**Vicarious Trauma Scale**

Please read the following statements and indicate on a scale of 1 (*strongly disagree*) to 7 (*strongly agree*) how much you agree with them.

1. Strongly disagree

2. Disagree

3. Slightly disagree

4. Neither agree nor disagree

5. Slightly agree

6. Agree

7. Strongly agree

1. My job involves exposure to distressing material and experiences.

2. My job involves exposure to traumatized or distressed clients.

3. I find myself distressed by listening to my clients’ stories and situations.

4. I find it difficult to deal with the content of my work.

5. I find myself thinking about distressing material at home.

6. Sometimes I feel helpless to assist my clients in the way I would like.

7. Sometimes I feel overwhelmed by the workload involved in my job.

8. It is hard to stay positive and optimistic given some of the things I encounter in my work.