

ZARIT BURDEN INTERVIEW

Zarit Caregiver Burden Assessment

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 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

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

- 0 - NEVER
- 1 - RARELY

- 2 - SOMETIMES
- 3 - QUITE FREQUENTLY
- 4 - NEARLY ALWAYS

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

- 0 - NEVER
- 1 - RARELY
- 2 - SOMETIMES
- 3 - QUITE FREQUENTLY
- 4 - NEARLY ALWAYS

20. 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

21. 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 - NEARLY ALWAYS
- 5 - EXTREMELY

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