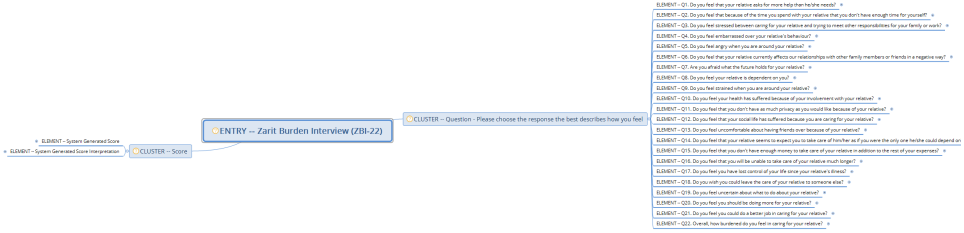


Zarit Burden Interview (ZBI-22)

If you're interested in this clinical form for use in Explorer Online please [get in touch](#).

Clinical Form Name	Zarit Burden Interview
Clinical Area(s)	Aged care
Description of Use	To assess the level of subjective feelings of burden experienced by caregivers of older persons with dementia and other types of disability
Availability	Yes, full access in Explorer Online
Explorer Online Screenshot	<div><div>ZARIT BURDEN INTERVIEW (ZBI-22)</div><div>QUESTION - PLEASE CHOOSE THE RESPONSE THE BEST DESCRIBES HOW YOU FEEL</div><div><div>Q1. DO YOU FEEL THAT YOUR RELATIVE ASKS FOR MORE HELP THAN HE/SHE NEEDS?</div><div><input checked="" type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q2. DO YOU FEEL THAT BECAUSE OF THE TIME YOU SPEND WITH YOUR RELATIVE THAT YOU DON'T HAVE ENOUGH TIME FOR YOURSELF?</div><div><input type="radio"/> Never <input checked="" type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q3. DO YOU FEEL STRESSED BETWEEN CARING FOR YOUR RELATIVE AND TRYING TO MEET OTHER RESPONSIBILITIES FOR YOUR FAMILY OR WORK?</div><div><input type="radio"/> Never <input type="radio"/> Rarely <input checked="" type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q4. DO YOU FEEL EMBARRASSED OVER YOUR RELATIVE'S BEHAVIOUR?</div><div><input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input checked="" type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q5. DO YOU FEEL ANGRY WHEN YOU ARE AROUND YOUR RELATIVE?</div><div><input type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input checked="" type="radio"/> Nearly Always</div></div><div><div>Q6. DO YOU FEEL THAT YOUR RELATIVE CURRENTLY AFFECTS OUR RELATIONSHIPS WITH OTHER FAMILY MEMBERS OR FRIENDS IN A NEGATIVE WAY?</div><div><input type="radio"/> Never <input type="radio"/> Rarely <input checked="" type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q7. ARE YOU AFRAID WHAT THE FUTURE HOLDS FOR YOUR RELATIVE?</div><div><input type="radio"/> Never <input type="radio"/> Rarely <input checked="" type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q8. DO YOU FEEL YOUR RELATIVE IS DEPENDENT ON YOU?</div><div><input type="radio"/> Never <input checked="" type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div><div><div>Q9. DO YOU FEEL STRAINED WHEN YOU ARE AROUND YOUR RELATIVE?</div><div><input checked="" type="radio"/> Never <input type="radio"/> Rarely <input type="radio"/> Sometimes <input type="radio"/> Quite Frequently <input type="radio"/> Nearly Always</div></div></div>
Report Preview	<div><div><div><div>Mrs Patient Marie TEST</div><div>Born 12-Dec-1990 (32y) Gender Female 32y at the time of observation</div></div><div><div>Address 12 Demo Street MAROOCHYDORE QLD 4558</div><div>Phone (07)54566000</div><div>Medicare No 4608688371/1</div></div><div><div>Specimen</div><div><div>Lab No 01008E2A-EEA0-4021-A81C-9C6B15935590</div><div>Request Date 25/05/2023 2:12 PM</div><div>Effective Date 25/05/2023 2:12 PM</div><div>Generated Date 25/05/2023 2:11 PM</div></div></div></div><div><div>Zarit Burden Interview (E DAY)</div><div>QUESTION - PLEASE CHOOSE THE RESPONSE THE BEST DESCRIBES HOW YOU FEEL</div><div><div>Q1. Do you feel that your relative asks for more help than he/she needs?</div><div>Never</div></div><div><div>Q2. Do you feel that because of the time you spend with your relative that you don't have enough time for yourself?</div><div>Rarely</div></div><div><div>Q3. Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?</div><div>Sometimes</div></div><div><div>Q4. Do you feel embarrassed over your relative's behaviour?</div><div>Quite Frequently</div></div><div><div>Q5. Do you feel angry when you are around your relative?</div><div>Nearly Always</div></div><div><div>Q6. Do you feel that your relative currently affects our relationships with other family members or friends in a negative way?</div><div>Quite Frequently</div></div><div><div>Q7. Are you afraid what the future holds for your relative?</div><div>Sometimes</div></div><div><div>Q8. Do you feel your relative is dependent on you?</div><div>Rarely</div></div><div><div>Q9. Do you feel strained when you are around your relative?</div><div>Never</div></div><div><div>Q10. Do you feel your health has suffered because of your involvement with your relative?</div><div>Rarely</div></div><div><div>Q11. Do you feel that you don't have as much privacy as you would like because of your relative?</div><div>Sometimes</div></div><div><div>Q12. Do you feel that your social life has suffered because you are caring for your relative?</div><div>Quite Frequently</div></div><div><div>Q13. Do you feel uncomfortable about having friends over because of your relative?</div><div>Nearly Always</div></div><div><div>Q14. Do you feel that your relative seems to expect you to take care of him/her as if you were the only one he/she could depend on?</div><div>Quite Frequently</div></div><div><div>Q15. Do you feel that you don't have enough money to take care of your relative in addition to the rest of your expenses?</div><div>Sometimes</div></div><div><div>Q16. Do you feel that you will be unable to take care of your relative much longer?</div><div>Rarely</div></div><div><div>Q17. Do you feel you have lost control of your life since your relative's illness?</div><div>Never</div></div><div><div>Q18. Do you wish you could leave the care of your relative to someone else?</div><div>Rarely</div></div><div><div>Q19. Do you feel uncertain about what to do about your relative?</div><div>Sometimes</div></div></div></div>

<p>Mind Map</p>	
<p>Excel File /Structure</p>	<p>CEN_Zarit_Burden_Interview.v1.xlsx</p>
<p>Editor Screensh ot</p>	