

Compassion Fatigue Inventory (CFI)

The Compassion Fatigue Inventory was designed to measure the development of compassion fatigue among psychologists. The use can however be expanded to include any profession with patient contact. When designing the CFI, special care was taken to create items that can be differentiated from items in questionnaires measuring burnout and STS. The items in the CFI are formulated as statements and the answers should be given on a 5-point Likert scale where the response alternatives are: 1 = “Does not fit at all,” 2 = “Fits poorly,” 3 = “Fits partially,” 4 = “Fits fairly well” and 5 = “Fits perfectly.”

CFI has shown good internal reliability ($\alpha = .910$).

Reduced compassion

1. My will to help has declined.
2. I have started to judge my patients in a way I would not want to.
3. I have started to feel a growing reluctance towards seeing my patients.
4. I find it more difficult to respond to demanding patients in the way I would want to
5. I feel irritated when patients complain.
6. It is becoming increasingly harder for me to handle the complexity of clients with comorbidity.
7. I have noticed that I distance myself from other peoples’ pain more often than before.
8. My work bores me more often than before.
9. I have noticed that I try to stay engaged with my patients even though I do not have the energy for it.

Social Life

10. I have noticed that my patience in my personal relationships has dwindled.
11. I have started to withdraw from social interaction.
12. I feel that I do not have the same energy to engage in the problems of my close ones.
13. I have started to avoid spare time activities that are intellectually challenging.

Workplace

14. I feel that my workplace provides care that is in accordance with my values (rev).
15. I have enough resources at my workplace to provide my patients with the type of care they need (rev).
16. I feel that there are clear rules and regulations for how I should work (rev).

References

- Eng, L., Nordström, J., & Schad, E. (2021). Incorporation compassion into compassion fatigue: The development of a new scale. *Journal of Clinical Psychology*,
<https://doi.org/10.1002/jclp.23113>