

A3.32 Zarit Caregiver Burden Inventory

The following questions reflect how people sometimes feel when taking care of another person. After each question, indicate how often you feel that way, never, rarely, sometimes, quite frequently or nearly always. There are no right or wrong answers.

		Never	Rarely	Sometimes	Quite frequently	Nearly always
1	Do you feel that (<i>the participant</i>) asks for more help than he/ she needs?	0	1	2	3	4
2	Do you feel that because of the time you spend with (<i>the participant</i>) that you do not have enough time for yourself?	0	1	2	3	4
3	Do you feel stressed between caring for (<i>the participant</i>) and trying to meet other responsibilities for your family or work?	0	1	2	3	4
4	Do you feel embarrassed over (<i>the participant</i>)'s behaviour?	0	1	2	3	4
5	Do you feel angry when you are around (<i>the participant</i>)?	0	1	2	3	4
6	Do you feel that (<i>the participant</i>) currently affects your relationship with other family members or friends in a negative way?	0	1	2	3	4
7	Are you afraid what the future holds for (<i>the participant</i>)?	0	1	2	3	4
8	Do you feel that (<i>the participant</i>) is dependant upon you?	0	1	2	3	4
9	Do you feel strained when you are around (<i>the participant</i>)?	0	1	2	3	4
10	Do you feel your health has suffered because of your involvement with (<i>the participant</i>)?	0	1	2	3	4
11	Do you feel that you do not have as much privacy as you would like, because of (<i>the participant</i>)?	0	1	2	3	4
12	Do you feel that your social life has suffered because you are caring for (<i>the participant</i>)?	0	1	2	3	4

		Never	Rarely	Sometimes	Quite frequently	Nearly always
13	Do you feel you are uncomfortable about having friends over, because of (<i>the participant</i>)?	0	1	2	3	4
14	Do you feel that (<i>the participant</i>) seems to expect you to take care of her/him, as if you were the only one she/he could depend on?	0	1	2	3	4
15	Do you feel that you do not have enough money to care for (<i>the participant</i>), in addition to the rest of the expenses?	0	1	2	3	4
16	Do you feel that you will be unable to take care of (<i>the participant</i>) much longer?	0	1	2	3	4
17	Do you feel you have lost control of your life since (<i>the participant</i>)'s illness?	0	1	2	3	4
18	Do you wish you could just leave the care of (<i>the participant</i>) to someone else?	0	1	2	3	4
19	Do you feel uncertain about what to do about (<i>the participant</i>)?	0	1	2	3	4
20	Do you feel you should be doing more for (<i>the participant</i>)?	0	1	2	3	4
21	Do you feel you could do a better job in caring for (<i>the participant</i>)?	0	1	2	3	4
		Not at all	A little	Fairly	Quite a bit	Very
22	Overall, how burdened do you feel in caring for (<i>the participant</i>)?	0	1	2	3	4