

Instructions to the Caregiver Burden Scale (CBS).

The Caregiver's Burden Scale (CBS) is a 22-item scale that assess subjectively experienced burden by caregiver's to chronically disabled persons.

The caregiver is asked to tick one of the four boxes (not at all, seldom, sometimes, often) score 1 to 4 for each question.

The instrument comprises five factors: general strain, isolation, disappointment, emotional involvement and environment.

A mean value is calculated for each factor including the following items:

General strain: 1, 3, 4, 5, 7, 10, 14, and 19

Isolation: 8, 12, and 22

Disappointment: 2, 13, 18, 20, and 21

Emotional involvement: 6, 11, and 16

Environment: 9, 15, and 17

A previous study on reliability showed high internal consistency for the five factors with Cronbach's alpha values between 0.70 and 0.87, except for the factor environment. A reproducibility study showed kappa values between 0.89 and 1.00, except for the factor environment with a kappa value of 0.53.

The instrument has now been used among caregiver's to patients with different diagnosis like dementia, stroke, Parkinson, fracture and multiple disabled elderly and also living in different care settings. The scale and the reliability study are published in the reference given below.

Reference:

Elmståhl S, Malmberg B, Annerstedt L. Caregivers burden of patients 3 years after stroke assessed by a novel Caregiver Burden Scale. Arch Phys Med Rehabil 1996; 77: 177-82.

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