

PERCEIVED CHANGE SCALE

Now here are some questions about how things have been for you this past month. For each item, please tell me if you felt things have: gotten much worse, gotten somewhat worse, stayed the same, improved somewhat, improved a lot.

In the past month:	Gotten much worse	Gotten somewhat worse	Stayed the same	Improved somewhat	Improved a lot
1. Has your ability to understand your (CR's) behavior:	1 ()	2 ()	3 ()	4 ()	5 ()
2. Has your ability to manage day to day caregiving:	1 ()	2 ()	3 ()	4 ()	5 ()
3. Have your feelings of being overwhelmed:	1 ()	2 ()	3 ()	4 ()	5 ()
4. Has your sense of control over your (CR's) problems:	1 ()	2 ()	3 ()	4 ()	5 ()
5. Has your ability to handle new caregiving problems:	1 ()	2 ()	3 ()	4 ()	5 ()
6. Have your feelings of being calm or relaxed:	1 ()	2 ()	3 ()	4 ()	5 ()
7. Have your feelings of being upset:	1 ()	2 ()	3 ()	4 ()	5 ()
8. Has your energy level:	1 ()	2 ()	3 ()	4 ()	5 ()
9. Have your feelings of being angry:	1 ()	2 ()	3 ()	4 ()	5 ()
10. Have your feelings that things have been going your way:	1 ()	2 ()	3 ()	4 ()	5 ()
11. Has your ability to sleep through the night:	1 ()	2 ()	3 ()	4 ()	5 ()
12. Have your feelings of being rested:	1 ()	2 ()	3 ()	4 ()	5 ()
13. Has your ability to have time for yourself?	1 ()	2 ()	3 ()	4 ()	5 ()

Citation: Gitlin, L. N., Winter, L., Dennis, M. P. & Hauck, W. (2006). Assessing perceived change in well-being of family caregivers: Psychometric properties of the perceived change index (PCI) and responses patterns. *American Journal of Alzheimer's Disease and Other Dementias*, 21(5), 304-311.

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