

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 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 [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 affected by the traumatic stress of those I [help].
- ____ 10. I feel trapped by my 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 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].
- ____ 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].
- ____ 20. I have happy thoughts and feelings about those I [help] and how I could help them.
- ____ 21. I feel overwhelmed because my case [work] 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 [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 person.
- ____ 30. I am happy that I chose to do this work.