

Study ID: \_\_\_\_\_ Date: \_\_\_\_\_

This survey is anonymous. Please use a Study ID, consisting of the four-digit year of your birth (e.g. 1985), followed by the last four digits of your cell phone number. **Example: 1985-6650.** You will be asked to use this number again later.

## 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 <i>[help]</i> .
_____	3.				I get satisfaction from being able to <i>[help]</i> 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 <i>[help]</i> .
_____	7.				I find it difficult to separate my personal life from my life as a <i>[helper]</i> .
_____	8.				I am not as productive at work because I am losing sleep over traumatic experiences of a person I <i>[help]</i> .
_____	9.				I think that I might have been affected by the traumatic stress of those I <i>[help]</i> .
_____	10.				I feel trapped by my job as a <i>[helper]</i> .
_____	11.				Because of my <i>[helping]</i> , I have felt "on edge" about various things.
_____	12.				I like my work as a <i>[helper]</i> .
_____	13.				I feel depressed because of the traumatic experiences of the people I <i>[help]</i> .
_____	14.				I feel as though I am experiencing the trauma of someone I have <i>[helped]</i> .
_____	15.				I have beliefs that sustain me.
_____	16.				I am pleased with how I am able to keep up with <i>[helping]</i> 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 <i>[helper]</i> .
_____	20.				I have happy thoughts and feelings about those I <i>[help]</i> and how I could help them.
_____	21.				I feel overwhelmed because my case <i>[work]</i> 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 <i>[help]</i> .
_____	24.				I am proud of what I can do to <i>[help]</i> .
_____	25.				As a result of my <i>[helping]</i> , I have intrusive, frightening thoughts.
_____	26.				I feel "bogged down" by the system.
_____	27.				I have thoughts that I am a "success" as a <i>[helper]</i> .
_____	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.