



Client Information

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|----------------------------|---------------------|
| <i>Client Name</i> | test client |
| <i>Date of birth (age)</i> | 1 January 2000 (20) |

Assessment Information

| | |
|--------------------------|---|
| <i>Assessment</i> | The Professional Quality of Life Scale - 5 (ProQOL) |
| <i>Date administered</i> | 23 November 2020 |
| <i>Assessor</i> | Dr Ben Buchanan' |
| <i>Time taken</i> | 0 minutes 41 seconds |

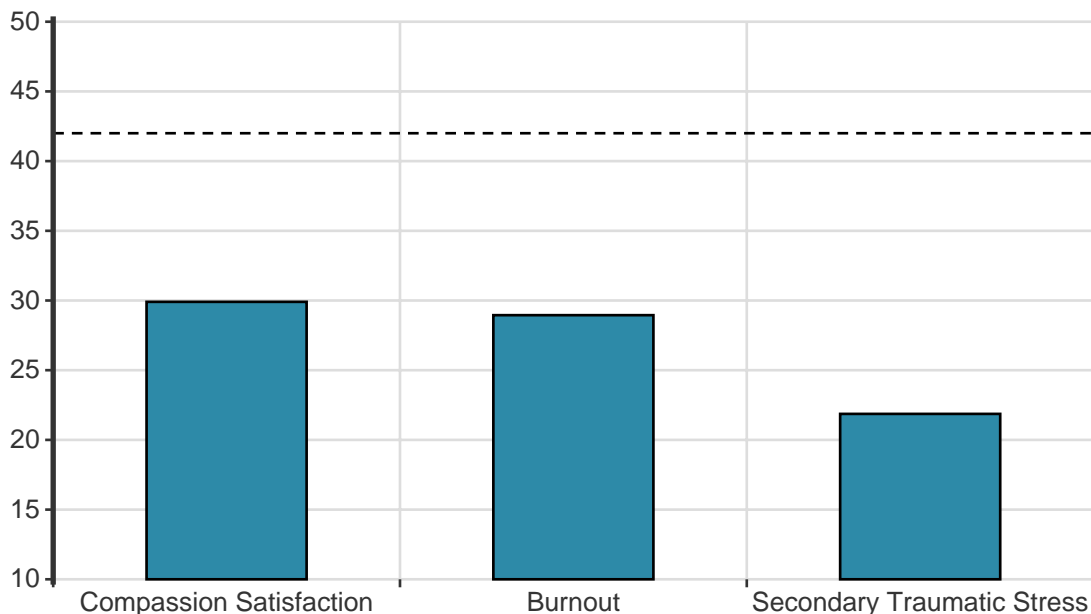
Results

| | Raw Score (10 to 50) | Helping professionals percentile | Low, Moderate or High |
|----------------------------|----------------------|----------------------------------|-----------------------|
| Compassion Satisfaction | 30 | 17 | Moderate |
| Burnout | 29 | 86 | Moderate |
| Secondary Traumatic Stress | 22 | 90.5 | Low |

Interpretive Text

| |
|----------------|
| None available |
|----------------|

ProQOL



Scoring and Interpretation Information

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| Raw scores between 10 and 50 are presented for the three subscales (1) Compassion Satisfaction, (2) Burnout and (3) Secondary Traumatic Stress. Each score is also presented as a |
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Scoring and Interpretation Information (cont.)

percentile rank comparing the respondent's scores to scores of helping professionals generally (such as psychologists, doctors, teachers and first responders). A percentile of 50 represents an average score. High scores on Compassion Satisfaction and low scores on Burnout and Secondary Traumatic Stress are indicative of professional health.

- Compassion Satisfaction (items 3, 6, 12, 16, 18, 20, 22, 24, 27, 30)
Compassion satisfaction is about the pleasure you derive from being able to do your work well. For example, you may feel 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 high range, you probably derive a good deal of professional satisfaction from your position.

- Burnout (items 1, 4, 8, 10, 15, 17, 19, 21, 26, 29)
Burnout is one of the elements of Compassion Fatigue. 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.

- Secondary Traumatic Stress (items 2, 5, 7, 9, 11, 13, 14, 23, 25, 28)
The second component of Compassion Fatigue is Secondary Traumatic Stress. It is about your work related, secondary exposure to stressful events. The symptoms of Secondary Traumatic Stress are usually rapid in onset and associated with a particular event.

If scores are of a particularly meaningful profile the interpretive text section provides an interpretation of the constellations of scores.

Client Responses

| | | 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 |



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Client Responses (cont.)

| | | Never | Rarely | Sometimes | Often | Very Often |
|----|---|-------|--------|-----------|-------|------------|
| 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 |
| 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 |



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Client Responses (cont.)

| | | Never | Rarely | Sometimes | Often | Very Often |
|----|--|-------|--------|-----------|-------|------------|
| 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 |