

PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

COMPASSION SATISFACTION AND COMPASSION FATIGUE (PROQOL) VERSION 5 (2009)

When you work with people you have direct contact with their lives. As you may have found, your compassion for those you work with can affect you in positive and negative ways. 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 work life.
- _____ 8. I am not as productive at work because I am losing sleep over traumatic experiences at work.
- _____ 9. I think that I might have been affected by the traumatic stress at work.
- _____ 10. I feel trapped by my job.
- _____ 11. Because of my work, I have felt "on edge" about various things.
- _____ 12. I like my work.
- _____ 13. I feel depressed because of the traumatic experiences at work.
- _____ 14. I feel as though I am experiencing the trauma of someone at work.
- _____ 15. I have beliefs that sustain me.
- _____ 16. I am pleased with how I am able to keep up with 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.
- _____ 20. I have happy thoughts and feelings about those I help and how I could help them.
- _____ 21. I feel overwhelmed because my workload seems endless.
- _____ 22. I believe I can make a difference through my work.
- _____ 23. I avoid activities or situations because they remind me of frightening work experiences.
- _____ 24. I am proud of what I can do to help others.
- _____ 25. As a result of my work, I have intrusive, frightening thoughts.
- _____ 26. I feel "bogged down" by the system.
- _____ 27. I have thoughts that I am a "success" at work.
- _____ 28. I can't recall important parts of my work with others.
- _____ 29. I am a very caring person.
- _____ 30. I am happy that I chose to do this work.

WHAT IS MY SCORE AND WHAT DOES IT MEAN?

To find your score on each section, total the questions listed on the left in each section and then find your score in the table on the right of the section

Compassion Satisfaction Scale

- 3. _____
- 6. _____
- 12. _____
- 16. _____
- 18. _____
- 20. _____
- 22. _____
- 24. _____
- 27. _____
- 30. _____

Total: _____

The sum of my Compassion Satisfaction questions	My Level of Compassion Satisfaction
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Burnout Scale:

Reverse the scores for those that are starred (*). Reverse Scale: 0=0, 1=5, 2=4, 3=3, 4=2, 5=1

- *1. _____ = _____
- *4. _____ = _____
- 8. _____
- 10. _____
- *15. _____ = _____
- *17. _____ = _____
- 19. _____
- 21. _____
- 26. _____
- *29. _____ = _____

Total: _____

The sum of my Burnout Questions	My Level of Burnout
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Secondary Trauma Scale:

- 2. _____
- 5. _____
- 7. _____
- 9. _____
- 11. _____
- 13. _____
- 14. _____
- 23. _____
- 25. _____
- 28. _____

Total: _____

The sum of my Secondary Traumatic Stress questions	My Level of Secondary Traumatic Stress
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

YOUR SCORES ON THE PROQOL: PROFESSIONAL QUALITY OF LIFE SCREENING

Based on your responses, place your personal scores below. If you have any concerns, you should discuss them with a physical or mental health care professional.

Compassion Satisfaction _____

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel positively about your colleagues or your ability to contribute to the work setting or even the greater good of society. Higher scores on this scale represent a greater satisfaction related to your ability to be an effective caregiver in your job. If you are in the higher range, you probably derive a good deal of professional satisfaction from your position. If your scores are below 23, you may either find problems with your job, or there may be some other reason—for example, you might derive your satisfaction from activities other than your job.

Burnout _____

Most people have an intuitive idea of what burnout is. Burnout is associated with feelings of hopelessness and difficulties in dealing with work or in doing your job effectively. These negative feelings usually have a gradual onset. They can reflect the feeling that your efforts make no difference, or they can be associated with a very high workload or a non-supportive work environment. Higher scores on this scale mean that you are at higher risk for burnout. If your score is below 23, this probably reflects positive feelings about your ability to be effective in your work. If you score above 41 you may wish to think about what at work makes you feel like you are not effective in your position.

Secondary Traumatic Stress _____

Secondary Traumatic Stress is the new scale name for the old Compassion Fatigue scale. Secondary traumatic stress (STS) is about work related, secondary exposure to extremely or traumatically stressful events. The symptoms of STS are usually rapid in onset and associated with a particular event. They may include being afraid, having difficulty sleeping, having images of the upsetting event pop into your mind, or avoiding things that remind you of the event. If your score is above 41, you may want to take some time to think about what at work may be frightening to you or if there is some other reason for the elevated score. You may wish to discuss this with your supervisor, a colleague, or a health care professional.

ProQOL

The ProQOL is not a diagnostic test, it is a tool that can be used to raise awareness. It provides a platform for change. It can lead to introspection and to brainstorming about what is right and what can be made better and what is wrong and cannot be made better.

[ProQOL](#)