



The Professional Quality of Life Scale - 5 (ProQOL)

Instructions:

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 answer that honestly reflects how frequently you experienced these things in the last 30 days. When answering feel free to replace the word "help" with another word that better reflects your work.

		Never	Rarely	Sometimes	Often	Very Often
1	I am happy.	5	4	3	2	1
2	I am preoccupied with more than one person I [help].	1	2	3	4	5
3	I get satisfaction from being able to [help] people.	1	2	3	4	5
4	I feel connected to others.	5	4	3	2	1
5	I jump or am startled by unexpected sounds.	1	2	3	4	5
6	I feel invigorated after working with those I [help].	1	2	3	4	5
7	I find it difficult to separate my personal life from my life as a [helper].	1	2	3	4	5
8	I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].	1	2	3	4	5
9	I think that I might have been affected by the traumatic stress of those I [help].	1	2	3	4	5
10	I feel trapped by my job as a [helper].	1	2	3	4	5
11	Because of my [helping], I have felt "on edge" about various things.	1	2	3	4	5
12	I like my work as a [helper].	1	2	3	4	5
13	I feel depressed because of the traumatic experiences of the people I [help].	1	2	3	4	5
14	I feel as though I am experiencing the trauma of someone I have [helped].	1	2	3	4	5



		Never	Rarely	Sometimes	Often	Very Often
15	I have beliefs that sustain me.	5	4	3	2	1
16	I am pleased with how I am able to keep up with [helping] techniques and protocols.	1	2	3	4	5
17	I am the person I always wanted to be.	5	4	3	2	1
18	My work makes me feel satisfied.	1	2	3	4	5
19	I feel worn out because of my work as a [helper].	1	2	3	4	5
20	I have happy thoughts and feelings about those I [help] and how I could help them.	1	2	3	4	5
21	I feel overwhelmed because my work load seems endless.	1	2	3	4	5
22	I believe I can make a difference through my work.	1	2	3	4	5
23	I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].	1	2	3	4	5
24	I am proud of what I can do to [help].	1	2	3	4	5
25	As a result of my [helping], I have intrusive, frightening thoughts.	1	2	3	4	5
26	I feel "bogged down" by the system.	1	2	3	4	5
27	I have thoughts that I am a "success" as a [helper].	1	2	3	4	5
28	I can't recall important parts of my work with trauma victims.	1	2	3	4	5
29	I am a very caring person.	5	4	3	2	1
30	I am happy that I chose to do this work.	1	2	3	4	5

Developer Reference:

B. Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). www.proqol.org.