

Table 2

Short Compassion Fatigue Scale<sup>5,12</sup>

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.									

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

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<sup>a</sup> A score of 15+ suggests that vicarious trauma may be present.

<sup>b</sup> A score of 30+ suggests that job burnout may be present.