



Co-funded by the
Erasmus+ Programme
of the European Union



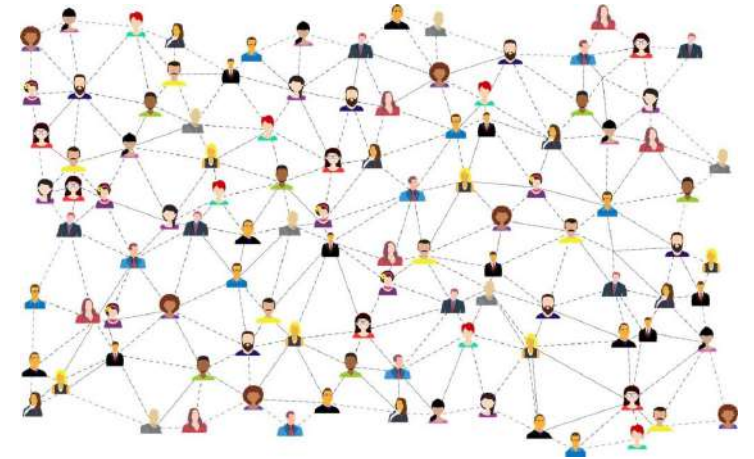
Turkey Survey Results

COMPASSION FATIGUE

27 people from Turkey participated in the compression fatigue survey.

16 women and 11 men participated.

24 people are in the 17-25 age range, 2 people are in the 26-34 age range and 1 person is around 45 years old.





17 people continue their education in university, 4 people in master degree and up, 5 people in high school and 1 person in primary school.

It is a survey with the participation of various fields such as student, education, recycling, health, psychology, law, mechanical engineering, social worker, fashion retailer, wirtschaft. The duration of stay in these areas varies between 1-3 years and 4-7 years.

In terms of marital status, we have a survey result where the majority of them are singles, 26 of whom are single and 1 person is married.

I usually feel nothing when people cry in front of me

%33,34 never,

%22,22 often,

%40,74 sometimes,

%3,70 always

%0 rarely



The background of the slide features several black silhouettes of people in business attire, including suits and dresses, standing in a line. The silhouettes are positioned behind the text, creating a layered effect.

When people are depressed, sometimes I feel cold from them

%33,34 never

%11,12 often

%37,04 sometimes

%0 always

%18,52 rarely

I don't think much about other people's problems

%22,22 never

%7,40 often

%48,14 sometimes

%0 always

%22,22 rarely



I usually feel nothing when people cry in front of me

When people are depressed, sometimes I feel cold from them

I don't think much about other people's problems

When the results of the survey were examined, it was answered that 29.62% never, 13.58% often, 41.98% sometimes, 1.23% always, 13.58% rarely.



When people are upset, I try to comfort them.

%0 never

%44,44 often

%7,40 sometimes

%48,14 always,

%0 rarely

I like to be around people in difficult times

%0 never

%40,74 often

%7,40 sometimes

%40,74 always

%11,12 rarely



I put myself in the shoes of others

%0 never

%53,84 often

%7,70 sometimes

%34,62 always

%3,84 rarely

I sympathize with people

% 0 never

%50 often

%3,84 sometimes

%4,24 always

%3,84 rarely



When people are upset, I try to comfort them.

I like to be around people in difficult times

I put myself in the shoes of others

I sympathize with people

When the survey results are examined, it includes the results of 41.50% always, 47.16% often, 6.60% sometimes, 4.72% rarely.





Compassion

F a t i g u e

Bulgarian team's presentation

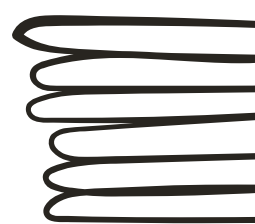
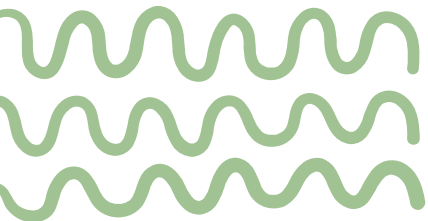
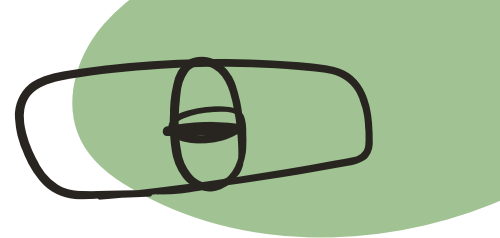


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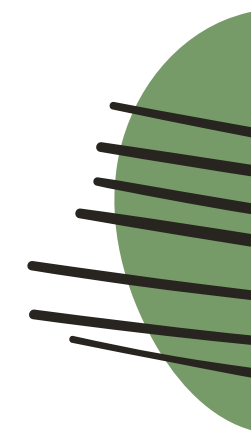
Good practices

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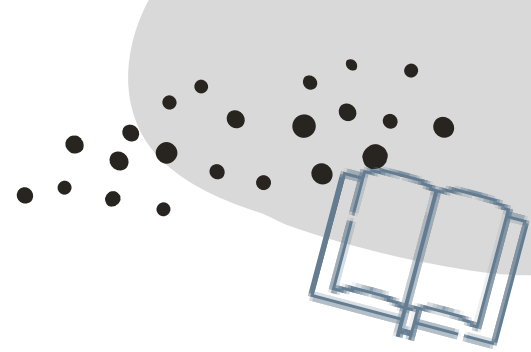
Why is this topic important?

- ❖ A recent outburst of psychological problems
- ❖ Increasing attention towards mental health
- ❖ Growing popularity of psychotherapists, psychoanalysts, coaches
- ❖ More funds into academic research and scientific exploration
- ❖ The human mind as an unexplored universe
- ❖ Modern-day challenges

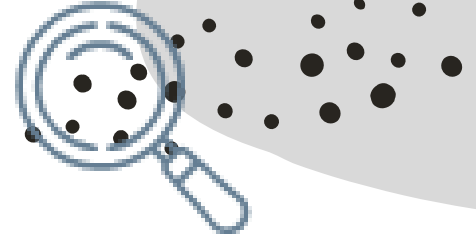


Presentation's Relevance to the Project

- ✓ Applying scientific scales about CF through collecting data
- ✓ Finding out the status of CF in each partner country,
- ✓ Raising awareness of CF among participants, their communities and stakeholder
- ✓ Gaining competences to suggest solutions related to CF
- ✓ Having up-to-date academic data about CF



Identifying Compassion fatigue



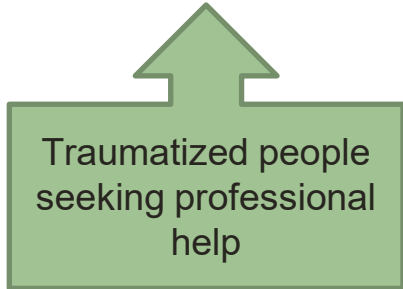
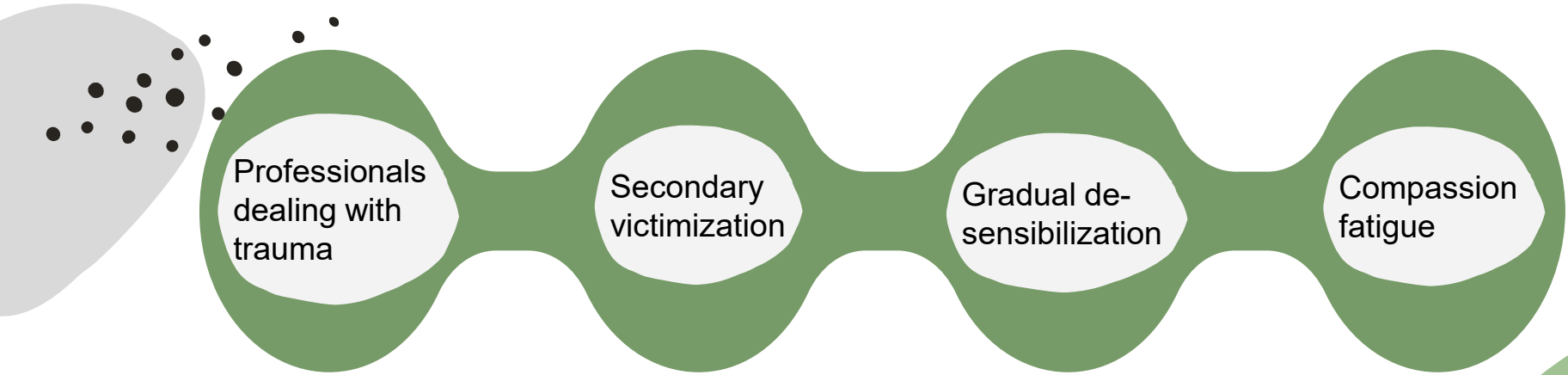
- A gradual drop in a person's ability to show compassion
- Moral de-sensibilization when one is too often confronted with traumatic experiences
- Characterized by depression, anxiety, overthinking, an overwhelming feeling of hopelessness
- Frequently observed among social and health workers, teachers, lawyers, the police and the army
- Can be controlled but it is still considered incurable (no comprehensive therapy yet)
- Psychological, behavioral and physical dimensions

Why does it occur? Reasons

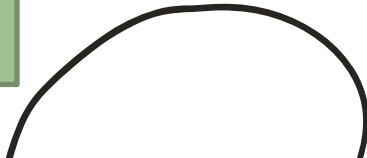
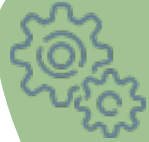
- ✓ Excessive exposure to traumatizing graphic depictions or real views on professional level (surgeons, criminalists)
- ✓ The role of mass media in a society's de-sensibilization (car accidents, natural disasters, etc.)
- ✓ Globalization, technological advance, digital intoxication, impersonality, modern-day lifestyles, the collapse of the traditional family
- ✓ The Covid-19 pandemic which grew into an *infodemic*
- ✓ Individuals and charity organizations which abuse compassion
- ✓ Dealing with a large amount of people whose problems is impossible to internalize
 - All these cloud our judgements of a situation and incapacitate our ability to be compassionate



The Causal Mechanism

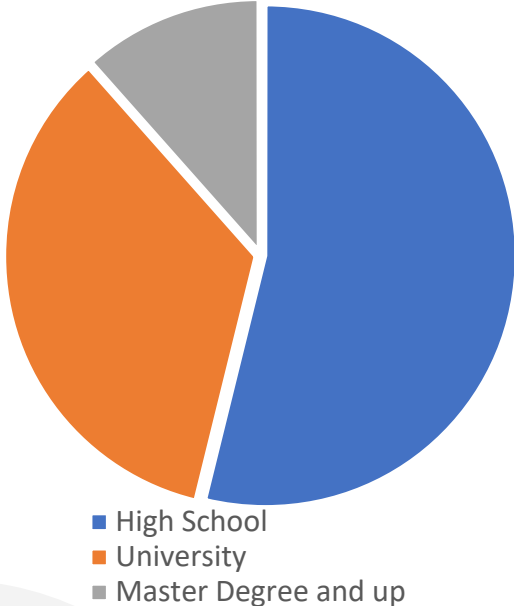


Note: It is mostly professionals dealing with trauma who suffer from compassion fatigue, not those with traumatic experiences



Survey findings

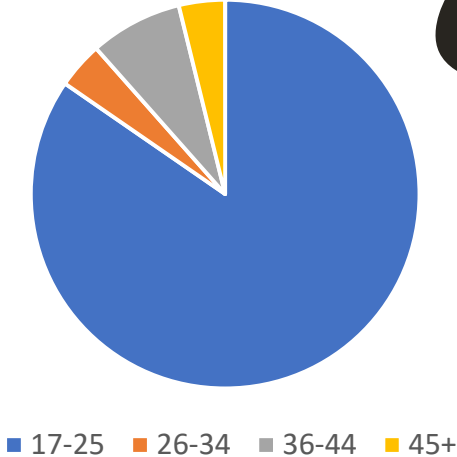
Respondents' Education



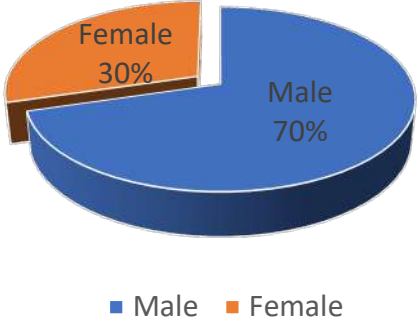
Marital Status



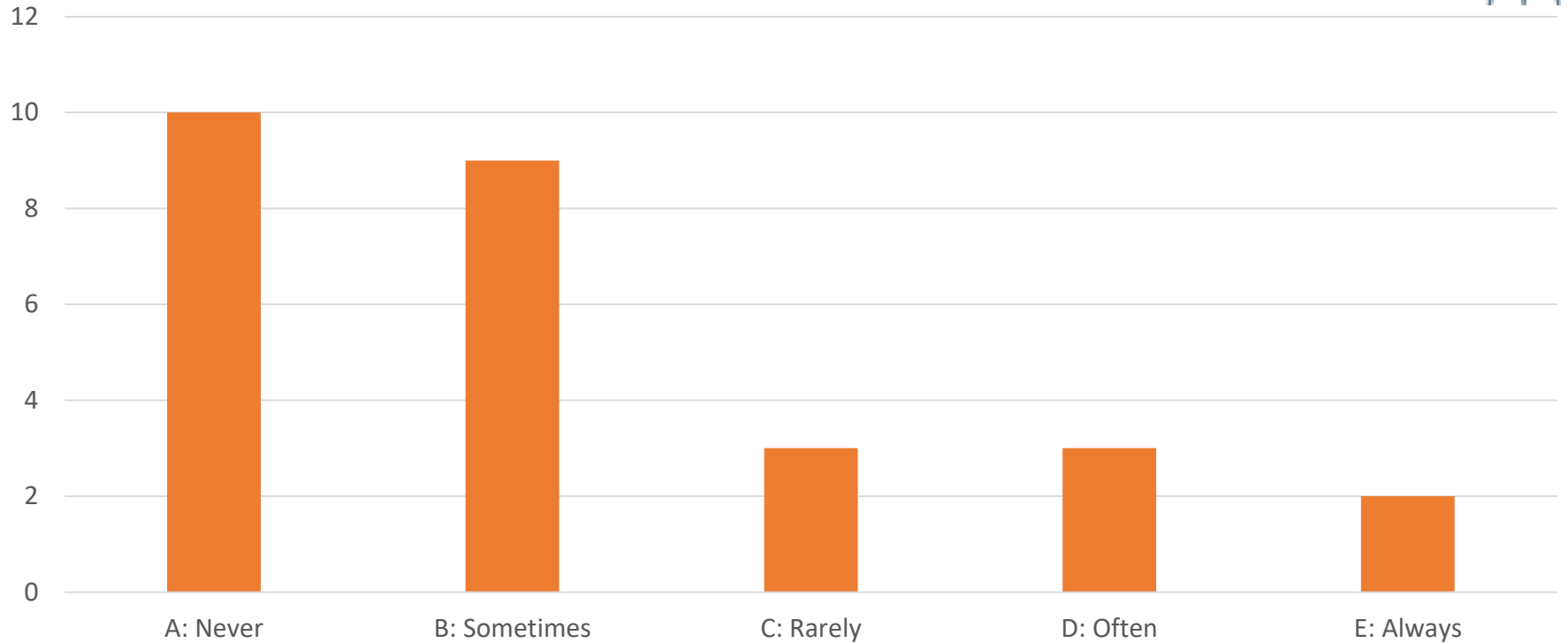
Respondents' Age



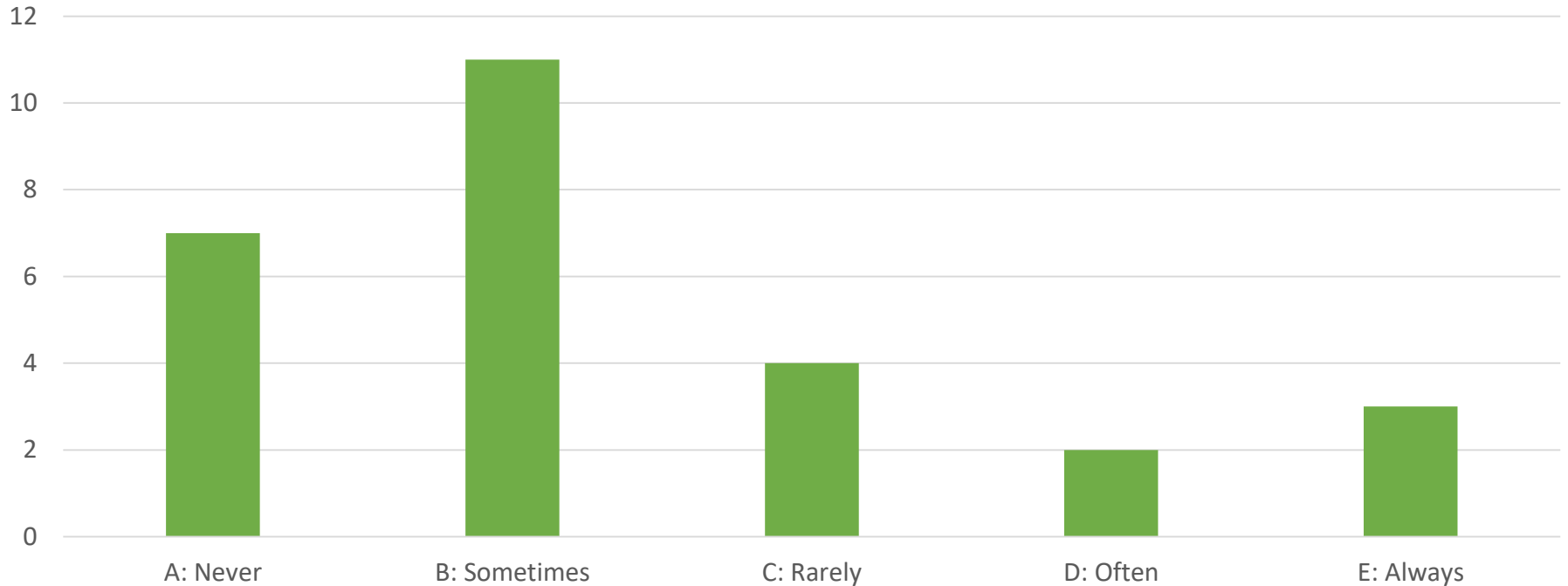
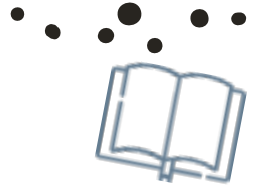
Gender of Respondents



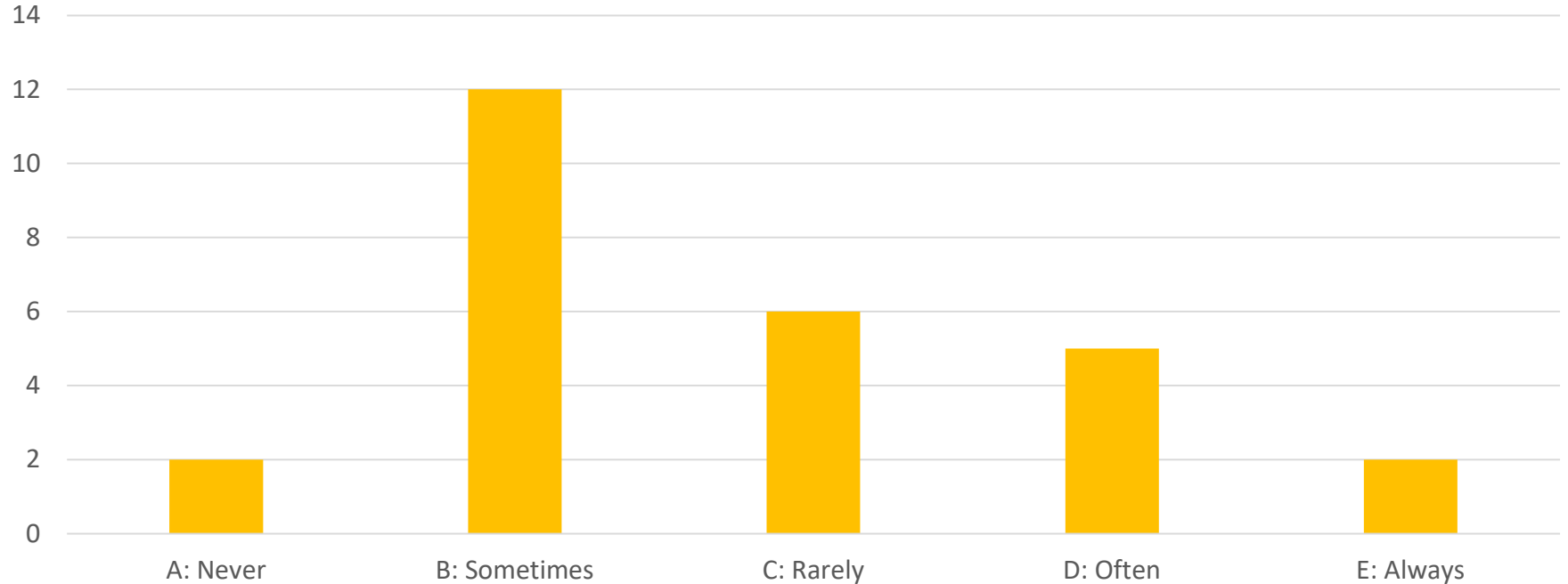
1. I usually feel nothing when people cry in front of me.



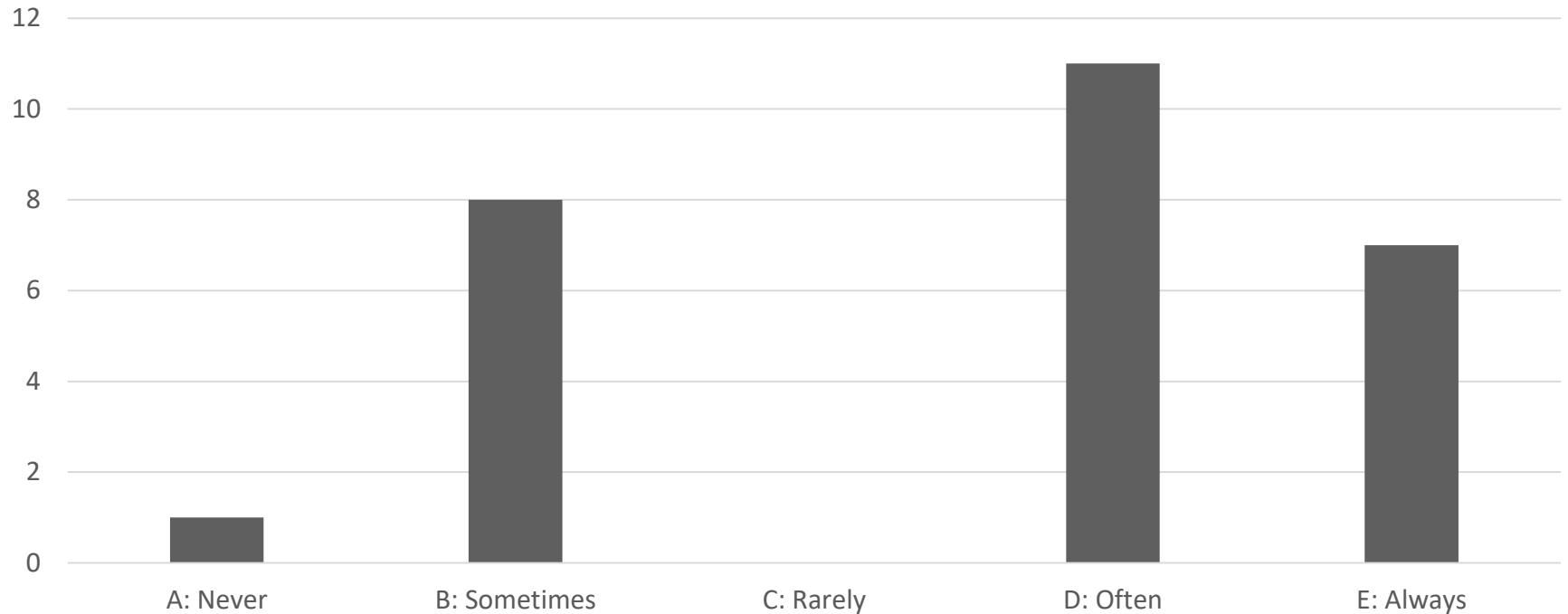
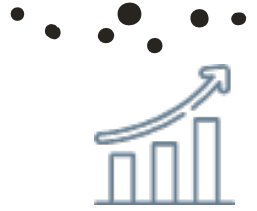
2. When people are depressed, sometimes I feel cold from them.



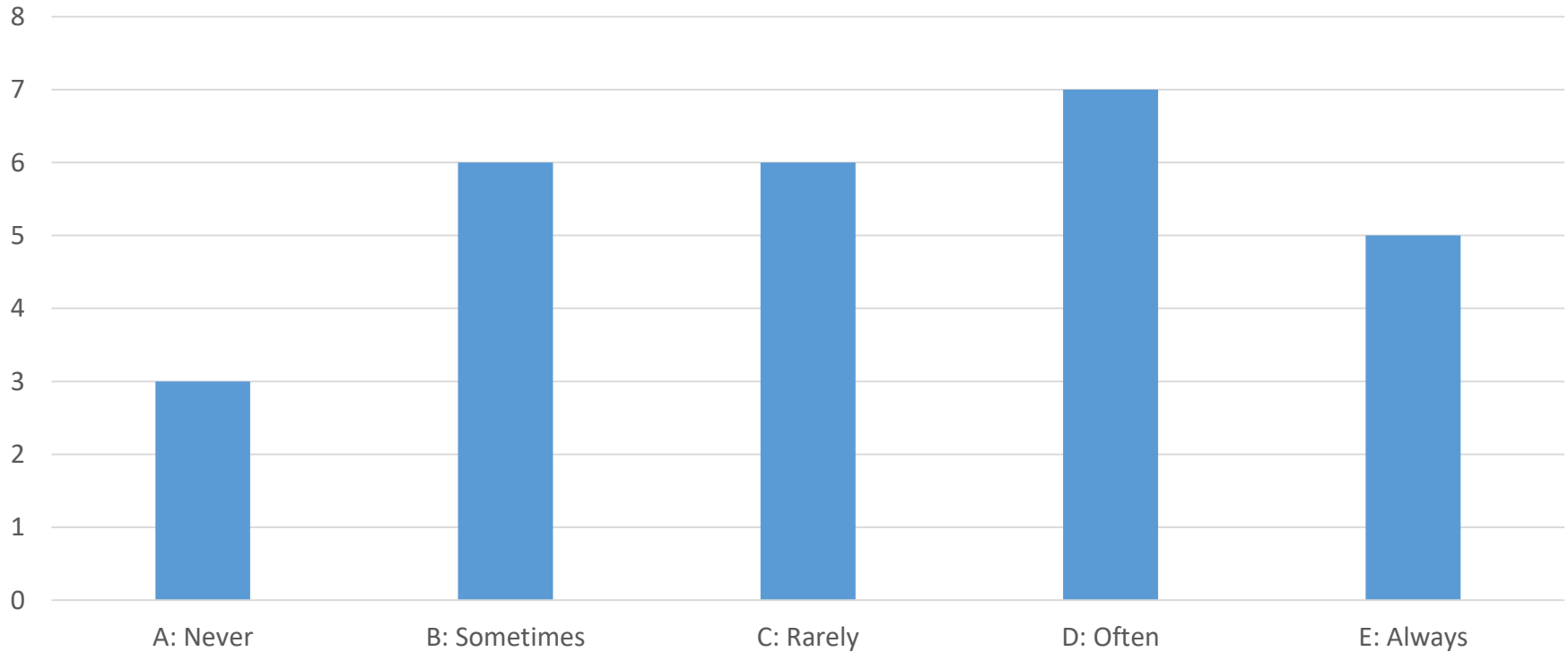
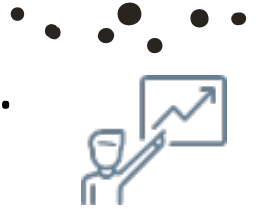
3. I don't think much about other people's problems.



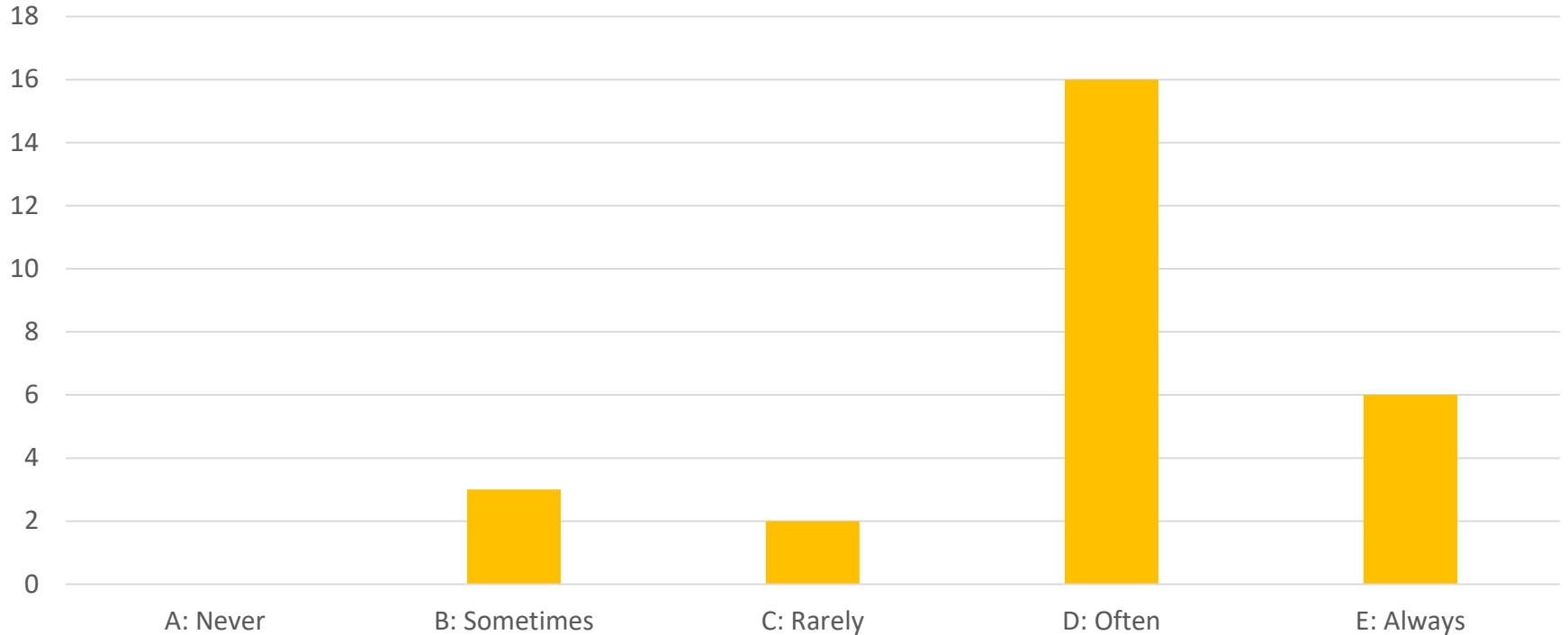
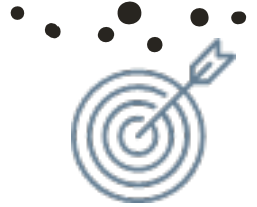
4. When People are upset, I try to comfort them.



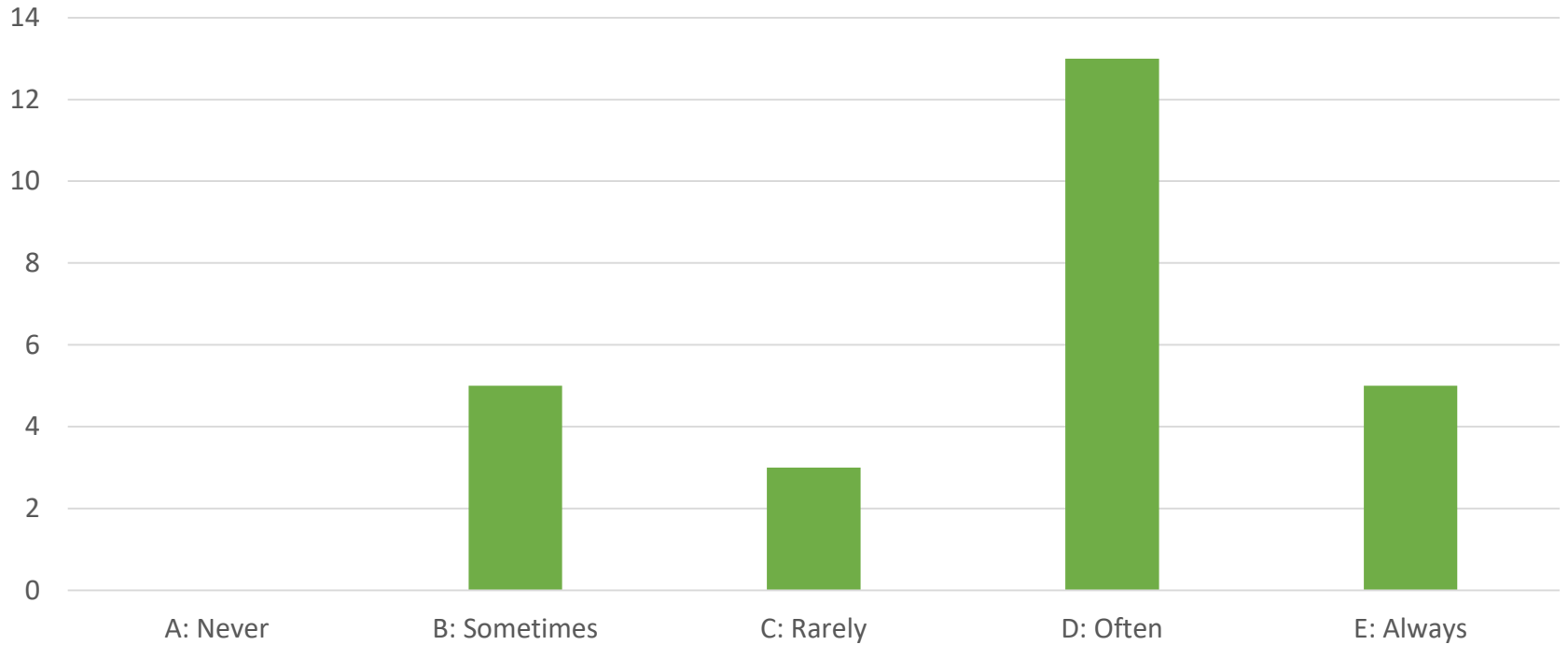
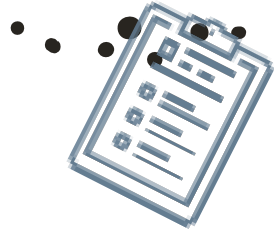
5. I like to be around people in difficult times.



6. I put myself in the shoes of others.



7. I sympathize with people.



Conclusion on survey

r e s u l t s

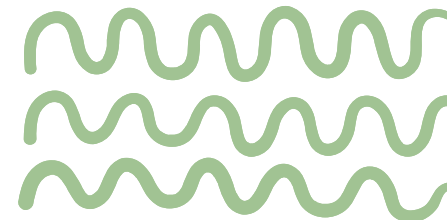


- ✓ Most respondents are rather compassionate to other people's problems
- ✓ Throughout all tables there is an identifiable tendency – most survey participants tend to opt for responses which lean towards the positive specter of the discussed phenomenon (they are able to feel compassionate)
- ✓ Remark: there is a methodological mistake in the design of the survey form – the places of “Sometimes” and “Rarely” are switched which has most likely produced confusion among respondents
- ✓ In some cases both questions and answers are made up of negations which may have confused respondents (double negation claims)

Good Practices

Civil society examples of compassion mobilization:

- » *Podai raka (Lend a helping hand)*
- » *Priateli, pomagaite! (Friends, help!)*
- » *Severozapazvane*
- » *Kabinet.bg*

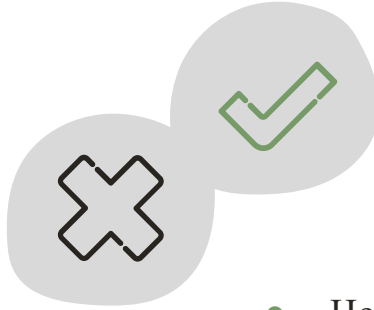
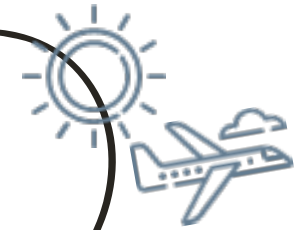





Treatment

- Self-care, self-respect and self-rewarding
- Prioritization of own problems and pressing needs
- Differentiation between problems which deserve one's intervention and problems which one should not interfere with
- Knowing one's own limits and valuing one's own time
- Being able to say "no"

- Healthy lifestyle and nutrition
- Devotion of time to favorite past-time pursuits
- Personal and emotional hygiene (exclusion of toxic people)
- Reciprocity ("*I give you support, you give me back*")
- Spending time in nature





*“Don’t let anyone rent a space in
your head... Unless they are a good
tenant.”*

— SOMEONE FAMOUS





How DO we say
Compassion Fatigue
in Bulgarian?

{Umora ot sastradanie}

The background features several abstract elements: a light grey blob at the top left with a small cluster of black dots; a dark green blob at the top center; a light grey blob at the top right with a horizontal line of five black dots; a large light grey blob on the left side containing a black wavy line; a dark green blob at the bottom right with a complex black line drawing; a black wavy line at the bottom center; and a cluster of black dots at the bottom left.

Questions?

Thank you for your attention!

Resources/references



- Compassion Fatigue. (2020). <https://www.goodtherapy.org/blog/psychpedia/compassion-fatigue>
- Compassion Fatigue. (2021). 2020-3-TR01-KA105-096457.
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- Raimondi, Thomas P. (2019-05-04). "Compassion Fatigue in Higher Education: Lessons From Other Helping Fields". Change: The Magazine of Higher Learning. 51 (3): 52–58.

Disclaimer

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COMPASSION FATIGUE SURVEY

FRENCH TEAM

AMONG A SAMPLE 15 PEOPLE

- 9 Women
- 6 Men
- Between 17 - 34

I USUALLY FEEL NOTHING WHEN PEOPLE CRY IN FRONT OF ME

- 20 % Always
- 7 % Sometimes
- 40% Never
- 33 % Others

WHEN PEOPLE ARE DEPRESSED, SOMETIMES I FEEL COLD FROM THEM

- 20% Rarely
- 20 % Often
- 40 % Never
- 20% Sometimes

I DON'T THINK MUCH ABOUT OTHER PEOPLE'S PROBLEMS

- 40% Never
- 20% Sometimes
- 20% Rarely
- 20% Often

WHEN PEOPLE ARE UPSET, I TRY TO COMFORT THEM

- 50% Always
- 50% Often

I PUT MYSELF IN THE SHOES OF OTHERS

- 65 %Always
- 30% Often
- 5% Rarely



Compassion fatigue

Analysis of Romania survey's results

2020-3-TR01-KA105-096457

Programme: Erasmus+

Key Action: Learning Mobility of Individuals

Action Type: Youth mobility

23-30 January 2022

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"Ovidius" University of Constanța



"Ovidius" University of Constanța - past and present –

- founded in **1961**;
- **multidisciplinary** institution since **1990**;
- the **largest European university on the Black Sea coast**;





"Ovidius" University of Constanța - faculties -

Natural and Medical Sciences

- Medicine
- Dental Medicine
- Pharmacy
- Natural and Agricultural Sciences

Science and Engineering

- Mathematics and Informatics
- Civil Engineering
- Mechanical, Industrial and Maritime Engineering
- Applied Sciences and Engineering

Social Sciences and Humanities

- Law and Administrative Sciences
- History and Political Sciences
- Letters
- Economic Sciences

Vocational Careers

- Arts
- Physical Education and Sports
- Psychology and Educational Sciences
- Theology



"Ovidius" University of Constanța

- location -



Constanța = largest city in SE Romania;

- economically booming area (largest harbors in the region, seaside resorts, tourist landmarks);
- Eastern gate to the EU, well connected to: Bucharest (modern highway), Europe (**Black Sea** – Danube canal), the rest of the world (international airport);

Dobruja: most ethnically and culturally diverse part of the country (Turks, Tartars, Armenians, Greeks, Italians, etc. ; Christians & Muslims);

The Danube Delta: second largest and best preserved European Delta, part of the UNESCO World Heritage since 1991.



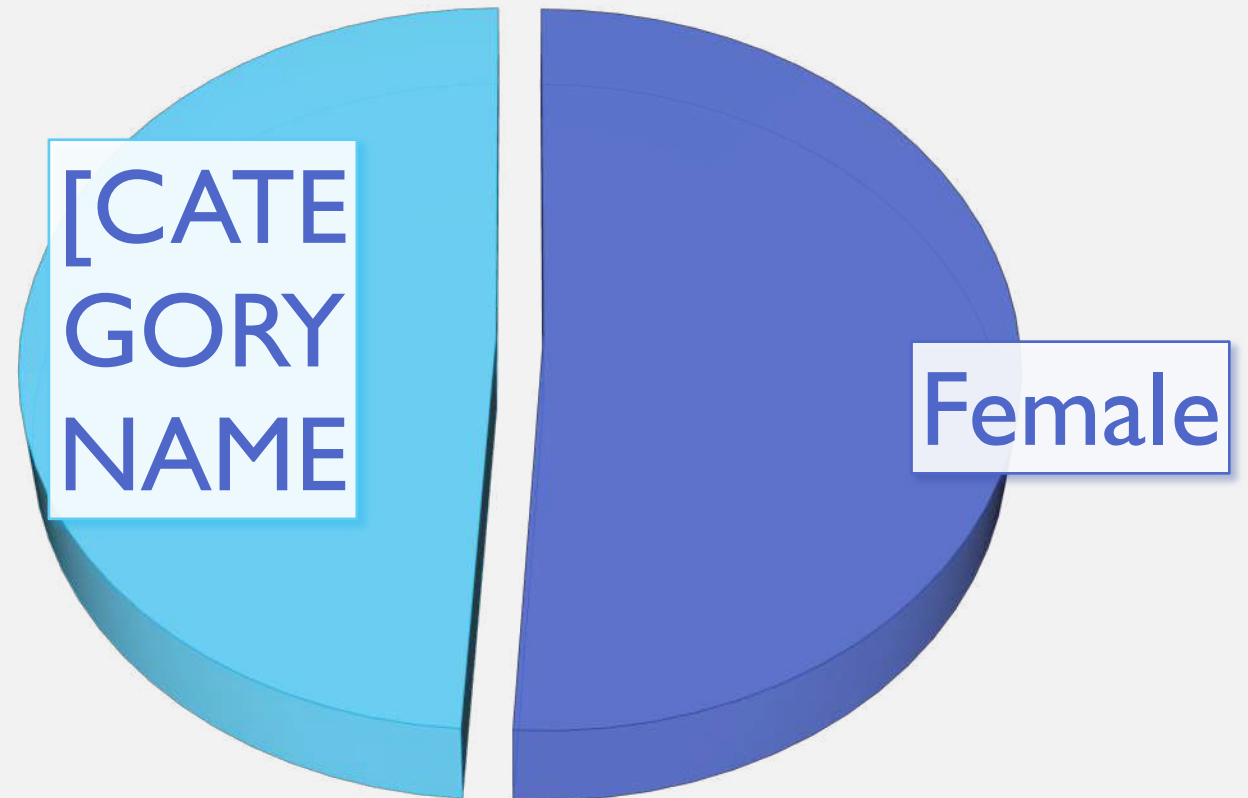
Local landmarks:
nature & culture

Analyze answers charts

COMPASSION FATIGUE

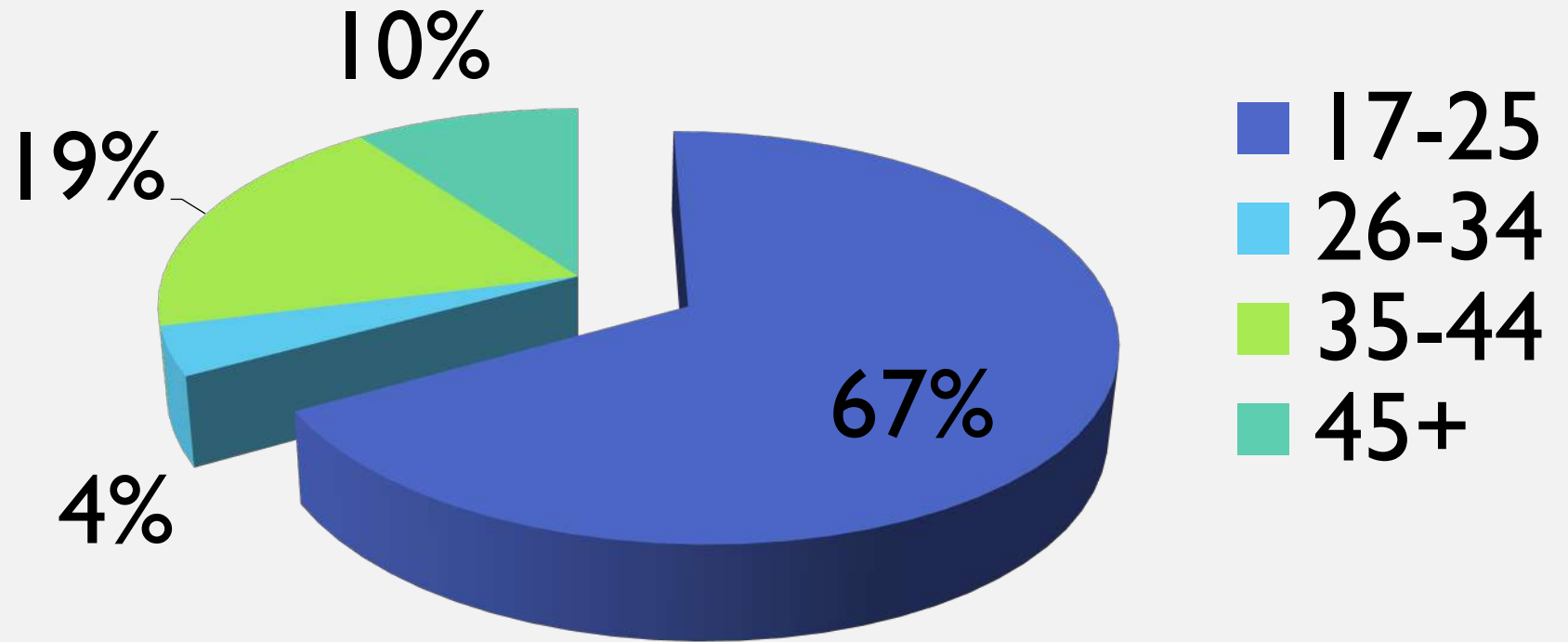
► GENDER

Female	51
Male	49



▶ AGE

17-25	67
26-34	4
35-44	19
45+	10



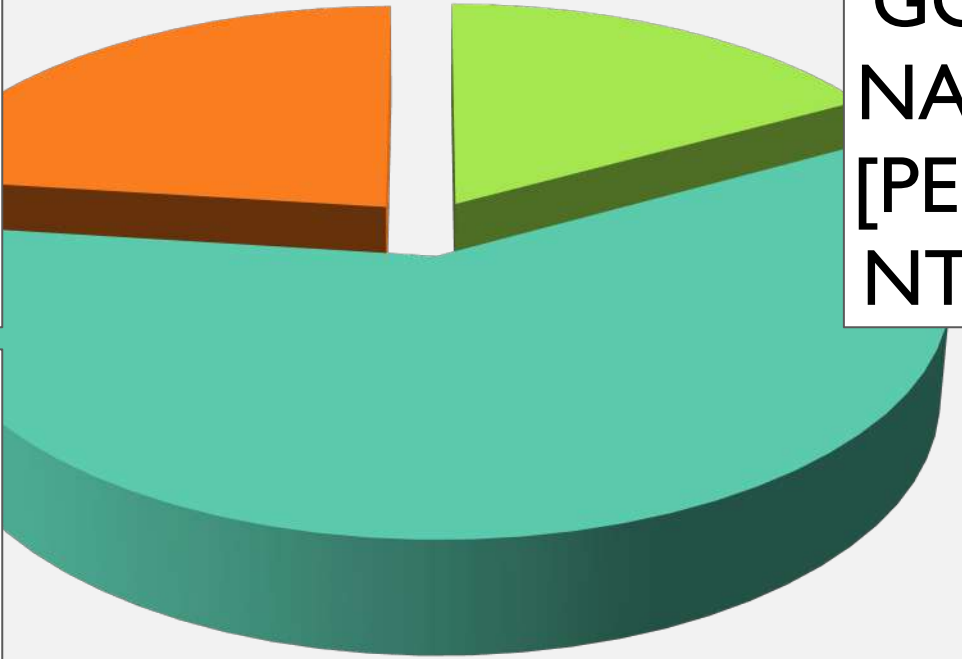
► EDUCATION

Literate	0
Primary School	0
High school	17
University	60
Master degree and up	23

[CATEGORY NAME]
[PERCENTAGE]

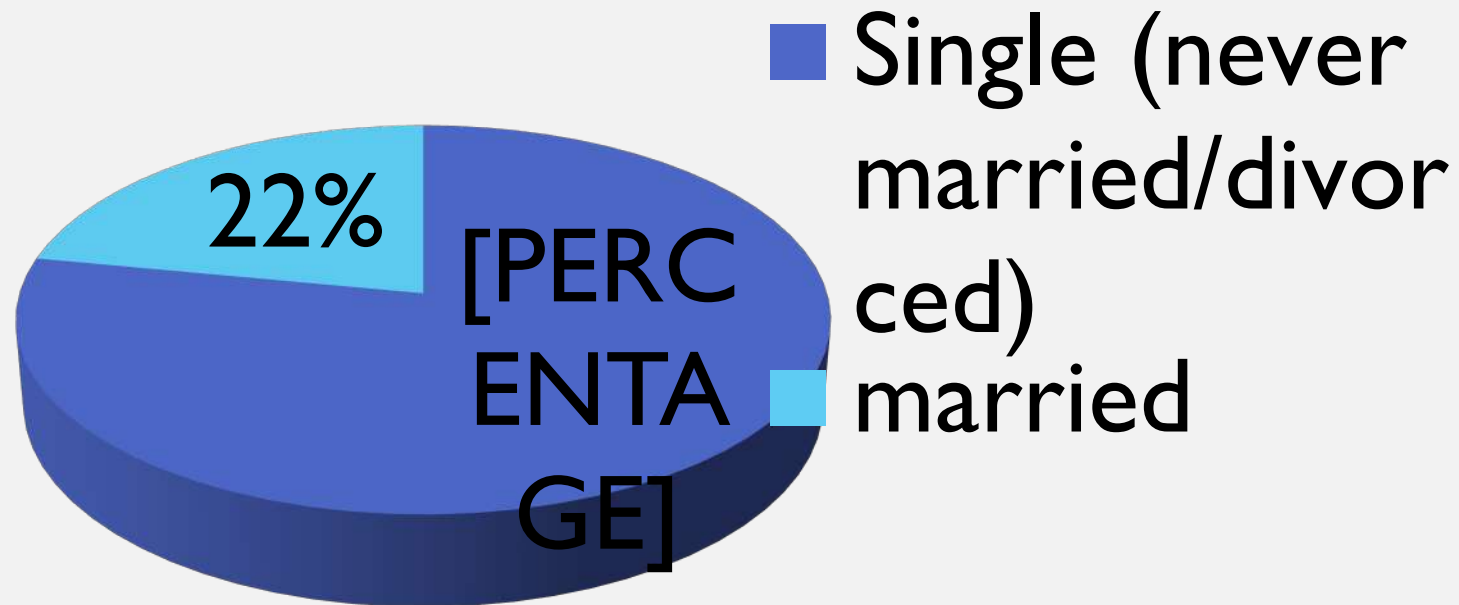
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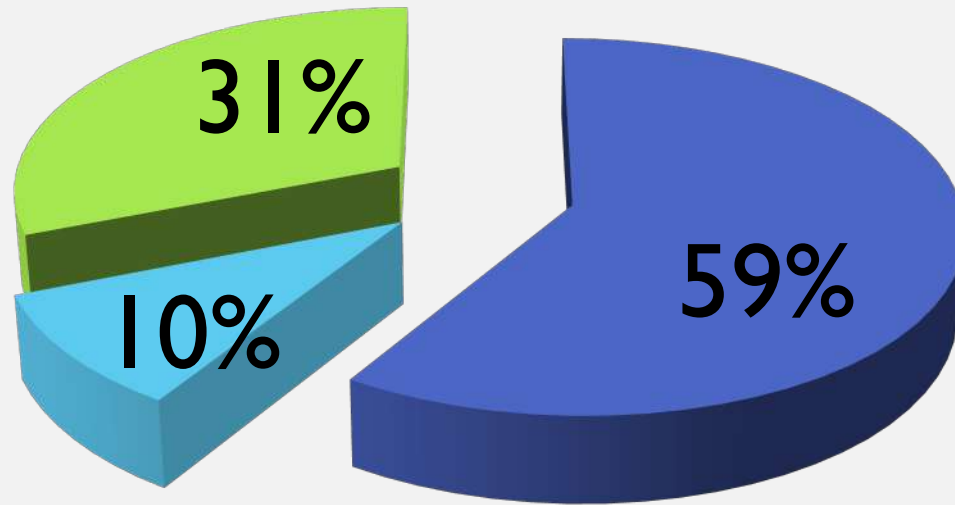
▶ MARITAL STATUS

Single (Never married/ Divorced)	78
Married	22



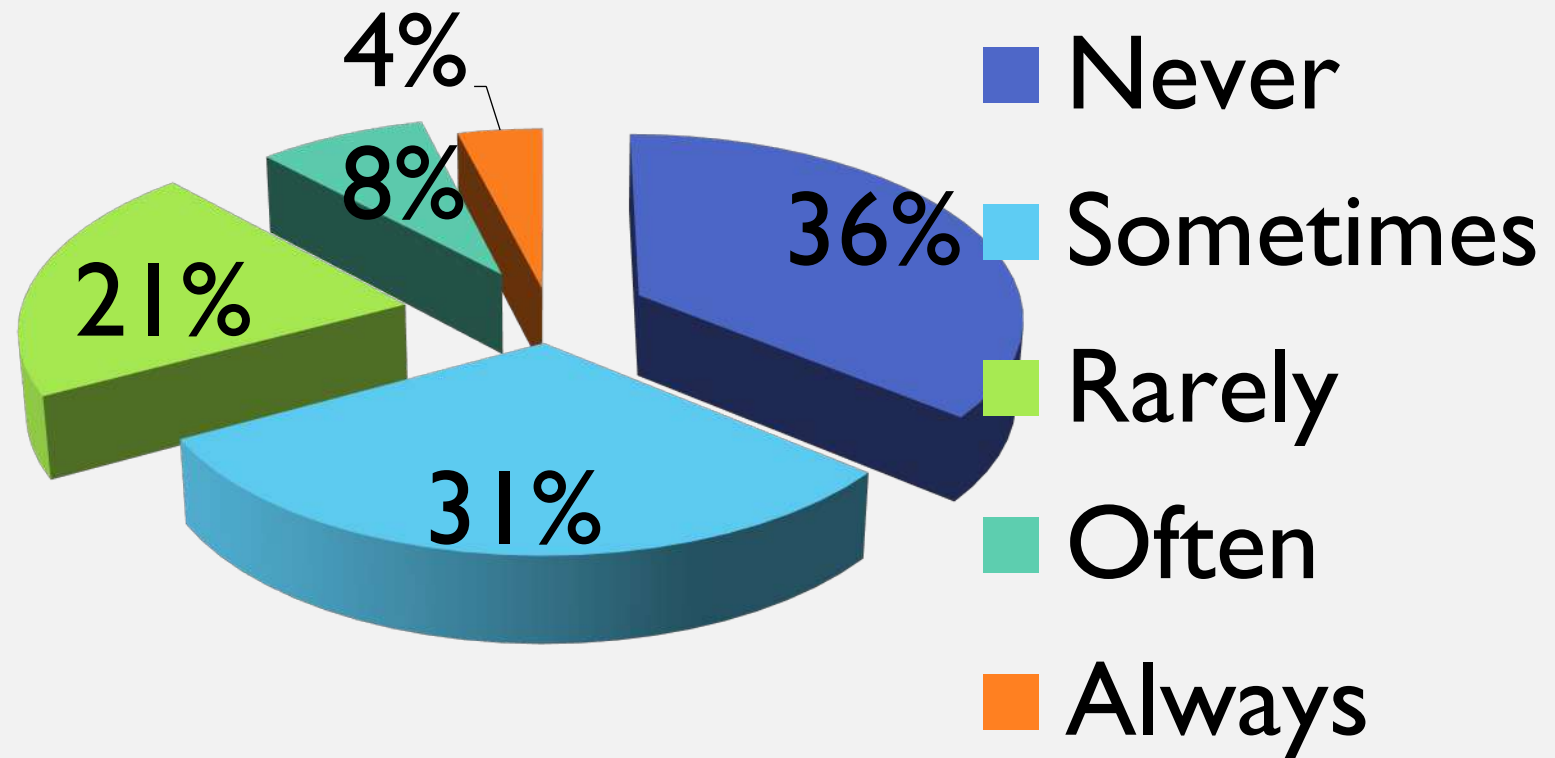
▶ WORK TIME

1-3 year	59
4-7 year	10
8 +	31



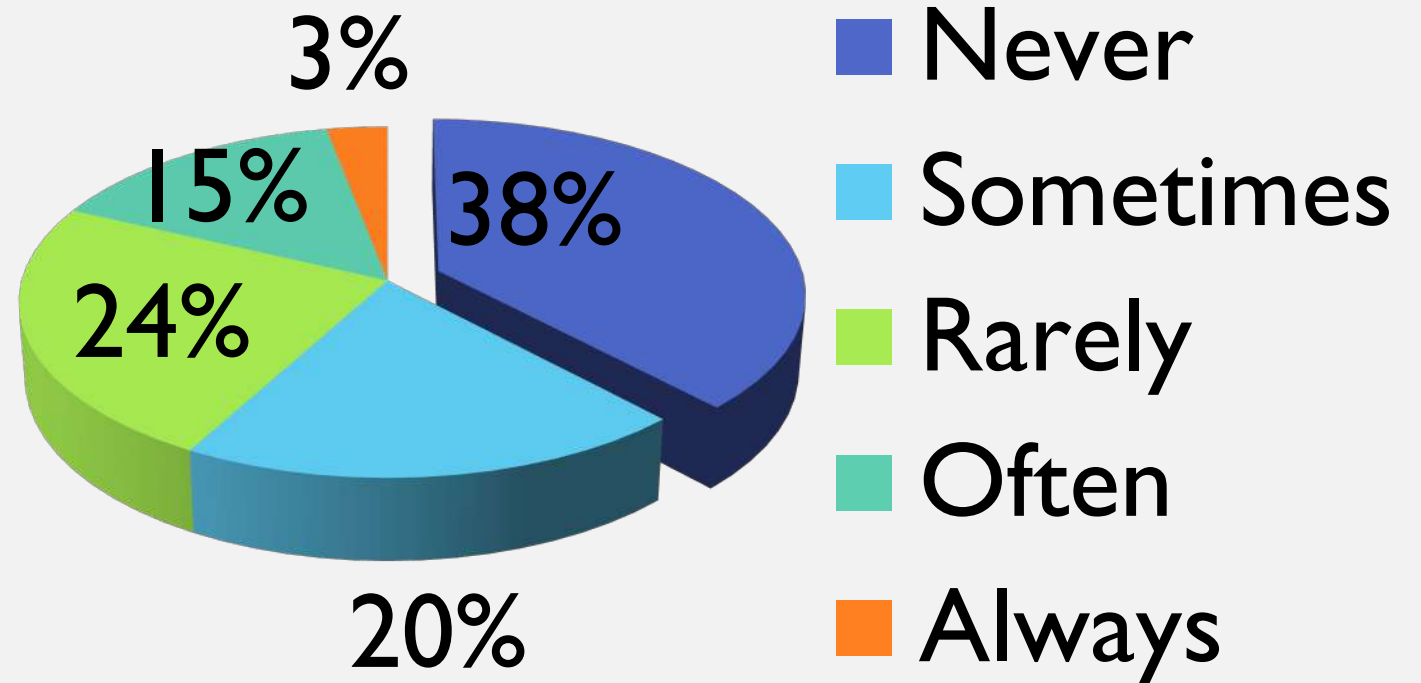
► I USUALLY FEEL NOTHING WHEN PEOPLE CRY IN FRONT OF ME

Never	36
Sometimes	31
Rarely	21
Often	8
Always	4



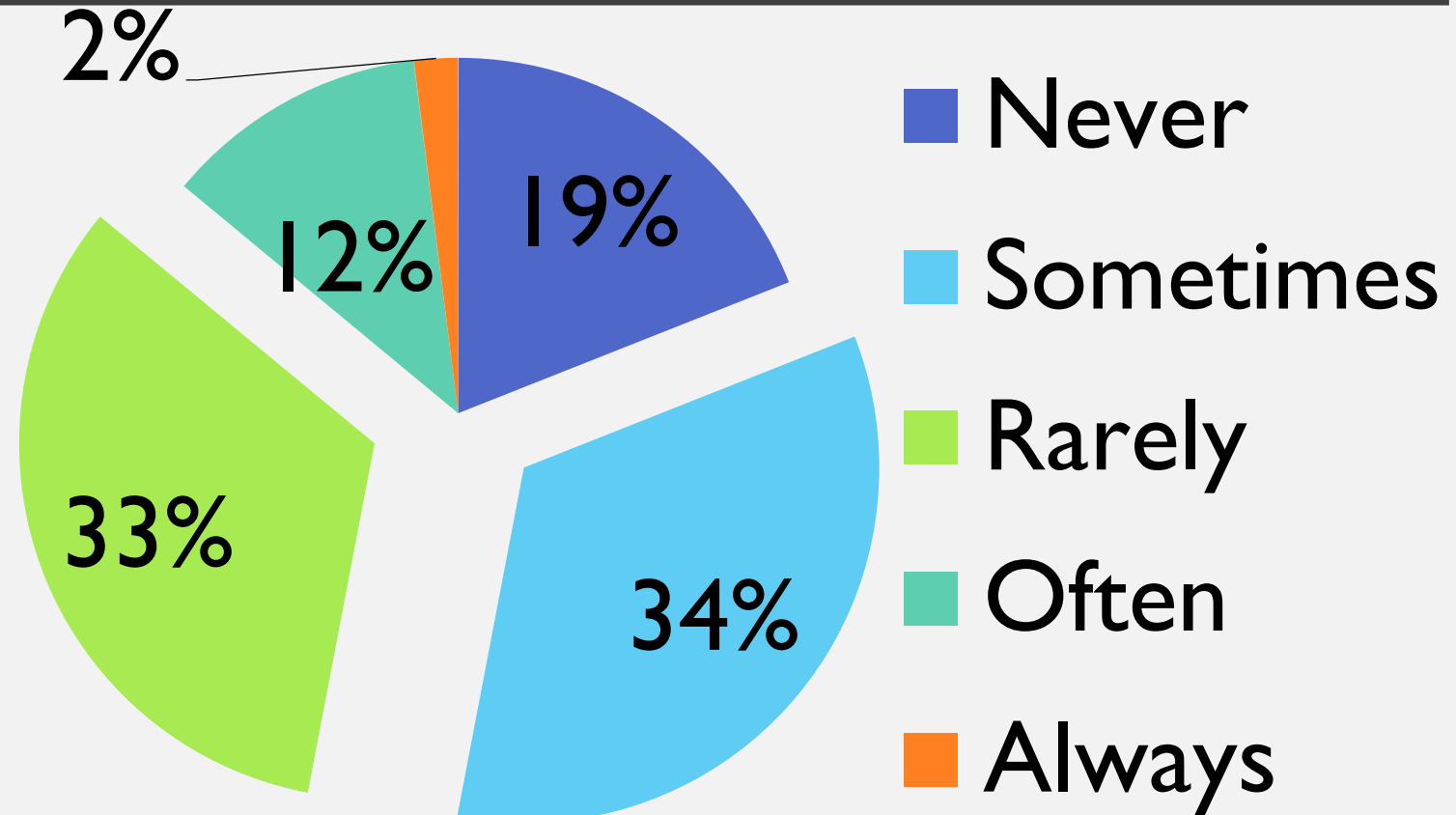
▶ WHEN PEOPLE ARE DEPRESSED, SOMETIMES I FEEL COLD FROM THEM

Never	38
Sometimes	20
Rarely	24
Often	15
Always	3



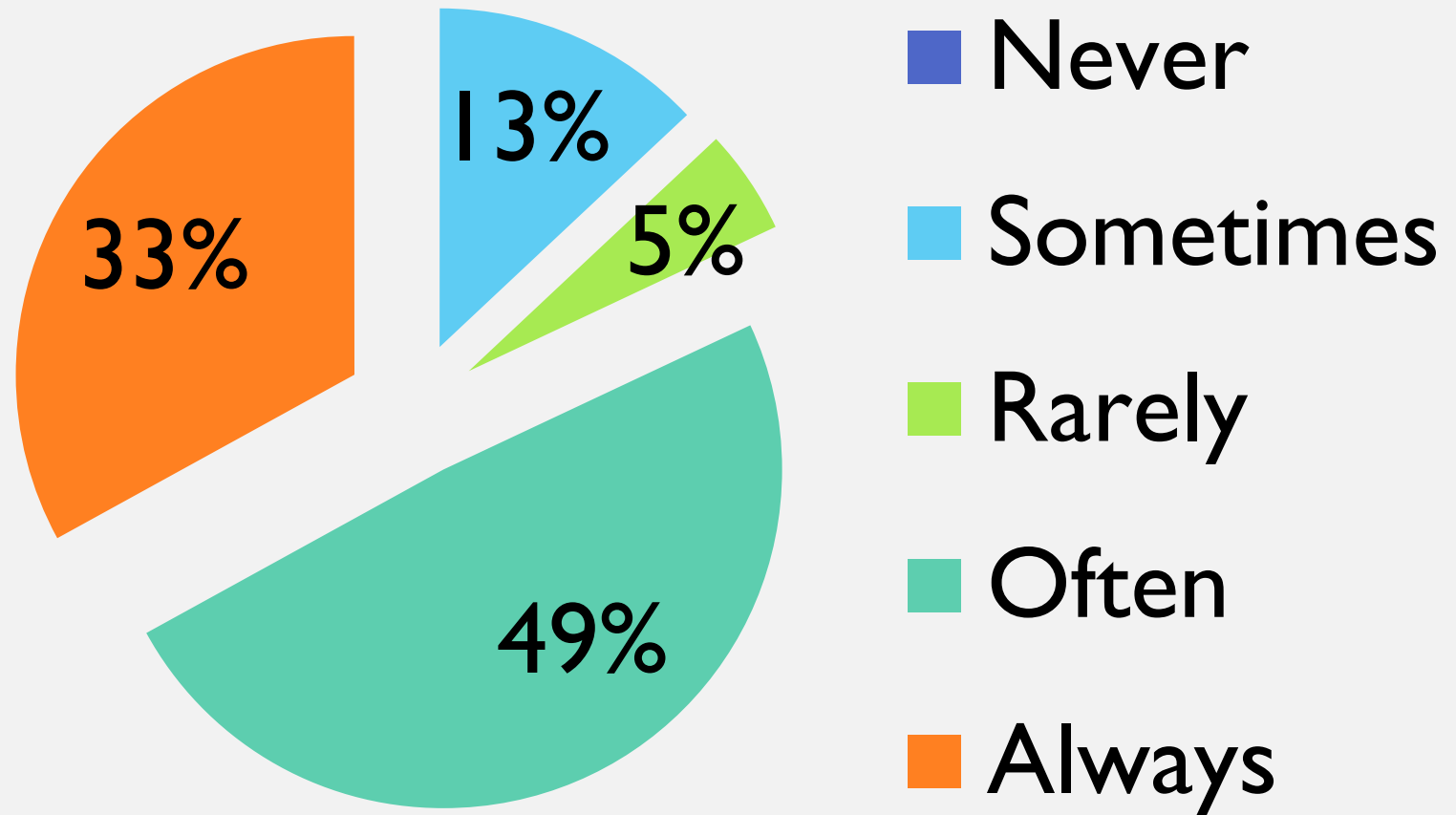
▶ I DON'T THINK MUCH ABOUT OTHER PEOPLE'S PROBLEMS

Never	19
Sometimes	34
Rarely	33
Often	12
Always	2



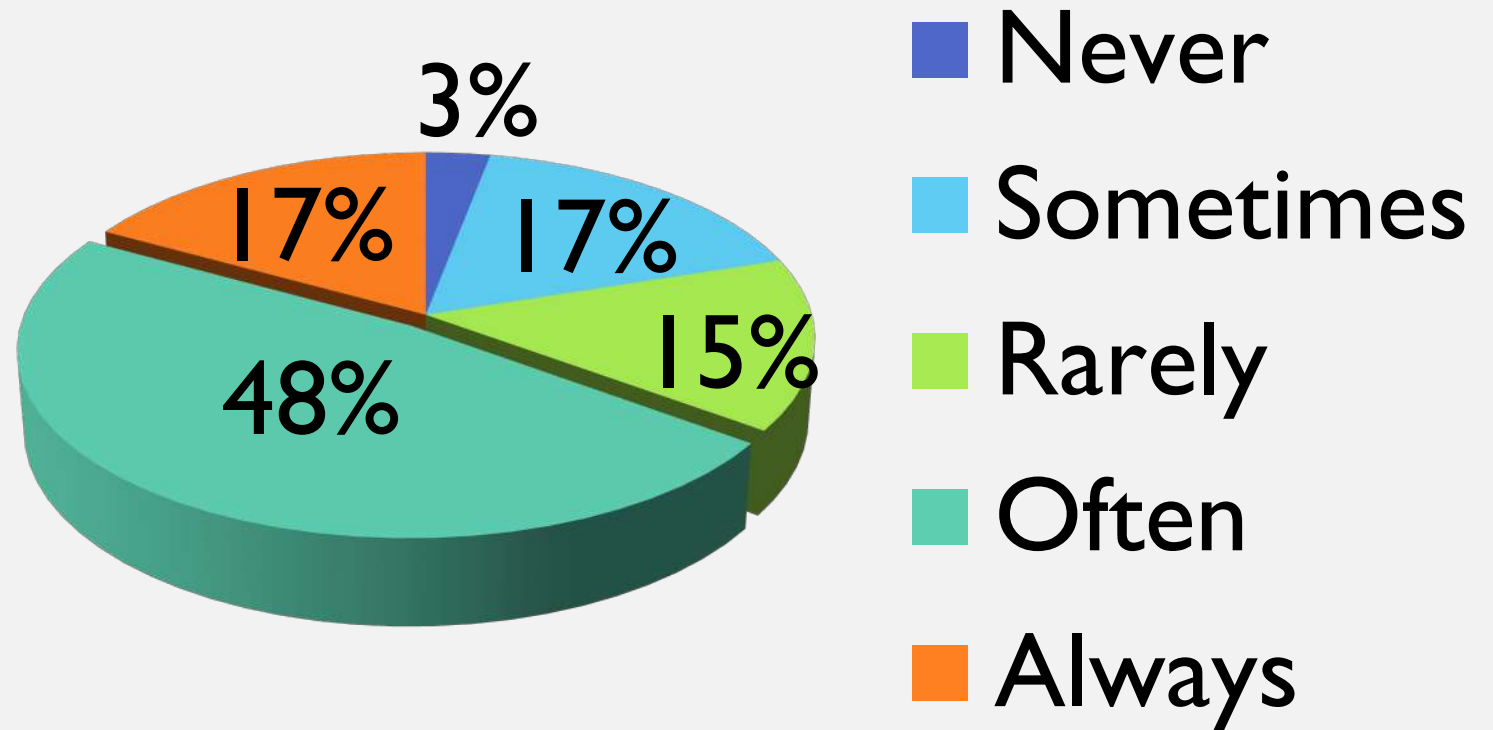
▶ WHEN PEOPLE ARE UPSET, I TRY TO COMFORT THEM

Never	0
Sometimes	13
Rarely	5
Often	49
Always	33



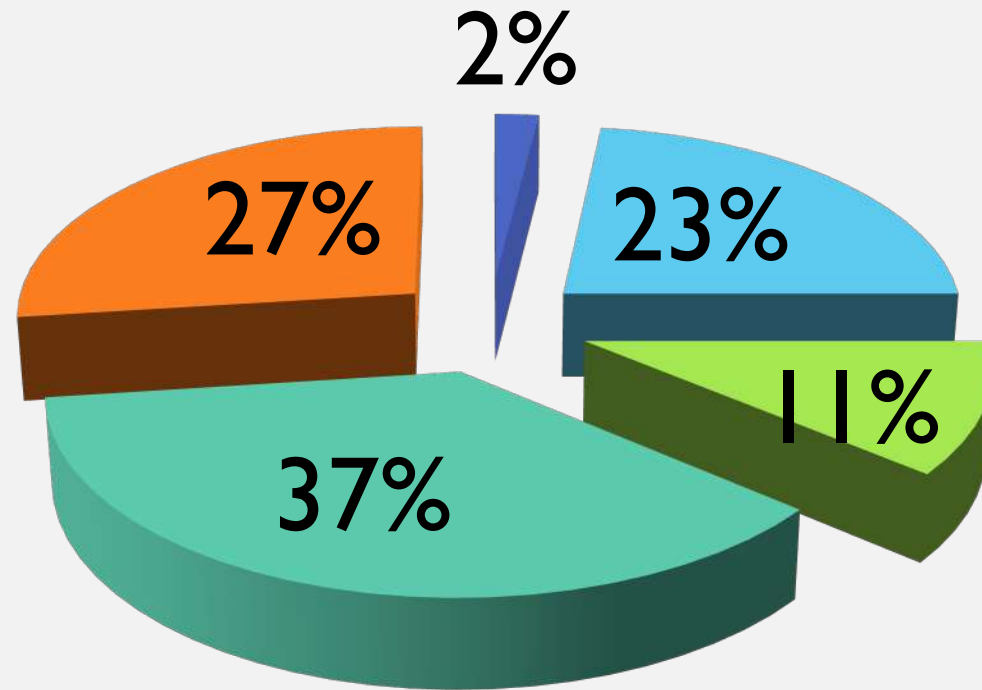
▶ I LIKE TO BE AROUND PEOPLE IN DIFFICULT TIMES

Never	3
Sometimes	17
Rarely	15
Often	48
Always	17



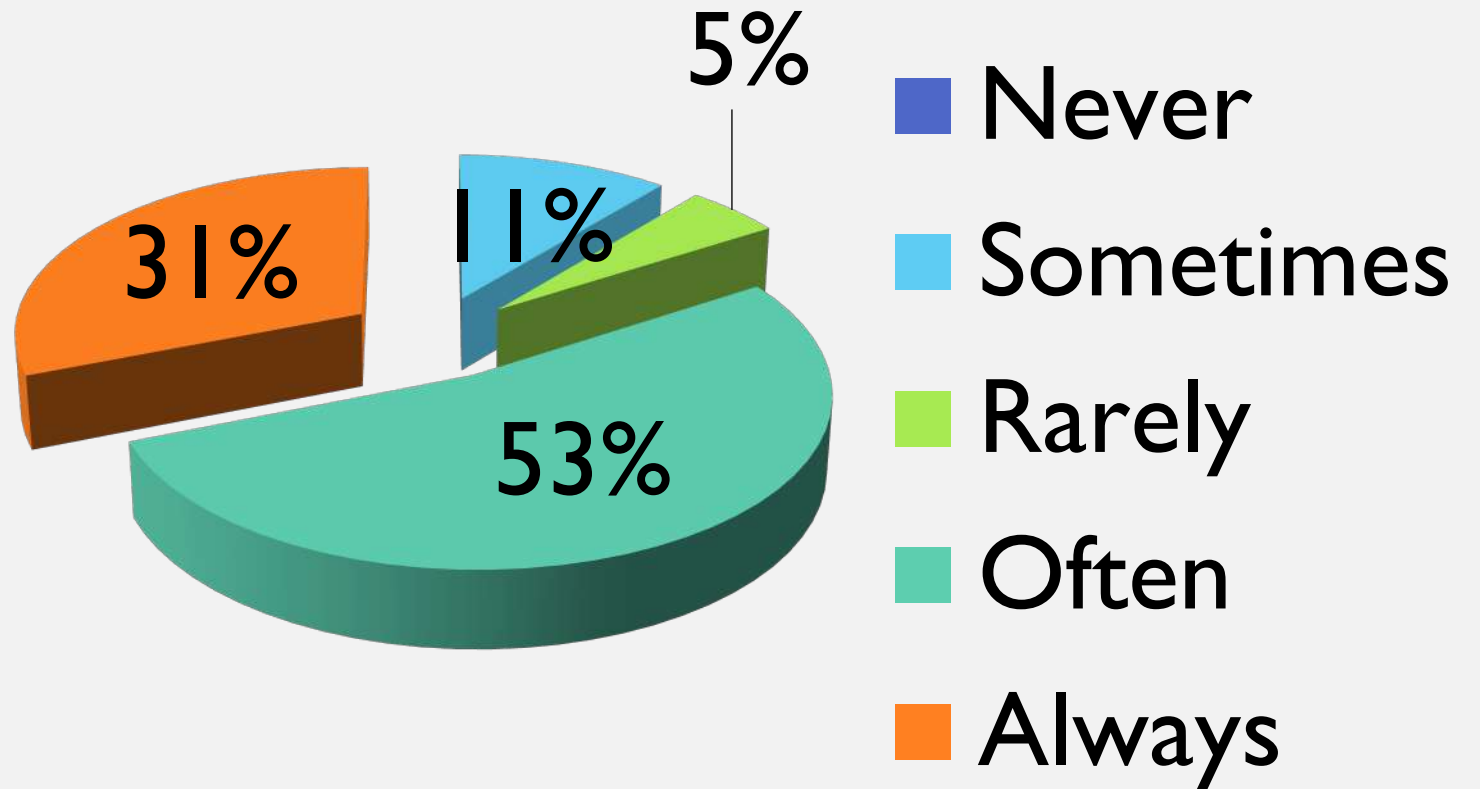
▶ I PUT MYSELF IN THE SHOES OF OTHERS


Never	2
Sometimes	23
Rarely	11
Often	37
Always	27



► I SYMPATHIZE WITH PEOPLE

Never	0
Sometimes	11
Rarely	5
Often	53
Always	31





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Compassion fatigue in germany survey





17-25 years old
14 females 9 males

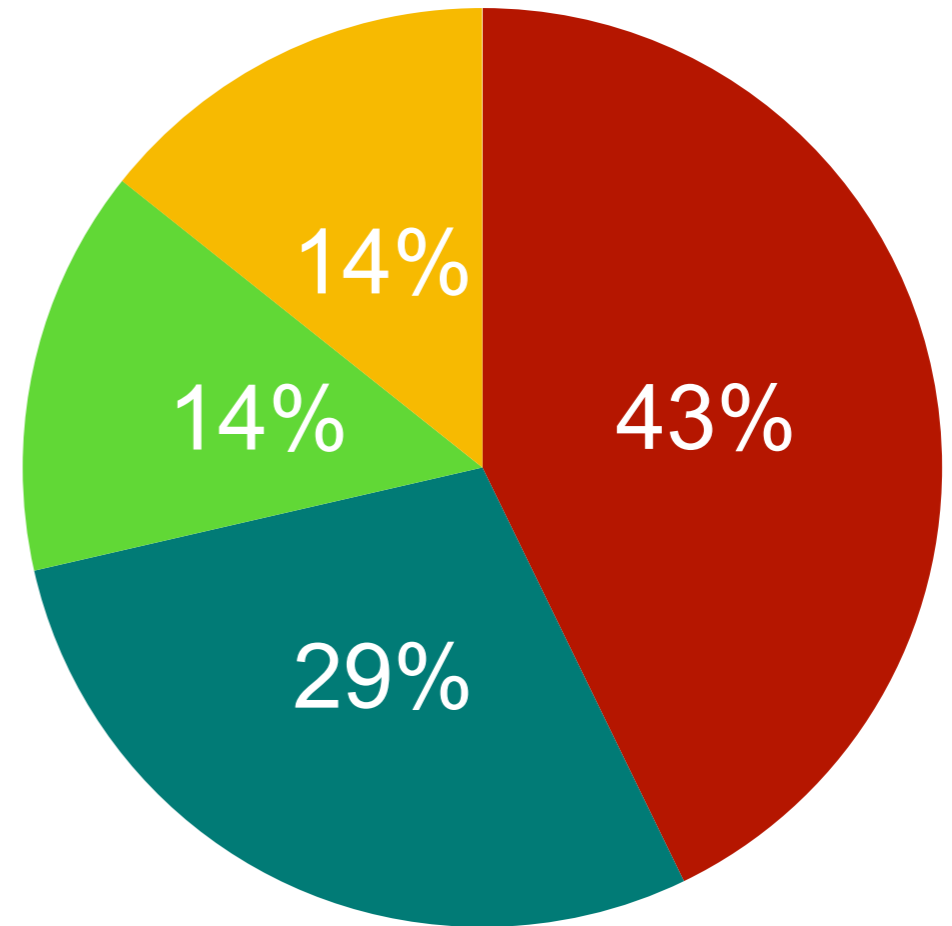
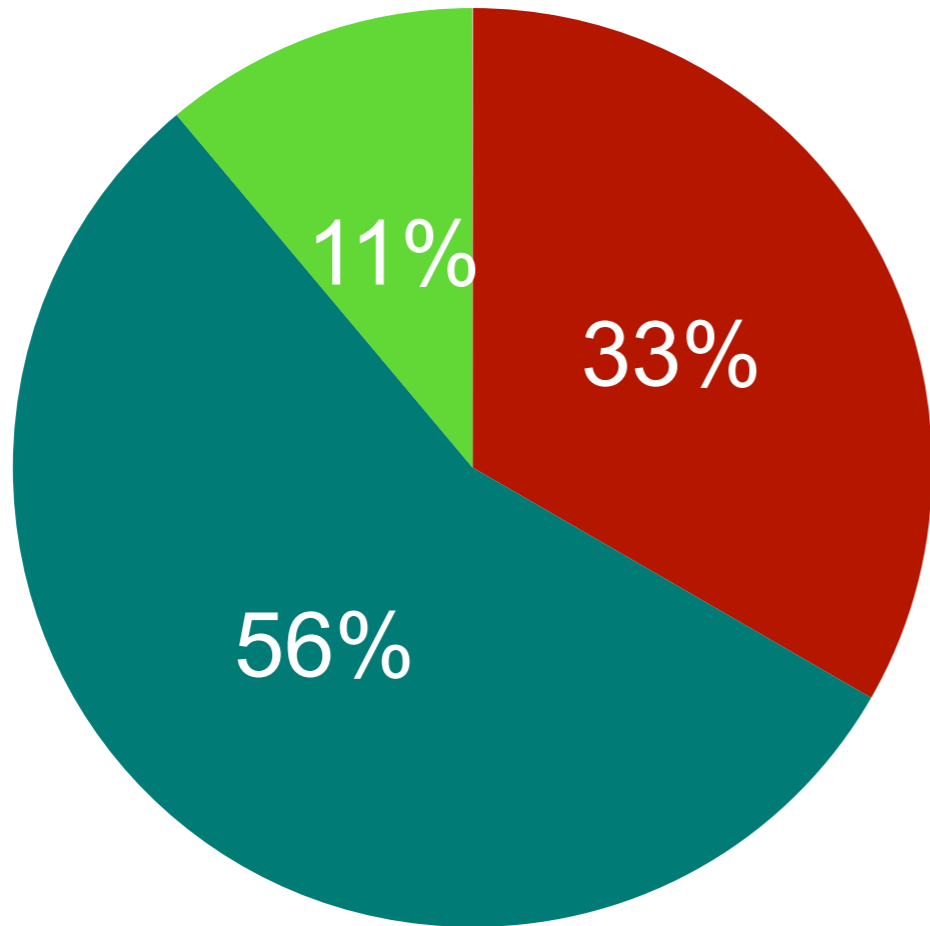
Any differences between males and females?



“I usually feel nothing when people cry in front of me“

■ never ■ sometimes ■ rarely

■ never ■ sometimes ■ rarely ■ always



“When people are depressed, sometimes I feel cold from them“

■ never ■ sometimes ■ always

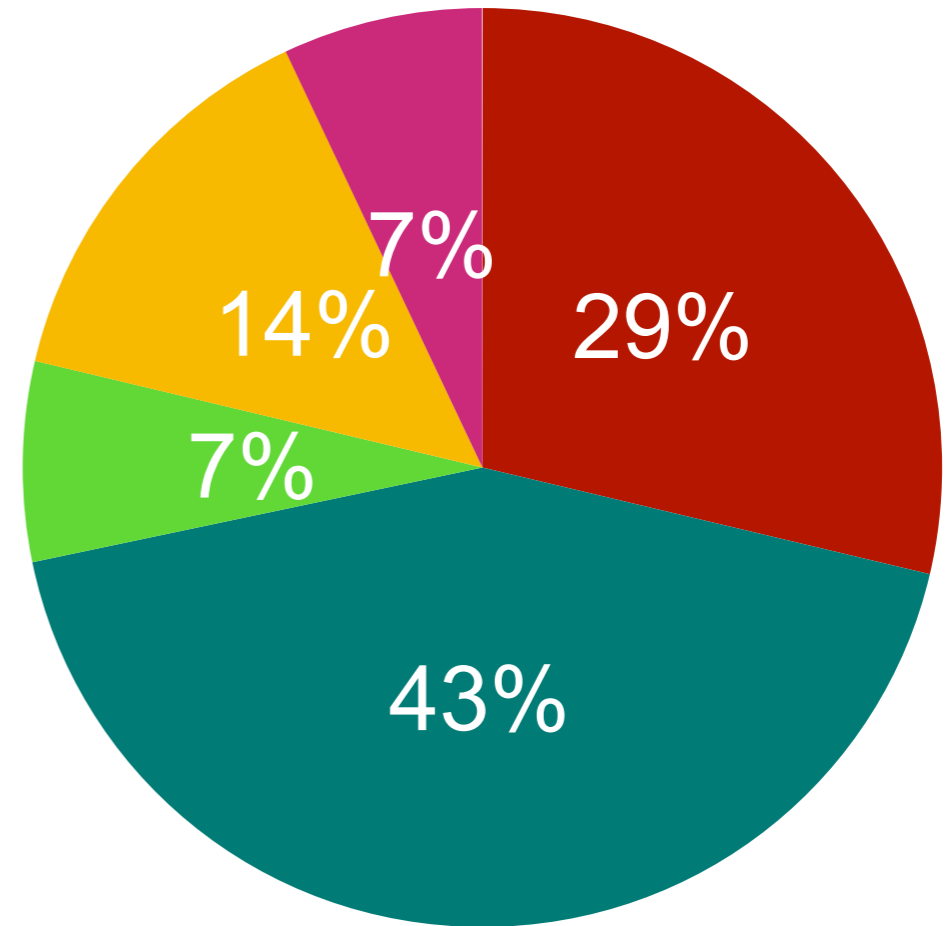
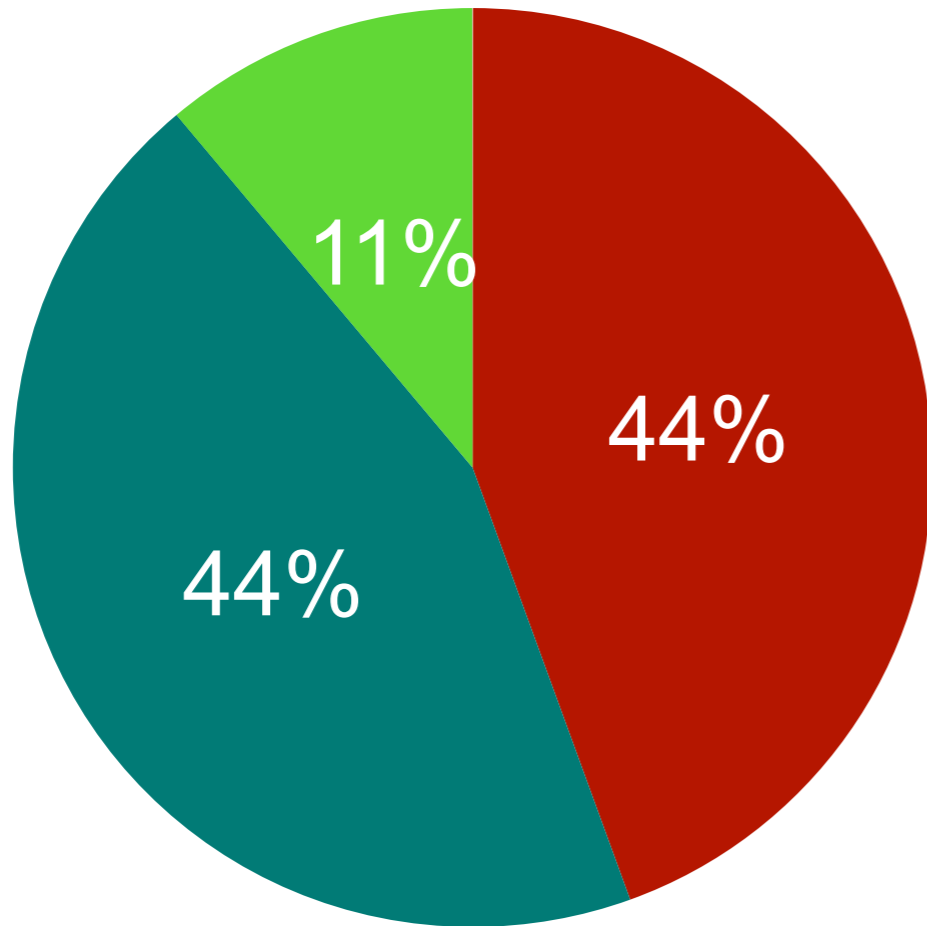
■ never

■ sometimes

■ rarely

■ always

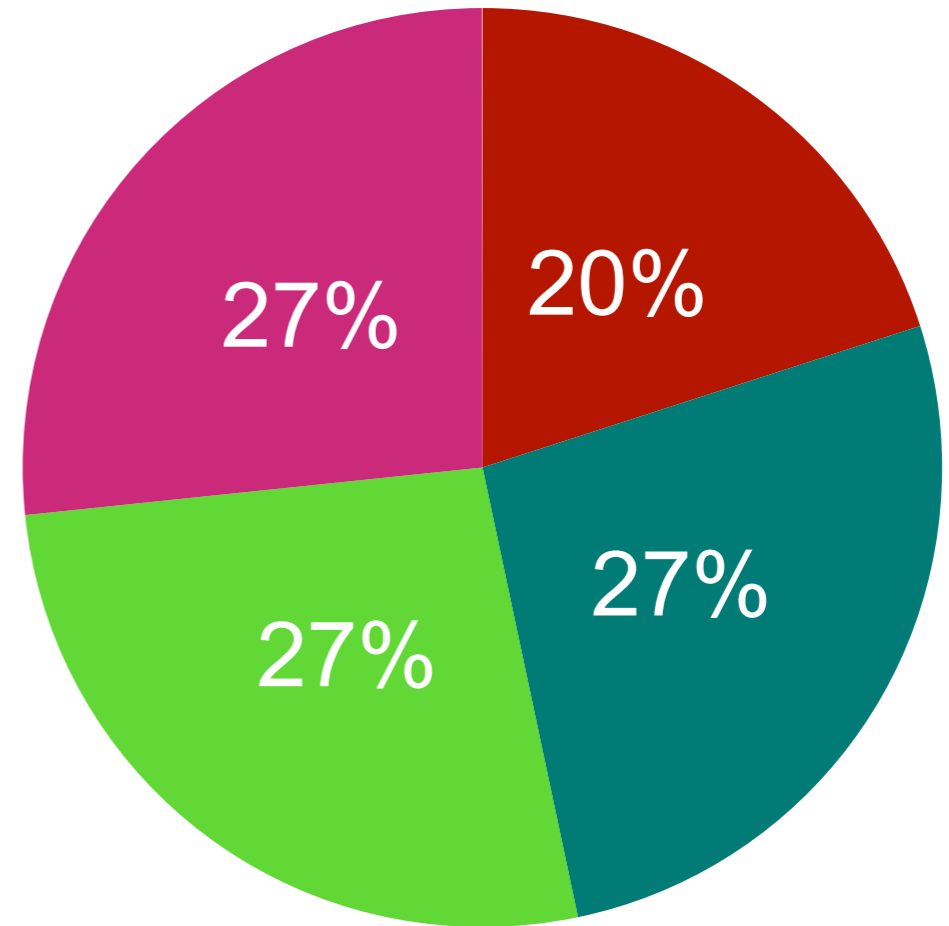
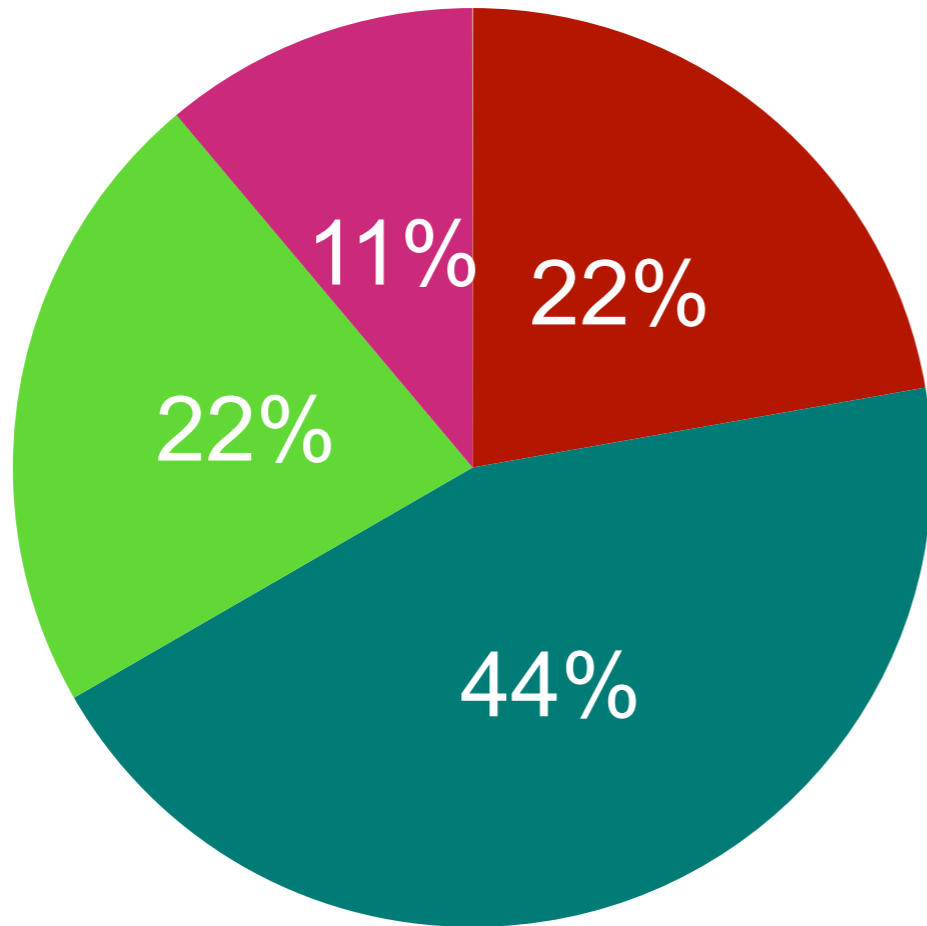
■ often



“I don't think much about other people's problems“

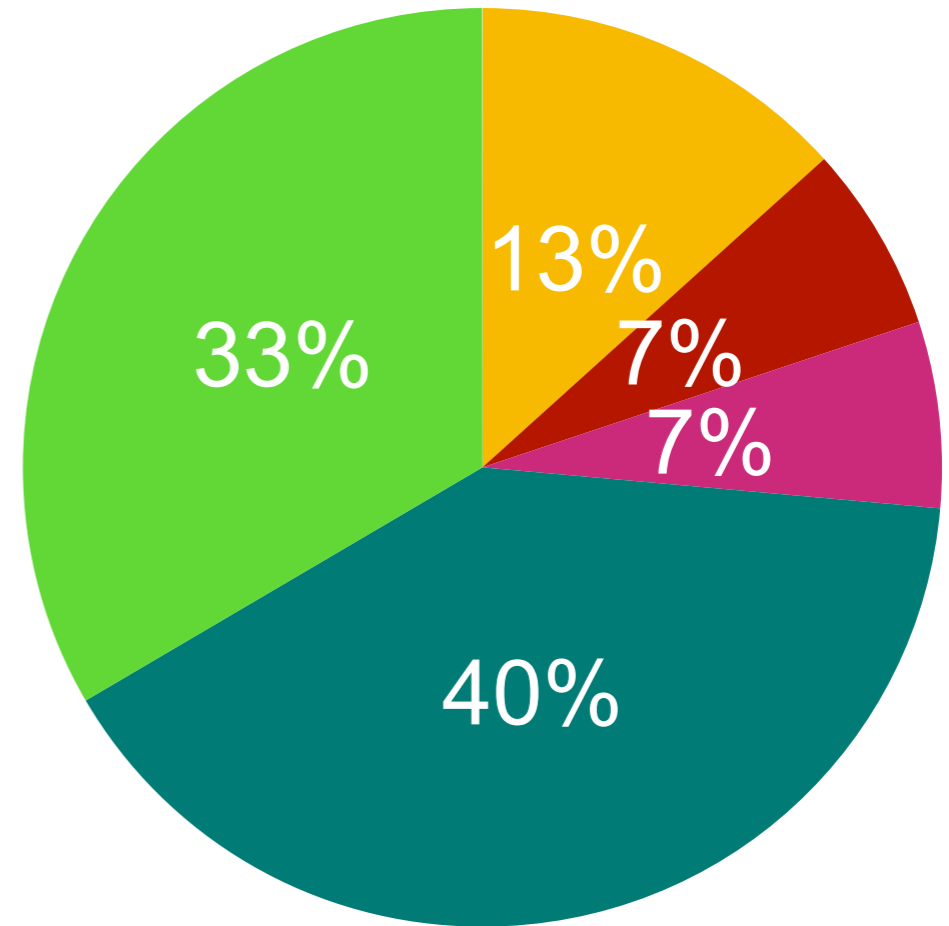
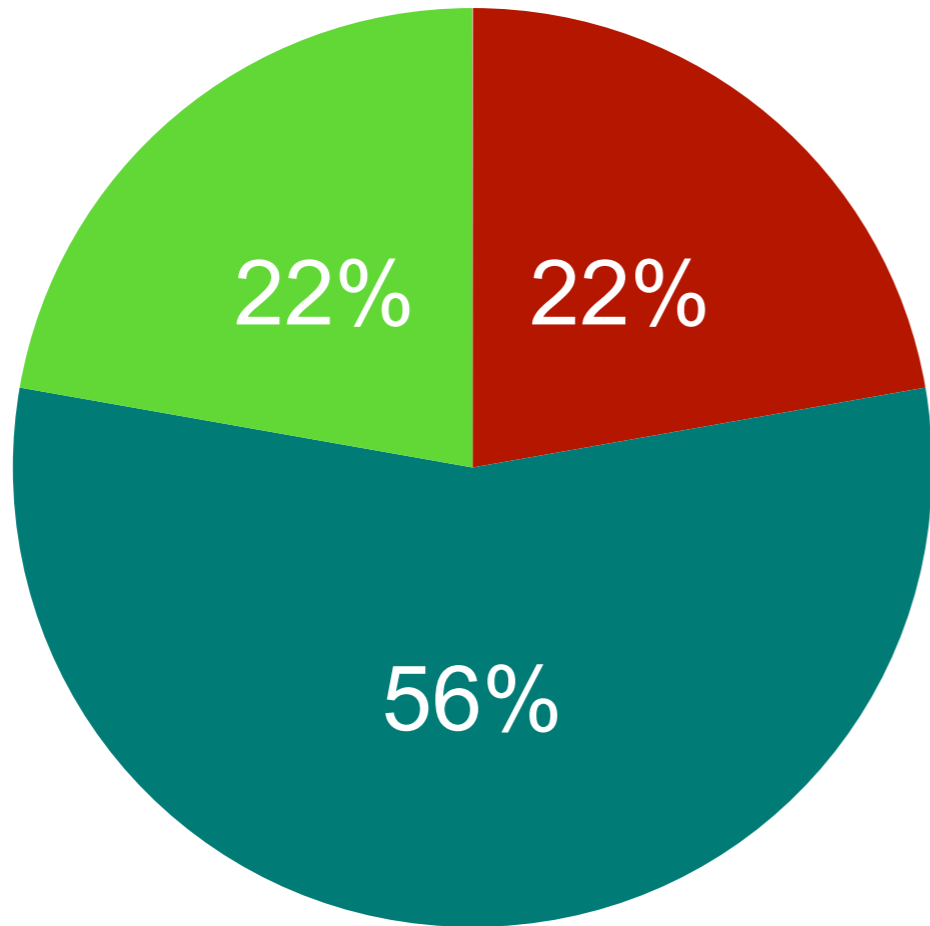
■ never ■ sometimes ■ rarely ■ often

■ never ■ sometimes ■ rarely ■ often



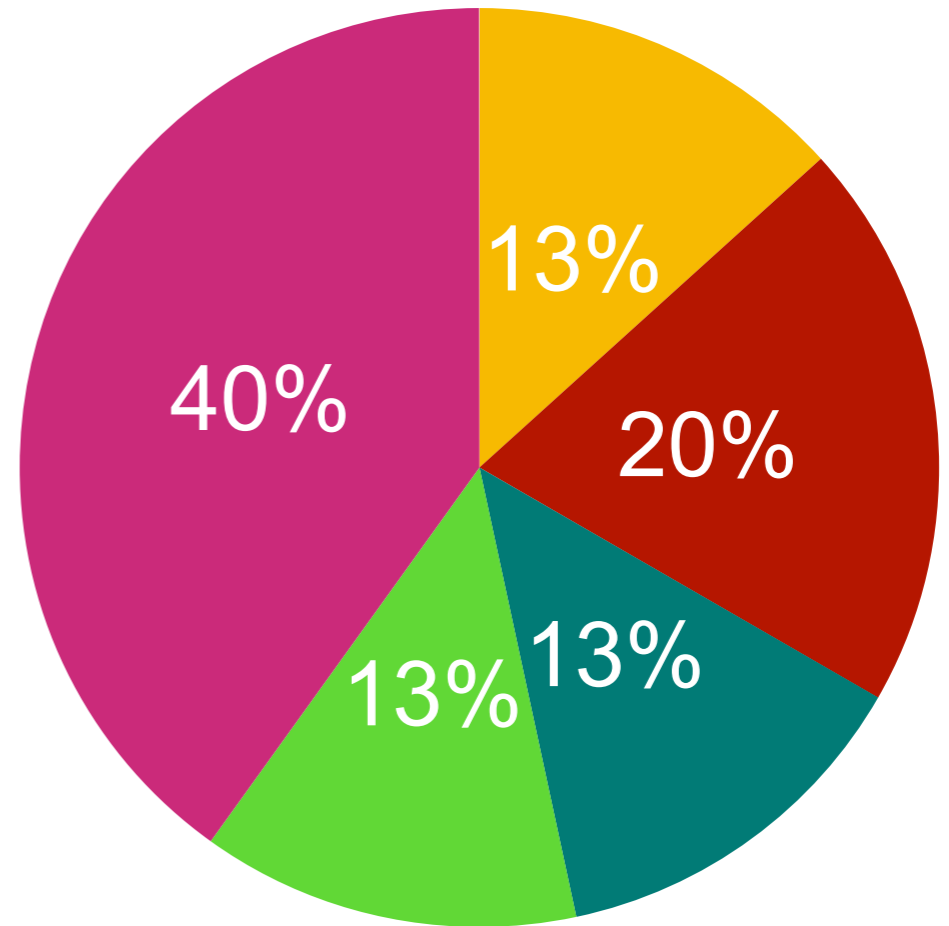
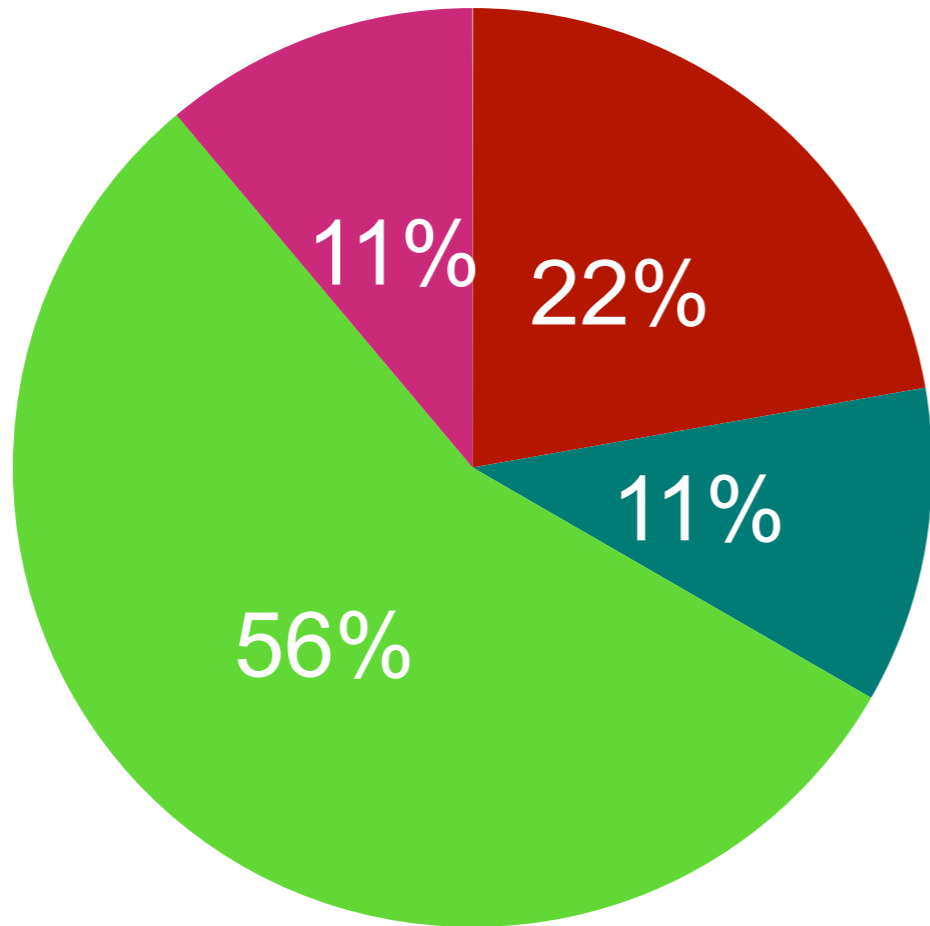
“When people are upset, I try to comfort them.”

■ sometimes ■ often ■ always ■ never ■ rarely ■ sometimes ■ often



“I like to be around people in difficult times“

■ sometimes ■ rarely ■ often ■ always ■ never ■ sometimes
■ rarely ■ often

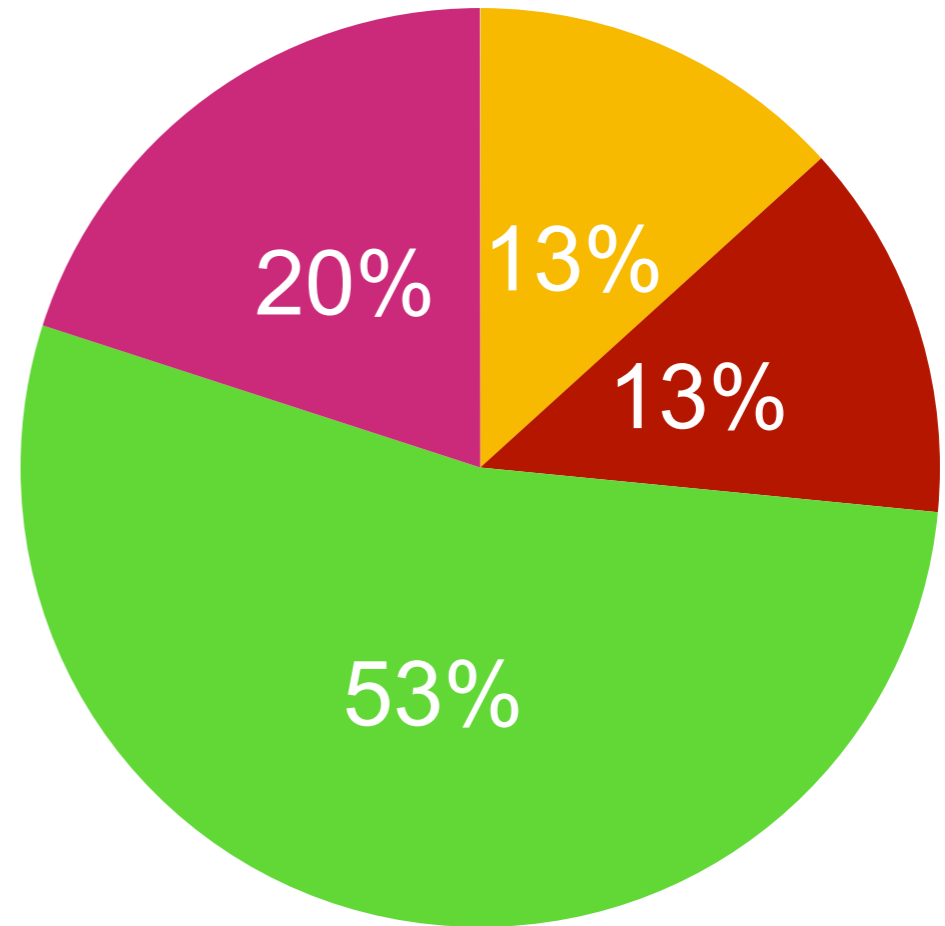
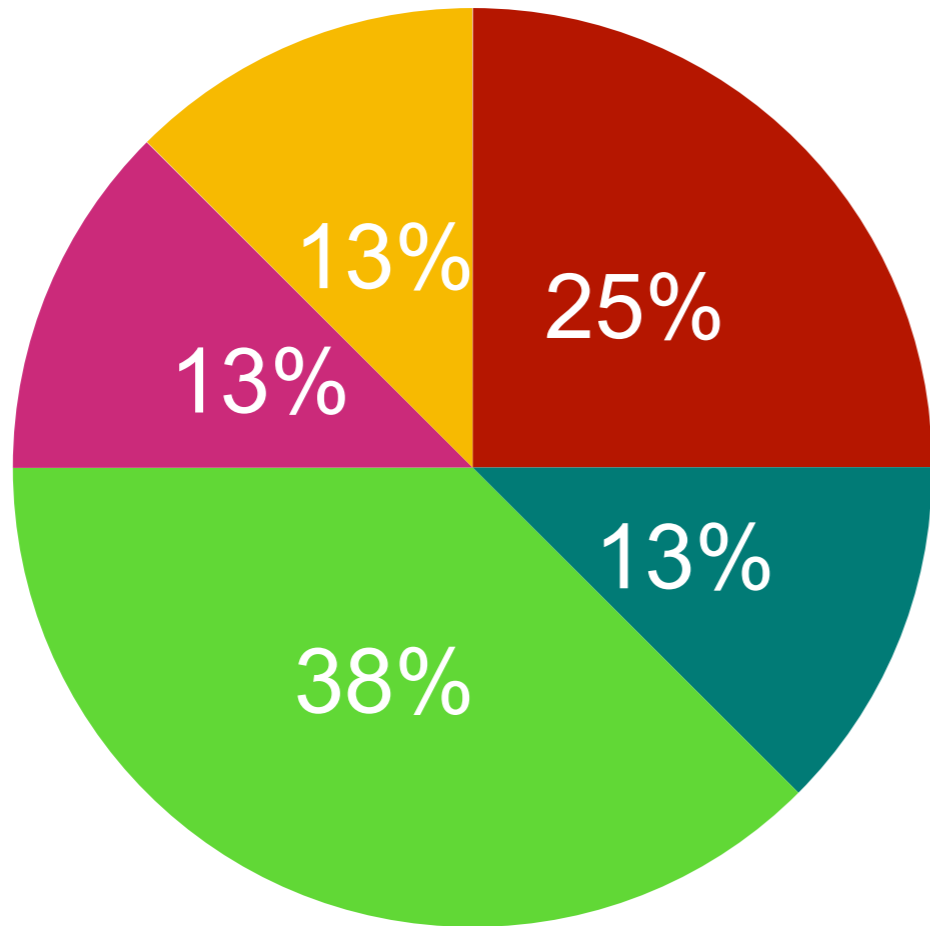


“I put myself in the shoes of others“

■ sometimes
■ often

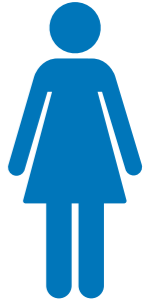
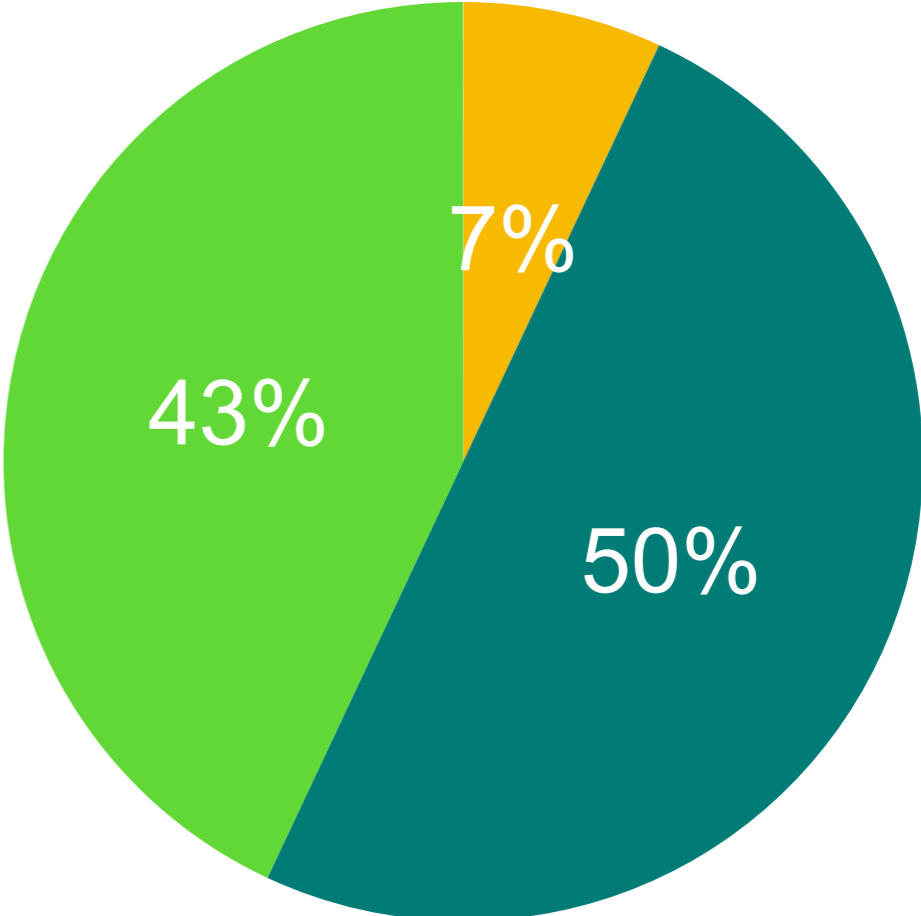
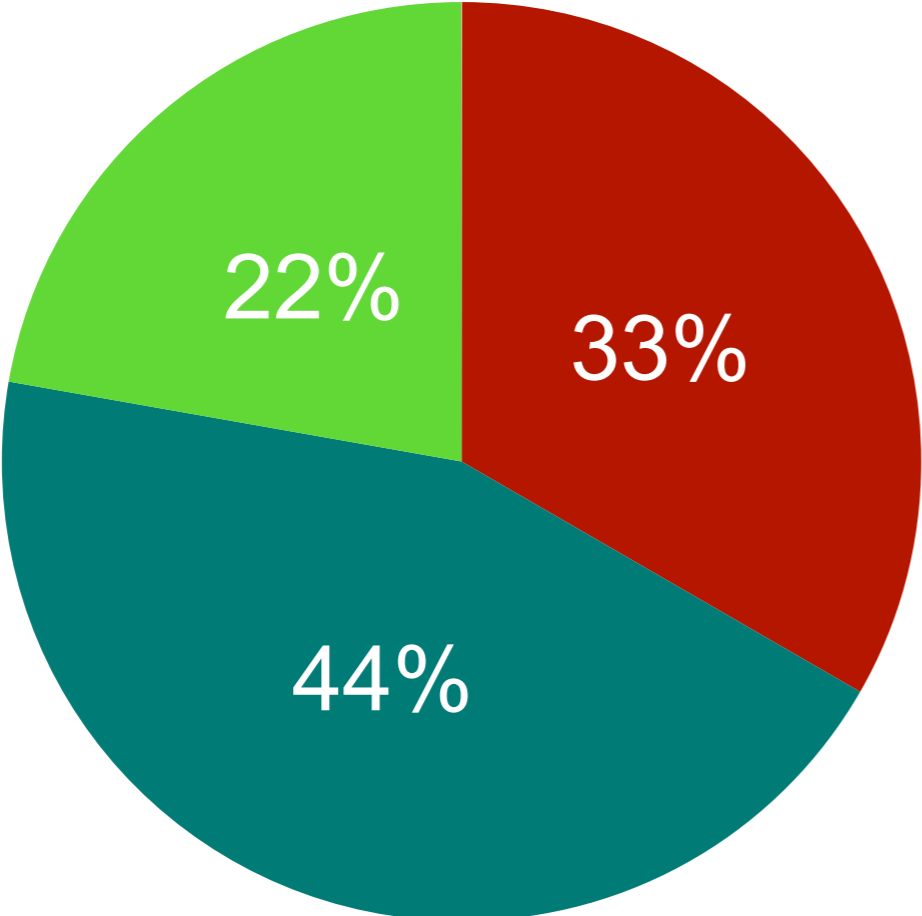
■ rarely
■ always

■ never ■ sometimes ■ often ■ always



“I sympathize with people“

■ sometimes ■ often ■ always ■ never ■ often ■ always





Lebanon - Survey Results



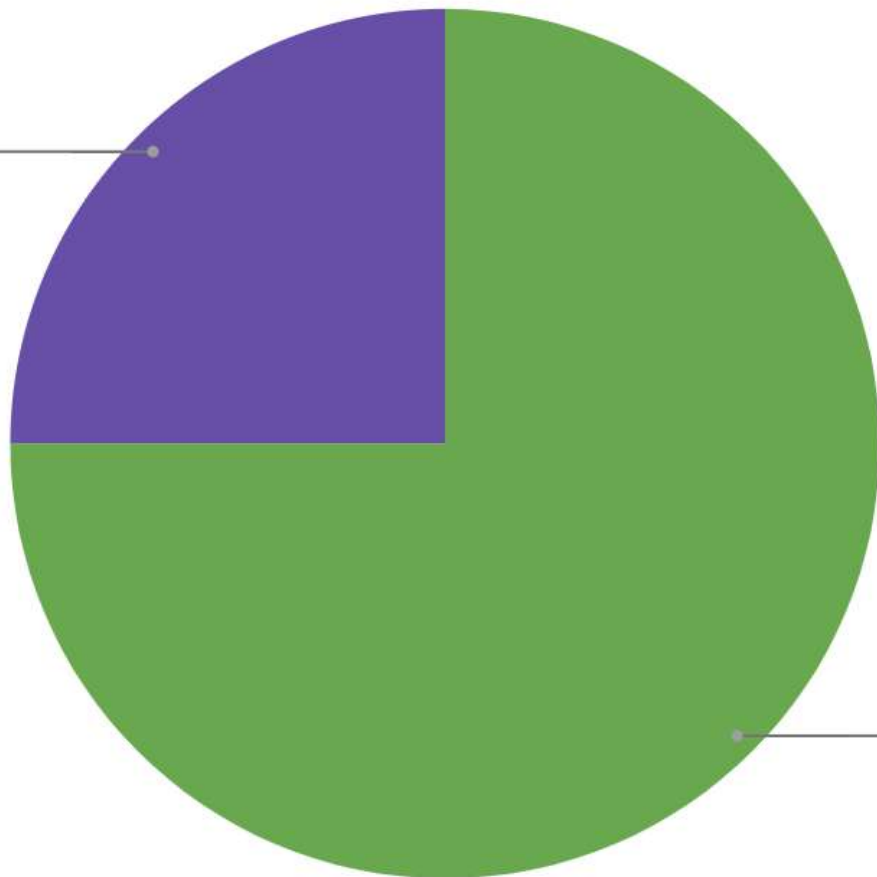
What causes the Lebanese people stress?



Demographics

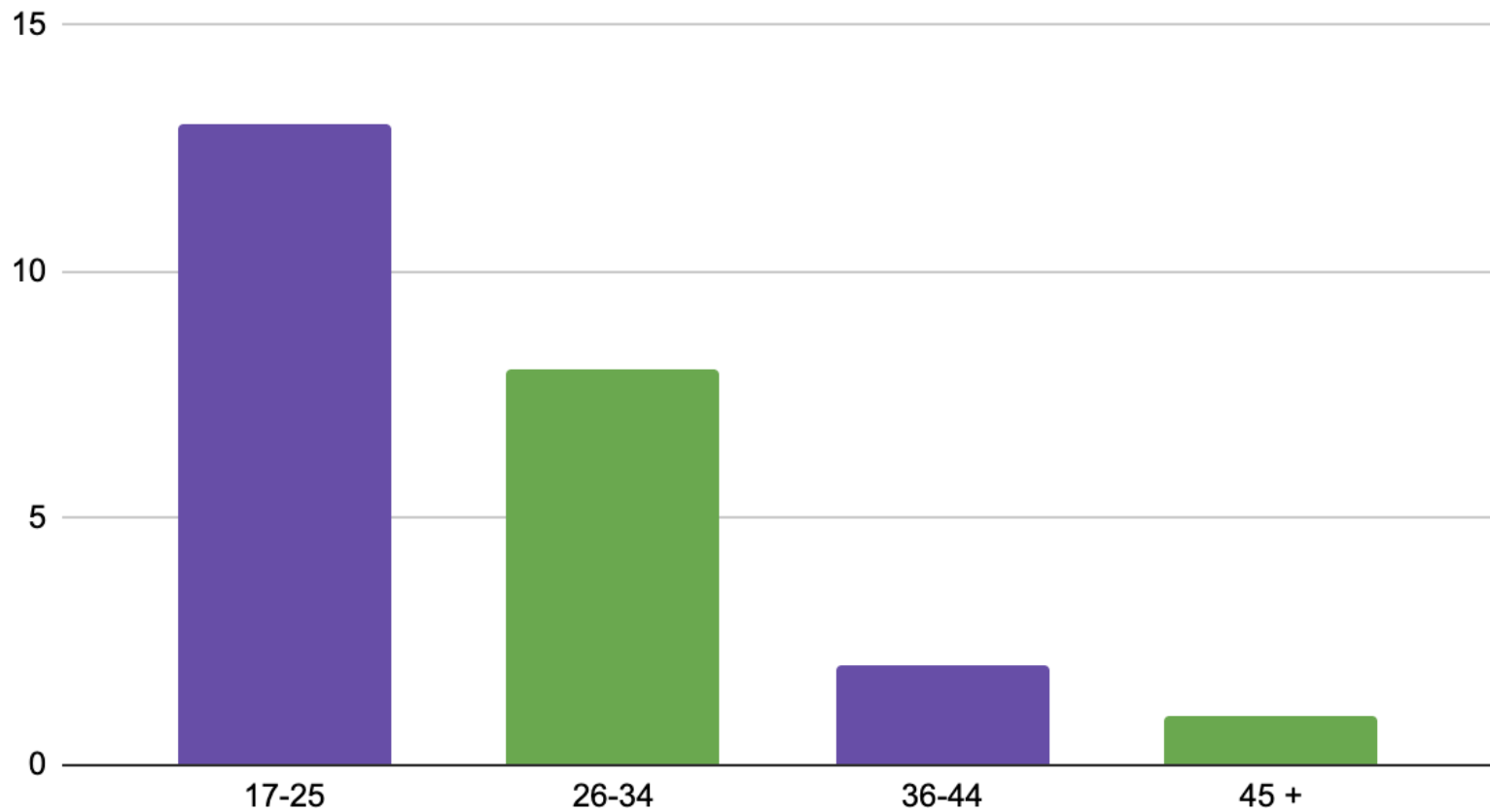
Gender

Male
25.0%



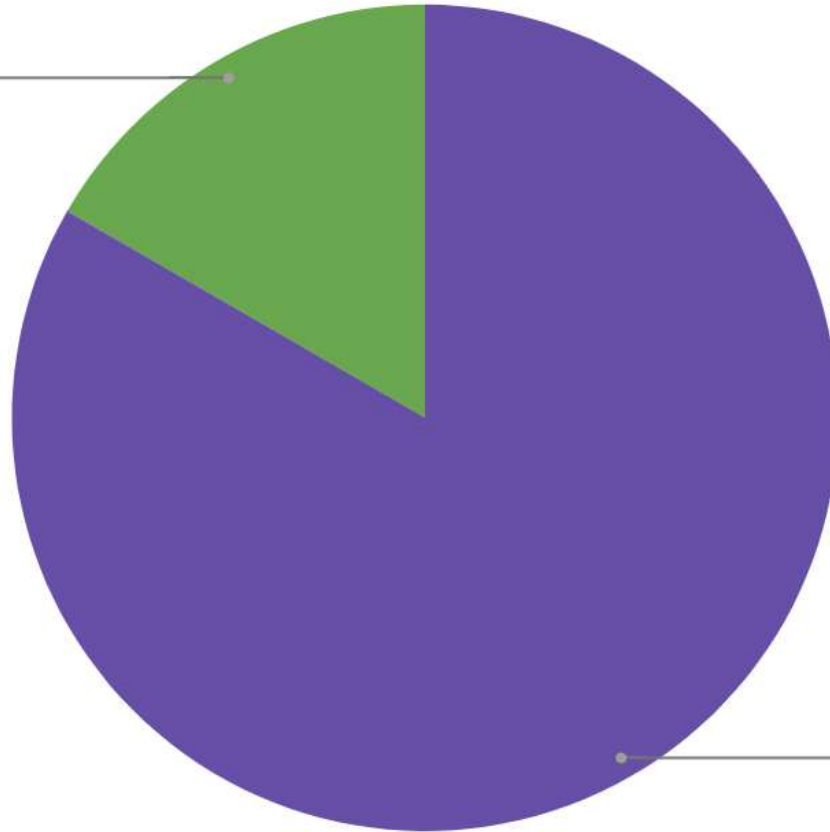
Female
75.0%

Age



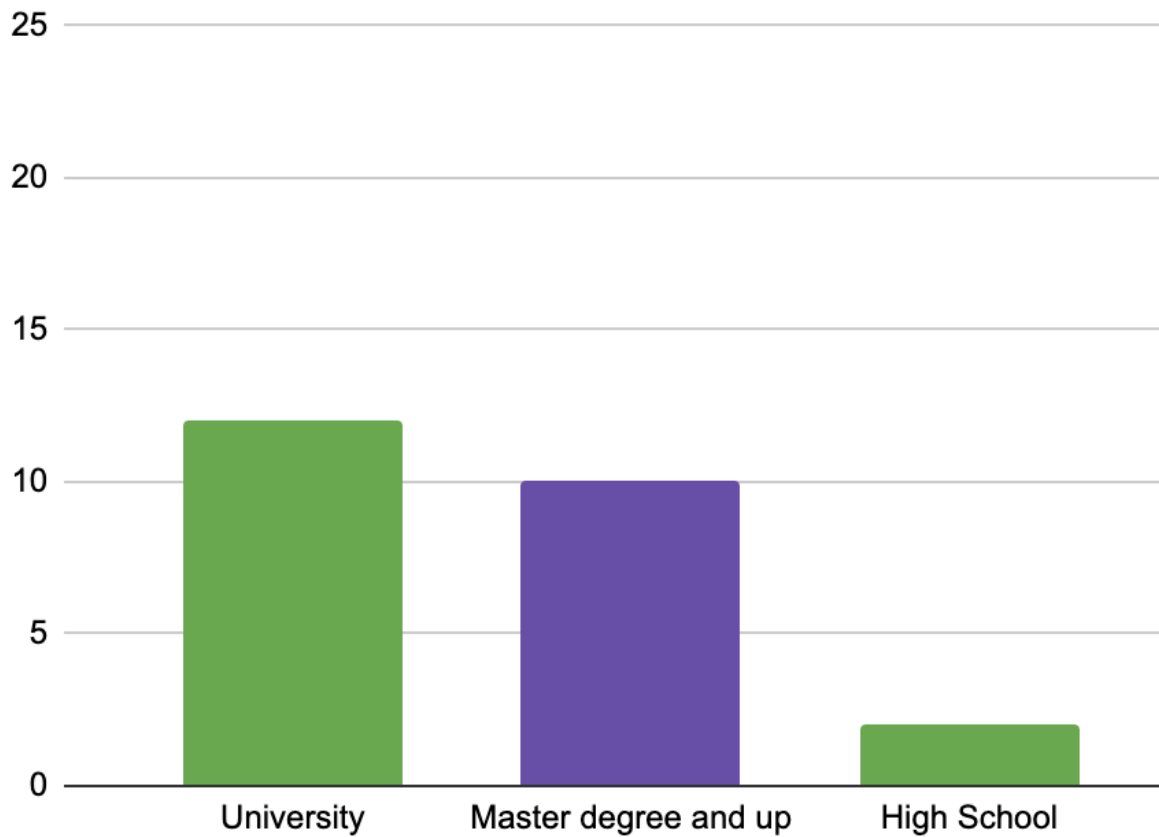
Marital Status

Married
16.7%



Single
83.3%

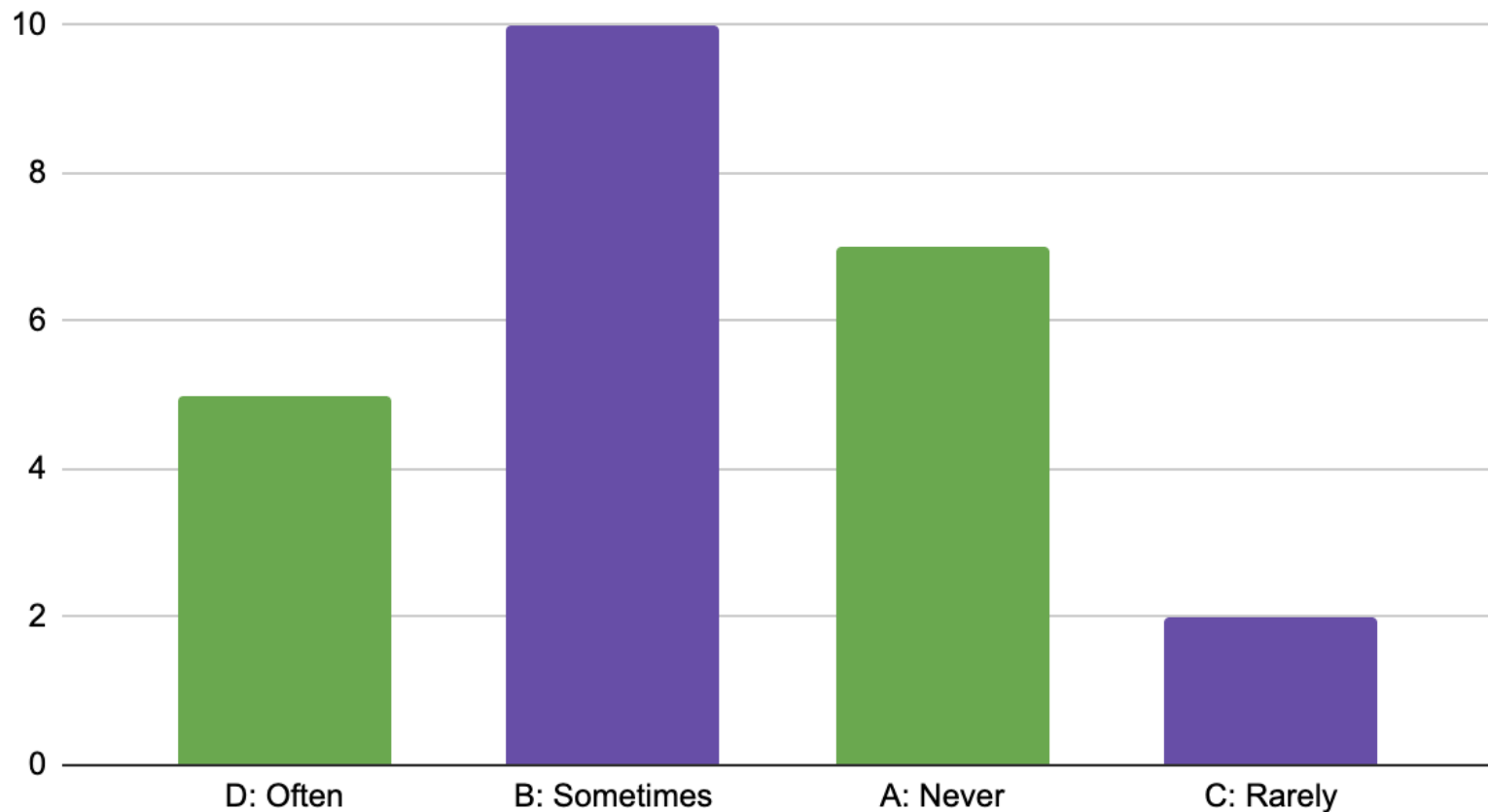
Education



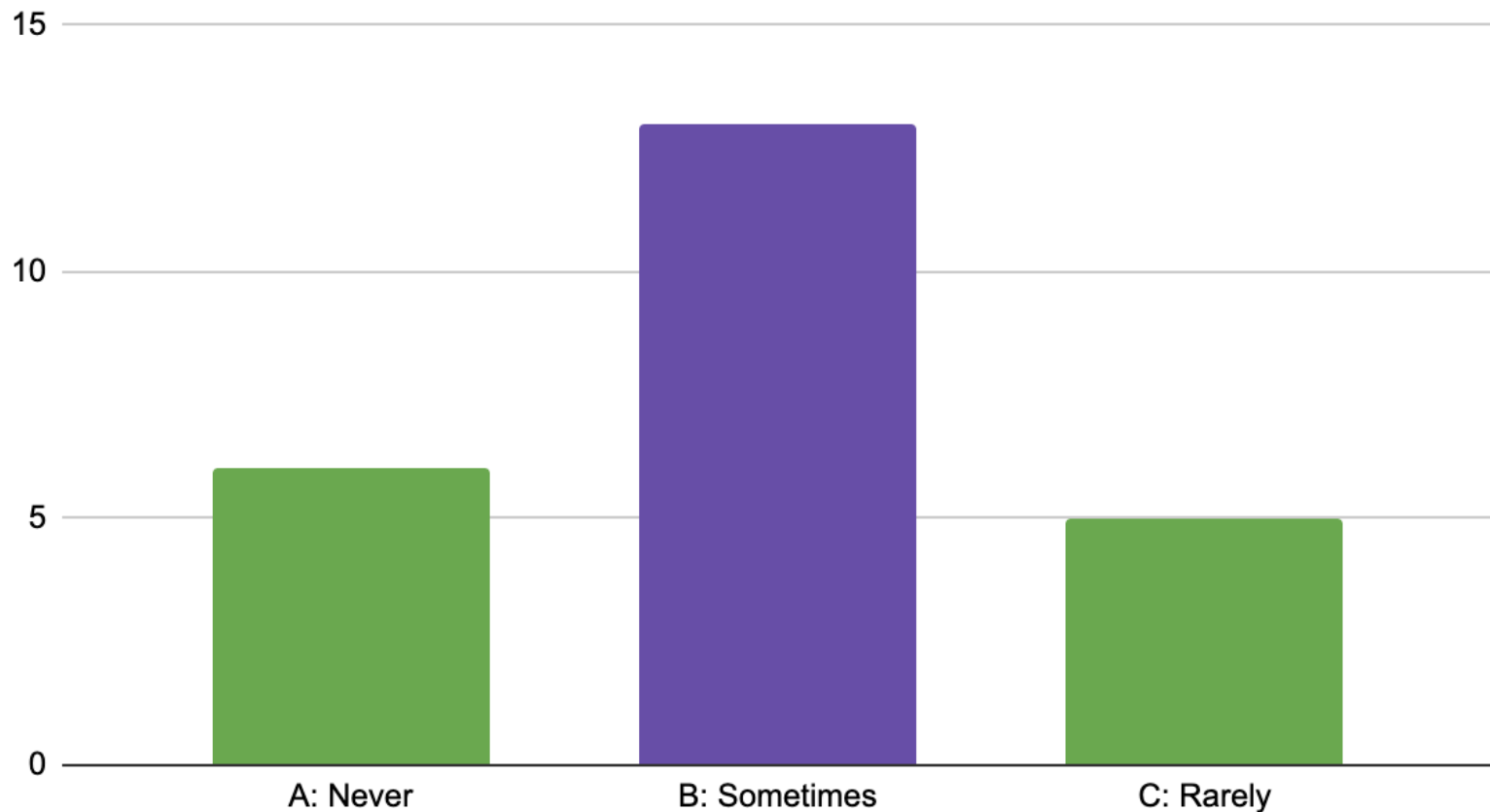


Survey

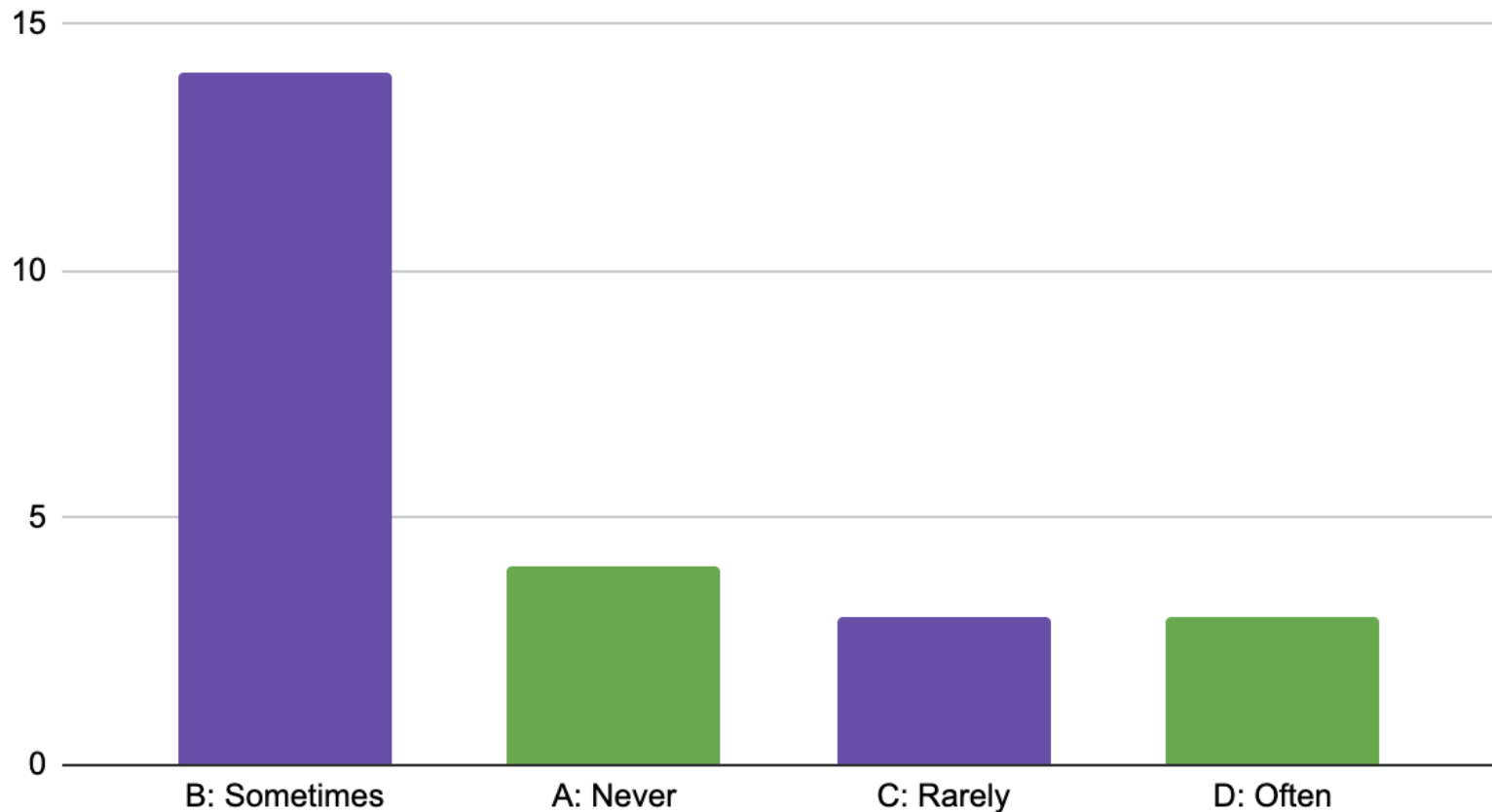
I usually feel nothing when people cry in front of me



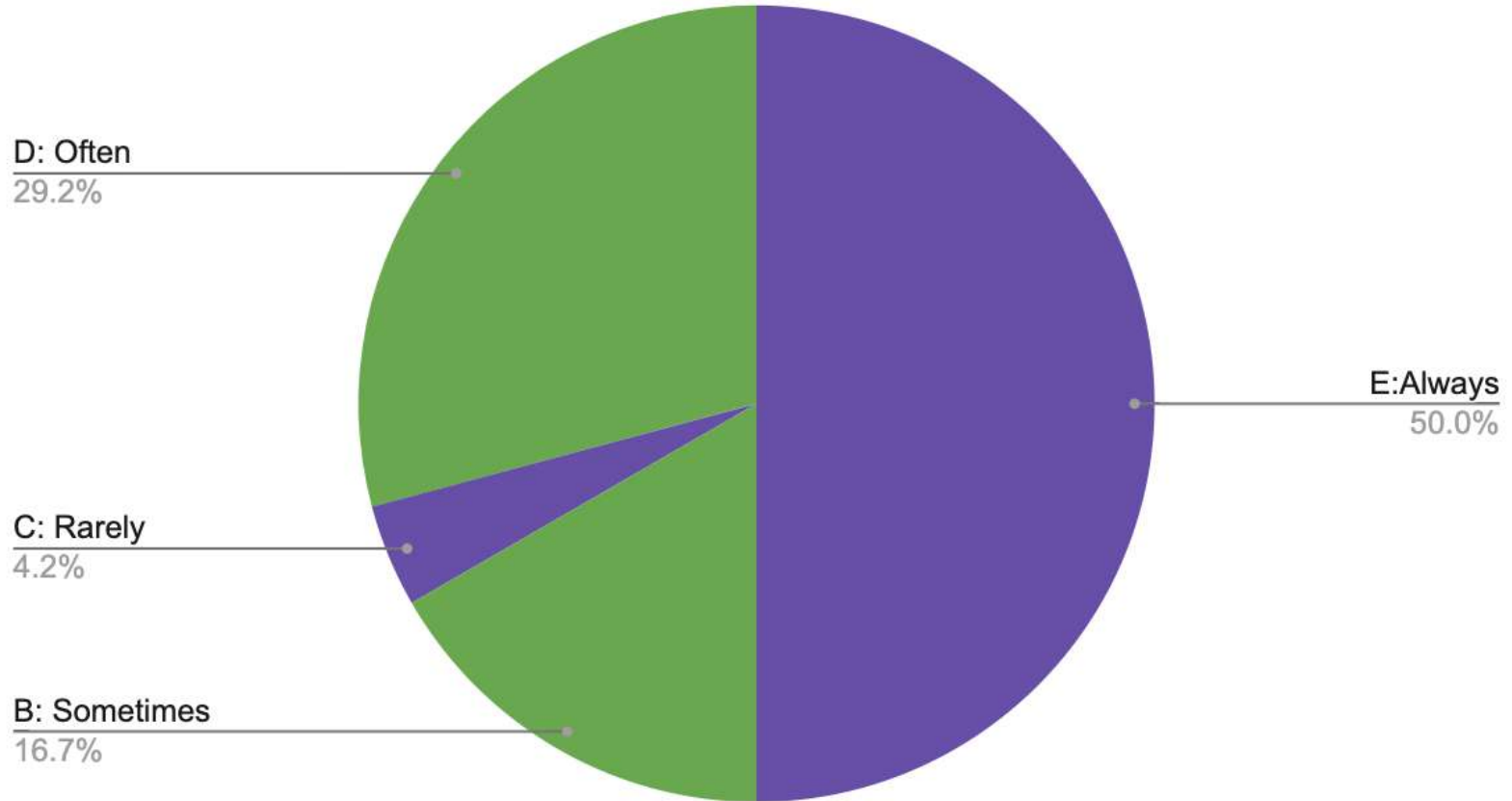
When people are depressed, sometimes I feel cold from them



I don't think much about other people's problems



When people are upset, I try to comfort them.



I like to be around people in difficult times

C: Rarely

4.2%

D: Often

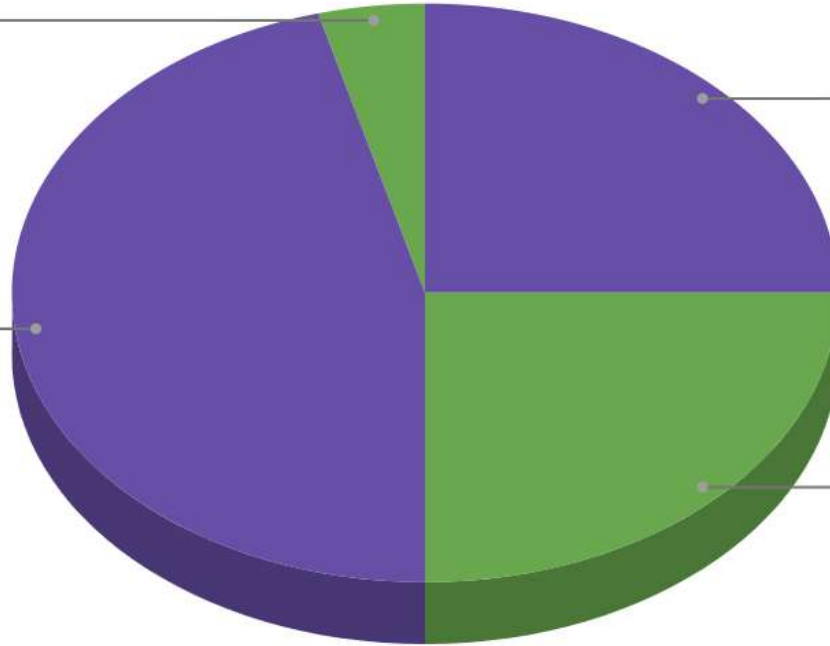
25.0%

E: Always

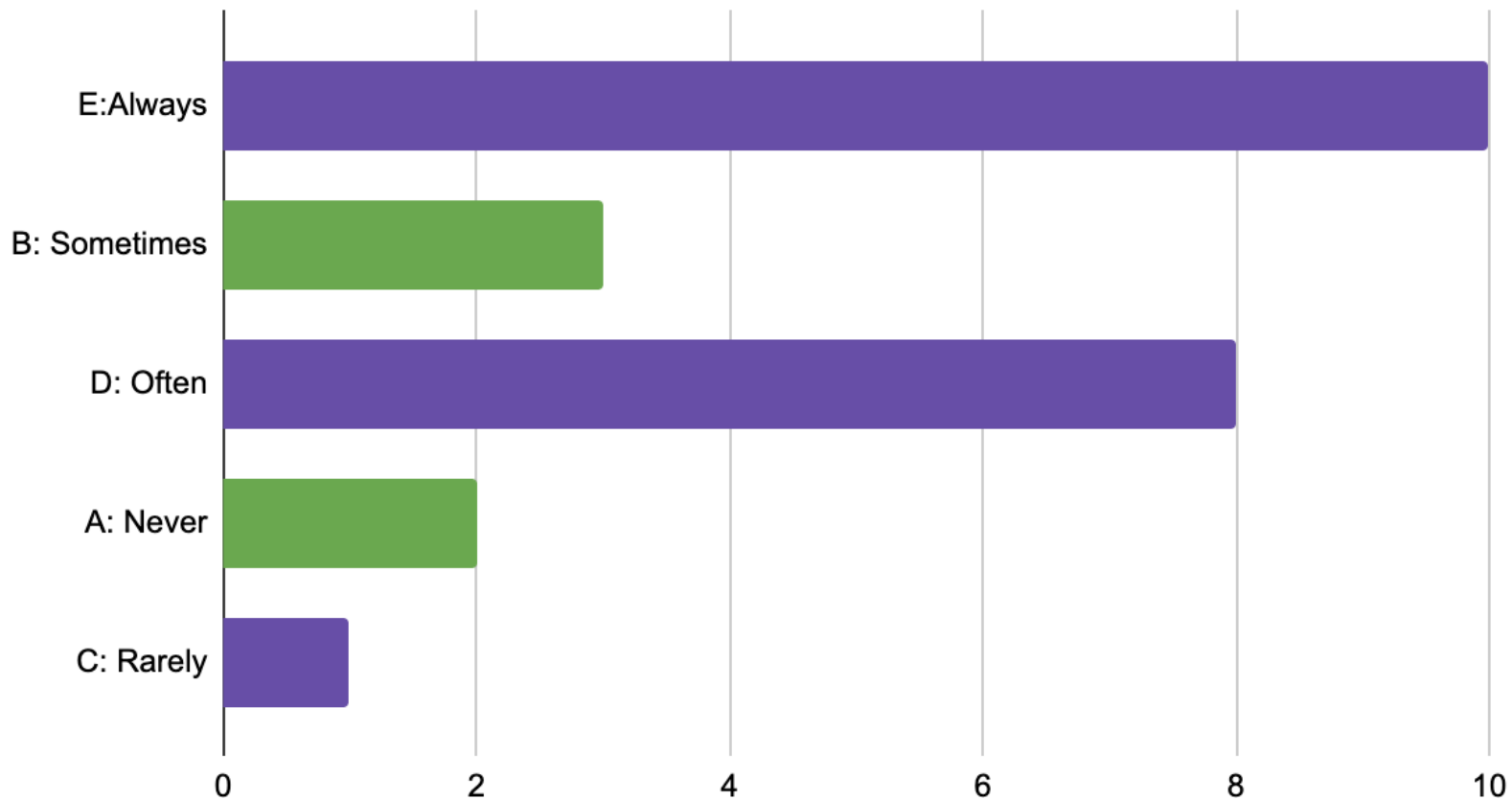
45.8%

B: Sometimes

25.0%



I put myself in the shoes of others



I sympathize with people

C: Rarely

8.3%

E: Always

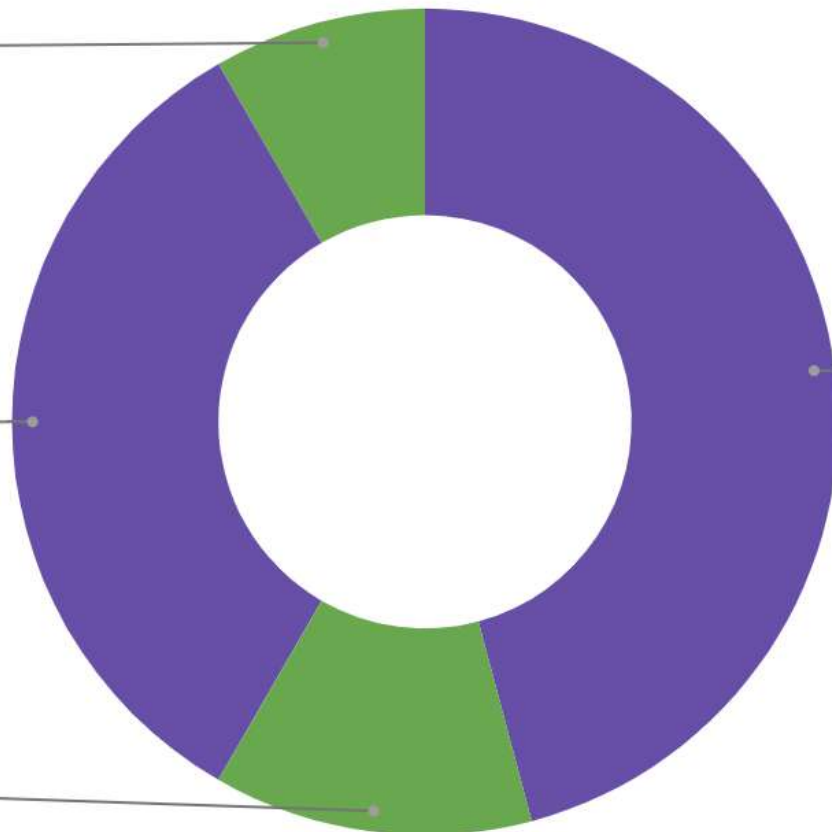
33.3%

B: Sometimes

12.5%

D: Often

45.8%





Conclusion