

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.

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 AND VICARIOUS TRAUMA
 ASSESSMENT – PAGE 2**

Scoring

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

| BURNOUT | COMPASSION FATIGUE | VICARIOUS TRAUMA |
|----------------|-------------------------------|-----------------------------|
| ___ 1. | ___ 2. | ___ 3. |
| ___ 4. | ___ 5. | ___ 6. |
| ___ 7. | ___ 8. | ___ 9. |
| ___ 10. | ___ 11. | ___ 12. |
| ___ 13. | ___ 14. | ___ 15. |
| ___ 16. | ___ 17. | ___ 18. |
| ___ 19. | ___ 20. | ___ 21. |

| | | |
|-----|-----|---------------|
| ___ | ___ | TOTALS |
|-----|-----|---------------|

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