



Workplace Health Center Vicarious Trauma 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 involuntarily recall my own trauma stories when working with a client.	0	1	2	3	4	5
2	Because of the type of work I do, I am less likely to trust other people.	0	1	2	3	4	5
3	My work makes me feel emotionally numb.	0	1	2	3	4	5
4	I think I would leave my job tomorrow if I was offered a job with the same pay but less stress.	0	1	2	3	4	5
5	I become pre-occupied with the trauma stories I hear at work.	0	1	2	3	4	5
6	I feel like my work negatively affects how I function in my personal life.	0	1	2	3	4	5
7	I have flashbacks connected to the trauma stories that I'm exposed to at work.	0	1	2	3	4	5
8	I feel that the world is not a safe place for me and my loved ones.	0	1	2	3	4	5
9	I can see that my colleagues are negatively impacted by the traumatic nature of this work.	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 think too much about the traumatic experiences of the people I help.	0	1	2	3	4	5
12	I am less interested in activities outside work.	0	1	2	3	4	5
13	I get intrusive thoughts of their stories I've heard from my clients.	0	1	2	3	4	5
14	My own personal trauma history feels reactivated in the workplace.	0	1	2	3	4	5
15	My line of work means that I see pictures or video that are traumatic or disturbing in nature.	0	1	2	3	4	5
16	I think about leaving this organisation.	0	1	2	3	4	5
17	I avoid certain situations in my personal life because they remind me of the experiences of my clients.	0	1	2	3	4	5
18	I experience troubling thoughts about a client when I'm not working.	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 – Vicarious Trauma Assessment Scale

Your risk for vicarious trauma:

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)