Report

Workplace Mental Health Index 2026

A look at stress and burnout levels among employees in Saudi Arabia

32%
Burnout rate

4,200
Survey participants

38 / 45
Participating organisations

Summary

This report covers more than 4,200 employees across 38 public- and private-sector organisations. Workload remains the leading cause of lower performance. Employees who received regular psychological support were noticeably less likely to burn out.

Key findings

- Online sessions are in higher demand than in-person ones
- Employees aged 25–34 ask for support the most
- Job satisfaction improved within three months of the programme starting

Method

Data was collected through an anonymous online survey between January and June 2026, using a validated scale to measure signs of