

CAREGIVER STRESS SELF-ASSESSMENT (Dr. Steven Zarit, modified version)

The following is a list of statements that 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.

| QUESTIONS: "Do you feel..." | Never | Rarely | Sometimes | Quite Frequently | Nearly Always |
|--|-------|--------|-----------|------------------|---------------|
| 1. ...that your loved one asks for more help than he/she needs? | | | | | |
| 2. ...that because of the time you spend with your loved one that you don't have enough time for yourself? | | | | | |
| 3. ...stressed between caring for your loved one and meeting other family or work responsibilities? | | | | | |
| 4. ...embarrassed over your loved one's behavior? | | | | | |
| 5. ...angry when you are around your loved one? | | | | | |
| 6. ...that caring for your loved one currently affects your relationship with other family members or friends in a negative way? | | | | | |
| 7. ...afraid of what the future holds for your loved one? | | | | | |
| 8. ...your loved one is dependent on you? | | | | | |
| 9. ... your health has suffered because of your involvement with your loved one? | | | | | |
| 10. ... that you don't have as much privacy as you would like because of your loved one? | | | | | |
| 11. ... that your social life has suffered because of you are caring for your loved one? | | | | | |
| 12. ... uncomfortable about having friends over because you are caring for your loved one? | | | | | |
| 13. ... that your loved one seems to expect you to take care of him/her as if you were the only one he/she could depend on? | | | | | |
| 14. ... that you don't have enough money to care for your loved one in addition to the rest of your expenses? | | | | | |
| 15. ... that you will be unable to take care of your loved one much longer? | | | | | |
| 16. ... you have lost control of your life? | | | | | |
| 17. ... you want to leave the care of your loved one to someone else? | | | | | |
| 18. ... you should be doing more for your loved one? | | | | | |
| 19. ... you could do a better job in caring for your loved one? | | | | | |
| 20. ... burdened caring for your loved one? | | | | | |
| Total responses per column | | | | | |
| Multiply total by scale (Never = 0, Rarely = 1, Sometimes = 2, Quite Frequently = 3 Nearly Always = 4) | | | | | |
| Grand total: | | | | | |

SCORING:

0-20 = Little/No Stress
41-60 = Moderate/Severe Stress

21-40 = Mild/Moderate Stress
61-80 = Severe Stress

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