New: Short version of the Burden Scale for Family Caregivers in 20 European languages

With this scale, valid assessment of subjective burden among family caregivers is possible all over Europe using the same questionnaire.

1. Background

The burden experienced by family caregivers is the most important caregiver-related variable in care at home of a chronically-ill person. The extent of subjective burden has significant impact on the emotional and physical health of the family caregiver, and even influences the mortality of spouse caregivers. It affects the way the family caregiver deals with the care-receiver and determines the time of institutionalization.

2. Burden Scale for Family Caregivers BSFC-s
We are asking you for information about your present situation. The present situation comprises your caregiving deduced from the illness of your family member (or friend).

The following statements often refer to the type of your assistance. This may be any kind of support up to nursing care.

Please draw an “X” for the best description of your present situation. Please answer every question!

1. My life satisfaction has suffered because of the care. [ ] [ ] [ ] [ ]

2. I often feel physically exhausted. [ ] [ ] [ ] [ ]

3. From time to time I wish I could “run away” from the situation I am in. [ ] [ ] [ ] [ ]

4. Sometimes I don’t really feel like “myself” as before. [ ] [ ] [ ] [ ]

5. Since I have been a caregiver my financial situation has decreased. [ ] [ ] [ ] [ ]

6. My health is affected by the care situation. [ ] [ ] [ ] [ ]

7. The care takes a lot of my own strength. [ ] [ ] [ ] [ ]

8. I feel torn between the demands of my environment (such as family) and the demands of the care. [ ] [ ] [ ] [ ]

9. I am worried about my future because of the care I give. [ ] [ ] [ ] [ ]

10. My relationships with other family members, relatives, friends and acquaintances are suffering as a result of the care. [ ] [ ] [ ] [ ]

Thank you very much!
3. Evaluation

The responses to the 10 statements of the BSFC-s are rated according to the following scheme:

<table>
<thead>
<tr>
<th>Response</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>3</td>
</tr>
<tr>
<td>Agree</td>
<td>2</td>
</tr>
<tr>
<td>Disagree</td>
<td>1</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>0</td>
</tr>
</tbody>
</table>