

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~~ **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.

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|---------|--------------------------|-------------------------|-------------------------------|---------|--------------|
| 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.