Zarit Burden Interview Assessing Caregiver Burden

*A courtesy of L’Orech Yomim/Center for Healthy Living, Inc. 2011*

# Suggested Scoring:

# Zarit Burden Interview: Short (12-items)

Total score range: 0 to 48 0‐10: no to mild burden

10‐20: mild to moderate burden

> 20: high burden

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

Zarit Caregiver Burden Assessment **(Short, 12-items)**

Name: Date:

The following is a list of statements that reflect how people sometimes feel when taking care of another person. After reading each statement, indicate how often you experience the feelings listed by circling the number that best corresponds to the frequency of these feelings.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Never | Rarely | Sometimes | Frequently | Nearly  Always |
| 1) Do you feel you don’t have enough time for yourself? | 0 | 1 | 2 | 3 | 4 |
| 2) Do you feel stressed between caring and meeting other responsibilities? | 0 | 1 | 2 | 3 | 4 |
| 3) Do you feel angry when you are around your relative? | 0 | 1 | 2 | 3 | 4 |
| 4) Do you feel your relative affects your relationship with others in a negative way? | 0 | 1 | 2 | 3 | 4 |
| 5) Do you feel strained when are around your relative? | 0 | 1 | 2 | 3 | 4 |
| 6) Do you feel your health has suffered because of your involvement with your relative? | 0 | 1 | 2 | 3 | 4 |
| 7) Do you feel you don’t have as much privacy as you would like, because of your relative? | 0 | 1 | 2 | 3 | 4 |
| 8) Do you feel your social life has  suffered because you are caring for your relative? | 0 | 1 | 2 | 3 | 4 |
| 9) Do you feel you have lost control of your life since your relative’s illness? | 0 | 1 | 2 | 3 | 4 |
| 10) Do you feel uncertain about what to do about relative? | 0 | 1 | 2 | 3 | 4 |
| 11) Do you feel you should be doing more for your relative? | 0 | 1 | 2 | 3 | 4 |
| 12) Do you feel you could do a better job in caring for your relative? | 0 | 1 | 2 | 3 | 4 |

Scoring Instructions: Add Items 1‐12 **Total 1-12 (maximum score = 48)**

Michel Bédard, PhD,1,2 D. William Molloy, MB,3 Larry Squire, MA,1 Sacha Dubois, BA,3 Judith A. Lever, MSc(A),4 and Martin O’Donnell, MRCP(I)3 The Gerontological Society of America Vol. 41, No. 5, 652–657 **The Gerontologist The Zarit Burden Interview: A New Short Version and Screening Version**