

Appendix 1: CONSENT LETTERS

*Enq: Miss Nokulunga Nene
Tel: 0732556038*

Date

The Manager
.....
.....

Dear

Consent to Interview Helping Professionals at

I am currently a Masters Clinical Psychology student and would like to conduct a research study at with the personnel involved in delivering care to sexually abused children. Staff would be required to answer a set of questionnaires which would take 20-30 minutes to fill in. Confidentiality is guaranteed and participation would of course be subject to voluntary consent. Only group trends will be reported in the final write-up. I am interested in the impact of such work on staff and coping mechanisms that may ameliorate against stress. Should I establish high levels of distress amongst personnel; I would be willing to run a coping orientated workshop for interested staff should you approve.

My research and questionnaire has been approved by the High Degree Committee and Ethics Committee of the University of the Witwatersrand. Dr. Almarie Pierson is currently supervising this study.

Should you require further information to make a decision I can be contacted on the following number 073-255-6038

Yours Sincerely

Miss Nokulunga Nene
Intern Clinical Psychologist

Appendix 2: CONSENT FORM

PSYCHOLOGICAL EFFECTS ON CAREGIVERS WORKING WITH¹ SEXUALLY ABUSED CHILDREN IN SOWETO

Dear caregiver, my name is Lunga Nene and I would like to invite you to participate in a research study that I am undertaking. My research is on the Psychological Effects of their work in Caregivers Working with Sexually Abused Children in Soweto and in parts of my work towards a Masters Degree in Clinical Psychology.

Working with traumatized children has been known to evoke emotional responses in helping professional. This research study sets out to understand the response of helping professional who work with high levels of demand with minimal resources. Helpers participating in this study will assist in the improvement of psychotherapeutic trauma interventions for those involved in working with sexually abused children living in continuously traumatically stressful environment. Your participation will require filling in a questionnaire about your values; ways of coping and impact of working with sexually abused children. The questionnaire will take about 20-30 minutes to fill in. There is no obligation to participate and no negative consequences for non-participation. It would be appreciated if you would answer all questions, but you are free to choose not to respond to some items if you wish not to. Your identity will be kept confidential as no names or personally identifying information will be included in the writing up of the research. The findings will be written up in a research report and possibly as a journal article and I would be happy to provide you with a summary of my findings if you are interested.

Answering the questionnaire may evoke feelings of concern for you. I have enclosed a leaflet with FAMSA and the Braamfontein Trauma Clinic contact numbers where counseling would be available should you need it. If there are further questions or queries I can be contacted on 073 255 6038.

Participation in this study is voluntary and you are free to withdraw your consent or discontinue to participate at any time.

.....
I have explained the procedure for completing the questionnaire and interview. Questions raised regarding the procedure have been answered to the best of my ability.

Date:

Student psychologist:

.....
I have been fully informed with regards to the procedure to be followed, in completing the questionnaire. I have also been given information as to where to get assistance should I experience any psychological sequelae from completing the questionnaire or the interview. In signing this consent form, I understand that I can refuse to participate or withdraw my consent and discontinue my participation in this study without being discriminated against.

Date:

Student Psychologist:

Appendix 3: DEMOGRAPHIC DATA

Please fill in the space provided or cross in blocks

Date

Gender

Male	Female
------	--------

Age

18-24	25-30	31-40	41-50	51-60
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Please encircle appropriate answer

Occupation : Teacher Nurse Counselor Social Worker

Other Please State

Number of years served in work

<2 years	2-5 years	5-10 years	10-20 years	20 or more years
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Marital status

Single	Married	Divorced	Widow
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Appendix 4: THE SEMI STRUCTURED INTERVIEW

1. What does your work entail?

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.....
.....

2. In your experience of working with sexually abused children what are some of the thoughts or feelings that you experienced?

.....
.....
.....

3. How has this work had an impact on you as a person?

.....
.....
.....

4. What is the quality of the resources to assist you in your work?

.....
.....
.....

5. How do you deal with resource limitations when you encounter them?

.....
.....
.....

6. When experiencing difficulties that are work related what means do you use to manage the associated stress?

.....
.....
.....

7. What aspects of your work and how you handle it allows you to continue working in the field of sexual abuse?

.....
.....
.....

Appendix 5: COMPASSION FATIGUE SELF TEST FOR PRACTITIONERS

Please cross in the block which best describe how you feel. Answer all items, even if not applicable.

1. I force myself to avoid certain thoughts of feelings that remind me of a frightening experience.

Agree	Strongly agree	Not sure	Seldom	Never
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2. I find myself avoiding certain activities or situations because they remind me of a frightening experience

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

3. I have gaps in my memory about frightening events

Agree	Strongly agree	Not sure	Seldom	Never
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4. I feel estranged from others

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

5. I have difficulty falling or staying asleep

Agree	Strongly agree	Not sure	Seldom	Never
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6. I have outburst of anger or irritability with little provocation

Agree	Strongly agree	Not sure	Seldom	Never
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7. I startle easily

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

8. While working with a victim I thought about violence against the perpetrator

Agree	Strongly agree	Not sure	Seldom	Never
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9. I am a sensitive person

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

10. I have had flashbacks connected to my patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
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11. I have had firsthand experience with traumatic events in my adult life

Agree	Strongly agree	Not sure	Seldom	Never
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12. I have had firsthand experience with traumatic events in my childhood.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

13. I have thought that I need to work through a traumatic experience in my life

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

14. I have thought that I need more close friends

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

15. I have thought that there is no one to talk with about highly stressful experiences

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

16. I have concluded that I work too hard for my own good.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

17. I am frightened of things a patient and their family has said or done to me

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

18. I experience troubling dreams similar to a patient of mine and their family

Agree	Strongly agree	Not sure	Seldom	Never
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19. I have experienced intrusive thoughts of sessions with especially difficult patients
and families

Agree	Strongly agree	Not sure	Seldom	Never
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20. I have suddenly and involuntarily recalled a frightening experience while working with a patient and their family.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

21. I am preoccupied with more than one patient and their family

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

22. I am losing sleep over a patient and their family's traumatic experiences.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

23. I have thought that I might have been infected by the traumatic stress of my patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

24. I remind myself to be less concerned about the well-being of my patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

25. I have felt trapped by my work as a practitioner

Agree	Strongly agree	Not sure	Seldom	Never
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26. I have a sense of hopelessness associated with working with patients with certain families.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

27. I have felt “on the edge” about various things and I attribute this to working with certain patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
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28. I have wished that I could avoid working with some patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
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29. I have been in danger working with some patients and their families

Agree	Strongly agree	Not sure	Seldom	Never
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30. I have felt that some of my patients and their families dislike me personally

Agree	Strongly agree	Not sure	Seldom	Never
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31. I have felt weak, tired, run-down as a result of my work as a practitioner

Agree	Strongly agree	Not sure	Seldom	Never
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32. I have felt depressed as a result of my work as a practitioner.

Agree	Strongly agree	Not sure	Seldom	Never
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33. I am unsuccessful at separating work from personal life

Agree	Strongly agree	Not sure	Seldom	Never
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34. I felt little compassion toward most of my coworkers

Agree	Strongly agree	Not sure	Seldom	Never
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35. I find it difficult separating my personal life from my work life.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

36. I find it difficult separating my personal life from my work life.

Agree	Strongly agree	Not sure	Seldom	Never
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37. I have a sense of worthlessness/ disillusionment/ resentment associated with my work.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

38. I have thoughts that I am a failure as a practitioner.

Agree	Strongly agree	Not sure	Seldom	Never
-------	----------------	----------	--------	-------

39. I have thoughts that I am not succeeding at achieving my life goals

Agree	Strongly agree	Not sure	Seldom	Never
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40. I have to deal with bureaucratic, unimportant tasks in my work life.

Agree	Strongly agree	Not sure	Seldom	Never
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Appendix 6: ORIENTATION TO LIFE QUESTIONNAIRE

Below there is a number of questions relating to various aspects of one's life. Each question has seven possible answers. Please tick in the box, which express your answer, where numbers 1 and 7 being extreme answers. If you agree with the words under 1 put a tick in box 1; if you agree with the words under 7, put the tick in box seven. Tick only one answer to each question

1. When you talk to people do you have the feeling they don't understand you?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Never have
this feeling

Always have
this feeling

2. In the past, when you had to do something which depended upon co-operation with others, did you have the feeling that it:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Surely wouldn't
get done

Surely would
get done

3. Think of the people with whom you come into contact daily, aside from the one's whom you feel closest. How well do you know most of them?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

You feel that they are strangers

You know them very well

4. Do you have the feeling that you don't really know care about what goes on around you?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very seldom or never

Very often

5. Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Never happened

Always happened

6. Has it happened that people who you counted on disappointed you?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Never happened

Always happened

7. Life is

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Full of interest

Completely routine

8. Until now your life has had

1	2	3	4	5	6	7
---	---	---	---	---	---	---

No clear goals or purpose at all

Very clear goals and purpose

9. Do you have a feeling that you are being treated unfairly?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never

10. In the last ten years your life has been:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Full of changes without you knowing what will happen next

Completely consistent and clear

11. Most of the things you do in the future would probably be:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Completely fascinating

Deadly boring

12. Do have a feeling that you are in an unfair situation and don't know what to do?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never

13. What best describes how you see life:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

One can always find a solution to painful things in life

There is no solution to painful things in life

14. When you think about life, you very often:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Full of changes without you knowing what will happen next

Completely consistent and clear

15. When you face a difficult problem, the choice of a solution is:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Feel how good it is to be alive

Ask yourself why you exist at all

16. Doing the things you do every day is

1	2	3	4	5	6	7
---	---	---	---	---	---	---

A source of deep pleasure and satisfaction

A source of pain and boredom

17. Your life in the future will probably be

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Full of changes without you knowing what will happen next

Completely consistent and clear

18. When something unpleasant happened in the past your tendency was

1	2	3	4	5	6	7
---	---	---	---	---	---	---

To “eat yourself up” about it

To say “ok, that that, I have to live with it and go on

19. So you have very mixed-up feelings and ideas?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never

20. When you do something that gives a good feeling?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

It’s certain that you’ll go on feeling that way

It’s certain that something will spoil that feeling

21. Does it happen that you have feelings inside you that would rather not feel?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often or never

Very seldom

22. You anticipate that your personal life in the future will be:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Totally without meaning or purpose

Full of meaning or purpose

23. So you think there will always be people whom you’ll be able to count on in the future?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

You're certain there will be

You doubt there will be

24. Does it happen that you have the feeling that you don't know exactly what's about to happen?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never

25. Many people-even those with a strong character-sometimes feel like losers in certain situations. How often have you felt this way in the past?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Never

Very often

26. When something happened. Have you generally found that:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

You over-estimated or under-estimated it importance

You saw things in the right perspective

27. When you think of difficulties you are likely to face in important aspects of your life, do you have the feeling that:

1	2	3	4	5	6	7
---	---	---	---	---	---	---

You will always succeed in overcoming the difficulties

You won't succeed in overcoming the difficulties

28. How often do you have the feeling that there's little meaning in the things you do in your daily live?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never

29. How often do you have a feeling that you're not sure you can keep under control?

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Very often

Very seldom or never