Professional Quality of Life Scale (ProQOL)

Compassion Satisfaction and Compassion Fatigue (ProQOL) Version 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the <u>last 30 days</u>.

I=Nev	ver 2=Rarely	3=Sometimes	4=Often	5=Very Often
I.	Lam happy			
— 1.	I am happy.	are than one person I [help]		
$-\frac{2}{3}$	I get satisfaction from heir	ore than one person i [hcip]. To able to [help] people	•	
$-\frac{3}{4}$	I feel connected to others	ig able to [help] people.		
— ·· 5.	l jump or am startled by u	nexpected sounds.		
— 6.	I feel invigorated after wo	rking with those [help].		
	I find it difficult to separate	e my personal life from my	life as a [helper]	1.
 8.	I am not as productive at work because I am losing sleep over traumatic experiences of			
	a person I [help].	· ·	•	·
9.	I think that I might have be	een affected by the traumati	ic stress of tho	se I [helþ].
10.	I feel trapped by my job as a [helper].			
<u> </u>	Because of my [helping], I have felt "on edge" about various things.			
12.	I like my work as a [helper].		
13.	I feel depressed because of the traumatic experiences of the people I [help].			
14.	I feel as though I am experiencing the trauma of someone I have [helped].			
I5.	I have beliefs that sustain i	me.		
16.	I am happy. I am preoccupied with more than one person I [help]. I get satisfaction from being able to [help] people. I feel connected to others. I jump or am startled by unexpected sounds. I feel invigorated after working with those I [help]. I find it difficult to separate my personal life from my life as a [helper]. I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help]. I think that I might have been affected by the traumatic stress of those I [help]. I feel trapped by my job as a [helper]. Because of my [helping], I have felt "on edge" about various things. I like my work as a [helper]. I feel depressed because of the traumatic experiences of the people I [help]. I feel as though I am experiencing the trauma of someone I have [helped]. I have beliefs that sustain me. I am pleased with how I am able to keep up with [helping] techniques and protocols. I am the person I always wanted to be. My work makes me feel satisfied. I feel worn out because of my work as a [helper]. I have happy thoughts and feelings about those I [help] and how I could help them. I feel overwhelmed because my case [work] load seems endless. I believe I can make a difference through my work. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].			
1/.	I am the person I always w	vanted to be.		
18.	My work makes me feel sa	atisfied.		
<u> </u>	I feel worn out because of	my work as a [helper].	7 11 1	111 1 4
20.	I have nappy thoughts and	feelings about those I [neip	and how I co	uld nelp them.
21.	I heliove I see make a diffe	se my case [work] load seer	ns endiess.	
— ^{22.}	Lavoid cartain activities of	s situations because they re-	mind ma of frig	thtoning ovporions
23.	of the people I [help].	situations because they re-	illilid ille ol il ig	intening experiences
— ₂₄	I am proud of what I can of	do to [help]		
$-\frac{21.}{25.}$	As a result of my [helping]	, I have intrusive, frightening		
— 26 .	I feel "bogged down" by the	ne system.	5	
— 27 .	I am proud of what I can of As a result of my [helping] I feel "bogged down" by the I have thoughts that I am a I can't recall important part I am a very caring person. I am happy that I chose to	a "success" as a [helber].		
<u> </u>	I can't recall important par	rts of my work with trauma	victims.	
 29.	I am a very caring person.	,		
 30.	I am happy that I chose to	do this work.		

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