

ZBI-12

Zarit Burden Interview – Short (12 items)

Purpose : Assess the level of subjective feelings of burden experienced by caregivers of older persons with dementia and other types of disability

Admin time : 5 min.

User Friendly : Yes

Administered by : Clinician or Self

Content : Questions about the impact of the patient's disabilities on the caregiver's life. For each item, caregivers indicate how often they have felt that way: never, rarely, sometimes, quite frequently, or nearly always. Items have proven to be relevant and acceptable to caregivers from many different countries and cultures.

Author : Original: Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. *The Gerontologist* 1980; 20:649

Copyright :

Copyrighted, but available for free use by clinicians and for non-funded academic research. For permission to use contact : [ePROVIDE by Mapi Research Trust](#)

ZBI-12 copyright notice: "ZBI © Steven H. Zarit and Judy M. Zarit, 1980-2008. All rights reserved."

ZBI-22 copyright notice: "Copyright 1983, 1990, Steven H. Zarit and Judy M. Zarit"



<https://www.cgakit.com/zarit-burden-interview>

ZBI-12

Zarit Burden Interview – Short (12 items)

Name : _____

Date : _____

Assessed by : _____

The following is a list of statements that reflect how people sometimes feel when taking care of another person. After reading each statement, indicate how often you experience the feelings listed by circling the number that best corresponds to the frequency of these feelings.

	Never	Rarely	Sometimes	Frequently	Nearly Always
1) Do you feel you don't have enough time for yourself?	0	1	2	3	4
2) Do you feel stressed between caring and meeting other responsibilities?	0	1	2	3	4
3) Do you feel angry when you are around your relative?	0	1	2	3	4
4) Do you feel your relative affects your relationship with others in a negative way?	0	1	2	3	4
5) Do you feel strained when are around your relative?	0	1	2	3	4
6) Do you feel your health has suffered because of your involvement with your relative?	0	1	2	3	4
7) Do you feel that you do not have as much privacy as you would like because of your relative?	0	1	2	3	4
8) Do you feel that your social life has suffered because you are caring for your relative?	0	1	2	3	4

	Never	Rarely	Sometimes	Frequently	Nearly Always
9) Do you feel you have lost control of your life since your relative's illness?	0	1	2	3	4
10) Do you feel uncertain about what to do about relative?	0	1	2	3	4
11) Do you feel you should be doing more for your relative?	0	1	2	3	4
12) Do you feel you could do a better job in caring for your relative?	0	1	2	3	4

Scoring: Add Items 1-12 (maximum score = 48)	TOTAL SCORE	
--	--------------------	--

Zarit Burden Interview: Revised (12-items)

Total score range: 0 to 48

0-10: no to mild burden

10-20: mild to moderate burden

> 20: high burden

Source: Zarit SH, Reever KE, Bach-Peterson J. Relatives of the impaired elderly: correlates of feelings of burden. *The Gerontologist* 1980; 20:649-655.

ZBI-12 copyright notice: "ZBI © Steven H. Zarit and Judy M. Zarit, 1980-2008. All rights reserved."
