

# Secondary Traumatic Stress Individual Assessment Tools

There are several informal self-assessment strategies that have been developed to help identify secondary traumatic stress. These self-assessment tools are most often found in the form of questionnaires, checklists, or scales, and provide information on the symptoms or experiences that may be associated with exposure to trauma. It is important to note that these tools are a snapshot in time and most ask the user to reflect on a certain period of time when answering the questions.

Two of the self-assessment tools are:

- ProQOL 5: 11: This 30-item test measures the level of compassion fatigue and compassion satisfaction as well as level of burnout. It has been studied in multiple research studies and has been updated over time.

(ProQOL 5 available at [http://proqol.org/ProQol\\_Test.htm](http://proqol.org/ProQol_Test.htm))

- Secondary Traumatic Stress Scale: 12: This 17-item test measures levels of STS. (Note for scoring: Add up all items for total STS score; Below 28 – little or no STS; 28-37 mild STS; 38-43 moderate STS; 44-48 high STS; and 49 and above – severe STS). It has also been studied in research studies.

(Secondary Traumatic Stress Scale available at <http://academy.extensiondlc.net/file.php/1/resources/TMCrisis20CohenSTSScale.pdf>)