

Table 2

Short Compassion Fatigue Scale^{5,12}

Consider the following items about your work/life situation. Write the number that best reflects your experiences using the following rating scale, 1 through 10:

| Never/Rarely | | Sometimes | | | | | | Very Often | |
|--------------|---|-----------|---|---|---|---|---|------------|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

- ___ a. I have felt trapped by my work.
- ___ b. I have thoughts that I am not succeeding in achieving my life goals.
- ___ c. I have had flashbacks connected to my patients.
- ___ d. I feel that I am a "failure" in my work.
- ___ e. I experience troubling dreams similar to those of a client of mine.
- ___ f. I have felt a sense of hopelessness associated with working with clients/patients.
- ___ g. I have frequently felt weak, tired, or rundown as a result of my work as a caregiver.
- ___ h. I have experienced intrusive thoughts after working with especially difficult clients/patients.
- ___ i. I have felt depressed as a result of my work.
- ___ j. I have suddenly and involuntarily recalled a frightening experience while working with a client/patient.
- ___ k. I feel I am unsuccessful at separating work from my personal life.
- ___ l. I am losing sleep over a client's traumatic experiences.
- ___ m. I have a sense of worthlessness, disillusionment, or resentment associated with my work.

Vicarious Trauma = c, e, h, j, l^a; **Job Burnout** = a, b, d, f, g, i, k, m^b

^a A score of 15+ suggests that vicarious trauma may be present.

^b A score of 30+ suggests that job burnout may be present.