

Burden Scale -12

Name _____ Age ___ years Male Female Education _____ Date ___ / ___ / ___

Relationship with the patient: Patient's _____ Symptoms/disease _____

The following statements about your burdens in looking after the patient. Put a circle around the scale on the right that reflects your feelings the most

	Statements	Never	Seldom	Sometimes	Often	Always
1	Looking after the patient makes my health problems get worse or deteriorate.	1	2	3	4	5
2	I feel stressed when looking after the patient.	1	2	3	4	5
3	Looking after the patient makes it difficult for me to go places.	1	2	3	4	5
4	Looking after the patient makes me unable to sleep or rest fully.	1	2	3	4	5
5	I've lost my income taking care of the patient.	1	2	3	4	5
6	Having to help the patient makes me have less private time.	1	2	3	4	5
7	Looking after the patient makes me tired and weak physically.	1	2	3	4	5
8	Looking after the patient makes me face financial problems.	1	2	3	4	5
9	I feel upset or unhappy having to look after the patient like this.	1	2	3	4	5
10	The patient has to depend on me so I have to always keep my eye on him/her.	1	2	3	4	5
11	Looking after the patient causes me to be in debt.	1	2	3	4	5
12	I feel discouraged or bored with looking after the patient.	1	2	3	4	5

Scoring BS-12

Never = 1, Seldom = 2, Sometimes = 3, Often = 4, Always = 5

Min = 12, Max = 60

As BS-12 is a rating scale, there is no cut-off score for burden. However, according to a study among caregivers of older people with cerebrovascular disease, the results on burden can be categorized as follow.

17 and lower	No burden or trivial
17-28	Low-moderate
29-40	High-moderate
40 and higher	High

Reference

Wongpakaran N, Wongpakaran T. Development of Burden Scale Using Rasch Analysis. *Int Psychogeriatr.* 2019;31(S1):110.