

Caregiver Burden Scale

The instrument comprises of five Factors: general strain, isolation, disappointment, emotional involvement and environment. The questionnaire is organised under the following factors and were presented by the following questions:

General strain	: 1, 3, 4, 5, 7, 10, 14 and 19.
Isolation	: 8, 12 and 22.
Disappointment	: 2, 13, 18, 20 and 21.
Emotional involvement	: 9, 15 and 17.

Questions

Please, place a tick in the appropriate box.

No 1. Do you feel tired and worn out?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 2. Do you feel lonely and isolated because of your relative's problem?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 3. Do you think you have to shoulder too much responsibility for your relative's welfare?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 4. Do you sometimes feel as if you would like to run away from the entire situation you find yourself in?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 5. Do you find yourself facing purely practical problems in the care of your relative that you think are difficult to solve?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 6. Do you ever feel offended and angry with your relative?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 7. Do you think your own health has suffered because you have been taking care of your relative?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 8. Has your social life, eg with family and friends, been lessened?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 9. Does the physical environment make it troublesome for you taking care of your relative?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 10. Do you feel tied down by your relative's problem?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 11. Do you feel embarrassed by your relative's behaviour?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 12. Has your relative's problem prevented you from doing what you had planned to do in this phase of your life?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃
- ☐ Often₄

No 13. Do you find it physically trying to take care of your relative?

- ☐ Not at all₁
- ☐ Seldom₂
- ☐ Sometimes₃

☐ Often₄

No 14. Do you think you spend so much time with your relative that the time for yourself is insufficient?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 15. Do you worry about not taken care of your relative in the proper way?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 16. Are you sometimes ashamed of your relative's behaviour?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 17. Is there anything in the neighbourhood of your relative's home making it troublesome for you to take care of your relative?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 18. Have you experienced economic sacrifice because you have been taking care of your relative?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 19. Do you find it mentally trying to take care of your relative?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 20. Have you a feeling that life has treated you unfairly?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 21. Had you expected that life would be different than it is at your age?

☐ Not at all₁

☐ Seldom₂

☐ Sometimes₃

☐ Often₄

No 22. Do you avoid inviting friends and acquaintances home because of your relative's problem?

- ☐ Not at all¹
- ☐ Seldom²
- ☐ Sometimes³
- ☐ Often⁴

Reference: Elmståhl et al, Arch Phys Med Rehabil Vol 77, February Division of Geriatric Medicine, Lund University, Malmö University Hospital, Malmö, Sweden
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