**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/she needs?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 4. Nearly Always

2. Do you feel that because of the time you spend with your relative that you don’t have enough time for yourself?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 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  
   - 4. Nearly Always

4. Do you feel embarrassed over your relative’s behavior?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 4. Nearly Always

5. Do you feel angry when you are around your relative?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 4. Nearly Always

6. Do you feel that your relative currently affects your relationship with other family members or friends in a negative way?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 4. Nearly Always

7. Are you afraid what the future holds for your relative?
   - 0. Never  
   - 1. Rarely  
   - 2. Sometimes  
   - 3. Quite  
   - 4. Nearly Always

8. Do you feel your relative is dependent upon you?
|----------|-------------|-------------------|-----------------|

9. Do you feel strained when you are around your relative?

|----------|-------------|-------------------|-----------------|
10. Do you feel your health has suffered because of your involvement with your relative?


11. Do you feel that you don’t have as much privacy as you would like, because of your relative?


12. Do you feel that your social life has suffered because you are caring for your relative?


13. Do you feel uncomfortable about having friends over, because of your relative?


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?


15. Do you feel that you don’t have enough money to care for your relative, in addition to the rest of your expenses?


16. Do you feel that you will be unable to take care of your relative much longer?


17. Do you feel you have lost control of your life since your relative’s illness?


18. Do you wish you could just leave the care of your relative to someone else?

19. Do you feel uncertain about what to do about your relative?

0. Never  1. Sometimes  2. Quite Rarely Frequently

3. Frequently

4. Nearly Always

20. Do you feel you should be doing more for your relative?

0. Never  1. Sometimes  2. Quite Rarely Frequently

3. Frequently

4. Nearly Always
21. Do you feel you could do a better job in caring for your relative?

      Rarely   Frequently

22. Overall, how burdened do you feel in caring for your relative?


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