

Investigating Professional Quality of Life of Conservation Scientists

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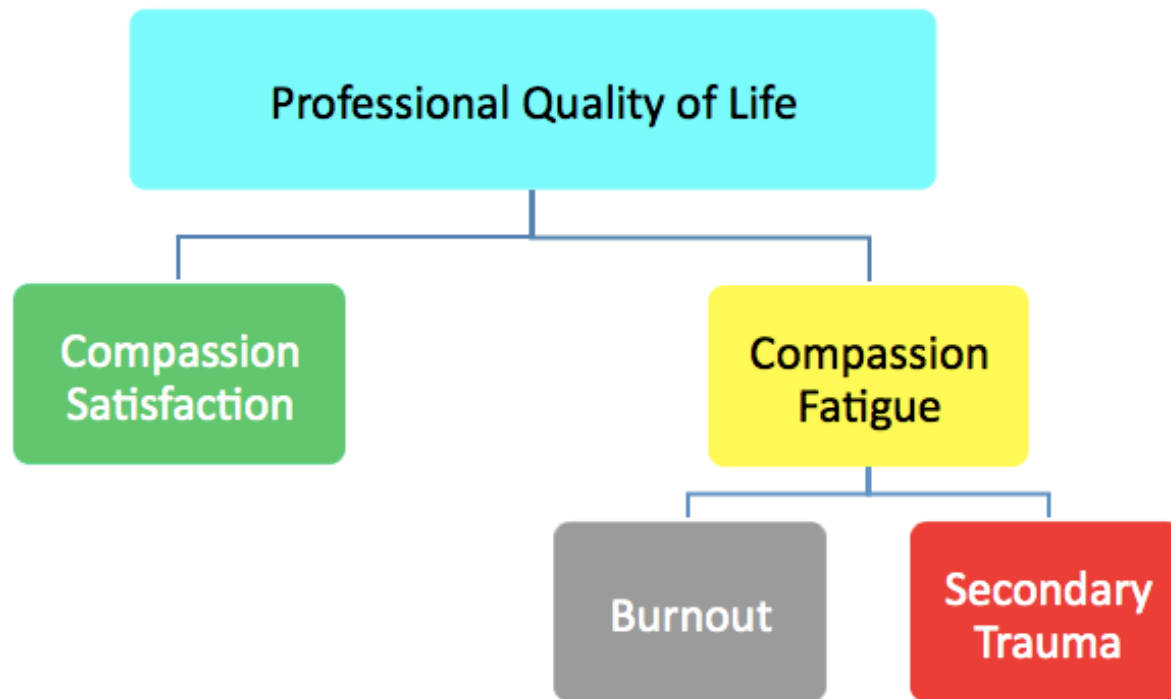
Marleen (de Lang, n.d.).

Mel (Galbraith, n.d.).

Peter (de Lang, n.d.).



Introduction



ProQOL (Stamm, 2010)

Professional Quality Of Life (ProQOL):

- Multidimensional balanced structure comprised of compassion satisfaction and fatigue
- Compassion fatigue is made up of burnout and secondary trauma.

(Hooper, Craig, Janvrin, Wetsel, & Reimels, 2010)

ProQOL Scale

Professional Quality of Life Scale (ProQOL)

*Compassion Satisfaction and Compassion Fatigue
(ProQOL) Version 5 (2009)*

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.
- ___ 21. I feel overwhelmed because my case [work] load seems endless.
- ___ 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.

Aim & Objectives

This project aims to:

1. Determine the professional quality of life levels among conservation scientists.
2. Determine how job satisfaction in conservation scientists potentially lead to compassion fatigue.
3. Add conservation as an industry to which the ProQOL scale can be used effectively.





Chatting lichen (de Lang, n.d.).

Methods

Survey:

- Distributed online through social media and forums within New Zealand, Australia, United Kingdom & United States of America.
- Contained adapted version of the ProQOL scale along with demographic and targeted questions.

Target Audience:

- Self-identified conservation scientists.

Data analysis:

- ProQOL questions analysed through the ProQOL self-score.
- Linear analysis

Burnout Scale

On the burnout scale you will need to take an extra step. Starred items are "reverse scored." If you scored the item 1, write a 5 beside it. The reason we ask you to reverse the scores is because scientifically the measure works better when these questions are asked in a positive way though they can tell us more about their negative form. For example, question 1. "I am happy" tells us more about

You Wrote	Change to
	5
2	4
3	3
4	2
5	1

the effects of helping when you are *not* happy so you reverse the score

- *1. _____ = _____
 *4. _____ = _____
 8. _____
 10. _____
 *15. _____ = _____
 *17. _____ = _____
 19. _____
 21. _____
 26. _____
 *29. _____ = _____

Total: _____

The sum of my Burnout Questions is	And my Burnout level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Secondary Traumatic Stress Scale

Just like you did on Compassion Satisfaction, copy your rating on each of these questions on to this table and add them up. When you have added then up you can find your score on the table to the right.

2. _____
 5. _____
 7. _____
 9. _____
 11. _____
 13. _____
 14. _____
 23. _____
 25. _____
 28. _____

Total: _____

The sum of my Secondary Trauma questions is	And my Secondary Traumatic Stress level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Compassion Satisfaction Scale

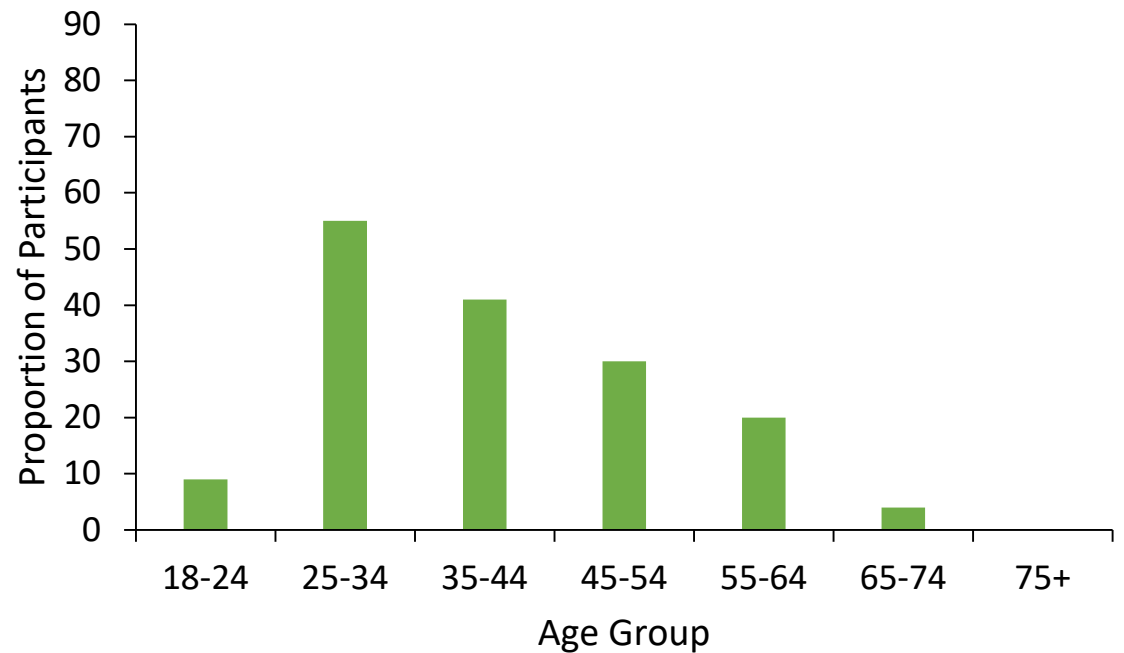
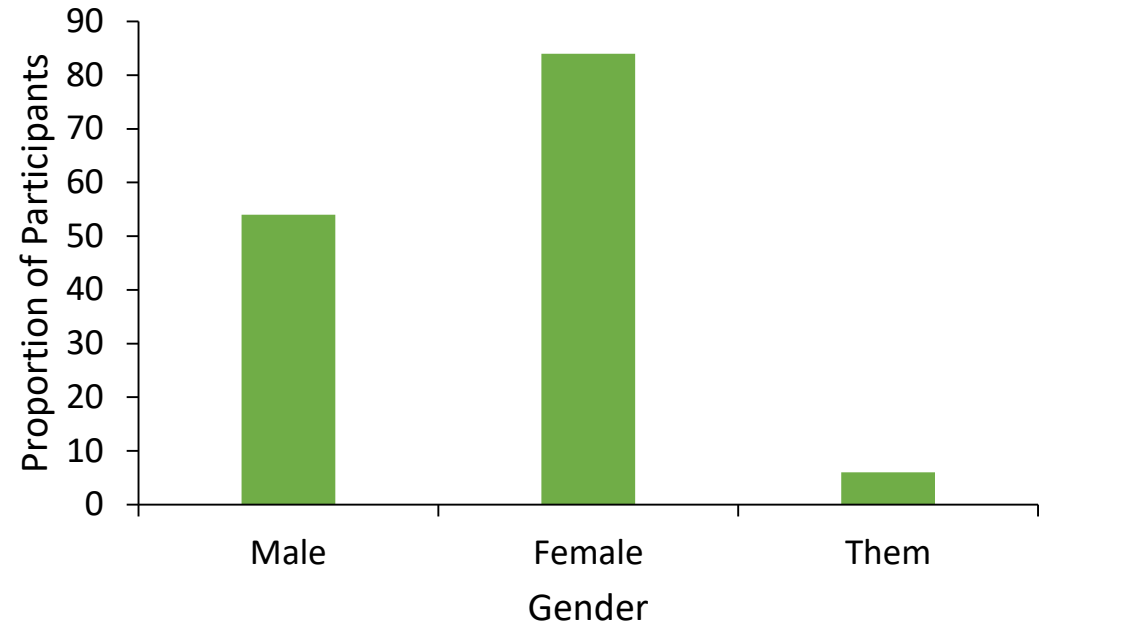
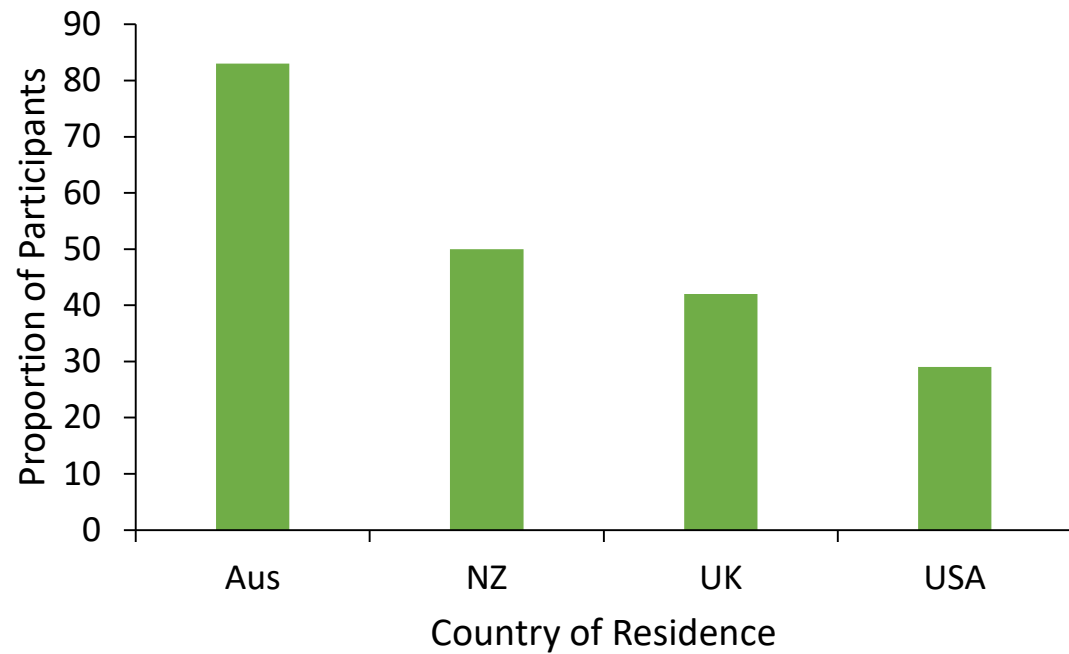
Copy your rating on each of these questions on to this table and add them up. When you have added then up you can find your score on the table to the right.

3. _____
 6. _____
 12. _____
 16. _____
 18. _____
 20. _____
 22. _____
 24. _____
 27. _____
 30. _____

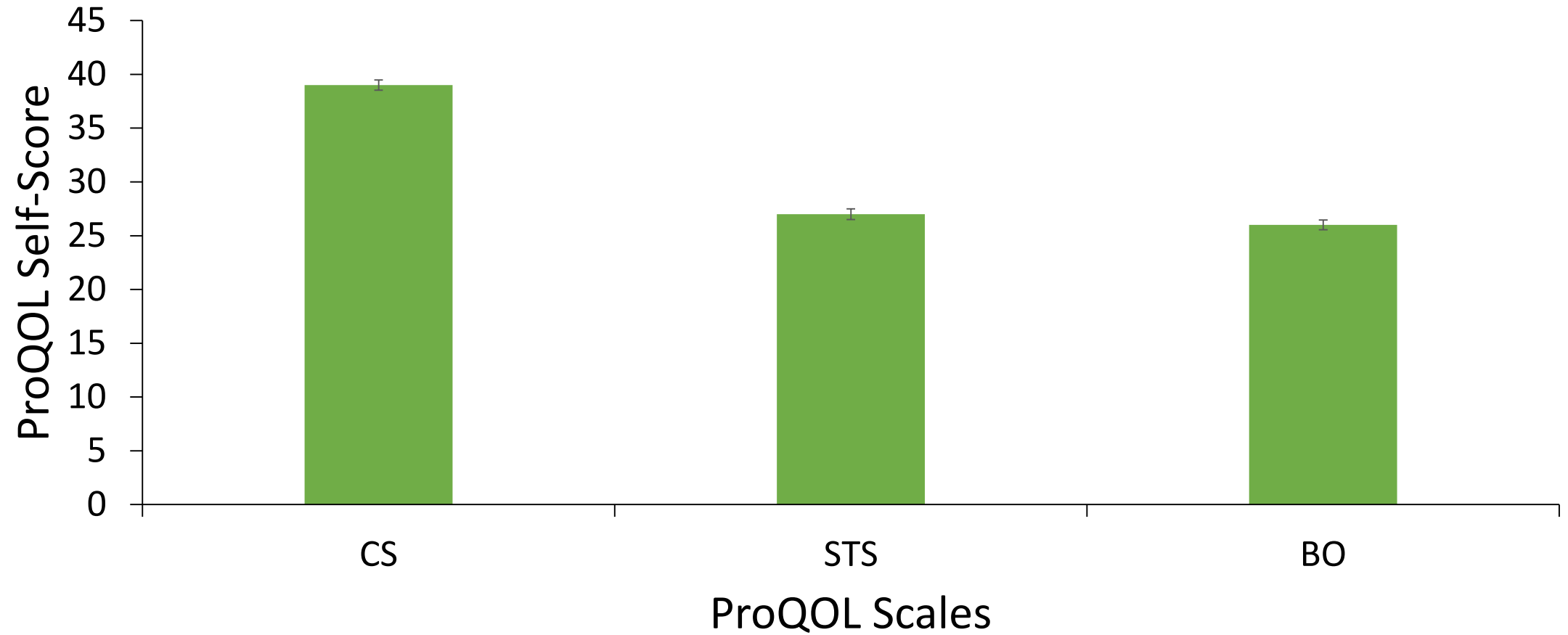
Total: _____

The sum of my Compassion Satisfaction questions is	And my Compassion Satisfaction level is
22 or less	Low
Between 23 and 41	Moderate
42 or more	High

Demographics



ProQOL Results

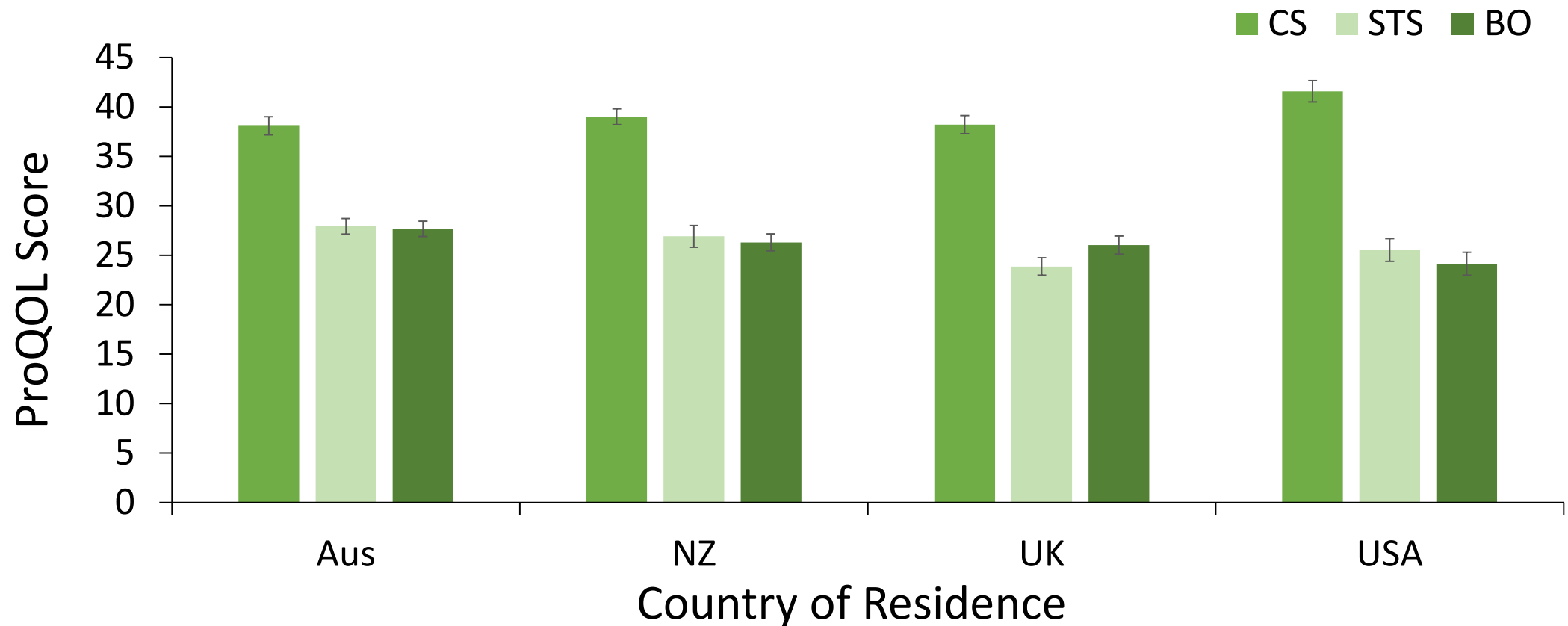




Data Analysis

Linear correlation showed the variable of country of residence to explain the results (LM: $X^2 = 461.44$, $df = 3$, $p = 0.04$)

Country of Residence ProQOL Results



Individual Responses

“My care for nature is what drives me... I sometimes get disheartened but this is the only work that I know will really satisfy me.” (CS=45 HIGH, STS=19 LOW, BO=16 LOW)

“I think overall, I have ongoing struggles (with positivity and hope)...” (CS=31 MED, STS=36 MED, BO=33 MED)

“I have worked in conservation for 20 years and I am exhausted. My friends and I have thrown all our energy & passion at trying to get change and we all now have fatigue...” (CS=47 HIGH, STS=33 MED, BO=33 MED)

“...I found I cared too much... I had to get out but now I feel guilty that I left. The hidden fact is conservation here kills people – I lost close friends through suicide because the work got to them, I was not alone in burn out either...” (CS=39 MED, STS=40 MED, BO=33 MED)

Findings

Elevated levels of compassion satisfaction support that of previous studies within the conservation industry (Yeung, White, & Chilvers, 2017).

Moderate levels seen across all components of ProQOL supportive to Markowitz, Slovic, Västfjäll, & Hodges (2013) who found the presence of compassion fade within self-identified environmentalists.

Although individuals expressed low job satisfaction this did not show within their ProQOL scores.

Is ProQOL a sufficient way for measuring compassion satisfaction, compassion fatigue, burnout and secondary trauma within conservation scientists?

Limitations

Western hemisphere based so may be interpreted as skewed.

Some people may not have felt safe enough to take part in the study despite it being anonymous.





Implications

Conservation scientists express moderate levels of professional quality of life

NZ, Aus & UK conservation scientists have similar levels of professional quality of life with USA conservation scientists possessing higher levels of compassion satisfaction

Concluding remarks

The presentation of moderate levels shows room for improvement

Further study is required within this area



References

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