

5-item Caregiver Burden Scale (CBS-5)

Questions

Please, place a tick in the appropriate box.

Do you think you have to shoulder too much responsibility for your relative's welfare?

- Not at all¹
- Seldom²
- Sometimes³
- Often⁴

Does the physical environment make it troublesome for you taking care of your relative?

- Not at all¹
- Seldom²
- Sometimes³
- Often⁴

Are you sometimes ashamed of your relative's behaviour?

- Not at all¹
- Seldom²
- Sometimes³
- Often⁴

Had you expected that life would be different than it is at your age?

- Not at all¹
- Seldom²
- Sometimes³
- Often⁴

Do you avoid inviting friends and acquaintances home because of your relative's problem?

- Not at all¹
- Seldom²
- Sometimes³
- Often⁴