

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.				