

## **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!**

	strongly agree	agree	disagree	strongly disagree
1. My life satisfaction has suffered because of the care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I often feel physically exhausted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. From time to time I wish I could “run away” from the situation I am in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Sometimes I don’t really feel like “myself” as before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Since I have been a caregiver my financial situation has decreased.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My health is affected by the care situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The care takes a lot of my own strength.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel torn between the demands of my environment (such as family) and the demands of the care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I am worried about my future because of the care I give.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. My relationships with other family members, relatives, friends and acquaintances are suffering as a result of the care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Thank you very much!**

### 3. Evaluation

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

<b>Response:</b>	<b>Points:</b>
Strongly agree	3
Agree	2
Disagree	1
Strongly disagree	0