Table 6. Selected Instruments Measuring Caregiver Burden or Stress

| **Acronym** | **Instrument** | | **Number of items** | **Instrument target, range, interpretation** |
| --- | --- | --- | --- | --- |
| (none) | Behavior upset | | 17 | Caregiver upset related to patient’s performance of 8 ADLs and 9 IADLs.  Range 0 (no upset) to 4 (extreme upset), summary score is average Higher=worse (more upset) |
| CBI | Caregiver Burden Inventory | | 24 | Caregiver burden related to time/dependency, development, physical health, emotional health, social relationships of caregivers  Range 0-96  ≥36=worse (greater need for respite and other services) |
| CHS | Caregiving Hassle Scale | | 41 | Degree of stress/upset/hassle associated with patient’s symptoms; range 0-123, higher scores indicate greater stress |
| CNI (aka NPI, Caregiver portion) | Caregiver Neuropsychiatric Inventory | | Covers 10 symptom domains (unclear on the number of items) | Caregiver distress related to patient’s neuropsychiatric symptoms; range 0-60, higher score associated with worse symptoms  After rating the frequency and severity of each symptom domain of the NPI, caregivers were asked to rate the emotional or psychological distress they experienced in relation to that symptom on a 6-point scale: 0 (Not at all distressing), 1 (Minimally distressing), 2 (Mildly distressing), 3 (Moderately distressing), 4 (Severely distressing), and 5 (Very Severely or Extremely distressing). Specific anchoring definitions for each scale item are included to enhance internal consistency and reliability. |
| CRA | Caregiver Reaction Assessment | Disrupted Time | 5 | Burden related to disrupted time (range 5-25), financial problems (range 3-15), lack of family support (range 5-25), health problems (range 4-20), and self-esteem (range 7-35)  5-point Likert-type response options, ranging from strongly agree to strongly disagree (1=strongly agree, 5=strongly disagree)  Higher=worse (greater burden) |
| Financial Problems | 3 |
| Lack of family support | 5 |
| Health problems | 4 |
| Self-esteem | 7 |
| ICS | Impact of Caregiving Scale | | unknown | Respondents evaluate burden on a Likert scale arising from 4 domains: emotions, social relationships, family relationships, and physical health. Item responses are summed to obtain scores on each subscale, with higher scores indicating greater burden. |
| RMBPC | Revised Memory and Behavioral Problems Checklist | | 24 | Degree caregiver is bothered by 24 specific patient behaviors  Range for total caregiver bother: 0-96  Range for disruption subscale: 0-32  Interpretation not described; higher=worse (greater bother related to patient behavior)  Sometimes average “bother” score is calculated for endorsed behaviors, range 0 (not at all) to 4 (extremely) |
| RSS | Relative’s Stress Scale | | 15 | Caregiver stress; range 0-60, >23=moderate to high burden |
| SCB | Screen for Caregiver Burden | | 25 | Measure subjective and objective burden in caregivers of dementia patients.  25 items for which the caregiver responded with 0=no occurrence of the experience, 1=occurrence of the experience with no distress, 2= occurrence with mild distress, 3= occurrence with moderate distress,4=occurrence with severe distress. For objective burden, each item is scored as 0 (did not occur) or 1 (did occur). For subjective burden, the anchor points are 1 (no occurrence or occurrence with no distress), 2 (mild distress), 3 (moderate distress), 4 (severe distress). For objective burden, scores would range between 0 and 100. For subjective distress, scores would range between 25-100. |
| SPPIC | Self-Perceived Pressure by Informal Care | |  | Burden; range 0-9, high=worse (greater burden) |
| Zarit CBI, Zarit CBI-12 | Zarit Caregiver Burden Interview | | 2 versions: 22 items, 12 items | General or overall level of burden related to caregiving  Range 0-88 (22-item) 0-48 (12-item)  Guideline for 22-item version:  0-21: Little or no burden  21-40: Mild to moderate burden  41-60: Moderate to severe burden  61-88: Severe burden |

**Abbreviations:** ADLs = activities of daily living; IADLs = instrumental activities of daily living; NPI = neuropsychiatric inventory.