

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.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

2) I feel physically capable to help him/her with activities of daily living such as toileting, dressing, showering, bathing, and lifting.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

3) I feel annoyed or frustrated because my sleep is disturbed by him/her at night.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

4) I think I get enough sleep at night, and I feel awake during the day.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

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

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

6) I am fine with how slowly he/she moves and does things.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

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

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

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

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

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PART A (continued):

9) I feel anxious or confused because he/she may be suffering from depression.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

10) I am okay with having to take care of our responsibilities, such as decision making, chores and appointments.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

11) I get upset because it seems he/she can't be bothered to take responsibility of his/her health.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

12) I feel anxious because I need to be aware of what he/she is doing all the time.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

13) I am worried when he/she wants to take more Parkinson's medicine than the doctor prescribed.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

14) I find it very easy to deal with his/her medications.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

15) I feel embarrassed because of his/her behaviours or comments.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

16) I am comfortable going out with him/her.

Strongly Disagree

Somewhat Disagree

Maybe

Somewhat Agree

Strongly Agree

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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

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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:

