Zarit Burden Interview (ZBI-22)

If you're interested in this clinical form for use in Explorer Online please $\operatorname{\mathsf{get}}$ in touch.

Form Name	Zarit Burden Interview			
Clinical Area(s)	Aged care			
Descripti on of Use	To assess the level of subjective feelings of burden experienced by caregivers of older persons with dementia and other types of disabil			
Availability	Yes, full access in Explorer	Online		
Explorer	ZARIT BURDEN INTERVIEW (ZBI-22)			
Online Screensh	QUESTION - PLEASE CHOOSE THE RESPONSE THE BEST DESCRIBES HOW YOU FEEL			
ot	Q1. DO YOU FEEL THAT YOUR RELATIVE ASKS FOR MORE HELP THAN HE/SHE NEEDS?	Never ○ Rarely ○ So	ometimes O Quite Frequently	Nearly Always
	Q2. DO YOU FEEL THAT BECAUSE OF THE TIME YOU SPEND WITH YOUR RELATIVE THAT YOU DON'T HAVE ENOUGH TIME FOR YOURSELF?	○ Never ⑧ Rarely ○ So	ometimes O Quite Frequently C	Nearly Always
	Q3. DO YOU FEEL STRESSED BETWEEN CARING FOR YOUR RELATIVE AND TRYING TO MEET OTHER RESPONSIBILITIES FOR YOUR FAMILY OR WORK?	○ Never ○ Rarely ⑧ So	ometimes O Quite Frequently C)Nearly Always
	Q4. DO YOU FEEL EMBARRASSED OVER YOUR RELATIVE'S BEHAVIOUR?	○ Never ○ Rarely ○ So	ometimes Quite Frequently C	Nearly Always
	Q5. DO YOU FEEL ANGRY WHEN YOU ARE AROUND YOUR RELATIVE?	O Never O Rarely O Sometimes O Quite Frequently •		Nearly Always
	Q6. DO YOU FEEL THAT YOUR RELATIVE CURRENTLY AFFECTS OUR RELATIONSHIPS WITH OTHER FAMILY MEMBERS OR FRIENDS	○ Never ○ Rarely ○ So	ometimes Quite Frequently C)Nearly Always
	IN A NEGATIVE WAY? Q7. ARE YOU AFRAID WHAT THE FUTURE HOLDS FOR YOUR RELATIVE?	○ Never ○ Rarely ⑧ So	ometimes O Quite Frequently C	Nearly Always
	Q8. DO YOU FEEL YOUR RELATIVE IS DEPENDENT ON YOU?	○ Never ● Rarely ○ So	ometimes O Quite Frequently	Nearly Always
		Never ○ Rarely ○ So	ometimes O Quite Frequently C	Nearly Always
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