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

Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may fee like it is a pleasure to help others through your work. 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 ³ for example, you might derive your satisfaction from activities other than your job. (Alpha scale reliability 0.88)

Burnout			

Most people have an intuitive idea of what burnout is. From the research perspective, burnout is one of the elements of Compassion Fatigue (CF). It 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. Your score PD\UHIOHFW\RXUPRRGSHUKDSV\RXZHUHKDYLQJD´EDGGD\µRUDUH it is reflective of other worries, it may be a cause for concern. (Alpha scale reliability 0.75)

Cocondory	/Traumatic Stress_		
Secondar y	/ ITaumant Stress		

The second component of Compassion Fatigue (CF) is secondary traumatic stress (STS). It is about your work related, secondary exposure to extremely or traumatically str H V V I X O H Y H Q W V 'H Y H O R S L Q J S U R E O H P V G X H