

## 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 <i>[help]</i> .		
_____		I get satisfaction from being able to <i>[help]</i> people.		
_____		I feel connected to others.		
_____		I jump or am startled by unexpected sounds.		
_____		I feel invigorated after working with those I <i>[help]</i> .		
_____		I find it difficult to separate my personal life from my life as a <i>[helper]</i> .		
_____		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 <i>[help]</i> .		
_____		I feel trapped by my job as a <i>[helper]</i> .		
_____		Because of my <i>[helping]</i> , I have felt "on edge" about various things.		
_____		I like my work as a <i>[helper]</i> .		
_____		I feel depressed because of the traumatic experiences of the people I <i>[help]</i> .		
_____		I feel as though I am experiencing the trauma of someone I have <i>[helped]</i> .		
_____		I have beliefs that sustain me.		
_____		I am pleased with how I am able to keep up with <i>[helping]</i> 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 <i>[helper]</i> .		
_____		I have happy thoughts and feelings about those I <i>[help]</i> and how I could help them.		
_____		I feel overwhelmed because my case <i>[work]</i> 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 <i>[help]</i> .		
_____		As a result of my <i>[helping]</i> , I have intrusive, frightening thoughts.		
_____		I feel "bogged down" by the system.		
_____		I have thoughts that I am a "success" as a <i>[helper]</i> .		
_____		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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