

Burden Interview

Instructions:

The Burden Interview has been specially designed to reflect the stresses experienced by caregivers of dementia patients. It can be completed by caregivers themselves or as part of an interview. Caregivers are asked to respond to a series of 22 questions about the impact of the patient's disabilities on their life. For each item, caregivers are to indicate how often they felt that way (never, rarely, sometimes, quite frequently, or nearly always).

Scoring:

The Burden Interview is scored by adding the numbered responses of the individual items. Higher scores indicate greater caregiver distress. The Burden Interview, however, should not be taken as the only indicator of the caregiver's emotional state. Clinical observations and other instruments, such as measures of depression, should be used to supplement this measure.

Norms for the Burden Interview have not been computed, but estimates of the degree of burden can be made from preliminary findings. These are:

0 – 20	Little or no burden
21 – 40	Mild to moderate burden
41 – 60	Moderate to severe burden
61 – 88	Severe burden

Sources:

- Brown JL, Potter JF, Foster BG. Caregiver burden should be evaluated during geriatric assessment. *J Am Geriatr Soc.* 1990;38(4):455-460.
- Cummings JL, Frank JC, Cherry D et al. Guidelines for managing Alzheimer's disease: part I. Assessment. *Am Fam Physician.* 2002;65(11): 2263-2272.
- Council on Scientific Affairs, American Medical Association. Physicians and family caregivers: a model for partnership. Council report. *JAMA.* 1993;269(10):1282-1284.
- Rankin ED, Haut MW, Keefover RW, Franzen MD. The establishment of clinical cutoffs in measuring caregiver burden in dementia. *Gerontologist.* 1994;34(6):828-32.
- Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. *Gerontologist.* 1980;20(6):649-655.

BURDEN INTERVIEW

INSTRUCTIONS:

The following is a list of statements which reflect how people sometimes feel when taking care of another person. After each statement, indicate how often you feel that way: never, rarely, sometimes, quite frequently, or nearly always. There are no right or wrong answers.

1. Do you feel that your relative asks for more help than he or she needs?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
2. Do you feel that, because of the time you spend with your relative, you don't have enough time for yourself?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
3. Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
4. Do you feel embarrassed about your relative's behavior?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
5. Do you feel angry when you are around your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
6. Do you feel that your relative currently affects your relationship with other family members?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
7. Are you afraid about what the future holds for your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
8. Do you feel that your relative is dependent upon you?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
9. Do you feel strained when you are around your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
10. Do you feel that your health has suffered because of your involvement with your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
11. Do you feel that you don't have as much privacy as you would like, because of your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
12. Do you feel that your social life has suffered because you are caring for your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
13. Do you feel uncomfortable having your friends over because of your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
14. Do you feel that your relative seems to expect you to take care of him or her, as if you were the only one he or she could depend on?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS

15. Do you feel that you don't have enough money to care for your relative, in addition to the rest of your expenses?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
16. Do you feel that you will be unable to take care of your relative much longer?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
17. Do you feel that you have lost control of your life since your relative's death?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
18. Do you wish that you could just leave the care of your relative to someone else?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
19. Do you feel uncertain about what to do about your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
20. Do you feel that you should be doing more for your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
21. Do you feel that you could do a better job in caring for your relative?
0 NEVER 1 RARELY 2 SOMETIMES 3 QUITE FREQUENTLY 4 NEARLY ALWAYS
22. Overall, how burdened do you feel in caring for your relative?
0 NOT AT ALL 1 A LITTLE 2 MODERATELY 3 QUITE A BIT 4 EXTREMELY

Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. *Gerontologist*. 1980;20(6):649-655.