

Professional Quality of Life Scale (ProQOL 5)

Compassion Satisfaction and Fatigue

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]*; note that the words *[help]* and *[helper]* can be replaced with more specific terms, such as *[teach]* and *[teacher]* or *[nurse]*. 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 last 30 days.

1=Never	2=Rarely	3=Sometimes	4=Often	5=Very Often
_____	1.	I am happy.		
_____	2.	I am preoccupied with more than one person I <i>[help]</i> .		
_____	3.	I get satisfaction from being able to <i>[help]</i> people.		
_____	4.	I feel connected to others.		
_____	5.	I jump or am startled by unexpected sounds.		
_____	6.	I feel invigorated after working with those I <i>[help]</i> .		
_____	7.	I find it difficult to separate my personal life from my life as a <i>[helper]</i> .		
_____	8.	I am not as productive at work because I am losing sleep over traumatic experiences of a person I <i>[help]</i> .		
_____	9.	I think that I might have been affected by the traumatic stress of those I <i>[help]</i> .		
_____	10.	I feel trapped by my job as a <i>[helper]</i> .		
_____	11.	Because of my <i>[helping]</i> , I have felt "on edge" about various things.		
_____	12.	I like my work as a <i>[helper]</i> .		
_____	13.	I feel depressed because of the traumatic experiences of the people I <i>[help]</i> .		
_____	14.	I feel as though I am experiencing the trauma of someone I have <i>[helped]</i> .		
_____	15.	I have beliefs that sustain me.		
_____	16.	I am pleased with how I am able to keep up with <i>[helping]</i> techniques and protocols.		
_____	17.	I am the person I always wanted to be.		
_____	18.	My work makes me feel satisfied.		
_____	19.	I feel worn out because of my work as a <i>[helper]</i> .		
_____	20.	I have happy thoughts and feelings about those I <i>[help]</i> and how I could help them.		
_____	21.	I feel overwhelmed because my case <i>[work]</i> load seems endless.		
_____	22.	I believe I can make a difference through my work.		
_____	23.	I avoid certain activities or situations because they remind me of frightening experiences of the people I <i>[help]</i> .		
_____	24.	I am proud of what I can do to <i>[help]</i> .		
_____	25.	As a result of my <i>[helping]</i> , I have intrusive, frightening thoughts.		
_____	26.	I feel "bogged down" by the system.		
_____	27.	I have thoughts that I am a "success" as a <i>[helper]</i> .		
_____	28.	I can't recall important parts of my work with trauma victims.		
_____	29.	I am a very caring person.		
_____	30.	I am happy that I chose to do this work.		

Beth Hudnall Stamm (2009). Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). www.ProQOL.org.

This measure may be freely copied as long as (i) the author is credited, (ii) no changes are made, and (iii) that it is not sold. If changes are made beyond substituting more specific terms for *[help]* or *[helper]*, please refer to the measure as adapted. Visit ProQOL.org for the most current version.

Ownership of the ProQOL measures transferred to the Center for Victims of Torture (CVT) in 2016.