

Short Form Zarit Burden Interview (ZBI-12)

	“Never” (0)	“Rarely” (1)	“Sometimes” (2)	“Quite frequently” (3)	“Nearly always” (4)
Do you feel...?					
That because of the time you spend with your relative that you don't have enough time for yourself?					
Stressed between caring for your relative and trying to meet other responsibilities (work/family)?					
Angry when you are around your relative?					
That your relative currently affects your relationship with family members or friends in a negative way?					
Strained when you are around your relative?					
That your health has suffered because of your involvement with your relative?					
That you don't have as much privacy as you would like because of your relative?					
That your social life has suffered because you are caring for your relative?					
That you have lost control of your life since your relative's illness?					
Uncertain about what to do about your relative?					
You should be doing more for your relative?					
You could do a better job in caring for your relative?					

- Short form ZBI-12 validated as screening tool in advanced illness including dementia and cancer
- Total ZBI-12 score: summation of 12 items (0 to 4 points per item, total score range 0 to 48)
- Copyrighted, but available for free use by clinicians and for non-funded academic research
- Suggested guidelines for scoring:
 - 0-10: no to mild burden
 - 10-20: mild to moderate burden
 - >20: high burden