

# HOW RANSOMWARE HITS YOUR TECH AND YOUR PEOPLE

Ransomware incidents don't just cripple systems and drain company resources — they take a toll on IT and cybersecurity teams, too.

28% 

of companies who had their data encrypted say it was also **stolen**

23% 

of organizations were attacked through **compromised credentials**

19% 

of victims were compromised through **malicious emails**

18% 

cited **phishing** as the route of the attack

TECH

32%

of ransomware attacks started with an exploited vulnerability

PEOPLE

40%

of organizations cited gaps in skills or knowledge to detect and respond to attacks in time

39% 

of organizations **lacked sufficient cybersecurity experts** monitoring their systems at the time of attack

41% 

of IT/security teams reported **heightened stress** about future attacks

25% 

of IT/cybersecurity **leadership were replaced** after an attack

The 2025 Sophos State of Ransomware Report explores both the technical and human impact of these attacks, drawing on insights from 3,400 organizations of all sizes that fell victim over the past year.

Because when one side suffers, the other feels it, too.