

BURNOUT, COMPASSION FATIGUE AND VICARIOUS TRAUMA ASSESSMENT

Using the scale, indicate how these statements reflect your actions and feelings.

5 = Very often; 4 = Often; 3 = Sometimes; 2 = Occasionally; 1 = Seldom; 0 = Rarely

____ 1. I am NOT happy and content with my work life.
____ 2. I feel drained and exhausted from “giving” so much.
____ 3. I am preoccupied with the traumatized stories I have heard.
____ 4. I feel apathetic about work.
____ 5. I feel down after working with those I help.
____ 6. I think about traumatic experiences of a person I help too much.
____ 7. I feel trapped by my work as a caregiver.
____ 8. Because of my work as a caregiver I have been on edge.
____ 9. Outside of work I avoid certain situations because they remind me of the experiences of those I work with.
____ 10. I don’t like my work anymore.
____ 11. Because of my work as a caregiver I am exhausted.
____ 12. I have intrusive thoughts of stories I’ve heard from those I’m helping.
____ 13. I feel overwhelmed with the amount of work I have to do.
____ 14. I wonder if I make a difference through my work.
____ 15. I have flashbacks connected to my client.
____ 16. I work too hard.
____ 17. I become overwhelmed when thinking about working with certain clients.
____ 18. I experience troubling thoughts about events of a client when I’m not working.
____ 19. I feel I’m working more for money than for personal fulfillment.
____ 20. I have felt trapped by my work as a caregiver.
____ 21. I have involuntarily recalled my own traumatic experience while working with a client.
### Scoring

Write the number you wrote for each question on the blank below. Total the columns.

<table>
<thead>
<tr>
<th><strong>BURNOUT</strong></th>
<th><strong>COMPASSION FATIGUE</strong></th>
<th><strong>VICARIOUS TRAUMA</strong></th>
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<tbody>
<tr>
<td>1.</td>
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</tbody>
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While no universally applicable cut off score can be used under all circumstances, in most cases, a higher number of score indicates a higher level of distress.

- 0-14 = Low Risk
- 15-21 = Moderate Risk
- 22-28 = High Risk
- 29-35 = Extremely High Risk

### About the Crisis & Trauma Resource Institute Inc.

CTRI provides professional training and consulting services for individuals, communities and organizations affected by or involved in working with issues of crisis and trauma. For more details visit their website at www.ctrinstitute.com