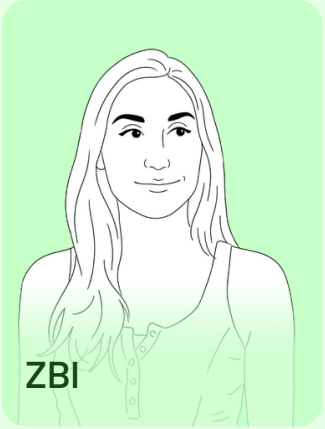


Zarit Burden Interview (ZBI)

The Zarit Burden Interview is a standardized assessment tool that measures the emotional, physical, social, and financial load (the "burden") experienced by family caregivers of dependent individuals. Particularly used in the context of neurocognitive disorders such as Alzheimer's disease, it allows the psychologist to objectify the concrete impact of caregiving on daily life. In clinical practice (geriatrics, neuropsychology, psychiatry), this tool is used to guide the interview, screen for the risk of burnout, and monitor changes in burden over time to evaluate the effectiveness of support.

Number of questions	22 questions
Estimated duration	10 minutes
Language	English
Original name	Zarit Burden Interview
Target audience	Adult caregivers
Authors	Steven H. Zarit, Judy M. Reever, Julie Bach-Peterson (1980)
Category	General

Preview of the 22 questions

Do you feel that your relative asks for more help than he or she needs?

Never | Rarely | Sometimes | Quite frequently | Nearly always

Do you feel that, because of the time you spend with your relative, you don't have enough time for yourself?

Never | Rarely | Sometimes | Quite frequently | Nearly always

Do you feel stressed between caring for your relative and trying to meet other responsibilities for your family or work?

Never | Rarely | Sometimes | Quite frequently | Nearly always

Do you feel embarrassed about your relative's behavior?

Never | Rarely | Sometimes | Quite frequently | Nearly always

Do you feel angry when you are around your relative?

Never | Rarely | Sometimes | Quite frequently | Nearly always

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a scale from 0 to 4, generally ranging from "Never" to "Nearly always". The total score is obtained by adding up the 22 responses, for a total between 0 and 88. A higher score indicates a greater caregiver burden. The most commonly used cutoffs are: 0-20 little or no burden, 21-40 mild to moderate burden, 41-60 moderate to severe burden, 61-88 severe burden. Interpretation must remain clinical and take into account the family context, the care recipient's level of dependence, and the caregiver's psychological state.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

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★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist