



Workplace Health Center Compassion Fatigue Assessment Scale 19 Item version.

Instructions:

The following statements describe feelings, reactions and experiences. Select how accurately each statement describes you. Describe yourself as you usually are now, not how you would like to be in the future.

Scoring:

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

		Rarely	Seldom	Occasionally	Sometimes	Often	Very often
1	I feel estranged from my colleagues at work.	0	1	2	3	4	5
2	I have to remind myself to be less concerned about the wellbeing of clients.	0	1	2	3	4	5
3	I often find myself late to work.	0	1	2	3	4	5
4	I find it difficult to maintain a balance of empathy and objectivity (over involvement with clients).	0	1	2	3	4	5
5	I've been feeling less pleasure in working well.	0	1	2	3	4	5
6	I feel like I'm not good at my job.	0	1	2	3	4	5
7	I have felt trapped by this line of work.	0	1	2	3	4	5
8	I have a diminished sense of personal accomplishment outside work.	0	1	2	3	4	5
9	I feel like my coping strategies aren't helpful (working longer hours, using alcohol, food or other drugs to relax).	0	1	2	3	4	5
10	I feel that I have less capacity to feel joy.	0	1	2	3	4	5
11	I have a sense of hopelessness associated with working with my clients.	0	1	2	3	4	5
12	I am less interested in activities outside work.	0	1	2	3	4	5
13	I experience more irritability and blaming of others, including clients.	0	1	2	3	4	5
14	I feel like my efforts at work don't matter.	0	1	2	3	4	5
15	I feel less capable at my job.	0	1	2	3	4	5
16	I experience feelings of hopelessness.	0	1	2	3	4	5
17	I Have very high expectations of myself and others.	0	1	2	3	4	5
18	I feel less engaged in social settings.	0	1	2	3	4	5
19	I feel pre-occupied with some of the people I help.	0	1	2	3	4	5
Column totals:							
						Total Score:	



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Scoring – Compassion Fatigue Assessment Scale

Your risk for compassion fatigue:

23 or less	= very low risk
24 – 47	= moderate risk
48 – 71	= high risk
72 or more	= very high risk

For more resources, please see our website at www.workplacehealth.center

If you need more information about this or other resources available on our website, please contact admin@workplacehealth.center

This assessment is intended as a learning tool for understanding the warning signs of compassion fatigue and your level of potential risk for compassion fatigue at work.

This assessment is not a formal diagnosis or medical advice.

This assessment is adapted from the Compassion Fatigue self-test (Stamm, 2009)