

Zarit Screen Measure of Caregiver Burden

Gerontologic health scientific literature identifies a number of scales to measure caregiver burden. The Zarit Scale of Caregiver Burden or the Zarit Burden Interview is the most widely used instrument. Originally designed and tested in 1980 containing 29 items, it was reduced to 22 questions. Subsequent adaptation of the scale made it particularly attractive. The research reported in *The Gerontologist* (2001, Vol 41, No. 5, 652-657) that a short 12-item version and 4-item screening version were found to correlate well with the full 22-item version. The short and simple 4-item screen, proven to be valid and reliable for its designated use, is self-administered by the caregiver. A score of 8 indicates high burden, and intervention may be indicated. The screen has proven to be a helpful resource tool for caregivers and their families.

To be completed by caregiver.

Indicate how often you experience the feelings listed by circling the number that best corresponds to the frequency of these feelings.

1. Do you feel that because of your relative that you don't have enough time for yourself?

"Never *"Rarely* *"Sometimes* *"Quite Frequently* *"Nearly Always*
0 1 2 3 4

2. Do you feel stressed between caring for your relative and trying to meet other responsibilities (work, home)?

"Never *"Rarely* *"Sometimes* *"Quite Frequently* *"Nearly Always*
0 1 2 3 4

3. Do you feel strained when you are around your relative?

"Never *"Rarely* *"Sometimes* *"Quite Frequently* *"Nearly Always*
0 1 2 3 4

4. Do you feel uncertain about what to do about your relative?

"Never *"Rarely* *"Sometimes* *"Quite Frequently* *"Nearly Always*
0 1 2 3 4

TOTAL SCORE _____

A score of 8 indicates high burden, and assistance may be indicated.

A courtesy of L'Orech Yomim/Center for Healthy Living, Inc. 2011