

# Benjamin Rose Institute Caregiver Strain Instrument

Benjamin Rose Institute 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.”*

	Mark one box <input checked="" type="checkbox"/> in each row			
	Strongly agree ▼	Agree ▼	Disagree ▼	Strongly disagree ▼
<b>Caregiver Mastery</b> During <u>the past 4 weeks</u> , because of helping [CR] would you say that you were:				
1. unsure whether he or she was getting proper care.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. uncertain about how to best care for him/her.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3. that you should be doing more for him/her.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4. that you could do a better job of caring for him/her.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
<b>Score</b> _____ (Sum of items 1–4)				
<b>Relationship Strain</b> During <u>the past 4 weeks</u> , because of helping [CR] would you say:				
5. that he/she tried to manipulate you.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
6. that your relationship with him/her was strained.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7. that he/she made requests over and above what he/she needed.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
8. that you were resentful toward him/her.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9. that you were angry toward him/her.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
<b>Score</b> _____ (Sum of items 5–9)				
<b>Health Strain</b> During <u>the past 4 weeks</u> , because of helping [CR] would you say that:				
10. your physical health was worse than before.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
11. you felt downhearted, blue, or sad more often.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
12. you were more nervous or bothered by nerves than before.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
13. you had less pep or energy.	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
14. you were bothered more by aches and pains	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
<b>Score</b> _____ (Sum of items 10–14)				

<i>The answer options for the next 5 questions are  “Less often,” “The same,” or “More often.”</i>	Less often ▼	The same ▼	More often ▼
<b><i>Social Isolation/Activity Restriction:</i></b> During the past four weeks, because of helping [CR], would you say that you:			
15. participated in church or religious activities.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
16. visited with friends or family.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
17. participated in group or organized activities.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
18. engaged in volunteer activities.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
19. went out to dinner, the theater, or a show.	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Score _____ (Sum of items 15–19)			

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 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 DIFFICULTY PROVIDING CARE BECAUSE OF YOUR HEALTH CARE PLAN.***