

CAREGIVER BURDEN SCALE

Zarit et al. (1980), *Gerontologist*, 20(6), 649-55

Instructions: Read each statement and rate it on a scale from 0 (never) to 4 (nearly always)

| In general, how often do you feel: | Never | | | | | Nearly Always |
|---|-------|---|---|---|---|---------------|
| There is not enough time for yourself | 0 | 1 | 2 | 3 | 4 | |
| Overtaxed with responsibilities | 0 | 1 | 2 | 3 | 4 | |
| Like you've lost control over your life | 0 | 1 | 2 | 3 | 4 | |
| | | | | | | |
| In regard to the relative for whom you are caring, how often do you feel: | | | | | | |
| Uncertain about what to do for your relative | 0 | 1 | 2 | 3 | 4 | |
| Like you should do more for your relative | 0 | 1 | 2 | 3 | 4 | |
| Like you could do a better job of caring | 0 | 1 | 2 | 3 | 4 | |
| | | | | | | |
| When you are with the relative for whom you are caring, how often do you feel: | | | | | | |
| A sense of strain | 0 | 1 | 2 | 3 | 4 | |
| Anger | 0 | 1 | 2 | 3 | 4 | |
| Embarrassment | 0 | 1 | 2 | 3 | 4 | |
| Uncomfortable about having friends over | 0 | 1 | 2 | 3 | 4 | |
| | | | | | | |
| How often do you feel that your relationship with the relative for whom you're caring negatively impacts: | | | | | | |
| Your social life | 0 | 1 | 2 | 3 | 4 | |
| Other relationships with family and friends | 0 | 1 | 2 | 3 | 4 | |
| Your health | 0 | 1 | 2 | 3 | 4 | |
| Your privacy | 0 | 1 | 2 | 3 | 4 | |
| | | | | | | |
| How often do you: | | | | | | |
| Feel you receive excessive help requests | 0 | 1 | 2 | 3 | 4 | |
| Feel all the responsibility falls on one caregiver | 0 | 1 | 2 | 3 | 4 | |
| Fear the future regarding your relative | 0 | 1 | 2 | 3 | 4 | |
| Fear not having enough money to care for your relative | 0 | 1 | 2 | 3 | 4 | |
| Fear not being able to continue caring for your relative | 0 | 1 | 2 | 3 | 4 | |
| Wish to leave the care of your relative to someone else | 0 | 1 | 2 | 3 | 4 | |
| | | | | | | |
| How much does your spouse/loved one depend on you as the caregiver? | 0 | 1 | 2 | 3 | 4 | |

Please rate your overall level of burden in caring for your spouse/relative:

(0) No burden at all (1) Mild Burden (2) Moderate Burden (3) Severe Burden (4) Extreme Burden

Interpretation:

- a. No or minimal burden: 0 to 20
- b. Mild to moderate burden: 21 to 40
- c. Moderate to severe burden: 41-60
- d. Severe burden: 61 to 88