

Professional Quality of Life Scale

Compassion Satisfaction and Fatigue Subscales—Revision IV

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Counseling people puts you in direct contact with their lives. As you probably have experienced, your compassion for those you help has both positive and negative aspects. We would like to ask you questions about your experiences as a counselor, both positive and negative. Consider each of the following questions about you and your current situation. Select the number that honestly reflects how frequently you experienced these characteristics in the last 30 days and enter that value on the line in front of the question.

0=Never 1=Rarely 2=A Few Times 3=Somewhat Often 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 life as a counselor.
- ___ 8. I am losing sleep over traumatic experiences of a person I help.
- ___ 9. I think that I might have been “infected” by the traumatic stress of those I help.
- ___ 10. I feel trapped by my work as a counselor.
- ___ 11. Because of my counseling, I have felt “on edge” about various things.
- ___ 12. I like my work as a counselor.
- ___ 13. I feel depressed as a result of my work as a counselor.
- ___ 14. I feel as though I am experiencing the trauma of someone I have counseled.
- ___ 15. I have beliefs that sustain me.
- ___ 16. I am pleased with how I am able to keep up with counseling techniques and protocols.
- ___ 17. I am the person I always wanted to be.
- ___ 18. My work makes me feel satisfied.
- ___ 19. Because of my work as a counselor, I feel exhausted.
- ___ 20. I have happy thoughts and feelings about those I counsel and how I could help them.
- ___ 21. I feel overwhelmed by the amount of work or the size of my case load.
- ___ 22. I believe I can make a difference through my work.
- ___ 23. I avoid certain activities or situations as they remind me of frightening experiences of the people I counsel.
- ___ 24. I am proud of what I can do to effect change.
- ___ 25. As a result of my counseling, I have intrusive, frightening thoughts.
- ___ 26. I feel “bogged down” by the system.
- ___ 27. I have thoughts that I am a “success” as a counselor.
- ___ 28. I can't recall important parts of my work with trauma victims.
- ___ 29. I am a very sensitive person.
- ___ 30. I am happy that I chose to do this work.

Self-scoring directions, if used as self-test. Be certain you respond to all items. On some items the scores need to be reversed. Next to your response write the reverse of that score (i.e. 0=0, 1=5, 2=4, 3=3).

1. Reverse the scores on these 5 items: 1, 4, 15, 17 and 29.
2. Mark the items for scoring:
 Put an X by the 10 items that form the Compassion Satisfaction Scale 3,6,12,16, 18, 20, 22, 24, 27, 30.
 Put a check by the 10 items on the Burnout Scale: 1, 4, 8, 10, 15, 17, 19, 21, 26, 29.
 Circle the 10 items on the Trauma/Compassion Fatigue Scale: 2, 5, 7, 9, 11, 13,14, 23, 25, 28.
3. Add the numbers you wrote next to the items for each set of items and compare with the theoretical scores. My Scores: **Compassion Satisfaction:** ____ **Burnout:** ____ **Trauma/Compassion:** ____.