

ZBI-22

Zarit Burden Interview – Revised (22 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>

ZBI-22

Zarit Burden Interview – Revised (22 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 stressed between caring for your relative and trying to meet other responsibilities for your family or work?	0	1	2	3	4
2) Do you feel embarrassed you're your relative's behavior?	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 that your relative currently affects your relationship with other family members or friends in a negative way?	0	1	2	3	4
5) Are you afraid what the future holds for your relative?	0	1	2	3	4
6) Do you feel strained when you are around 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 uncomfortable about having friends over because of your relative?	0	1	2	3	4
10) Do you feel that you have lost control of your life since your relative's illness?	0	1	2	3	4
11) Do you wish you could just leave the care of your relative to someone else?	0	1	2	3	4
12) Do you feel uncertain about what to do about your relative?	0	1	2	3	4
13) Do you feel that you should be doing more for your relative?	0	1	2	3	4
14) Do you feel you could do a better job in caring for your relative?	0	1	2	3	4
15) Overall, how burdened do you feel in caring for your relative?	0	1	2	3	4
16) Do you feel that your relative asks for more help than (s)he needs?	0	1	2	3	4
17) Do you feel that because of the time you spend with your relative that you do not have enough time for yourself?	0	1	2	3	4
18) Do you feel your relative is dependent upon you?	0	1	2	3	4
19) Do you feel your health has suffered because of your involvement with your relative?	0	1	2	3	4
19) Do you feel your health has suffered because of your involvement with your relative?	0	1	2	3	4
20) 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?	0	1	2	3	4

	Never	Rarely	Sometimes	Frequently	Nearly Always
21) Do you feel that you will be unable to take care of your relative much longer?	0	1	2	3	4
22) Do you feel that you do not have enough money to care for your relative in addition to the rest of your expenses?	0	1	2	3	4

Scoring: Add Items 1-22 (maximum score = 88)	TOTAL SCORE	
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Zarit Burden Interview: Revised (22-items)

Total score range: 0 to 88

0-21: no to mild burden

21-40: mild to moderate burden

41-60: moderate to severe burden

≥ 61: severe 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.

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