



Professional Quality of Life Scale – 5 (ProQOL)

PROQOL · SELF-REPORT

RESPONDENT NAME

DATE

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. (We use the words "help" and "helping" in order to include a wide range of helping disciplines including child protection, social work, counseling, psychotherapy, nursing, physiotherapy, psychiatry, medical care, and many others). 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 option that honestly reflects how frequently you experienced these things in the last 30 days.

1	I am happy.	5 NEVER	4 RARELY	3 SOMETIMES	2 OFTEN	1 VERY OFTEN
2	I am preoccupied with more than one person I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
3	I get satisfaction from being able to help people.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
4	I feel connected to others.	5 NEVER	4 RARELY	3 SOMETIMES	2 OFTEN	1 VERY OFTEN
5	I jump or am startled by unexpected sounds.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
6	I feel invigorated after working with those I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
7	I find it difficult to separate my personal life from my life as a helper.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
8	I am not as productive at work because I am losing sleep over traumatic experiences of a person I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
9	I think that I might have been affected by the traumatic stress of those I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
10	I feel trapped by my job as a helper.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
11	Because of my helping, I have felt "on edge" about various things.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
12	I like my work as a helper.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
13	I feel depressed because of the traumatic experiences of the people I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
14	I feel as though I am experiencing the trauma of someone I have helped.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
15	I have beliefs that sustain me.	5 NEVER	4 RARELY	3 SOMETIMES	2 OFTEN	1 VERY OFTEN
16	I am pleased with how I am able to keep up with helping techniques and protocols.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
17	I am the person I always wanted to be.	5 NEVER	4 RARELY	3 SOMETIMES	2 OFTEN	1 VERY OFTEN
18	My work makes me feel satisfied.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
19	I feel worn out because of my work as a helper.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN

20	I have happy thoughts and feelings about those I help and how I could help them.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
21	I feel overwhelmed because my work load seems endless.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
22	I believe I can make a difference through my work.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
23	I avoid certain activities or situations because they remind me of frightening experiences of the people I help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
24	I am proud of what I can do to help.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
25	As a result of my helping, I have intrusive, frightening thoughts.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
26	I feel "bogged down" by the system.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
27	I have thoughts that I am a "success" as a helper.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
28	I can't recall important parts of my work with trauma victims.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN
29	I am a very caring person.	5 NEVER	4 RARELY	3 SOMETIMES	2 OFTEN	1 VERY OFTEN
30	I am happy that I chose to do this work.	1 NEVER	2 RARELY	3 SOMETIMES	4 OFTEN	5 VERY OFTEN

Compassion Satisfaction (Items 3, 6, 12, 16, 18, 20, 22, 24, 27, 30):

Burnout (Items 1, 4, 8, 10, 15, 17, 19, 21, 26, 29):

Secondary Traumatic Stress (Items 2, 5, 7, 9, 11, 13, 14, 23, 25, 28):

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

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