

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

- 1 a. I have felt trapped by my work. $B = 1$
- 3 b. I have thoughts that I am not succeeding in achieving my life goals. $B = 4$
- 4 c. I have had flashbacks connected to my patients. $V = 4$
- 2 d. I feel that I am a "failure" in my work. $B = 6$
- 2 e. I experience troubling dreams similar to those of a client of mine. $V = 6$
- 2 f. I have felt a sense of hopelessness associated with working with clients/patients. $B = 8$
- 3 g. I have frequently felt weak, tired, or rundown as a result of my work as a caregiver. $B = 11$
- 2 h. I have experienced intrusive thoughts after working with especially difficult clients/patients. $V = 8$
- 1 i. I have felt depressed as a result of my work. $B = 12$
- 1 j. I have suddenly and involuntarily recalled a frightening experience while working with a client/patient. $V = 9$
- 1 k. I feel I am unsuccessful at separating work from my personal life. $B = 13$
- 1 l. I am losing sleep over a client's traumatic experiences. $V = 10$
- 1 m. I have a sense of worthlessness, disillusionment, or resentment associated with my work. $B = 14$

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

* A score of 15+ suggests that vicarious trauma may be present. 10 V

* A score of 30+ suggests that job burnout may be present. 14 B