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 <u>last 30 days</u>.

I=Nev	ver 2=Rarely	3=Sometimes	4=Often	5=Very Often
	Lam happy			
I.	I am happy.	re than one person [helb]		
— 2 .	I get satisfaction from hein	g able to [help] people	•	
— <u>3.</u>	I feel connected to others.	g able to [help] people.		
—— ·· 5.	l iump or am startled by up	nexpected sounds.		
— 6.	I feel invigorated after wor	king with those I [help].		
	I find it difficult to separate	e my personal life from my	life as a [helper]	1.
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 be	een affected by the traumat	ic stress of tho	se I [help].
10.	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 of a person I [help]. 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 or situations because they remind me of frightening experiences of the people I [help].			
<u> </u>	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 exper	riencing the trauma of some	eone I have [hel	ped].
<u> </u>	I have beliefs that sustain n	ne.	_	
16.	I am pleased with how I am able to keep up with [helping] techniques and protocols.			
1/.	I am the person I always w	anted to be.		
18.	My work makes me feel sa	itisfied.		
19.	I feel worn out because of	my work as a [neiper].	7	متحملة حاجما أما
— 20.	I have nappy thoughts and	reelings about those I [neip	and now I col	uid neip them.
— 21.	I believe I can make a diffe	rence through my work	ns endiess.	
— ^{22.}	Lavoid cortain activities or	situations because they re	mind mo of frig	htaning avpariances
23.	of the people I [help].	situations because they re	illing the of it is	interning experiences
24	I am proud of what I can d	o to [help]		
—— 25.	As a result of my [helping],	I have intrusive, frightening		
26.	I feel "bogged down" by th	e system.	5	
	I am proud of what I can d As a result of my [helping], I feel "bogged down" by th I have thoughts that I am a I can't recall important par I am a very caring person. I am happy that I chose to	"success" as a [helper].		
28.	I can't recall important par	rts of my work with trauma	victims.	
 29.	I am a very caring person.	,		
 30.	I am happy that I chose to	do this work.		

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