOTAL |
|-----------------------|------------|
| Strongly agree | 39% |
| Somewhat agree | 38% |
| Somewhat disagree | 13% |
| Strongly disagree | 11% |
| QuickFacts* | |
| Agree (Net) | 77% |
| Disagree (Net) | 24% |

* Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.

6. Which of the following do you feel you have to do in the next year as a result of burnout from your job?

| | TOTAL |
|---|-------|
| Change roles within my department | 37% |
| Leave my company, but stay in an IT career | 24% |
| Stay at my company, but change my career path | 23% |
| Leave my company and change my career path | 1% |
| None of these | 15% |
| QuickFacts* | |
| Leave Company (Net) | 25% |
| Change Career (Net) | 24% |
| Stay at Company (Net) | 75% |
| Stay in Career Path (Net) | 76% |
| Any (Net) | 85% |

7. How often do you feel like you have to choose between your career and your well-being?

| | Total |
|--------------------------|-------|
| All the time | 17% |
| Often | 36% |
| Sometimes | 29% |
| Rarely | 16% |
| Never | 3% |
| QuickFacts* | |
| All the Time/Often (Net) | 53% |
| Sometimes or Less (Net) | 48% |

* Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.

8. In which of the following ways has alert fatigue affected your health and well-being?

| | Total |
|---|------------|
| Increased anxiety or feelings of depression | 52% |
| Trouble sleeping | 46% |
| Higher blood pressure | 41% |
| Frequent headaches and migraines | 41% |
| Other | - |
| None of these | 9% |
| QuickFacts* | |
| Any (Net) | 91% |

9. How strongly do you agree or disagree with the following statement? My IT leadership would not last one full day dealing with the number of alerts I manage.

| | TOTAL |
|-----------------------|------------|
| Strongly agree | 39% |
| Somewhat agree | 37% |
| Somewhat disagree | 18% |
| Strongly disagree | 7% |
| QuickFacts* | |
| Agree (Net) | 76% |
| Disagree (Net) | 25% |

* Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.

10. How often have you been told that the stress and burnout you feel is a normal part of the job?

| | Total |
|--------------------------|-------|
| All the time | 12% |
| Often | 41% |
| Sometimes | 30% |
| Rarely | 17% |
| Never | 2% |
| QuickFacts* | |
| All the Time/Often (Net) | 52% |
| Sometimes or Less (Net) | 48% |

* Data under "QuickFacts" were derived from the responses, not included as response options that were read during fielding. We include QuickFacts in instances where we feel they will be helpful.



Devo
255 Main Street
Suite 702
Cambridge, MA 02142

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