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 little2قليلا  | Moderately 3 أحيانا | A lot4 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)  | 3.453.052.55 | 1.191.101.19 | 10.010.025.0 | 05.015.020.0 | 35.045.035.0 | 30.020.015.0 | 20.010.005.0 |
| Item 4 (OB) Item 5 (RB)Item 6 (SB)  | 3.153.552.55 | 1.231.320.94 | 15.010.020.0 | 15.010.015.0 | 15.025.055.0 | 50.025.010.0 | 05.030.000.0 |
| 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)   | 2.853.101.753.503.452.953.252.801.952.65 | 1.311.171.121.361.151.151.211.151.051.09 | 25.010.065.010.005.015.010.015.040.020.0 | 10.020.005.015.010.015.020.025.035.020.0 | 25.030.020.045.045.035.015.030.020.035.0 | 35.030.010.015.015.030.045.025.000.025.0 | 05.010.000.025.025.005.010.005.005.000.0 |

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.