Information Sheet about Research Study: Workshop 1

Title of Study: Compassion Fatigue and Social Work Students

Protocol Number: 608932-1

Purpose

You are being asked to participate in a research study. The purpose of this study is to learn more about compassion fatigue, burnout, compassion satisfaction and self-compassion among social work students.

Participants

You are being asked to participate in this study because you are an adult social work student at UNR who is in a social work field placement and who is participating in a mandatory workshop about compassion fatigue.

Procedures

As part of this workshop you will fill out the attached Demographic Questionnaire which will ask about demographic information, the Professional Quality of Life Scale 5 which will ask about compassion fatigue, burnout and compassion satisfaction (here the terms “helper” or “help” refer to the work you do in social work field placement, a social service agency or the field of social work), and the Long Self-Compassion Scale which will ask about self-compassion, thus no additional time outside of this workshop will be needed to participate in the study.

However, you may choose for your responses to be included in this research study or not included in this research study. The research responses will be confidential and the measures you fill out will only be connected using a CDRGP code (a code that you will create using personal information at the beginning of this study. You will be the only one who knows that the code is yours). You will not be personally identified on any of the measures or in any reports or publications that may result from this study. At the conclusion of this study surveys without demographic information (to maintain student confidentiality) will be returned to the social work department to evaluate the workshop.

Risks/Benefits

The risks of participation in this study are minimal. You may chose for your responses not to be included as part of the research study in any of the workshops. There may be no direct benefits for your participation in this research study. However, this study will contribute to the literature regarding social work students, compassion fatigue, burnout, compassion satisfaction and self-compassion.

Questions/Concerns

If you have any questions or concerns about this study, please contact the student researcher Miranda Smith at smithm90@live.com or the principal investigator Gloria Messick Svare, PhD at glorias@unr.edu. You may also call the Office of Human Research Protection if you have any concerns on the conduct of the study at 775-327-2368.
CDRGP Code Instructions

For these workshops on compassion fatigue you are being asked to create a code. This five letter code is called a Context-Determined, Rule-Generated Pseudonym (CDRGP) code (Carifio & Biron, 1980).

Please read each statement below carefully and write the correct letter for each question on the left-hand line.

____ First letter of your middle name (if no middle name, write “z”)

____ First letter of the month you were born in

____ First letter of your sex: Male or Female

____ First letter of the name of your street

____ First letter of your mother’s first name (if unknown, write “x”)

These five letters are your CDRGP code. This is the code you will on the CDRGP code page at the front of each survey you fill out in each workshop. You will be the only one who knows that the code is yours.
CDRGP Code: ____________
Demographic Questionnaire

Please fill in or circle your response.

1) What is your age?

2) What is your race / ethnicity?
   a. White / Caucasian
   b. Black / African American
   c. American Indian / Alaskan Native
   d. Asian
   e. Native Hawaiian / Other Pacific Islander
   f. Hispanic / Latino
   g. Two or More Races / Ethnicities

3) What is your gender?
   a. Male
   b. Female
   c. Transgender

4) What year in the program are you in?
   a. BSW
   b. MSW Foundation
   c. MSW Concentration

5) Are you a full-time or part-time student?
   a. Full-time
   b. Part-time

6) Is this your first or second social work field placement?
   a. 1st
   b. 2nd

7) Have you worked in the social work field / social service agency in the past?
   a. Yes
   b. No
8) If yes, how long have you worked or been working in the social work field / at a social service agency?

   a. Less than 1 year
   b. 1-2 years
   c. 3-5 years
   d. 5-10 years
   e. More than 10 years

9) Are you currently working in the social work field / at a social service agency outside of field placement?

   a. Yes
   b. No
Professional Quality of Life Scale (ProQOL)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

1=Never 2=Rarely 3=Sometimes 4=Often 5=Very Often

1. I am happy.
2. I am preoccupied with more than one person I [help].
3. I get satisfaction from being able to [help] people.
4. I feel connected to others.
5. I jump or am startled by unexpected sounds.
6. I feel invigorated after working with those I [help].
7. I find it difficult to separate my personal life from my life as a [helper].
8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].
9. I think that I might have been affected by the traumatic stress of those I [help].
10. I feel trapped by my job as a [helper].
11. Because of my [helping], I have felt "on edge" about various things.
12. I like my work as a [helper].
13. I feel depressed because of the traumatic experiences of the people I [help].
14. I feel as though I am experiencing the trauma of someone I have [helped].
15. I have beliefs that sustain me.
16. I am pleased with how I am able to keep up with [helping] techniques and protocols.
17. I am the person I always wanted to be.
18. My work makes me feel satisfied.
19. I feel worn out because of my work as a [helper].
20. I have happy thoughts and feelings about those I [help] and how I could help them.
22. I believe I can make a difference through my work.
23. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].
24. I am proud of what I can do to [help].
25. As a result of my [helping], I have intrusive, frightening thoughts.
26. I feel "bogged down" by the system.
27. I have thoughts that I am a "success" as a [helper].
28. I can't recall important parts of my work with trauma victims.
29. I am a very caring person.
30. I am happy that I chose to do this work.

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Compassion Satisfaction and Compassion Fatigue (ProQOL) Version 5 (2009)
Self-Compassion Scale

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

Almost Never 1 2 3 4 5 Almost Always

1. I’m disapproving and judgmental about my own flaws and inadequacies.
2. When I’m feeling down I tend to obsess and fixate on everything that’s wrong.
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.
4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.
5. I try to be loving towards myself when I’m feeling emotional pain.
6. When I fail at something important to me I become consumed by feelings of inadequacy.
7. When I’m down and out, I remind myself that there are lots of other people in the world feeling like I am.
8. When times are really difficult, I tend to be tough on myself.
9. When something upsets me I try to keep my emotions in balance.
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
11. I’m intolerant and impatient towards those aspects of my personality I don’t like.
12. When I’m going through a very hard time, I give myself the caring and tenderness I need.
13. When I’m feeling down, I tend to feel like most other people are probably happier than I am.
14. When something painful happens I try to take a balanced view of the situation.
15. I try to see my failings as part of the human condition.
16. When I see aspects of myself that I don’t like, I get down on myself.
17. When I fail at something important to me I try to keep things in perspective.
18. When I’m really struggling, I tend to feel like other people must be having an easier time of it.
19. I’m kind to myself when I’m experiencing suffering.
20. When something upsets me I get carried away with my feelings.
21. I can be a bit cold-hearted towards myself when I’m experiencing suffering.
22. When I’m feeling down I try to approach my feelings with curiosity and openness.
23. I’m tolerant of my own flaws and inadequacies.
24. When something painful happens I tend to blow the incident out of proportion.
25. When I fail at something that’s important to me, I tend to feel alone in my failure.
26. I try to be understanding and patient towards those aspects of my personality I don’t like.

Consent to Participate in Research: Workshop 1

Please check one of the following responses:

____ Yes, I would like my responses to be included in this research study

____ No, I do not want my responses to be included in this research study.