

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)

	Never				Nearly Always
In general, how often do you feel:					
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