

Brief Assessment Scale for Caregivers (BASC) - English version

**Please indicate to what extent you have had any of the following feelings in the past month because of taking care of \_\_\_\_\_ (name of care recipient).**

<b>Because of (name of CR)'s illness, how much have you:</b>	Not at all	A little	Some	A lot
1. Worried about (name of CR) even when you are not with him/her .....	0	1	2	3
2. Been depressed because of (name of CR)'s illness ....	0	1	2	3
3. Been upset about not having enough time for yourself because of caring for (name of CR) .....	0	1	2	3
4. Been overwhelmed by the responsibility of caring for (name of CR) .....	0	1	2	3

<b>Please rate your distress during this past month:</b>	Not at all	A little	Some	A lot of	N/A
5. Distress over seeing (name of CR) in so much pain or discomfort .....	0	1	2	3	4
6. Distress at not having enough time to do your job, other responsibilities and chores .....	0	1	2	3	4
7. Distress about making decisions about hospitalizing (name of CR) .....	0	1	2	3	4
8. Distress over talking about what medical procedures (name of CR) would want or would not want if his/her heart or breathing were to stop .....	0	1	2	3	4
9. Distress of seeing how much (name of CR)'s illness has changed your relationship .....	0	1	2	3	4
10. Distress at having strained relationships with other family members over taking care of (name of CR) .....	0	1	2	3	4

<b>Please rate whether you agree or disagree with each of these statements as it applies to you in your care of (name of CR) this past month:</b>	Agree a lot	Agree a little	Disagree a little	Disagree a lot	N/A
11. Taking care of (name of CR) has drawn the two of us closer together .....	0	1	2	3	4
12. Taking care of (name of CR) has brought meaning to my life .	0	1	2	3	4
13. Taking care of (name of CR) has drawn other members of our family closer together .....	0	1	2	3	4
14. Taking care of (name of CR) makes me feel good about myself	0	1	2	3	4