

Instructions to the Caregiver Burden Scale (CBS)

The Caregiver's Burden Scale (CBS) is a 22-item scale that assess subjectively experienced burden by caregiver's to chronically disabled persons.

The caregiver is asked to tick one of the four boxes (not at all, seldom, sometimes, often) score 1 to 4 for each question.

The instrument comprises five factors: general strain, isolation, disappointment, emotional involvement and environment.

A mean value is calculated for each factor including the following items:

General strain: 1, 3, 4, 5, 7, 10, 14, and 19

Isolation: 8, 12, and 22

Disappointment: 2, 13, 18, 20, and 21

Emotional involvement: 6, 11, and 16

Environment: 9, 15, and 17

A previous study on reliability showed high internal consistency for the five factors with Cronbach's alpha values between 0.70 and 0.87, except for the factor environment. A reproducibility study showed kappa values between 0.89 and 1.00, except for the factor environment with a kappa value of 0.53.

Data can be expressed as mean value for the total scale as well as mean scores for the five different dimensions. Furthermore, severity of burden can also be expressed as proportions for the following three ranges; mean scores 1.00 to 1.99 (low burden), 2.00-2.99 (moderate burden) and 3.00-3.99 (high burden). The same ranges can be used for the five dimensions as well.

A short version of the CBS comprises five questions, one question from each dimension. The question with the highest loading for each dimension was chosen from the factor analyses, for reference see below. The short version are given below and number of questions in the complete scale are presented in brackets.

General strain: question 3 (8)

Isolation question 22 (3)

Disappointment: question 21 (5)

Emotional involvement: question 16 (3)

Environment: question 9 (3)

The instrument has now been used among caregiver's to patients with different diagnosis like dementia, stroke, Parkinson, fracture, congestive heart failure, multiple disabled elderly and haemophilia among young and middle aged subjects and also living in different care settings. It is used in the Swedish longitudinal general population studies (GÅS-SNAC), Swedish National study on Aging and Care, supported by the Ministry of Social Affairs. The scale and the reliability study are published in the reference given below (Elmståhl et al 1996). Caregiver burden in relation to different medical conditions are published in Elmståhl et al 2017.

LUND UNIVERSITY

Department of Clinical Sciences
Division of Geriatric Medicine
Skåne University Hospital



References:

Elmståhl S, Malmberg B, Annerstedt L. Caregivers burden of patients 3 years after stroke assessed by a novel Caregiver Burden Scale. Arch Phys Med Rehabil 1996; 77: 177-82.

Elmståhl S, Dahlrup B, Ekström H, Nordell E. The association between medical diagnosis and caregiver burden: a cross-sectional study of recipients of informal support and caregivers from the general population study 'Good Aging in Skåne', Sweden.. Aging Clinical Exp Research 2017 Dec 13. doi: 10.1007/s40520-017-0870-0. [Epub ahead of print] PMID:29236217

The CBS is also published in [NIH/National Institute of Neurological Disorders and Stroke \(NINDS\)](#).

Common Data Element CDE on NINDS CDE.

http://www.commondataelements.ninds.nih.gov/ALS.aspx#tab=Data_Standards

Malmö, January 28th, 2019.

Sölve Elmståhl

Professor in Geriatric Medicine

Director of Department of Geriatric Medicine, Skåne University Hospital and Lund University