

# 9065 - Compassion Fatigue Self Test

## Professional Quality of Life Scale Version 5 (Stamm, 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
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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]. I feel trapped by my job as a [helper].
10. ___ Because of my [helping], I have felt "on edge" about various things.
11. ___ I like my work as a [helper].
12. ___ I feel depressed because of the traumatic experiences of the people I [help].
13. ___ I feel as though I am experiencing the trauma of someone I have [helped].
14. ___ I have beliefs that sustain me.
15. ___ I am pleased with how I am able to keep up with [helping] 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 [helper].
19. ___ I have happy thoughts and feelings about those I [help] and how I could help them.
20. ___ I feel overwhelmed because my case [work] 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 [help].
23. ___ I am proud of what I can do to [help].
24. ___ As a result of my [helping], I have intrusive, frightening thoughts.
25. ___ I feel "bogged down" by the system.
26. ___ I have thoughts that I am a "success" as a [helper].
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.

Resource: <http://www.proqol.org/>



## What is my Score and What Does it Mean? (Stamm, 2009)

### Compassion Satisfaction Scale

Copy your rating on each of these questions on to this table and add them up. When you have added them up, you can find your score on the table to the right.

3	
6	
12	
16	
18	
20	
22	
24	
27	
30	
<b>Total</b>	

The sum of my Compassion Satisfaction question is	So My Score Equals	And my Compassion Satisfaction level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

### Burnout Scale

On the burnout scale you will need to take an extra step. Starred (\*) items are “reverse scored.” If you scored the item 1, write a 5 beside it. Scientifically, the measure works better when these questions are asked in a positive way though they can tell us more about their negative form. For example, question 1. “I am happy” tells us more about the effects if helping when you are *not* happy, so you reverse the score.

Q	You Wrote	(*) Change
*1		
*4		
8		
10		
*15		
*17		
19		
21		
26		
*29		
<b>Total</b>		

The sum of my Burnout question is	So My Score Equals	And my Burnout Level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

You Wrote	Change to
1	5
2	4
3	3
4	2
5	1

### Secondary Traumatic Stress Scale

Copy your rating on each of these questions on to this table and add them up. When you have added them up, you can find your score on the table to the right.

2	
5	
7	
9	
11	
13	
14	
23	
25	
28	
<b>Total</b>	

The sum of my Secondary Trauma question is	So My Score Equals	And my Secondary Traumatic Stress level is
22 or less	43 or less	Low
Between 23 and 41	Around 50	Average
42 or more	57 or more	High

Resource: <http://www.proqol.org/>