




Zarit Burden Interview: 12 Item: Clinician Report

Patient:	Sam Patel (caregiver report)
Assessment date:	2026-05-18
TOTAL SCORE	
24 / 48	
Score band: Moderate to severe burden (21–40)	

SUBSCALE SCORES

Personal strain (5 items)	10 / 20
	
■ Mild factor burden	
Role strain (5 items)	10 / 20
	
■ Mild factor burden	
Guilt and uncertainty (2 items)	4 / 8
	
■ Mild factor burden	
<i>percentage-of-maximum factor band (engine clinical formulation; Bedard et al. 2001 factor structure)</i>	

CUTPOINT CROSSED

Threshold	Label
>= 11	Lower boundary for mild to moderate burden
>= 21	Lower boundary for moderate to severe burden

SCORE STATEMENT

The ZBI-12 was completed on 2026-05-18 by the caregiver, yielding a total score of 24/48, placing in the Moderate to severe burden range (21-40).

SEVERITY INTERPRETATION

Scores of 21 to 40 indicate moderate to severe caregiver burden on the ZBI-12, a level associated in the literature with elevated risk of caregiver mental and physical health consequences (Bedard et al. 2001; Higginson et al. 2010).

SYMPTOM PROFILE

Symptom profile. The ZBI-12 pattern is a mixed pattern of caregiver burden with a mixed pattern of carer burden across personal, role, and guilt domains. Items rated at the quite-frequently or nearly-always level include: no items at the quite-frequently-or-higher level. Subgroup totals were personal strain 10/20, role strain 10/20, guilt and uncertainty 4/8.

RECOMMENDATION

ZBI-12 scores of 21 to 40 have been associated in the published literature with moderate to severe caregiver burden and elevated risk of caregiver mental and physical health consequences (Higginson et al. 2010; Brodaty and Donkin, 2009). Options described in the literature for structured support at this severity include carer education programmes, peer support, respite (planned regular respite has stronger evidence than emergency respite alone), and carer-targeted psychological intervention. Components described for evaluation include screening the carer for depression and anxiety, review of social and financial supports, and review of the sustainability of the current care arrangement. *These notes summarise the published evidence base for this presentation pattern and are intended for clinician consideration. They do not constitute individual treatment recommendations and may not apply to every person; clinical judgement and knowledge of the full clinical picture take precedence.*

MONITORING

Repeat ZBI-12 administration at 3 to 6 month intervals is recommended where carer-support intervention is being delivered. The ZBI-12 is sensitive to change with carer-support interventions in published trials (Sorensen et al. 2002; Brodaty and Donkin 2009); persistent or worsening scores despite intervention warrant escalation of supports.

SCALE INFORMATION

Scale information. The ZBI-12 is a 12-item short form of the Zarit Burden Interview, measuring subjective burden in informal caregivers of older adults with dementia or other chronic conditions. Items rated 0 (never) to 4 (nearly always); total range 0 to 48. The 12-item version has been validated against the full 22-item ZBI with strong correlation ($r > 0.92$) and adequate internal consistency (Cronbach alpha approximately 0.88; Bedard et al. 2001). The instrument captures the carer's experience, not the patient's symptom burden directly. Factor structure includes a Personal Strain component (the carer's own emotional and physical impact) and a Role Strain component (interference with the carer's life roles and identity).

ITEM RESPONSES

Rating scale: 0 = Never 1 = Rarely 2 = Sometimes 3 = Quite Frequently 4 = Nearly Always			
#	Description	Response	Score
1	Do you feel that because of the time you spend with the person you are caring for that you don't have enough time for yourself?	Sometimes	2
2	Do you feel stressed between caring for the person you are caring for and trying to meet other responsibilities for your family or work?	Sometimes	2
3	Do you feel angry when you are around the person you are caring for?	Sometimes	2
4	Do you feel that the person you are caring for currently affects your relationships with other family members or friends in a negative way?	Sometimes	2
5	Do you feel strained when you are around the person you are caring for?	Sometimes	2
6	Do you feel your health has suffered because of your involvement with the person you are caring for?	Sometimes	2
7	Do you feel that you don't have as much privacy as you would like because of the person you are caring for?	Sometimes	2
8	Do you feel that your social life has suffered because you are a carer?	Sometimes	2
9	Do you feel you have lost control of your life since the person you are caring for became ill?	Sometimes	2
10	Do you feel uncertain about what to do about the person you are caring for?	Sometimes	2
11	Do you feel you should be doing more for the person you are caring for?	Sometimes	2
12	Overall, how burdened do you feel in caring for the person you are caring for?	Sometimes	2