# SECONDARY TRAUMATIC STRESS SCALE

The following is a list of statements made by persons who have been impacted by their work with traumatized clients. Read each statement then indicate how frequently the statement was true for you in the past **seven (7) days** by circling the corresponding number next to the statement.

NOTE: *"Client" is used to indicate persons with whom you have been engaged in a helping relationship. You may substitute another noun that better represents your work such as consumer, patient, recipient, etc.*

|  | Never | Rarely | Occasionally | Often | Very Often |
|---|---|---|---|---|---|
| 1. I felt emotionally numb……………………………… | 1 | 2 | 3 | 4 | 5 |
| 2. My heart started pounding when I thought about my work with clients………………………… | 1 | 2 | 3 | 4 | 5 |
| 3. It seemed as if I was reliving the trauma(s) experienced by my client(s)…………………………… | 1 | 2 | 3 | 4 | 5 |
| 4. I had trouble sleeping……………………………… | 1 | 2 | 3 | 4 | 5 |
| 5. I felt discouraged about the future…………………… | 1 | 2 | 3 | 4 | 5 |
| 6. Reminders of my work with clients upset me…………… | 1 | 2 | 3 | 4 | 5 |
| 7. I had little interest in being around others………………… | 1 | 2 | 3 | 4 | 5 |
| 8. I felt jumpy……………………………………… | 1 | 2 | 3 | 4 | 5 |
| 9. I was less active than usual……………………… | 1 | 2 | 3 | 4 | 5 |
| 10. I thought about my work with clients when I didn't intend to……………………………………… | 1 | 2 | 3 | 4 | 5 |
| 11. I had trouble concentrating……………………… | 1 | 2 | 3 | 4 | 5 |
| 12. I avoided people, places, or things that reminded me of my work with clients………………………… | 1 | 2 | 3 | 4 | 5 |
| 13. I had disturbing dreams about my work with clients……… | 1 | 2 | 3 | 4 | 5 |
| 14. I wanted to avoid working with some clients…………… | 1 | 2 | 3 | 4 | 5 |
| 15. I was easily annoyed……………………………… | 1 | 2 | 3 | 4 | 5 |
| 16. I expected something bad to happen………………… | 1 | 2 | 3 | 4 | 5 |
| 17. I noticed gaps in my memory about client sessions………… | 1 | 2 | 3 | 4 | 5 |

Intrusion Subscale (add items 2, 3, 6, 10, 13)          Intrusion Score          _____
Avoidance Subscale (add items 1, 5, 7, 9, 12, 14, 17)    Avoidance Score          _____
Arousal Subscale (add items 4, 8, 11, 15, 16)           Arousal Score            _____
TOTAL (add Intrusion, Arousal, and Avoidance Scores)    Total Score              _____

**Bride, B.E.**, Robinson, M.R., Yegidis, B., & Figley, C.R. (2004). Development and validation of the Secondary Traumatic Stress Scale. *Research on Social Work Practice, 14,* 27-35.