

**Resources for the Comprehensive Geriatric Assessment based  
Proactive and Personalised Primary Care of the Elderly**

## **ZBI-4**

### **Zarit Burden Interview – Screen (4 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

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

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# ZBI-4

## Zarit Burden Interview – Screen (4 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 strained when are around your relative?	0	1	2	3	4
4) Do you feel uncertain about what to do about relative?	0	1	2	3	4

Scoring: Add Items 1-4 (maximum score = 16)	<b>TOTAL SCORE</b>	
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Zarit Burden Interview: Revised (12-items)

Total score range: 0 to 16

≥ 8: high burden

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