

The Zarit Burden Interview

0 - NEVER

3 - QUITE FREQUENTLY

1 - RARELY

4 - NEARLY ALWAYS

2 - SOMETIMES

Please circle the response that best describes how you feel.

Question	Score
1 Do you feel that your relative 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 your relative that you don't have enough time for yourself?	0 1 2 3 4
3 Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?	0 1 2 3 4
4 Do you feel embarrassed over your relative's behaviour?	0 1 2 3 4
5 Do you feel angry when you are around your relative?	0 1 2 3 4
6 Do you feel that your relative currently affects our relationships with other family members or friends in a negative way?	0 1 2 3 4
7 Are you afraid what the future holds for your relative?	0 1 2 3 4
8 Do you feel your relative is dependent on you?	0 1 2 3 4
9 Do you feel strained when you are around your relative?	0 1 2 3 4
10 Do you feel your health has suffered because of your involvement with your relative?	0 1 2 3 4
11 Do you feel that you don't have as much privacy as you would like because of your relative?	0 1 2 3 4
12 Do you feel that your social life has suffered because you are caring for your relative?	0 1 2 3 4

Question	Score
13 Do you feel uncomfortable about having friends over because of your relative?	0 1 2 3 4
14 Do you feel that your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on?	0 1 2 3 4
15 Do you feel that you don't have enough money to take care of your relative in addition to the rest of your expenses?	0 1 2 3 4
16 Do you feel that you will be unable to take care of your relative much longer?	0 1 2 3 4
17 Do you feel you have lost control of your life since your relative's illness?	0 1 2 3 4
18 Do you wish you could leave the care of your relative to someone else?	0 1 2 3 4
19 Do you feel uncertain about what to do about your relative?	0 1 2 3 4
20 Do you feel you should be doing more for your relative?	0 1 2 3 4
21 Do you feel you could do a better job in caring for your relative?	0 1 2 3 4
22 Overall, how burdened do you feel in caring for your relative?	0 1 2 3 4

Interpretation of Score:

- 0 - 21 little or no burden
- 21 - 40 mild to moderate burden
- 41 - 60 moderate to severe burden
- 61 - 88 severe burden