



COMPASSION FATIGUE TEST

Answer all items, even if not applicable. Then read the instructions to get your score.

- 1 = Rarely/Never
- 2 = At Times
- 3 = Not Sure
- 4 = Often
- 5 = Very Often

No.	Items about you:	1	2	3	4	5
1	I force myself to avoid certain thoughts or feelings that remind me of a frightening experience.					
2	I find myself avoiding certain activities or situations because they remind me of a frightening experience.					
3	I have gaps in my memory about frightening events.					
4	I feel estranged from others.					
5	I have difficulty falling or staying asleep.					
6	I have outbursts of anger or irritability with little provocations.					
7	I startle easily.					
8	While working with a victim, I have thought about violence against the person or perpetrator.					
9	I am a sensitive person.					
10	I have flashbacks connected to my clients and families.					
11	I have firsthand experience with traumatic events in my adult life.					
12	I have firsthand experience with traumatic events in my childhood.					
13	I have thought that I need to “work through” a traumatic experience in my life.					
14	I have thought that I need more close friends.					
15	I have thought that there is no one to talk with about highly stressful experiences.					
16	I have concluded that I work too hard for my own good.					

No.	Items about your clients and their families:	1	2	3	4	5
17	I am frightened of things traumatized people and their family have said or done to me.					
18	I experience troubling dreams similar to a client of mine and their family.					
19	I have experienced intrusive thoughts of interactions with especially difficult clients and their families.					
20	I have suddenly and involuntarily recalled a frightening experience while working with a client or their family.					
21	I am preoccupied with more than one client and their family.					



22	I am losing sleep over a client and their family.					
23	I have thought that I might have been “infected” by the traumatic stress of my client and their families.					
24	I remind myself to be less concerned about the well-being of my clients and their families.					
25	I have felt trapped by my work as a helper.					
26	I have felt a sense of hopelessness associated with working with clients and their families.					
27	I have felt “on edge” about various things that I attribute this to working with a certain client and their families.					
28	I have wished that I could avoid working with some clients and their families.					
29	I have been in danger working with some clients and their families.					
30	I have felt that some of my clients and their families dislike me personally.					

No.	Items about being a helper and your work environment:	1	2	3	4	5
31	I have felt weak, tired and rundown as a result of my work as a helper.					
32	I have felt depressed as a result of my work as a helper.					
33	I am unsuccessful at separating work from my personal life.					
34	I felt little compassion toward most of my coworkers.					
35	I feel I am working more for money than for personal fulfillment.					
36	I find it difficult separating my personal life from my work life.					
37	I have a sense of worthlessness/disillusionment/resentment associated with my work.					
38	I have thoughts that I am a “failure” as a helper.					
39	I have thoughts that I am not succeeding at achieving my life goals.					
40	I have to deal with bureaucratic, unimportant tasks in my work life.					

SCORE GUIDE:

- Circle the following 23 items: 1-8, 10-13, 17-26 and 29.
- ADD the numbers you wrote next to the circled items.

SCORING GUIDE FOR RISK OF COMPASSION FATIGUE

- 26 or less = Extremely Low Risk
- 27 – 30 = Low Risk
- 31 – 35 = Moderate Risk
- 36 – 40 = High Risk
- 41 or more = Extremely High Risk



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SCORING GUIDE FOR RISK OF BURNOUT

- 19 or less = Extremely Low Risk
- 20 – 24 = Low Risk
- 25 – 29 = Moderate Risk
- 30 – 42 = High Risk
- 43 or more = Extremely High Risk

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