

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 on 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