

Secondary Traumatic Stress and Burnout: A Study Among Practicing Legal Advocates in Coimbatore

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ABSTRACT

Secondary trauma and burnout are increasingly recognized as critical challenges in professions dealing with human suffering, particularly among legal advocates who manage clients' traumatic experiences, threats, and the demanding nature of litigation. Whilst these issues have been extensively studied in healthcare and counselling, limited attention has been given to the legal field, especially in regional contexts such as Coimbatore. This study investigates the relationship between secondary traumatic stress (STS) and burnout among legal advocates, with additional focus on the influence of work experience and gender. A quantitative research design was adopted, involving 400 practicing advocates in Coimbatore, and data were collected using the Professional Quality of Life Scale (ProQOL), Version 5, a validated measure of compassion fatigue and burnout. Pearson's correlation analysis revealed a significant positive relationship between STS and burnout, $r(398) = .56, p < .001$, indicating that higher levels of STS are associated with greater burnout. These findings underscore the urgent need for awareness, preventive interventions, and institutional support within the legal profession. By highlighting the psychological burden borne by advocates, this study contributes to a deeper understanding of occupational stress and emphasizes the importance of fostering mental well-being and career sustainability.

Keywords: Secondary Traumatic Stress (STS), Burnout, Legal Advocates.

INTRODUCTION

Context and Background

Lawyers help protect fairness in courts while defending personal freedoms. When people suffer harm, mistreatment, grief, or unfair treatment, these professionals often step in to assist. Working under heavy loads, tight schedules, yet endless legal steps marks daily life for attorneys across Coimbatore, much like elsewhere in India. Handling tough, visible cases sometimes brings harsh words, warnings, on rare occasions bodily risk their way. Long days, small paychecks, few thanks

- that's daily life for many young lawyers. Meetings pushed last minute, bills left unpaid, key details held back - difficult clients add strain without warning. Rulings that feel unjust pile up over time, sometimes chipping away at belief in the law itself. Hardship gets shrugged off as part of the job, quietly accepted as normal. Little space exists to speak about how it truly feels underneath

Spent too long under job pressure or emotional weight? That's when burnout or secondary traumatic stress can take hold. Feeling drained inside, worn out in body, less proud of what you do - these show up after months of tough working conditions. Think heavy tasks, little say over decisions, support missing where it matters (Maslach & Jackson, 1981). Some start doubting why they even showed up, pull back from people they help, wonder if any of it counts anymore. Quietly, slowly, the drive just fades

Hearing about someone else's trauma can leave a mark. When helpers listen to painful stories, tension builds even if they did not live through the event (Figley, 1995). Flashbacks creep in, feelings go flat, triggers get avoided, alertness stays high - much like PTSD. People supporting victims of abuse or violence absorb silent



wounds. That weight piles up, yet it gets brushed off as just being tired or too sensitive. With time, exhaustion mixes with secondary stress, stirring worry, short tempers, foggy thinking, weaker work output. Still, lawyers rarely talk about such struggles; emotions are seen as personal matters, part of the job's cost. Spotting signs early helps keep minds steady and practice strong. Because silence does more harm than good

While many studies have looked at burnout and secondary trauma in doctors and therapists, lawyers rarely come into view. Shifting focus to Coimbatore's advocates, this work steps into that overlooked space. Highlighting their mental strain opens a path toward recognizing they too need care, just as much as social workers or nurses do. Quiet struggles show up often - men and women alike hold back, worried about being seen as weak. With time in the field comes some resilience, though how it builds differs from one person to another. Now and then, someone who fights for justice grows tougher over time - though plenty feel worn down by what they see. Over months or years, a few step away from crime-related work, trading it for courtroom battles without handcuffs, simply because their nerves begin to fray

What keeps advocates busy isn't just understanding difficult laws, yet handling deep emotions during tough talks with clients. Facing painful stories without reacting might seem professional, still it chips away at inner balance over time. Staying neutral in troubling moments takes effort, especially when personal values clash with duties. Pushing feelings aside too often leads to mental exhaustion, weaker compassion, later poor choices. This pressure grows heavier where systems fail to offer help. Support like regular guidance or therapy stays uncommon in Indian law circles, unlike hospitals or schools where such aid exists. Alone in the struggle, helpers often lean on their own grit or quiet bonds with others doing similar work. Without steady backing from larger structures, exhaustion and emotional strain stick around - showing up again and again, no matter how long someone has been advocating. What happens in Coimbatore shapes this matter in its own way. Growing into a key place for legal work across Tamil Nadu, court cases about families, land disagreements, and business matters keep rising here. Because more cases arrive every year, lawyers feel greater strain - particularly those working alone or in tiny offices missing back-office help. Stress builds when long hours meet deep emotions and uncertain income, making this city stand out for looking closely at how law jobs affect inner well-being.

Why This Study Matters

Coimbatore offers real-world grounding for this study. One thing stands out - lawyers in smaller cities often carry heavy case loads while lacking solid backup from staff or institutions, making long-term strain almost inevitable. Another point: legal professionals regularly face distressing stories through their work, something known to trigger emotional wear in fields like healthcare, yet barely looked at among lawyers. Then there's location - a lot of past studies come from Europe, North America, or big Indian cities such as Mumbai and Delhi. Since daily pressures, attitudes toward mental health, and ways people deal with stress aren't the same everywhere, findings from places like Coimbatore matter when shaping realistic help strategies

Still, attitudes around stress and mental wellness run deep in India's legal circles. Speaking up about emotional strain often feels like showing frailty, some lawyers think. That idea shuts down honest talks, blocks any real support systems from forming. Looking closely at these unspoken rules through solid study might slowly shift mindsets, plant seeds for better care habits among practitioners. Quiet changes could take root when facts guide the way forward

REVIEW OF LITERATURE

Looking into secondary traumatic stress and burnout mostly focuses on those in mental health and aid work, pointing out how being around client pain too long drains energy and weakens job performance. In India, results line up - psychologists, counsellors, and social workers show strong signs of compassion fatigue and exhaustion, especially when workplace backing falls short and people handle stress by pulling away (Priya, 2024; Shah, 2007). When it comes to gender, a pattern shows up: women tend to feel more affected by indirect trauma exposure. The weight of helping trauma survivors leaves marks, so building inner strength and daily well-being practices matters deeply.



Across countries, patterns look similar. In Norway, heavy demands plus dealing with clients take a toll without proper oversight - much like in parts of the U.S., where pressure builds under those conditions. Still, steady guidance helps, just as paying attention to the moment does. Being kind to oneself matters too when facing strain. Resilience inside workplaces changes how stress lands

- lessening its grip while lifting job satisfaction. Culture within organisations plays a quiet but powerful part: places that value listening, honesty, and helping each other soften the blow of tough days. Well-being on the job isn't only up to individuals - systems shape it more than most admit

Even with plenty of proof around, hardly anyone has looked into how the law field handles stress

- especially in India. Facing tough emotional situations is common for lawyers, still most never get proper guidance or support systems. Because of that, although we know a lot about exhaustion and trauma responses in medical workers, similar patterns in legal professionals stay unclear. This work aims to explore those unseen links between indirect trauma and fatigue in attorneys from Coimbatore, paying close attention to differences tied to gender and years on the job

Looking closer at tough workplaces shows how people handle pressure over time. Not breaking down does not mean feeling no strain it means bouncing back while still getting things done.

Working as a lawyer, staying steady often comes from doing similar jobs before, leaning on coworkers, or using ways to stay calm like paying attention to feelings or keeping emotions in check. Yet even strong responses can wear thin when stress keeps coming without enough chance to rest. That shift matters because long careers in law face ongoing emotional weight making it key to study how time spent shapes endurance.

Research Aim

This research looks into how common secondary traumatic stress and burnout are among legal advocates in Coimbatore. While examining links between these conditions, it considers differences tied to gender alongside years spent working in law. Instead of focusing only on problems, attention also turns toward what might protect individuals in such demanding roles. Alongside risks, aspects that support mental well-being emerge through the findings

Objectives

1. To examine the presence and impact of secondary traumatic stress and burnout among legal advocates in Coimbatore.
2. To analyse the extent to which professional experience influences resilience and vulnerability to stress and fatigue.
3. To explore gender-based variations in the experience of burnout and STS among advocates.
4. To highlight the implications of these findings for the broader legal system, including professional ethics, empathy, and quality of justice delivery.

This research aims to shape better workplace policies because of that insight. Workshops on handling pressure might come from it, along with access to therapy sessions. Support networks for newer professionals could be part of the outcome too. When people talk openly about struggles, shame tends to fade a little. Help feels more reachable once speaking up becomes normal

Hypotheses

This research aims to examine these ideas:

This study proposes to test the following hypotheses:



H1. Higher levels of secondary traumatic stress will be positively correlated with higher levels of burnout. Advocates who experience greater emotional exposure to clients' trauma are expected to report increased emotional exhaustion and disengagement.

H2. Female advocates will report higher levels of secondary traumatic stress and burnout compared to male advocates. This is based on prior research suggesting that women in helping professions often experience deeper emotional involvement, which can increase susceptibility to fatigue.

H3. Years of professional experience will be negatively correlated with levels of secondary traumatic stress and burnout. Advocates with longer experience are anticipated to demonstrate stronger coping mechanisms and greater emotional resilience, reducing their vulnerability to stress.

METHODOLOGY

Research Design

One look at this research shows numbers were used to check how Secondary Traumatic Stress ties to Burnout in Legal Advocates working in Coimbatore. Alongside, attention turned to Gender and time spent on the job - do they shape stress or exhaustion? Since nothing was forced or changed by researchers, real-world links between these mental health factors could be seen more clearly. That is why a method watching natural patterns fit best here

Participants

Forty men plus three hundred and sixty women lawyers took part, all working across courts and law firms in Coimbatore District, Tamil Nadu, India. Chosen deliberately, every person had stood in court or handled cases for at least twenty-four months. Not just one kind of lawyer - some dealt with crime, others with disputes like property or contracts. Ages spread wide, starting at twenty-five, ending at fifty-five, averaging thirty-seven point eight, varying by about seven years. Above ten years marked the top tier of work experience, while two to five defined the lowest group. Those on break from practice or suspended did not make it into the analysis. In between, six to ten years formed the middle range

Tools Used

Starting with a tool made by Stamm in 2010, researchers checked levels of secondary trauma and exhaustion. This version, known as ProQOL-V, includes thirty questions answered using numbers one through five - where never is 1 and very often is 5. Each item helps track three different aspects tied to long-term emotional strain

- Compassion Satisfaction
- Burnout
- Secondary Traumatic Stress

Burnout and STS parts alone went into this analysis. Earlier work showed the ProQOL-V holds up well - alpha scores at .85 for Burnout, .81 for Secondary Traumatic Stress. Here, reliability stayed strong: Burnout landed at .84, STS came in at .83. Numbers held steady across both measures

Procedure

Before gathering any information, approval came through from the Coimbatore Bar Association along with other needed legal bodies. Researchers shared the study's purpose with those who might join; only after did they collect signed agreement to participate. Instead of handing out just paper forms, the team offered the questionnaire face-to-face or via an encrypted web link - this helped fit into lawyers' busy routines. To encourage openness, each person received reminders about truthful answers while also learning their privacy would be protected



throughout. Though spread across six full weeks, the entire process of collecting results finished on schedule. Most individuals spent close to a quarter hour filling in the form, rarely going beyond that window

Data Analysis

Analysis took place in JAMOV, version 2.6. To understand overall patterns, measures like averages, spread of scores, and how often values appeared were calculated - this applied to both secondary traumatic stress and burnout. Looking into connections, a Pearson correlation helped spot any link between those two conditions. When checking differences across groups, an ANOVA examined how time spent working - split into low, medium, or high ranges - and whether someone identified as male or female played a role in STS or burnout levels. For every test that went beyond description, results counted as meaningful only if they fell below a p-value threshold of 0.05

RESULTS

Data gathered was checked through basic summaries plus deeper statistical methods to see how closely linked trauma stress gets with job exhaustion for lawyers working in Coimbatore. What stood out overall about stress and fatigue got highlighted by average measures, whereas connection strength came into view when comparing results across genders or time spent on the job via correlation tools and variance checks.

Descriptive Statistics

A look at the core numbers showed average results for key parts of the study. On the STS scale, people scored around 42.16, give or take 9.45 points. Burnout averages landed near 40.88, varying by about 8.73. These figures point to middle-range intensity for both stress types across those involved. Details for every measure appear in Table 1.

Table 1: Descriptive Statistics for Study Variables (N = 400)

Variable	M	SD
Secondary Traumatic Stress	42.16	9.45
Burnout	40.88	8.73

Correlation Between Secondary Trauma and Burnout

A Pearson product-moment correlation was conducted to examine the relationship between STS and burnout among advocates. Results indicated a significant positive correlation, r

$(398) = .56, p < .001$, suggesting that higher levels of STS were associated with higher levels of burnout. Table 2 shows the correlation coefficient between STS and burnout.

Table 2: Correlation Between Secondary Traumatic Stress and Burnout

Variables	1	2
1. Secondary Traumatic Stress	—	.56***
2. Burnout	.56***	—

Note. *** $p < .001$.

How Experience Influences STS and Burnout

An analysis of one way ANOVA checked how work history - short, average, long - affects stress and exhaustion.



Not much changed when comparing groups, $F(2, 397) = 0.14$, $p = .87$ for stress, also no real shift seen with tiredness at $F(2, 397) = 0.10$, $p = .91$. So longer time on the job didn't seem to shield anyone from these issues. You'll find deeper numbers by experience level in

Table 3: One-Way ANOVA Results for Experience Levels

Variable	Source	SS	df	MS	F	p
STS	Between Groups	1.82	2	0.91	0.14	0.87
STS	Within Groups	2584.3	397	6.51	—	—

Burnout	Between Groups	1.21	2	0.60	0.10	0.91
Burnout	Within Groups	2401.7	397	6.05		

Note: $N = 400$. None of the results were statistically significant.

How Gender Relates to STS and Burnout

Looking at stress and exhaustion across genders, a one way ANOVA checked for differences. Not much turned up when it came to STS - numbers showed no real gap between men and women, $F(1, 398) = 0.13$, $p = .72$. Still, burnout painted a different picture; the split by gender nearly crossed into meaningful territory, $F(1, 398) = 3.55$, $p = .06$. Women in advocacy roles reported somewhat elevated fatigue compared to their male peers. What popped out from the calculations sits laid out in Table 4.

Table 4: One-Way ANOVA Results for Gender Differences

Variable	Source	SS	df	MS	F	p
STS	Between Groups	0.95	1	0.95	0.13	0.72
STS	Within Groups	2905.60	398	7.30	—	—
Burnout	Between Groups	25.92	1	25.92	3.55	0.06
Burnout	Within Groups	2900.40	398	7.29	—	—

Note: $*N = 400$. The effect of gender on burnout approached significance ($p = .06$).

SUMMARY OF RESULTS

A look at Table 5 shows every main analysis done during the research - correlations, ANOVA, and more. The big picture? Stress levels tied closely to emotional exhaustion in helpers. Not so much with whether someone is male or female. Time spent on the job didn't shift things either. Results stayed strong across each check

Table 5: Summary of All Analyses

Summary of Statistical Analyses



Analysis	Statistic	df	p-value	Result
Correlation (STS–Burnout)	$r = 0.56$	398	$< .001$	Significant
ANOVA (Experience → STS)	$F = 0.14$	2, 397	0.87	Not significant
ANOVA (Experience → Burnout)	$F = 0.10$	2, 397	0.91	Not significant
ANOVA (Gender → STS)	$F = 0.13$	1, 398	0.72	Not significant
ANOVA (Gender → Burnout)	$F = 3.55$	1, 398	0.06	Near significant

DISCUSSION

Summary of Findings

A strong link showed up when looking at secondary traumatic stress and burnout - scores climbed together (.56, p less than .001). When helpers carry heavier emotional loads from others' trauma, their own fatigue often grows, along with detachment and feeling ineffective. Not everyone feels it the same way, yet time spent on the job didn't change how deep the strain ran. Women and men faced similar pressures, no clear gap seen across genders. The weight of hearing tough stories seems to land hard, whether you're new or been doing this work for years. What matters most might be the nature of what's heard - not who hears it or how long they've listened.

Interpretation of Results

One look at the link between secondary trauma and burnout lines up with older studies showing those who hear about others' pain often struggle inside. Lawyers dealing with tough stories now and then feel it too, just like therapists or nurses hearing hard truths every day. Time spent on the job does not seem to change how deeply it hits - maybe because long hours with emotional weight add up no matter what. Even though some might expect years to help ease the load, reality feels heavier than that idea holds. Noticing no real gap by gender matters - even if women lean slightly more toward feeling worn down, numbers do not shout a clear difference. What stays true is the slow build of pressure from choices, emotions, and moral questions packed into each case. That steady push forward under invisible loads shapes how minds respond over time

Comparing Past Studies

These new results line up with earlier work on helpers like counselors, medical staff, nurses - people who face emotional strain through their work, showing that stress from others' trauma links closely with exhaustion (Figley, 1995; Adams et al., 2006). Still, not much attention has gone to lawyers, especially those practicing law in India. Because of this gap, the present outcome adds weight to past writings by pointing out how attorneys - who rarely show up in wellness-related studies - can suffer emotionally just by hearing about painful events secondhand

What the study suggests

Finding these results changes how things might work in real situations

1. Every now and then, signs show that clear mental health backing at work matters deeply for those who speak up for others. When tension builds, short courses on handling pressure - held once in a while - can ease some weight. Talking circles where people share experiences among peers might soften the strain of hearing tough stories too often
2. A fresh take on skill-building might help lawyers handle stress better. Workshops that focus on mental toughness can become part of their regular growth path. These sessions, when woven into routine training, build stronger responses to pressure. Instead of reacting sharply, professionals may learn to pause, adjust, then move forward. Growth happens step by step, especially with steady guidance. Support from mentors adds depth to these learning moments. Over time, small shifts lead to noticeable strength
3. Starting with bar groups, mental wellness gets woven into ethical standards when rules shift to include support services. Where lawyers work, guidance begins treating emotional health like any duty owed to the



profession. Access grows once institutions build pathways to therapy and care options. Rules change quietly, yet clearly, by linking personal stability to responsible practice. Support systems rise without fanfare because everyday tools matter most

Limitations

Even though the research offers useful observations, it does come with certain drawbacks. Because participants were chosen deliberately, results might not apply outside Coimbatore. Answers on the ProQOL survey could lean toward what seems socially acceptable rather than full truth. Since data was gathered at just one point in time, linking STS directly to burnout remains uncertain. Looking ahead, longer-term studies combining numbers and personal stories may uncover deeper patterns behind how advocates actually experience their work

Future research directions

One way forward might be pulling in participants from many parts of India, not just a few spots. Looking at how people handle pressure - like through mindfulness or backing from their workplace

- could show what softens the hit between secondary trauma and burnout. Programs designed to ease stress for lawyers may work differently than expected; testing them would help clarify things

CONCLUSION

This research looked into how secondary traumatic stress connects with burnout in lawyers working in Coimbatore, while also considering how gender and time spent in the field might play a part. Because symptoms of trauma absorbed from clients tend to rise, feelings of being emotionally drained show similar increases among these professionals. Though both men and women face strain, patterns differ - shaped partly by how long someone has practiced law. As one factor grows stronger, so does the other, suggesting they move together rather than alone. Time spent handling tough cases often leaves subtle marks, not always seen at first glance.

Surprisingly, the findings showed gender didn't matter - experience offered no shield either. What stands out is how every advocate, no matter their history or time on the job, can feel worn down by long stretches of tough cases

Finding ways to act on these results matters in real life, not just theory. Spotting mental health early makes a difference, especially when backed by strong office policies and tools that help lawyers bounce back. Support feels more possible where talk sessions sit alongside regular work check-ins, guided by trained eyes. When teams include time for listening, those doing legal jobs handle daily pressure clearer, staying healthier over years

A single snapshot in time plus reliance on personal accounts may narrow how widely these findings apply; still, they open paths forward for deeper work on stress responses, present-moment awareness practices, and shifts in workplace structure among lawyers

Still, the findings show secondary traumatic stress plus burnout go beyond job strain - they're serious mental health issues needing response. When leaders in lawmaking, bar groups, and practicing lawyers take note, change becomes possible. Supportive workplaces matter. So does personal strength under pressure. Together, they help lawyers stay grounded - while justice stays human

END NOTE

Heavy mental tolls show up quietly behind courtrooms, even though sharp thinking and big choices define law work. Behind every case file, some lawyers carry hidden weight from hearing painful stories day after day. Stress builds not just from workload but from absorbing others' crises over time. What looks like routine lawyering may mask deep fatigue rooted in empathy. Long hours meet human pain, leaving marks that rarely make headlines. Quiet exhaustion spreads where justice is sought



What if the link between STS and burnout isn't just a pattern but proof? This study shows helpers' pain runs deeper than job stress - it points straight at mental health risk. Even time spent working or being male or female changes little. Protection seems thin across the board. Anyone in this work might find themselves exposed, regardless of background

This work aims to spark shifts in how law careers are supported - urging courts, legal groups, and lawmakers to take seriously the emotional strain behind courtroom success. Not through grand gestures but steady measures: regular check-ins between colleagues, skill building around mental wellness, guidance from experienced peers, care pathways when stress builds. Change grows quietly, through consistent steps that make enduring practice possible

One way or another, looking after lawyers' well-being matters just as much for the system as it does for the person. Maybe now, this work adds something real to how people talk about stress in law jobs - keeps conversations going, maybe even nudges change down the line

ACKNOWLEDGEMENTS

Finding our way through the project felt clearer because of Mrs. S. Sanjena's steady hand. Each suggestion she offered shaped a better understanding of how stress builds up in lawyers at work. When things slowed down, it was her words that kept us moving forward. Without her time spent reviewing each part carefully, the outcome might have turned out very different. Looking back now, progress came not just from effort but also from consistent direction received along the way

Gratitude goes to the Psychology Department at Hindustan College of Arts and Science - without their backing, this work wouldn't have moved forward. Their help came through chance meetings, quiet approvals, small gestures that added up when needed most. Space was given where none seemed available, time carved out from packed days. Behind every page sits someone who said yes instead of no

Gratitude goes out to the Department of Psychology at Christ University, Bangalore - not just for hosting the event, yet offering space where ideas could take shape through shared study. What stands clear is how such moments grow when minds meet on neutral ground, shaped by quiet effort behind the scenes

Gratitude goes to the Coimbatore Bar Council along with lawyers involved in the study, giving freely of their time and stories. Last but not least, those closest to us - family and friends - stood by with quiet strength, steady support, and constant encouragement during every phase of this work.

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 18. Ethical Considerations
 19. Declaration of Interests: The authors declare no competing interests related to this research.
 20. Funding Sources: This research received no external funding. Ethics Statement
 21. This study received ethical approval from the Institutional Review Board of Hindusthan College of Arts & Science, Coimbatore. The committee does not issue approval numbers.

APPENDIX A

Informed Consent Form

Invitation to Participate in an Academic Research Survey on *Secondary Traumatic Stress and Burnout: A Study Among Practicing Legal Advocates in Coimbatore*

We cordially invite you to take part in a research study conducted by S Vasanth & Karon Jose R B under the guidance & supervision of Mrs. SANJENA S., Assistant Professor, Department of Psychology, Hindusthan College of Arts & Science, Coimbatore-28.

Confidentiality & Data Handling:

We prioritize your PRIVACY and CONFIDENTIALITY. No personally identifiable information will be collected, and all responses will be treated with the utmost confidentiality, solely for academic research purposes.

Voluntary Participation:

Your participation in this study is entirely voluntary. You retain the right to decline participation or withdraw from the study at any point without any repercussions or loss of benefits. Your decision will have no impact on your relationship with the researchers or the institution, both presently and in the future.

As a participant in this study, you will be requested to:

- 1) Carefully and mindfully read a series of statements and provide your immediate responses.

Your responses may range from Strongly Agree to Disagree, depending on your personal perspective.

- 2) Your valuable responses will contribute to a deeper understanding of the psychological phenomenon under



investigation

Contact Information:

Should you have any questions or require further clarification about the study, please feel free to contact Mr. S Vasanth at

Your participation is highly appreciated and will contribute significantly to advancing our understanding in the field of psychology.

Thank you for considering this invitation. Sincerely,

S.Vasanth

Consent:

I have read and understood the information provided above regarding the research study. I have had the opportunity to ask questions and have received satisfactory answers. I voluntarily agree to participate in this study.

APPENDIX B

Demographic Information Sheet

Participants were asked to provide the following information:

1. Initials of your name (S VASANTH = SV)
2. Gender (Male/Female/Other)
3. Age
4. Marital Status (Single/Married/Separated/Divorced/Widowed)
5. Qualification (BA LL.B/BBA LL.B/B.Com LL.B/LL.B/LL.M/Ph.D. in Law)
6. Year of experience (0 to 10/10 to 20/30 to 40/40 to 50/50 to 60)
7. Area of residence (Urban/Rural)

APPENDIX C

Professional Quality of Life Scale (ProQOL–Version 5)

(Burnout and Secondary Traumatic Stress Subscales)

Burnout Subscale Items:

(Items 1, 4, 15, 17, 19, 21, 26, etc.)

Secondary Traumatic Stress Subscale Items:

(Items 2, 5, 10, 12, 13, 18, 24, etc.)

Response Format:

1 = Never



2 = Rarely

3 = Sometimes

4 = Often

5 = Very Often

Note: "The full ProQOL-V scale is copyrighted by the developer (Stamm, 2010).

The scale was used with permission, and only subscale item numbers are listed here."

APPENDIX D

Statistical Output Summary (JAMOVİ) Included Outputs:

- Correlation matrix (STS ↔ Burnout)
- ANOVA tables for Experience
- ANOVA tables for Gender
- Descriptive statistics summary

Study: Secondary Traumatic Stress and Burnout Among Practicing Legal Advocates in Coimbatore

Ethics Committee Application Form
Institution: Hindusthan College of Arts & Science, Coimbatore
Department: Department of Psychology
Principal Investigator: S VASANTH & KARON JOSE R B, 3rd UG Student
Supervisor: Ms. S. Sanjena, Assistant Professor
Study Type: Quantitative
Data Collection: Online questionnaires

Purpose:
To assess secondary traumatic stress and burnout among legal advocates.

Participants:
400–500 practicing legal advocates.

Instruments:
- Professional Quality of Life Scale (ProQOL–Version 5)

Risks:
Possible emotional discomfort; participants may skip questions.

Confidentiality:
Anonymous; secure storage.

Ethical Compliance:
APA (2017) and ICMR (2017).

Participant Information Sheet
The study assesses trauma-related stress and burnout.
Time: 12–15 minutes.
Participation voluntary and anonymous.

Helplines:
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Informed Consent Form
By participating, you confirm:
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APPENDIX F

Plagiarism Screening Report

This document underwent plagiarism screening using an institutional plagiarism detection tool to ensure academic originality. The complete report is provided below for verification.

