

Q3 The following is a list of statements made by persons who have been impacted by their work with traumatized individuals. Read each statement, then indicate how frequently the statement was true for you in the past seven (7) days by selecting the appropriate response.

	Never (1) (1)	Rarely (2) (2)	Occasionally (3) (3)	Often (4) (4)	Very Often (5) (5)
I felt emotionally numb (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My heart started pounding when I thought about my work with students (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It seemed as if I was reliving the trauma(s) experienced by my students (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had trouble sleeping (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt discouraged about the future (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reminders of my work with students upset me (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had little interest in being around others (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt jumpy (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I was less active than usual (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I thought about my work with students when I didn't intend to (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had trouble concentrating (11)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoided people, places, or things that reminded me of my work with students (12)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I had disturbing dreams about my work with students (13)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wanted to avoid working with some students (14)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was easily annoyed (15)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I expected something bad to happen (16)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I noticed gaps in my memory about students (17)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q4 When you help/teach people, you have direct contact with their lives. As you may have found, your compassion for those you help/teach can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a teacher. 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.

	Never (1) (1)	Rarely (2) (2)	Sometimes (3) (3)	Often (4) (4)	Very Often (5) (5)
I am happy. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am preoccupied with more than one person I teach. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get satisfaction from being able to teach people. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel connected to others. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I jump or am startled by unexpected sounds. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel invigorated after working with those I teach. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I find it difficult
to separate
my personal
life from my
life as a
teacher. (7)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I am not as
productive at
work because
I am losing
sleep over
traumatic
experiences of
a person I
teach. (8)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I think that I
might have
been affected
by the
traumatic
stress of those
I teach. (9)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel trapped
by my job as a
teacher. (10)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Because of
my teaching, I
have felt "on
edge" about
various things.
(11)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I like my work
as a teacher.
(12)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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I feel
depressed
because of
the traumatic
experiences of

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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the people I
teach. (13)

I feel as
though I am
experiencing
the trauma of
someone I
have taught.
(14)

I have beliefs
that sustain
me. (15)

I am pleased
with how I am
able to keep
up with
teaching
techniques
and protocols.
(16)

I am the
person I
always
wanted to be.
(17)

My work
makes me feel
satisfied. (18)

I feel worn out
because of my
work as a
teacher. (19)

I have happy
thoughts and
feelings about
those I teach
and how I
could help
them. (20)

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

I feel
overwhelmed
because my
case teaching
load seems
endless. (21)

☐☐☐☐☐

I believe I can
make a
difference
through my
work. (22)

☐☐☐☐☐

I avoid certain
activities or
situations
because they
remind me of
frightening
experiences of
the people I
teach. (23)

☐☐☐☐☐

I am proud of
what I can do
to teach. (24)

☐☐☐☐☐

As a result of
my teaching, I
have intrusive,
frightening
thoughts. (25)

☐☐☐☐☐

I feel "bogged
down" by the
system. (26)

☐☐☐☐☐

I have
thoughts that I
am a
"success" as a
teacher. (27)

☐☐☐☐☐

I can't recall
important
parts of my
work with
trauma
victims. (28)

☐☐☐☐☐

I am a very
caring person.
(29)

☐☐☐☐☐

I am happy
that I chose to
do this work.
(30)

☐☐☐☐☐

Q5 In the next three years, I believe I will:

☐ Continue teaching (1)

☐ Retire (2)

☐ Leave the teaching profession (3)

☐ Become an administrator (4)

☐ Other (explain) (5) _____

Display This Question:

If In the next three years, I believe I will: = Leave the teaching profession

Q6 Explain/describe why you believe you will leave the teaching profession.

Q7 Do you believe that your experiences working with students who have experienced trauma impact your decision to stay or leave the teaching profession? Briefly explain.

☐ Yes (explain) (1) _____

☐ No (explain) (2) _____

Q8 Please provide any additional information you believe will help the researcher better understand your experiences working with students that have undergone traumatic experiences and/or your thoughts about how those experiences may impact your thoughts about staying or leaving the teaching profession.
