

# 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]*. 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](http://www.ProQOL.org).

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