

Mental Health Challenges in the Saudi Legal Profession (The Role of Case Specialization, Gender, and Experience)

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ABSTRACT

Legal professionals are subject to great psychological distress as they deal with long hours, complex case management, and emotionally charged disputes. Studies in Western countries have demonstrated these challenges. However, few data are available about the mental health of legal professionals in Saudi Arabia, which is different in cultural and professional aspects. Accordingly, this study illuminates the relationship between depression, anxiety, and stress among Saudi lawyers concerning whether case specialization, gender, or years of experience are significant in affecting psychological distress. In a survey of 79 lawyers, male lawyers held higher levels of distress than female lawyers, and criminal lawyers were more distressed than those in commercial or general law. In addition, experienced lawyers were more depressed and stressed than inexperienced ones. These findings lay the importance of developing interventions on mental health in Saudi legal professionals to decrease psychological distress and improve their positive psychological health.

Keywords: Depression, Anxiety, Stress, Legal professionals, Burnout, Psychological distress.

Introduction

It is no surprise then that legal professionals tend to work long hours, manage complex cases, are subjected to emotionally taxing legal disputes, and risk producing psychological distress (i.e., depression, anxiety, stress) (Thiese et al., 2021; Chlap & Brown, 2022; Krill et al., 2023). Added to this are the adversarial nature and the pressure with which legal work is performed, intense client interaction, and ethical dilemmas, all of which forge and exacerbate mental health challenges (Anker & Krill, 2021; Thiese et al., 2021). Repeated research findings clearly show that there is a significant difference in the rate of psychological distress among lawyers and professionals in many other fields and that chronic stress is associated with burnout and emotional exhaustion (Chlap & Brown, 2022; Krill, Johnson, & Albert, 2016). Despite a great deal of psychological burden literature in the West about the psychological burden associated with legal work, the mental health needs of Saudi Arabian legal professionals have been virtually non-existent in research. Considering what Saudi lawyers understand about their psychosocial well-being in their country's psychosocial, cultural, social, and legal systems is necessary for targeted mental health interventions to facilitate both professional efficiency and overall well-being.

Several factors significantly affect the mental health outcomes of legal professionals, including specialization of cases, gender, and years of experience. The psychological health of a lawyer is affected by the type of case he handles. Exposure to violent offenses and the high-stakes nature of their work increased stress and emotional exhaustion levels, and moral conflicts inherent within criminal defense work are experienced by criminal defense lawyers more often (Krill, Johnson, & Albert, 2016; Thiese et al., 2021). Like commercial or general law lawyers, lawyers experience stress in the workplace, though to a much lesser extent, but their stressors are of lower emotional intensity and ethical complexity (Soon et al., 2023). The criminal law practice is an area fraught with sensitivity and should be studied in its psychological effects on the legal professional, particularly the Saudi Arabian lawyers, a population that has been less investigated. Further research on the mental health impacts of case specialization in Saudi Arabia is warranted, as research in this area has rarely been conducted on the law as a profession.

It is shown that gender is significant in lawyers' experience, perception, and diminishing stress. Male lawyers are subject to high professional pressures, including workload demands, career competition, and long-term job security concerns (Anker & Krill, 2021; Chlap & Brown, 2022). In contrast, female lawyers also have to contend with additional workplace challenges of work-life balance, gender biases, and progression hurdles (Bacik & Drew, 2006; Krill et al., 2016; Anastasopoulou et al., 2023). However, men and women often resort to coping differently (Theodoratou et al., 2023; Tamres et al., 2002). The risks of untreated stress and burnout are higher as men lawyers are less likely to seek psychological support than women lawyers who establish social and emotional support networks (Gyllensten & Palmer, 2005; González-Morales et al., 2006). For example, in light of these gender-specific

variations, I propose that gender-related disparities in psychological distress need to be assessed in terms of the Saudi legal professionals and if aided interventions for psychological distress can be differentiated according to the gender-specific composition of legal professionals.

Years of experience are another important factor determining how much a mental health outcome affects a legal professional. Several studies have shown that lawyers with many years of professional experience based on continuous exposure to negotiations with legal disputes, burdened caseloads, and growing professional duty (Chlap & Brown, 2022; Anker & Krill, 2021). Extended exposure to high-pressure legal settings may lead to persistent psychological anguish, emotional exhaustion, and burnout. Early-career attorneys may encounter transition-related stress in adjusting to the responsibilities of legal practice, managing client contacts, and meeting professional standards (Thiese et al., 2021). Nevertheless, experienced legal practitioners may encounter heightened demands associated with workload, leadership duties, and ethical quandaries, which can exacerbate chronic psychological stress (Nickum & Desrumaux, 2023; Koltai et al., 2018).

While it is well recognized that mental health issues are common in the legal profession worldwide, studies on lawyer well-being in Saudi Arabia are few. The Saudi legal system functions within a unique legal, cultural, and professional framework, which may intensify or alleviate occupational pressures in different ways from Western legal contexts. This study aims to address the research gap by assessing the incidence of depression, anxiety, and stress among Saudi legal professionals and exploring the correlation between case specialty, gender, and years of experience in influencing mental health outcomes. This project seeks to scientifically investigate the psychological effects of legal employment in Saudi Arabia to guide workplace regulations, mental health programs, and innovations in legal practice that enhance lawyer well-being, resilience, and productivity.

Methods

Participants

A cress- sectional study has been included 79 legal professionals covering a variety of case specializations in Saudi Arabia. Recruitment took place via professional legal networks. The survey was distributed online using email and experienced social media platforms to have as broad a participation as possible. Furthermore, there were invitations to all legal professionals at professional meetings and conferences. All individuals completed the survey, in which the participation was voluntary, and all participants gave informed consent. Participation was allowed if participants were active practicing lawyers working in commercial, criminal, or general cases.

Measures

Depression, Anxiety, and Stress Scale

Depression, Anxiety, and Stress Scale (DASS 21) validated Arabic version (Taouk, Lovibond, & Laube, 2001; Moussa, Lovibond, & Laube, 2017) was used to assess depression, anxiety, and stress. DASS-21 has three subscales measuring depression, anxiety, and stress with 7 items for each subscale. The psychometric properties of the Arabic version of the DASS-21 have been widely used in research and are reliable (Moussa et al., 2017).

Demographic and Professional Background Questionnaire

A structured questionnaire collected demographic and professional background information like gender, marital status, educational qualifications, years of experience, case specialization, and working hours.

Procedure

Before completing the self-report measures, all participants were instructed to ensure a standardized administration. The survey period was enough for everyone to participate. Reminders for response (and follow-up) were regularly sent. A trial analysis was conducted to identify incomplete responses, and none were excluded from the final analysis. After all, data was secured and anonymized, and statistical analysis was done on it.

Data Analysis

All statistical analyses were conducted using **IBM SPSS Statistics version 28**. Descriptive statistics were used to summarize participants' demographic characteristics and psychological indicators levels. Independent samples t-tests were performed to examine gender differences in depression, anxiety, and stress scores. A one-way ANOVA with Bonferroni post-hoc tests was used to compare differences in psychological distress across case specializations. To investigate the effect of years of experience, participants were categorized into two groups using a median split at seven years of experience, and an independent samples t-test was conducted to compare their psychological distress levels.

All statistical tests were two-tailed, with a significance threshold set at $p < 0.05$. Normality and homogeneity of variance assumptions were checked before conducting parametric tests.

Results

Table 1 presents the demographic and occupational characteristics of the study participants, totaling 79 individuals. Among these participants, 61.7% (n = 50) identified as male, while 35.8% (n = 29) identified as female, indicating a notable predominance of male respondents. In terms of marital status, the majority of participants were married, comprising 66.7% (n = 54), whereas 30.9% (n = 25) were single.

Regarding educational attainment, 53.1% (n = 43) possessed a bachelor's degree, followed closely by 42.0% (n = 34) who held a master's degree. Additionally, a small fraction of participants (2.5%, n = 2) reported other forms of educational qualifications.

Participants resided in various cities across Saudi Arabia, with Jeddah representing the highest proportion at 54.3% (n = 44), followed by Riyadh at 33.3% (n = 27). Other cities included Asir (3.7%, n = 3), Jubail (3.7%, n = 3), Jizan (1.2%, n = 1), and Taif (1.2%, n = 1).

In terms of case specialization, 50.6% (n = 41) of participants dealt with commercial cases, while 24.7% (n = 20) focused on criminal cases, and 22.2% (n = 18) specialized in general cases.

Work hours varied among participants, with a majority working morning and evening shifts, accounting for 56.8% (n = 46). Those who worked exclusively during daytime hours comprised 35.8% (n = 29), while a minority, constituting 4.9% (n = 4), worked solely during the evening.

The mean years of experience among participants was 8.0 years (SD = 5.2), indicating a moderate degree of variability within the sample. This standard deviation reflects the presence of participants with significantly more or less experience than the average.

Table 1
Demographic and Work Characteristics of Participants

Variable	Percentage (%)	Number
Gender		
Female	35.8%	29
Male	61.7%	50
Marital Status		
Married	66.7%	54
Single	30.9%	25

Qualification		
Bachelor	53.1%	43
Master	42.0%	34
Others	2.5%	2
City		
Asir	3.7%	3
Jizan	1.2%	1
Jeddah	54.3%	44
Jubail	3.7%	3
Riyadh	33.3%	27
Taif	1.2%	1
Main Case Type		
Commercial	50.6%	41
Criminal	24.7%	20
General	22.2%	18
Work Hours		
Daytime Only	35.8%	29
Evening Only	4.9%	4
Morning & Evening	56.8%	46
Years of Experience (Mean ± SD)	8.05 ±5.201	

Descriptive statistics were computed for depression, anxiety, and stress within the overall sample (refer to Table 2). The mean depression score recorded was 9.92, accompanied by a standard deviation of 5.606. The mean score for anxiety was 9.22, with a standard deviation of 5.178. Stress levels exhibited a higher mean of 12.89 and a standard deviation of 5.955. These statistics provide a comprehensive overview of the distribution of psychological distress among the participants.

Table 2
Mean Levels of Depression, Anxiety, and Stress Symptoms Among Participants

Variable	N	Mean	Std. Deviation
Depression	79	9.92	5.606
Anxiety	79	9.22	5.178
Stress	79	12.89	5.955

Table 3 illustrates the distribution of depressive symptoms, categorized as mild and above, which were observed in 63.3% (n = 49) of the participants. In contrast, 36.7% (n = 29) reported no depressive symptoms, indicating a normal range. Regarding anxiety symptoms, which also included mild and above severity levels, 68.4% (n =

54) of participants exhibited such symptoms, while 31.6% (n = 25) were classified within the normal range. Additionally, stress symptoms, categorized as mild and above, were identified in 36.7% (n = 29) of participants, with a majority of 63.3% (n = 50) reporting no stress symptoms, signifying a normal range.

Table 3
Distribution of Depression, Anxiety, and Stress Severity Levels Among Participants (Frequency and Percentage)

Severity	Depression (n)	Anxiety (n)	Stress (n)
Normal	29 (36.7%)	25 (31.6%)	50 (63.3%)
Mild	27 (34.2%)	11 (13.9%)	11 (13.9%)
Moderate	21 (26.6%)	37 (46.91%)	14 (17.7%)
Severe	2 (2.5%)	6 (7.59%)	0 (0.0%)
Extremely Severe	0 (0.0%)	0 (0.0%)	4 (5.1%)

Gender differences were observed in the scores for depression, anxiety, and stress, as outlined in Table 4. The findings indicate that males exhibited significantly higher levels of depression (Mean \pm SD: 12.12 \pm 4.97) in comparison to females (Mean \pm SD: 6.14 \pm 4.57), with a p-value of less than 0.001. Furthermore, anxiety scores were markedly elevated in males (Mean \pm SD: 10.84 \pm 4.97) relative to females (Mean \pm SD: 6.41 \pm 4.32), also yielding a p-value of less than 0.001. Similarly, stress levels were notably higher among males (Mean \pm SD: 15.24 \pm 4.37) than in females (Mean \pm SD: 8.83 \pm 6.20), with a p-value of less than 0.001.

Table 4
Gender Differences in Depression, Anxiety, and Stress Scores

Variable	Male (Mean \pm SD, N=50)	Female (Mean \pm SD, N=29)	p-value
Depression	12.12 \pm 4.97	6.14 \pm 4.57	<0.001
Anxiety	10.84 \pm 4.97	6.41 \pm 4.32	<0.001
Stress	15.24 \pm 4.37	8.83 \pm 6.20	<0.001

Lawyers engaged in criminal cases exhibit significantly higher levels of depression, anxiety, and stress when compared to their counterparts managing commercial cases. No notable differences in depression scores were identified between lawyers overseeing general cases and those handling either commercial or criminal cases. In terms of anxiety, attorneys working on criminal cases and those engaged in general cases scored significantly higher than those managing commercial cases. However, no

significant disparities in anxiety levels were found between lawyers handling criminal and general cases.

With regard to stress, lawyers involved in criminal cases reported markedly higher levels than those managing commercial cases. Nevertheless, no significant differences in stress levels were observed between lawyers handling general cases and those managing either commercial or criminal cases. This analysis underscores the tendency for lawyers dealing with criminal cases to experience elevated levels of psychological distress, particularly in comparison to those engaged in commercial cases. Conversely, stress and anxiety levels among lawyers managing general cases were not significantly different from those of other groups.

Table 5
Multiple Comparisons of Depression, Anxiety, and Stress Scores Across Lawyers' Case Types Using the Bonferroni Method

Variable	General (Mean \pm SD, N=18)	Criminal (Mean \pm SD, N=20)	Commercial (Mean \pm SD, N=41)	p-value
Depression	10.78 \pm 5.74	13.00 \pm 4.79*	8.05 \pm 5.26*	0.003**
Anxiety	11.22 \pm 4.81*	11.40 \pm 4.50*	7.27 \pm 4.97*	0.007**
Stress	14.22 \pm 5.86	15.40 \pm 4.68*	11.07 \pm 6.07*	0.020*

Note: The mean difference is significant at the 0.05 level.

To investigate the variations in depression, anxiety, and stress levels based on years of experience, participants were categorized into two groups utilizing a median split at 7 years of experience (refer to Table 6). The first group comprised lawyers with more than 7 years of experience, while the second group included those with 7 years or fewer. Lawyers with over 7 years of experience reported significantly higher levels of depression compared to their less experienced counterparts. Similarly, stress levels were higher among lawyers with more than 7 years of experience than their less experienced counterparts. These differences were statistically significant.

However, there were no differences in anxiety levels between the two groups. Regardless of the number of years of professionals' experience, participants in both groups demonstrated similar scores in anxiety. These findings show significant differences in psychological variables between groups based on years of experience, in depression and stress but not in anxiety.

Table 6

Differences in Depression, Anxiety, and Stress Based on Years of Experience

Variable	≤ 7 years (Mean ± SD, N=39)	> 7 years (Mean ± SD, N=40)	p-value
Depression	8.62 ± 6.43	11.20 ± 4.39	0.04
Anxiety	8.82 ± 5.37	9.60 ± 5.03	0.50
Stress	11.49 ± 5.96	14.25 ± 5.70	0.03

Discussion

This study assessed the associations between case specialization, gender, and years of experience to depression, anxiety, and stress among legal professionals in Saudi Arabia. Results showed substantial differences in mental health outcomes according to these factors, which contributes to increase scientific evidence for lawyer well-being and fills a gap in knowledge regarding lawyer's well-being in the Saudi legal system.

Results showed that the levels of depression, anxiety, and stress are high among Saudi legal professionals, based on means that indicate a moderate level of psychological distress in the sample. This prevalence of mental health concerns in this population is in line with the research showing that legal professionals experience a tremendous psychological burden from the professional environment, ethical dilemmas, and adversarial interactions (Thiese et al., 2021; Chlap & Brown, 2022; Krill et al., 2023). The legal profession stands out in the highest-risk occupations for stress-associated diseases, such as burnout, anxiety, depression, and substance use disorder (Krill, Johnson, & Albert, 2016; Stack & Bowman, 2023).

Moreover, the high levels of stress observed in this study support the idea that legal professionals are constantly working under high stress and responsibilities, making critical decisions that may affect the life, future, financial stability, and reputation of clients. These high-stakes situations contribute to lawyers' emotional exhaustion and burnout because of chronic exposure to them (Krill et al., 2023). In particular, burnout has been described as being associated with cognitive fatigue, lower levels of job satisfaction, lesser job efficiency, and higher turnover rates (González-Morales, Peiró, Rodríguez, & Greenglass, 2006). Psychological distress affects workers individually and, when aggregated cumulatively, engages in more significant errors, ethical violations, and impaired decision-making (Laditka et al., 2023). It emphasizes the urgent need for the development of structured interventions for the mental health of Saudi legal professionals in reducing stress levels, preventing burnout, and increasing psychological resilience.

Overall, the current findings reveal that case specialization is associated with high levels of psychological distress, with particular risk in criminal law practice. In terms of the depression, anxiety, and stress experienced among lawyers who specialize in criminal defense cases versus those who specialize in commercial or general cases, the results indicate that criminal defense lawyers have much higher numbers. As per the previous research, criminal lawyers also experience intense emotional strain with exposure to violent offenses, traumatic case details, and unethical conflicts (Azeem, Arouj & Hussain, 2020; Shechory Bitton & Mashiach, 2022).

Criminal law has several psychological burdens. Of the many interactions that clients have with their attorneys in criminal cases, most concern trauma victims, trauma perpetrators, and trauma professionals creating a scenario of potential secondary traumatic stress—defined as a condition where people who are not directly exposed to these events feel emotional stress relative to the events (Shechory Bitton & Mashiach, 2022). Further, moral conflicts arise because some defended are accused of serious crimes, leading to heavy internal conflict and ethical stress. Preparation of criminal defense, investigation, and court appearances are all very demanding and increase the psychological strain even further (Clemente & Padilla-Racero, 2020; Austin, 2024).

Research has indicated that criminal defense lawyers are more likely to report symptoms of post-traumatic stress disorder, emotional detachment, and compassion fatigue in comparison to attorneys practicing in corporate or civil law (Soon, Tan & Ho, 2023). Given these findings, it is imperative that further investigations be conducted to explore the potential implementation of technological solutions aimed at providing psychiatric services that could assist criminal law professionals in trauma management, stress reduction, and the enhancement of emotional resilience (Maguire & Byrne, 2017).

This study showed significant gender differences in depression, anxiety, and stress. Male legal professionals report higher levels of psychological distress on all measures. This is consistent with existing research by Chrobak-Kasprzyk and Joško-Ochojska (2020), which revealed that male lawyers showed more severe depressive symptoms compared to their female counterparts. It may, however, be a result of societal and professional pressures that discourage males from speaking out about mental health struggles and asking for emotional support (Krill et al., 2016). Besides, research shows that males in higher-stress occupations are less likely to use coping strategies like therapy, peer support, or emotional expression, which enables a build-up of untreated stress over time (Nam et al., 2010; Eggenberger et al., 2021; Chlap & Brown, 2022). It has been related to higher burnout and long-term psychological distress in male lawyers. Conversely, female legal professionals use more adaptive coping strategies, such as social networking, communication strategies, and emotional regulation (Gyllensten & Palmer, 2005; González-Morales et al., 2006). These strategies will help female lawyers reduce the risk of chronic mental health

deterioration and reduce the impact of workplace stress. These findings lead the study to advise that mental health interventions targeted towards the unique risks of untreated psychological distress experienced by male lawyers. Workplace initiatives need to foster such peer support networks whereby men who practice law have the opportunity to access mental health resources and engage in normative discussions of psychological well-being that reduce stigma and improve mental health outcomes overall.

The current study reports that lawyers with more years of experience have significantly higher levels of depression and stress than lawyers with fewer years of experience. This ties in with Chrobak-Kasprzyk and Joško-Ochojska (2020), who found increased psychological distress, emotional exhaustion, and burnout of employees with prolonged exposure to a legal profession. The high stakes of decision-making, the ethical dilemmas, and the adversarial nature of the interactions and attorneys who are no longer new within the law make for the stress-fastened nature of legal work, which has consequences on experienced lawyers (Krill, Johnson, & Brown, 2023).

It has been found in research that 44% of the Lawyers suffer from mental health issues (Thiese, Beck, & Jensen, 2021). Heavy workloads, high professional responsibility, and the adversarial nature of legal work all add up over time (Azeem, Arouj, & Hussain, 2020), and these collate to make these mental health challenges more difficult to endure. Furthermore, prolonged exposure to litigation stress and client trauma has been associated with secondary traumatic stress, adversely affecting emotional resilience (Shechory Bitton & Mashiach, 2022, Laditka et al., 2023).

A key factor contributing to elevated discomfort among seasoned attorneys is the escalation of task demands (Bergin & Jimmieson, 2014). As attorneys advance in their careers, they are anticipated to manage more intricate cases, supervise younger associates, and maintain their firm's image while adhering to stringent timelines and financial objectives (Soon, Tan, & Ho, 2023). In contrast to early-career professionals, senior attorneys often encounter heightened workplace stress attributable to leadership responsibilities and ethical dilemmas (Chlap & Brown, 2022). This ongoing strain may lead to cognitive fatigue and diminished decision-making ability (González-Morales, Peiró, Rodríguez, & Greenglass, 2006).

This study underscores significant findings on the psychological anguish faced by legal professionals in Saudi Arabia, highlighting the need for specialized mental health therapies. The results provide significant guidance for policy formulation and institutional reactions, allowing Saudi Arabian legislative authorities, policy agencies, and healthcare practitioners to establish organized mental health support networks within the legal framework. Since the prevalence of psychological distress among lawyers is high, especially among those in criminal law, it is imperative to introduce

specialized workplace interventions. This is a domain where legal professionals in these cases often handle emotionally distressing cases, making their way to secondary trauma and ethical conflicts that further worsen stress, anxiety, and burn breaks. Mental health initiatives should be targeted specifically to the fields of case specialty, with psychological support programs addressing the cumulative effects of a criminal lawyer's work-related stressors.

The study also highlights the need for gender-sensitive interventions, especially for male lawyers who have a relatively high risk of undiagnosed and untreated psychological distress. Bearing on the issue are traditional gender norms that still exist within the legal profession, which may make some sympathetic to seek emotional support, including this only making the risks to mental health even higher. Experienced legal practitioners particularly deserve workplace modification, including training in stress management, workload adjustments, structured burnout prevention programs, and ongoing efforts throughout exposure to occupational stress conditions. Public awareness campaigns that aim at combating stigma and encouraging help-seeking behaviors at the professional level should be encouraged, as well as workplace mental health policies and destigmatization initiatives.

However, this study has some limitations that should be taken into account. Due to its cross-sectional design, it is impossible to establish causal relationships between occupational stressors and mental health outcomes. However, using self-reported measures can be problematic as one could rely on response bias in that the patient may under or over-report symptoms because of self-perception or social desirability factors. Furthermore, while the sample comprises a varied cohort of Saudi attorneys, its relatively small size may affect the generalizability of the results. Conducting extensive investigations across various legal institutions and areas in Saudi Arabia will enhance external validity. The research predominantly emphasizes quantitative data, which, while useful for statistical analysis, fails to encapsulate the nuanced personal experiences of legal practitioners.

Future qualitative research, including in-depth interviews and focus groups, would facilitate exploring attorneys' subjective emotional experiences and coping techniques. Moreover, whereas the research emphasizes professional pressures, it fails to adequately consider institutional policies, organizational culture, or structural workplace characteristics that may affect lawyer well-being. Future research should examine the influence of organizational policies, flexible work arrangements, and support networks on lawyers' mental health.

This study's conclusions possess considerable theoretical, practical, and policy significance. Saudi Arabian legal institutions, bar organizations, and governmental entities must include mental health policies in law firm rules to promote lawyer well-being. Law firms and legal institutions must implement compulsory mental health

training programs to provide practitioners with stress management strategies. Legal businesses and judicial entities must implement employee support programs to provide discreet mental health counseling for attorneys. Employers must provide flexible work arrangements and equitable job allocation rules to mitigate chronic stress and burnout.

Moreover, male attorneys who exhibit elevated levels of distress but underutilize mental health services need to be motivated to participate in peer-support efforts and mental health literacy programs. To address career support structures tailored to female lawyers' challenges in the workplace, women lawyers should have access to career support that will be proportionate to their work life and professional growth responsibilities. Psychological resilience strategies should be incorporated into the judicial training programs to facilitate dealing with work stressors at the places of law by legal professionals.

Future research should seek to discover patterns of stress, burnout, and worsening mental health among legal professionals over time. Research can be expanded to other Gulf and Middle Eastern legal systems to gain comparative insights and promote more generalizability of the findings across different legal cultures.

Conclusion

The finding of this study indicates a helpful way of how depression, anxiety, and stress affect the mental health of legal professionals in Saudi Arabia, especially for the different case specializations, for men and women, and different numbers of service years. In addition, the findings indicate a psychological debt of criminal law practice, gender-related mental health inequalities, and permanent psychological consequences of working with the law on stress and depression. The results from these results suggest that mental health intervention, is not only promotes the well-being of the legal professionals, but it will prevent burnout and strengthen their psychological resilience. In order to open a sustainable legal career and maintain a healthy work environment for the legal profession in Saudi Arabia, the challenges discussed earlier will have to be tackled.

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