



Pro  
QOL



Professional Quality of Life

## ProQol: Professional Quality of Life Self-Test

*Developed by Beth Stamm and Charles Figley*

A self-test called the ProQol (Professional Quality of Life) that can be downloaded for free of charge to assess one's own levels of secondary trauma, burnout, and compassion satisfaction.

Website also includes information on Burnout, Compassion Fatigue, Compassion Satisfaction, Moral Distress, Perceived Support, Secondary Traumatic Stress, as well as Fundamental Skills for Self Care

Available in different languages

Access the site at the link below:

[ProQOL Measure | ProQOL](#)