

## Lawyer Mental Health Survey Research Notification

Subject: Research Notification, Confidential Lawyer Well-Being Survey

The New Hampshire Bar Association is participating in a new national research project on lawyer mental health and well-being. The project, a collaboration between the American Bar Association Commission on Lawyer Assistance Programs and lawyer behavioral health and well-being specialist Patrick Krill (J.D., LL.M, M.A.), is being led by Krill and his research partner Justin Anker (Ph.D.) from the University of Minnesota Department of Psychiatry and Behavioral Sciences. This research will be conducted by state bars across the country disseminating an anonymous survey to a random sample of their lawyers.

This study aims to provide a 10-year update to and build upon the landmark 2016 ABA-Hazelden Betty Ford study, providing essential insights into current trends, attitudes, and barriers to mental health and well-being in law. Given substantial shifts in the legal profession over the past decade, including significant changes resulting from the COVID-19 pandemic and an increasing role of technology in legal practice, an updated national assessment of mental health and substance use among attorneys is critically needed.

In addition to updating and building upon the 2016 study, this survey will include methodological enhancements (e.g., a random sample) and reach an even wider cross section of the lawyer population. The anonymous and confidential survey will investigate a range of individual risk factors for mental health and substance use problems (including stress, anxiety, depression, and behavioral motives) as well as cultural and workplace risk factors (workload, burnout, attitudes towards substance use and self-care, availability and utilization of support resources). The survey will also explore mental health and well-being protective factors in order to highlight behaviors, norms and experiences associated with good mental and physical health.

**3,850** individuals will be randomly selected from our membership and invited to participate in this research study. If you are selected, you will receive an email from the New Hampshire Bar Association with more information about the study and a link to complete the survey. This survey will take approximately 20 minutes to complete.

Raw data collected in this survey will not be shared with the New Hampshire Bar Association. The only information that will be shared with the New Hampshire Bar Association is an aggregate summary of all member responses to various survey measures (e.g. demographics, anxiety, etc.). All survey responses will be anonymous and go directly to the University of Minnesota which maintains the confidentiality of all data. No identifying information will be asked, and all data will be de-identified including IP addresses.

Any questions should be directed to Dr. Justin Anker, Principal Investigator or Patrick Krill, Co-Investigator.

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