

## 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.			
	I am preoccupied with more than one person I [help].			
	I get satisfaction from being able to [help] people.			
	I feel connected to others.			
	I jump or am startled by unexpected sounds.			
	I feel invigorated after working with those I [help].			
	I find it difficult to separate my personal life from my life as a [helper].			
	I am not as productive at work because I am losing sleep over traumatic experiences.			
	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].			
	Because of my [helping], I have felt "on edge" about various things.			
	I like my work as a [helper].			
	I feel depressed because of the traumatic experiences of the people I [help].			
	I feel as though I am experiencing the trauma of someone I have [helped].			
	I have beliefs that sustain me.			
	I am pleased with how I am able to keep up with [helping] techniques and protocols.			
	I am the person I always wanted to be.			
	My work makes me feel satisfied.			
	I feel worn out because of my work as a [helper].			
	I have happy thoughts and feelings about those I [help] and how I could help them.			
	I feel overwhelmed because my case [work] load seems endless.			
	I believe I can make a difference through my work.			
	I avoid certain activities/situations because they remind me of frightening experiences			
	I am proud of what I can do to [help].			
	As a result of my [helping], I have intrusive, frightening thoughts.			
	I feel "bogged down" by the system.			
	I have thoughts that I am a "success" as a [helper].			
	I can't recall important parts of my work with trauma victims.			
	I am a very caring person.			
	I am happy that I chose to do this work.			

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