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APPENDIX

BURDEN ASSESSMENT SCALE

I am going to read a list of things which other people have found to happen to them because of their relative's illness. Would you tell me to what extent you have had any of the following experiences in the past six months.

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

Because of (name's) illness, to what extent have you:

____ 1. Had financial problems

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

____ 2. Missed days at work (or school)

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

____ 3. Found it difficult to concentrate on your own activities

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

____ 4. Had to change your personal plans like taking a new job, or going on vacation

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

____ 5. Cut down on leisure time

<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
Not at all	A little	Some	A lot	NA

_____ 6. Found the household routine was upset	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 7. Had less time to spend with friends	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 8. Neglected other family members' needs	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 9. Experienced family frictions and arguments	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 10. Experienced frictions with neighbors, friends, or relatives outside the home	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 11. Became embarrassed because of (name's) behavior	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 12. Felt guilty because you were not doing enough to help	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 13. Felt guilty because you felt responsible for causing (name's) problem	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 14. Resented (name) because s/he made too many demands on you	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 15. Felt trapped by your caregiving role	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 16. Were upset about how much (name) had changed from his or her former self	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 17. Worried about how your behavior with (name) might make the illness worse	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 18. Worried about what the future holds for (name)	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
_____ 19. Found the stigma of the illness upsetting	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>9</u>
	Not at all	A little	Some	A lot	NA
Total					