

Zarit Burden Interview (ZBI; 6-item version)

Instructions

Please select the response that best describes how you feel for each statement:

Cut-off

A total score of ≥ 9 indicates high caregiving burden.

	Do you feel...	Never	Rarely	Sometimes	Quite frequently	Nearly always
1	You don't have enough time for yourself?	0	1	2	3	4
2	Stressed between caring and meeting other responsibilities?	0	1	2	3	4
3	Your child/ward affects your relationship with others in a negative way?	0	1	2	3	4
4	Strained when you are around your child/ward?	0	1	2	3	4
5	Your health has suffered because of your involvement with your child/ward?	0	1	2	3	4
6	You have lost control of your life since your child/ward developed a condition?	0	1	2	3	4

References

- Higginson, I. J., Gao, W., Jackson, D., Murray, J., & Harding, R. (2010). Short-form Zarit caregiver burden interviews were valid in advanced conditions. *Journal of Clinical Epidemiology*, 63(5), 535–542.
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- Yu, J., Yap, P., & Liew, T. M. (2019). The optimal short version of the Zarit Burden Interview for dementia caregivers: Diagnostic utility and externally validated cutoffs. *Aging & Mental Health*, 23(6), 706–710.
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