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

March 18, 2026

Executive Summary:



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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