Benjamin Rose Institute Caregiver Strain Instrument
Caregiver Strain Instrument Bass, Noelker & Reschlin, 1996; Bass et al., 1994b

“The following questions are about you, the caregiver, as they relate to providing care to the care recipient [CR]. The following items refer to how a caregiver feels and behaves as a result of providing care. There are no right or wrong answers.”

The answer options for the next set of questions are “Strongly agree,” “Agree,” “Disagree,” or “Strongly disagree.”

<table>
<thead>
<tr>
<th>Mark one box ✔ in each row</th>
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<tbody>
<tr>
<td>Strongly agree ▼</td>
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**Caregiver Mastery**
During the past 4 weeks, because of helping [CR] would you say that you were:

1. unsure whether he or she was getting proper care. □3 □2 □1 □0
2. uncertain about how to best care for him/her. □3 □2 □1 □0
3. that you should be doing more for him/her. □3 □2 □1 □0
4. that you could do a better job of caring for him/her. □3 □2 □1 □0

**Score** (Sum of items 1–4)

**Relationship Strain**
During the past 4 weeks, because of helping [CR] would you say:

5. that he/she tried to manipulate you. □3 □2 □1 □0
6. that your relationship with him/her was strained. □3 □2 □1 □0
7. that he/she made requests over and above what he/she needed. □3 □2 □1 □0
8. that you were resentful toward him/her. □3 □2 □1 □0
9. that you were angry toward him/her. □3 □2 □1 □0

**Score** (Sum of items 5–9)

**Health Strain**
During the past 4 weeks, because of helping [CR] would you say that:

10. your physical health was worse than before. □3 □2 □1 □0
11. you felt downhearted, blue, or sad more often. □3 □2 □1 □0
12. you were more nervous or bothered by nerves than before. □3 □2 □1 □0
13. you had less pep or energy. □3 □2 □1 □0
14. you were bothered more by aches and pains □3 □2 □1 □0

**Score** (Sum of items 10–14)
The answer options for the next 5 questions are “Less often,” “The same,” or “More often.”

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<tr>
<th></th>
<th>Less often ▼</th>
<th>The same ▼</th>
<th>More often ▼</th>
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<tr>
<td><strong>Social Isolation/Activity Restriction:</strong></td>
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<td>During the past four weeks, because of helping [CR], would you say that you:</td>
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<td>15. participated in church or religious activities.</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
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<tr>
<td>16. visited with friends or family.</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
</tr>
<tr>
<td>17. participated in group or organized activities.</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
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<tr>
<td>18. engaged in volunteer activities.</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
</tr>
<tr>
<td>19. went out to dinner, the theater, or a show.</td>
<td>[ ] 2</td>
<td>[ ] 1</td>
<td>[ ] 0</td>
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<tr>
<td><strong>Score</strong> (Sum of items 15–19)</td>
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Exact cutting points for heightened caregiver risk have been determined for this tool. Answers can help caregivers describe difficulties they are experiencing, and with repeated administrations, it can be used to assess change in the care situation over time. However, scores greater than 8 for Mastery, greater than 10 for Relationship Strain or Health Strain, or greater than 5 for Social Isolation/Activity Restriction may indicate heightened risk and may warrant further clinical investigation.

*If score is > 8 for Mastery, > 10 for Relationship Strain or Health Strain, or > 5 for Social Isolation/Activity Restriction, then refer to Alzheimer’s Greater Los Angeles and refer to CAREGIVER DEPRESSION/STRESS CARE PLAN.*

*If score is > 10 for Health Strain, then refer to CAREGIVER DEPRESSION/STRESS CARE PLAN AND FUNCTIONAL/HEALTH LIMITATIONS OF CAREGIVER CARE PLAN.*