## 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
1.	I am happy.			
$-\frac{1}{2}$	I am preoccupied with mo	re than one person I teach		
— <del>2</del> .	I get satisfaction from being able to teach people			
— <u>4</u> .	I feel connected to others	6 able to teach people.		
5.	l iump or am startled by u	nexpected sounds.		
<u> </u>	I feel invigorated after wor	king with those I teach.		
<del></del> 7.	I find it difficult to separate	e my personal life from my	life as an educa	ator.
8.	I am happy. I am preoccupied with more than one person I teach. I get satisfaction from being able to teach people. I feel connected to others. I jump or am startled by unexpected sounds. I feel invigorated after working with those I teach. I find it difficult to separate my personal life from my life as an educator. I am not as productive at work because I am losing sleep over traumatic experiences of a person I teach. I think that I might have been affected by the traumatic stress of those I teach. I feel trapped by my job as an educator. Because of my teaching, I have felt "on edge" about various things. I like my work as an educator. I feel depressed because of the traumatic experiences of the people I teach. I feel as though I am experiencing the trauma of someone I have taught or mentored. I have beliefs that sustain me. I am pleased with how I am able to keep up with educational 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 an educator. I have happy thoughts and feelings about those I teach and how I could help them. I feel overwhelmed because my workload 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 teach.			
9.	I think that I might have be	een affected by the traumat	ic stress of tho	se I teach.
10.	I feel trapped by my job as an educator.			
II.	Because of my teaching, I have felt "on edge" about various things.			
12.	I like my work as an educa	tor.		
13.	I feel depressed because of the traumatic experiences of the people I teach.			
14.	I feel as though I am experiencing the trauma of someone I have taught or mentored.			
15.	I have beliefs that sustain r	ne.		
I6.	I am pleased with how I am able to keep up with educational techniques and protocols.			
17.	I am the person I always wanted to be.			
18.	My work makes me feel sa	itisfied.		
19.	I feel worn out because of	my work as an educator.		
20.	I have happy thoughts and	feelings about those I teacl	n and how I co	uld help them.
$-\frac{21}{22}$	I feel overwhelmed becaus	se my workioad seems end	ess.	
<u>22.</u>	Lavaid cartain activities or	rence through my work.	mind ma of frie	thtoning overgions
23.	of the people I teach.	situations because they re	mind me or mg	gntening experiences
24	I am proud of what I can d	o to help my students		
— 2 <del>1</del> .	As a result of my involvem	io to help my students. Jent with students. I have in	itrusive frighte	ning thoughts
$-\frac{25.}{26}$	I feel "hogged down" by th	e system.	10. 43140, 11 181100	ining unoughtus.
— <del>23.</del>	I have thoughts that I am a	"success" as an educator		
28.	I am proud of what I can do As a result of my involvem I feel "bogged down" by the I have thoughts that I am a I can't recall important part I am a very caring person. I am happy that I chose to	ets of my work with trauma	victims.	
	I am a very caring person.	· · · · · · · · · · · · · · · · · · ·		
30	I am happy that I chose to	do this work.		

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