Caregiver Burden Inventory: Modified	Responses				
Items	Never	Rarely	Some-times	Quite Frequently	Nearly Always
Time Dependency Items					
1. He/she needs my help to perform many daily tasks.	0	1	2	3	4
2. He/she is dependent on me.	0	1	2	3	4
3. I have to watch him/her constantly.	0	1	2	3	4
4. I have to help him/her with many basic functions.	0	1	2	3	4
5. I don't have a minute's break from his/her chores.	0	1	2	3	4
Development Items					
6. I feel that I am missing out on life.	0	1	2	3	4
7. I wish I could escape from this situation.	0	1	2	3	4
8. My social life has suffered.	0	1	2	3	4
9. I feel emotionally drained due to caring for him/her.	0	1	2	3	4
10. I expected that things would be different at this point in my life.	0	1	2	3	4
Physical Health Items					
11. I'm not getting enough sleep.	0	1	2	3	4
12. My health has suffered.	0	1	2	3	4
13. Caregiving has made me physically sick.	0	1	2	3	4
14. I'm physically tired.	0	1	2	3	4
Social Relationships Items					
15. I don't get along with other family members as well as I used to.	0	1	2	3	4
16 My caregiving efforts aren't appreciated by others in my family.	0	1	2	3	4
17. I've had problems with my marriage (or other significant relationship).	0	1	2	3	4
18 I don't get along as well as I used to with others.	0	1	2	3	4
19. I feel resentful of other relatives who could but do not help.	0	1	2	3	4
Emotional Health Items					
20. I feel embarrassed over his/her behavior.	0	1	2	3	4
21. I feel ashamed of him/her.	0	1	2	3	4
22. I resent him/her.	0	1	2	3	4
23. I feel uncomfortable when I have friends over.	0	1	2	3	4
24. I feel angry about my interactions with him/her.	0	1	2	3	4

Total Score = _____ (0-96)