

Oh, Behave!

The Cybersecurity
Attitudes and Behaviors
Report 2021-2025

THE MFA GAP

We've heard the message, but we're losing the habit. While MFA awareness grew from **52%** to **77%** since 2021, regular usage peaked at **94%** in 2022 and has since collapsed to just **53%** in 2025.

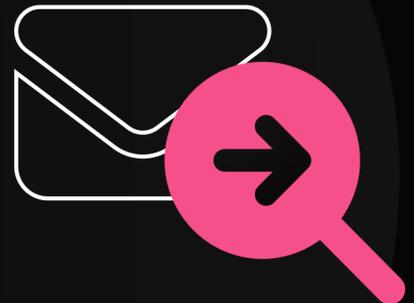


THE UPDATE SNOOZE

We're hitting 'Remind me later' more than ever. The number of people who 'always' install software updates immediately has dropped from **44%** in 2021 to **31%** in 2025.

CONFIDENCE VS. ACTION

Confidence is high, but consistent action is on the decline. Despite a stable belief in our ability to spot scams, those who 'always' check for phishing signs fell from **51%** to **36%** over five years.

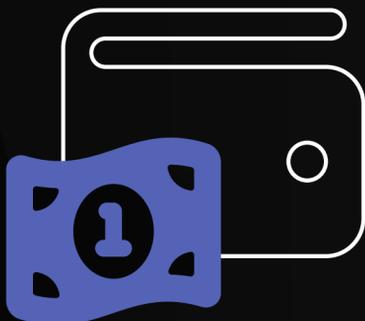


THE COGNITIVE CEILING

We're hitting a mental limit. Between 2022 and 2025, the percentage of people who feel so overwhelmed by security info that they minimize their protective actions rose from **34%** to **43%**.

THE FATALISM SPIKE

'My data's already out there, so why bother?' This fatalistic belief surged from **22%** in 2023 to **34%** in 2025, turning a rational risk into a reason for apathy.



THE COST BARRIER

Security feels like a luxury we can't afford. Over half of us (**53%**) now see the cost of tools and software as a major barrier, up from **43%** in 2021.

[DOWNLOAD THE FULL REPORT](#)