

Figley, C.R. & Stamm, B.H. (1996). Psychometric Review of Compassion Fatigue Self Test. In B.H. Stamm (Ed), *Measurement of Stress, Trauma and Adaptation*. Lutherville, MD: Sidran Press. Reprinted here by permission from Sidran Press <http://www.sidran.org/digicart/products/stms.html>

Compassion Fatigue Self Test

Type of Population

Adult. Human service field, generalizable to nearly any group including psychotherapists, teachers, public safety personnel, etc.

Cost

Free

Copyright

Languages

English.

What It Measures

Addresses both trauma and burnout symptoms.

Measure Content Survey, Procedure, or Process

Burnout items taken from Pines (1993), trauma items gleaned from the trauma literature.

Theoretical Orientation Summary

Integrative, but has roots in the Secondary Traumatic Stress literature.

Time Estimate

<i>Administration</i>	<i>Scoring</i>
5–10 minutes self scoring	5–10 minutes

Equipment Needed

<i>Paper & Pencil</i>	<i>Computer</i>	<i>Basic Psychophysiological</i>	<i>Specialized Equipment</i>
X			

Psychometric Maturity

<i>Under Construction</i>	<i>Basic Properties Intact</i>	<i>Mature</i>
X		

Psychometric Properties Summary

The instrument is still being developed. Data from 142 psychotherapy practitioners had alpha reliabilities ranging from .94 to .86. Structural analysis yielded at least one stable factor which is characterized by depressed mood in relationship to work accompanied by feelings of fatigue, disillusionment, and worthlessness. Structural Reliability (stability) of this factor, as indicated by Tucker's Coefficient of Congruence (cc), is .91 (Figley, Stamm, & Bieber, 1995). At this point there is insufficient data to determine the nature of a second structure, although work is continuing on this analysis.

Particular Sensitivity

Age	Change over Time	Culture / Ethnicity	Gender	Geography / Climate	Sexual Orientation	Socioeconomic Status	Urban / Rural
?	X		?		?		

Estimate of Number of In-Process Studies

Numerous

Unpublished References

Published References

- Figley, C. R. (Ed.) (1995). *Compassion fatigue: Coping with secondary PTSD among those who treat the traumatized*. New York: Bruner/Mazel.
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- Figley, C. R. (1993). Compassion stress and the family therapist. *Family Therapy News* (February), 1-8.
- Pines, A. M. (1993). Burnout. In L. Goldberger and S. Breznitz (Eds.), *Handbook of stress: Theoretical and clinical aspects. 2nd ed.*, 386-402. New York: Free Press.

General Comments

This measure is being used in numerous studies across multiple disciplines, including mental health, education, and health care. An indigenous peoples version is being developed for use in circumpolar regions. At this point in time, the instrument clearly seems capable of describing some level of difficulty to which the worker should attend. It can be used as an indicator of potential problems that should be diagnostically examined rather than as a diagnostic device in and of itself. Because this is a self-test designed as an educational tool and a warning device, it tends to err on the side of over-inclusion, that is, false positive.

Key Words

Population	Stressor	Topic
adults	any secondary traumatic stress care-giving	debriefing ethics measure development research screening self care secondary traumatic stress

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