Parkinson’s Disease Caregiver Burden Questionnaire

PART A: PLEASE TICK one of the following options for each statement, and rate the degree to which you agree to the following statements regarding yourself and the person you are currently caring for.

1) I have been injured as a result of caring for him/her, e.g. back strain as a result of lifting.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Somewhat Disagree</th>
<th>Maybe</th>
<th>Somewhat Agree</th>
<th>Strongly Agree</th>
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2) I feel physically capable to help him/her with activities of daily living such as toileting, dressing, showering, bathing, and lifting.

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<thead>
<tr>
<th>Strongly Disagree</th>
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3) I feel annoyed or frustrated because my sleep is disturbed by him/her at night.

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<th>Strongly Disagree</th>
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4) I think I get enough sleep at night, and I feel awake during the day.

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5) Dealing with the day-to-day unpredictability of symptoms makes it frustrating and difficult.

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<th>Strongly Disagree</th>
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<th>Maybe</th>
<th>Somewhat Agree</th>
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6) I am fine with how slowly he/she moves and does things.

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7) He/she has trouble with urinary urgency, and helping with toileting is very difficult for me.

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8) I have had trouble coping with his/her compulsive behaviours (such as gambling, sexual hyperactivity, hobbies, and hoarding).

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### Parkinson’s Disease Caregiver Burden Questionnaire

**PART A (continued):**

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<thead>
<tr>
<th></th>
<th>9) I feel anxious or confused because he/she may be suffering from depression.</th>
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<td></td>
<td>Strongly Disagree</td>
<td>Somewhat Disagree</td>
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<th></th>
<th>10) I am okay with having to take care of our responsibilities, such as decision making, chores and appointments.</th>
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<tr>
<td></td>
<td>Strongly Disagree</td>
<td>Somewhat Disagree</td>
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<th></th>
<th>11) I get upset because it seems he/she can’t be bothered to take responsibility of his/her health.</th>
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<tr>
<td></td>
<td>Strongly Disagree</td>
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<th></th>
<th>12) I feel anxious because I need to be aware of what he/she is doing all the time.</th>
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<tr>
<td></td>
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<th>13) I am worried when he/she wants to take more Parkinson’s medicine than the doctor prescribed.</th>
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<tr>
<td></td>
<td>Strongly Disagree</td>
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<th>14) I find it very easy to deal with his/her medications.</th>
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<th>15) I feel embarrassed because of his/her behaviours or comments.</th>
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<th>16) I am comfortable going out with him/her.</th>
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PART A (continued):

17) I don’t like it when people notice his/her tremor or dyskinesia (abnormal involuntary movements).

- Strongly Disagree
- Somewhat Disagree
- Maybe
- Somewhat Agree
- Strongly Agree

18) I feel that he/she is still my friend.

- Strongly Disagree
- Somewhat Disagree
- Maybe
- Somewhat Agree
- Strongly Agree

19) I miss the good times we used to have together.

- Strongly Disagree
- Somewhat Disagree
- Maybe
- Somewhat Agree
- Strongly Agree

20) I am still able to make plans for the future, or to pursue my dreams.

- Strongly Disagree
- Somewhat Disagree
- Maybe
- Somewhat Agree
- Strongly Agree

* * * * * * *

PART B: PLEASE INDICATE WITH AN “X” on the scale below how burdensome you generally feel caring your partner/family member is at the moment. “0” means that you feel that your role as a caregiver is not hard at all, whereas “100” means that you feel it is much too hard. Please indicate with an ‘X’ on the scale:

![Burden Scale](image)