

Professional Quality of Life Scale (ProQOL)

Compassion Satisfaction and Fatigue Subscales Revision IV Version 5

When you [helping] people puts you in have direct contact with their lives. As you **may probably** have **found** experienced, your compassion for those you [help] **can affect you in** has both positive and negative **ways** aspects. ~~We would like to ask you~~ **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** characteristics in the **last 30 days**.

0=Never	1=Never Rarely	2=Rarely A Few Times	3=Sometimes Somewhat Often	4=Often	5=Very Often
_____	1.	I am happy.			
_____	2.	I am preoccupied with more than one person I [help].			
_____	3.	I get satisfaction from being able to [help] 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 [help].			
_____	7.	I find it difficult to separate my personal life from my life as a [helper].			
_____	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 been " in affected" by the traumatic stress of those I [help].			
_____	10.	I feel trapped by in my work job as a [helper].			
_____	11.	Because of my [helping], I have felt "on edge" about various things.			
_____	12.	I like my work as a [helper].			
_____	13.	I feel depressed as a result of my work as a because of the traumatic experiences of the people I [helper].			
_____	14.	I feel as though I am experiencing the trauma of someone I have [helped].			
_____	15.	I have beliefs that sustain me.			
_____	16.	I am pleased with how I am able to keep up with [helping] 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 [helper]. I feel exhausted			
_____	20.	I have happy thoughts and feelings about those I [help] and how I could help them.			
_____	21.	I feel overwhelmed because my by the amount of work or the size of my case [work] load seems endless I have to deal with.			
_____	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 [help].			
_____	24.	I am proud of what I can do to [help].			
_____	25.	As a result of my [helping], I have intrusive, frightening thoughts.			
_____	26.	I feel "bogged down" by the system.			
_____	27.	I have thoughts that I am a "success" as a [helper].			
_____	28.	I can't recall important parts of my work with trauma victims.			
_____	29.	I am a very caring sensitive person.			
_____	30.	I am happy that I chose to do this work.			

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