

Caregiver Reaction Scale

The following questions are designed to help us understand the types of difficulties you and your family face as caregivers.

Each item is rated on a 1 to 4 scale. 1 (not at all) 2 (somewhat) 3 (quite a bit) 4 (completely)
Please respond to all items by checking the appropriate box:

(A)	Here are some thoughts and feelings that people sometimes have about themselves as caregivers. How much does each statement describe your thoughts about your caregiving?	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Wish you were free to lead a life of your own				
	Feel trapped by your relative's illness				
	Wish you could just run away				
	Feel stressed by your relative's illness and needs				
(B)	How much does each statement describe you?	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	You are exhausted when you go to bed at night				
	You have more to do than you can handle				
	You don't have time just for yourself				
	You work hard as a caregiver but never seem to make any progress				
(C)	Caregivers sometimes feel that they lose important things in life because of their relative's illness. To what extent have you personally lost the following:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Being able to confide in your relative				
	The person whom you used to know				
	Having someone who really knew you well				
	A chance to do some of the things you planned				
	Contact with other people				
	A sense of who you are				
	Lost an important part of yourself				
(D)	People can often learn things about themselves from taking care of a relative. How much do you:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Believe you've learned how to deal with this very difficult situation				
	Feel that, all in all, you're a good caregiver				
	In general, feel competent as a caregiver				
	Feel self-confident as a caregiver				

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		1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
(E)	Since becoming a caregiver, how much have you:				
	Become more aware of your inner strengths				
	Become more self-confident				
	Grown as a person				
	Learned to do things you didn't do before				
(F)	There are many different ways of coping with the stress of caregiving. How often do you:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Try to accept your relative as he/she is, not how you wish he/she could be				
	Try to think about the present rather than the future				
	Try to keep your sense of humor				
	Spend time alone				
	Eat				
	Smoke				
	Get some exercise				
	Watch TV				
	Read				
	Take some medication to calm you down				
	Drink some alcohol				
(G)	Family members don't always see eye-to-eye when it comes to dealing with a relative who is ill. How much disagreement have you had with anyone in your family about the following issues:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	The seriousness of your relative's memory problems				
	The need to watch out for your relative's safety				
	What things your relative is able to do for him/herself				
	Whether your relative should be placed in a nursing home or assisted living				

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(H)	How much disagreement have you had with people in your family because they:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Don't spend enough time with your relative				
	Don't do their share in caring for your relative				
	Don't show enough respect for your relative				
	Lack patience with your relative				
	Don't visit or telephone you enough				
	Don't give you enough help				
	Don't show enough appreciation for your work as a caregiver				
	Give you unwanted advice				
(I)	How much do you agree with the following statements about your present work situation?	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	You have less energy for your work				
	You have missed too many days				
	You have been dissatisfied with the quality of your work				
	You worry about your relative while you're at work				
	Phone calls about or from your relative interrupt your work				
(J)	These questions ask about your household expenses and your standard of living. Compared with just before you began to take care of your relative how much would you agree, with the following statements:	1 – Not at all	2 – Somewhat	3 – Quite a bit	4 – Completely
	Total household income has decreased				
	Total monthly expenses have increased				
	In general, family finances work out at the end of the month				

Adapted from Pearlin and colleagues (1990).

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