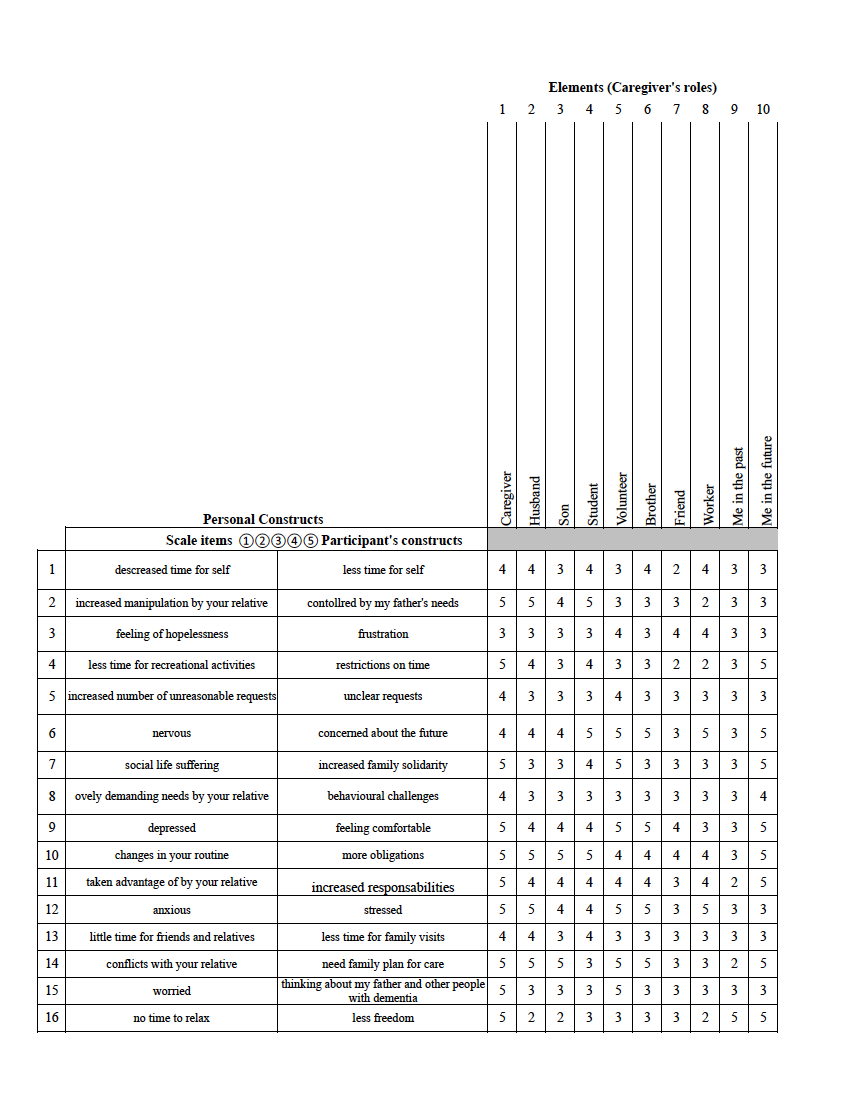
Appendix A. The Arabic translation of the modified Montgomery Borgatta Caregiver Burden Scale (MBCBS).

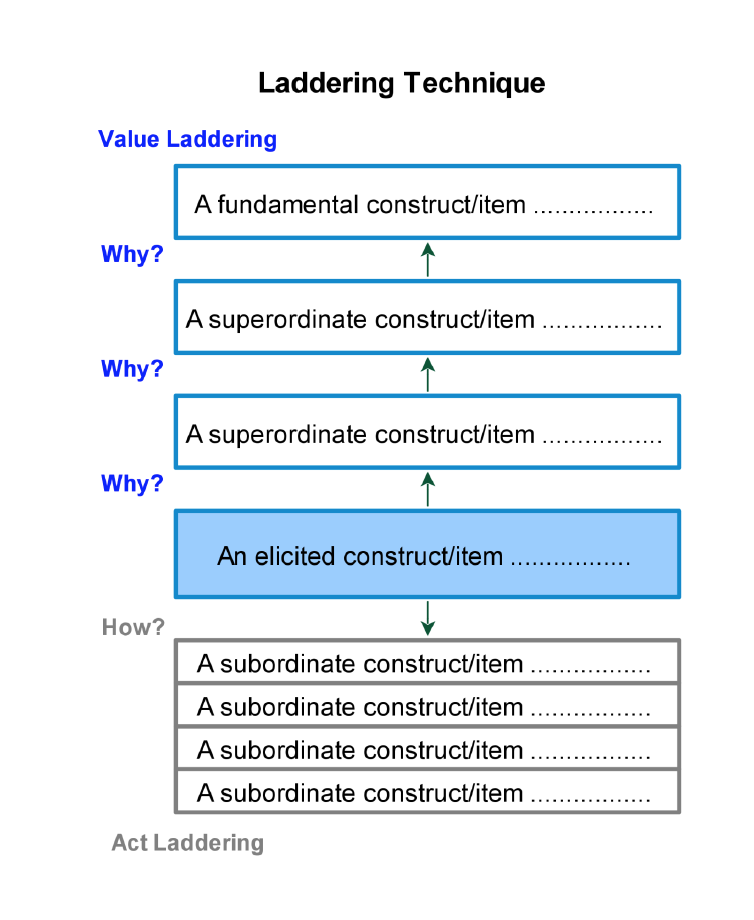
مقياس مونتقمري لعبء مقدم الرعاية

As a result of assisting the care receiver (parent or relative), have the following aspects of your life changed? Have your caregiving responsibilities:

كنتيجة لتقديم الرعاية لقريبك، كيف تأثرت الجوانب التالية من حياتك؟ هل أدت مسؤولياتك في الرعاية إلى أنها:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Not at all  مطلقا1 | A little  2قليلا | Moderately  3 أحيانا | A lot  4 كثيرا | A great deal  5 كثير جدا |
| 1- Decreased time you have to yourself? (**OB**) |  |  |  |  |  |
| قللت من الوقت المخصص لنفسك ؟  2- Increased attempts by your relative to manipulate you? (**RB**) |  |  |  |  |  |
| زادت من محاولات قريبك في التحكم بك ؟  3- Created a feeling of hopelessness? (**SB**) |  |  |  |  |  |
| ولدت لديك شعورا باليأس؟  4- Kept you from recreational activities? (**OB**) |  |  |  |  |  |
| حالت بينك و بين ممارسة الأنشطة الترفيهية؟  5- Increased the number of unreasonable requests made by your relative? (**RB**) |  |  |  |  |  |
| زادت عدد الطلبات الغير معقولة من قبل قريبك؟  6- Made you nervous? (**SB**) |  |  |  |  |  |
| جعلتك عصبي المزاج؟  7- Caused your social life to suffer? (**OB**) |  |  |  |  |  |
| سببت لك المعاناة في حياتك الاجتماعية؟  8- Caused you to feel that your relative makes demands over and above what he or she needs? (**RB**) |  |  |  |  |  |
| جعلتك تشعر بأن قريبك يطلب أشياء كثر مما يحتاج؟  9- Depressed you? (**SB**) |  |  |  |  |  |
| جعلتك مكتئبا؟  10- Changed your routine? (**OB**) |  |  |  |  |  |
| غيرت من نظام حياتك اليومي؟  11- Made you feel you were being taken advantage by your relative? (**RB**) |  |  |  |  |  |
| جعلتك تشعر بأنه يتم تحميلك فوق طاقتك من قبل قريبك؟  12- Made you anxious? (**SB**) |  |  |  |  |  |
| جعلتك قلقا؟  13- Given you little time for friends and relatives? (**OB**) |  |  |  |  |  |
| أعطتك القليل من الوقت لتقضيه مع الأصدقاء و الأقارب؟  14- Caused conflicts between you and your relative? **(RB**) |  |  |  |  |  |
| سببت لك خلافات بينك و بين قريبك؟  15- Caused you to worry? (**SB**)  جعلتك مشغول البال؟ |  |  |  |  |  |
| 16- Left you with almost no time to relax? (**OB**)  لم تترك لك وقتا للاسترخاء؟ |  |  |  |  |  |

Appendix B. Repertory grid technique (participant 9).

Appendix C. Laddering procedure (adapted from Hinkle, 2010 & Hill, 1995)

Appendix D. Item characteristics of the translated MBCBS.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Items  (Subscale) | Mean | SD | 1  % | 2  % | 3  % | 4  % | 5 % |
| Item 1 (OB)  Item 2 (RB)  Item 3 (SB) | 3.45  3.05  2.55 | 1.19  1.10  1.19 | 10.0  10.0  25.0 | 05.0  15.0  20.0 | 35.0  45.0  35.0 | 30.0  20.0  15.0 | 20.0  10.0  05.0 |
| Item 4 (OB)  Item 5 (RB)  Item 6 (SB) | 3.15  3.55  2.55 | 1.23  1.32  0.94 | 15.0  10.0  20.0 | 15.0  10.0  15.0 | 15.0  25.0  55.0 | 50.0  25.0  10.0 | 05.0  30.0  00.0 |
| Item 7 (OB)  Item 8 (RB)  Item 9 (SB)  Item 10 (OB)  Item 11 (RB)  Item 12 (SB)  Item 13 (OB)  Item 14 (RB)  Item 15 (SB)  Item 16 (OB) | 2.85  3.10  1.75  3.50  3.45  2.95  3.25  2.80  1.95  2.65 | 1.31  1.17  1.12  1.36  1.15  1.15  1.21  1.15  1.05  1.09 | 25.0  10.0  65.0  10.0  05.0  15.0  10.0  15.0  40.0  20.0 | 10.0  20.0  05.0  15.0  10.0  15.0  20.0  25.0  35.0  20.0 | 25.0  30.0  20.0  45.0  45.0  35.0  15.0  30.0  20.0  35.0 | 35.0  30.0  10.0  15.0  15.0  30.0  45.0  25.0  00.0  25.0 | 05.0  10.0  00.0  25.0  25.0  05.0  10.0  05.0  05.0  00.0 |

Appendix E. Comparison of fit indices for exploratory (rotate = "oblimin", fm="ml") and confirmatory (overall fit) factor analysis of the translated MBCBS.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Model | *X2 (df)* | *RMSEA*  (90% CI) | *RMR* | *SRMR* | *TLI* | *CFI* |
| *Model (1)* 2-factor solution (EFA)  with all translated items | 285.1- *(104)* | 0.312 | 0.17 | - | 0.343 | 0.481 |
| *Model (2)*  2-factor solution (EFA)  excl. items 2, 5, 9, & 11 | 190.68 *(54)* | 0.277 | 0.12 | - | 0.572 | 0.675 |
| *Model (3)*  2-factor solution (EFA)  excl. the RB subscale | 158.45 *(44)* | 0.249 | 0.14 | - | 0.663 | 0.749 |
| *Model (4)*  2-factor solution (EFA)  excl. the RB subscale  and item 9 (SB subscale) | 150.97 *(35)* | 0.265 | 0.12 | - | 0.663 | 0.754 |
| *Model (5)*  1-factor solution (CFA) with all translated items | 311.63 *(104)* | 0.316 | - | 0.15 | 0.261 | 0.360 |
| *Model (6)*  2-factors solution (CFA) excluding the items of RB subscale | 80.86 *(43)* | 0.210 | - | 0.10 | 0.701 | 0.766 |
| *Model (7)*  2-factor solution (CFA)  excluding the items of RB subscale and one item from SB subscale (item 9) | 55.03 *(34)* | 0.176 | - | 0.09 | 0.809 | 0.856 |
| *Model (8)* 3-factors solution (CFA)  with all translated items | 282.59 *(101)* | 0.300 | - | 0.21 | 0.335 | 0.440 |

*Note.* *EFA*= Exploratory factor analysis, *CFA*= Confirmatory factor analysis, X2*(df)*= Chi Square *(degrees of freedom)*, *RMSEA*= The root mean square error of approximation, RMR = The root mean square of the residuals, *SRMR* = The standardized root mean square of the residuals, *TLI* = Tucker Lewis index of factoring reliability, *CFI* = the comparative fit index.