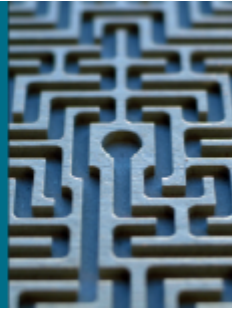


Fatigue and burnout: Tech issues take a mental toll on buy-side traders

March 18, 2026

Executive Summary:

51% of buy-side U.S. equity traders cite internal technology problems as the single biggest source of fatigue and burnout



Markets are inherently stressful. Technology is advertised as easing that burden, helping traders be more productive. That's why it's so disheartening to see that 51% of U.S. equity traders name internal technology issues as their biggest source of fatigue and burnout. The problem is so pervasive even long-standing nuances around regulatory and compliance demands (27%), career uncertainty (25%) and work-life balance (20%) were cited at about half the rate of tech issues. Perhaps most surprising is the unflappable 11% who admitted to no sources of stress.

Methodology:

Crisil Coalition Greenwich interviewed 86 U.S. equity traders from September through October 2025. The study was conducted over the phone, online and in-person. Respondents answered a series of qualitative and quantitative questions about their daily workflows, broker selection and evaluation, technology platforms used, commissions, technology budgets, and business practices in the U.S. cash equity space.

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