

**NINDS CDE Notice of Copyright
The Caregiver Burden Scale (CGBS)**

Availability:	Please email the authors for information about obtaining the instrument: Solve.Elmstahl@med.lu.se
Classification:	Exploratory for Amyotrophic Lateral Sclerosis (ALS)
Short Description of Instrument:	The Caregiver's Burden Scale (CGBS) is a 22-item scale that assesses subjectively experienced burden by caregiver's to chronically disabled persons. The instrument comprises five factors: general strain, isolation, disappointment, emotional involvement and environment. The caregiver is asked to tick one of the four boxes (not at all, seldom, sometimes, often) score 1 to 4 for each question.
Scoring:	A mean value is calculated for each factor including the following items: General strain: 1, 3, 4, 5, 7, 10, 14, and 19 Isolation: 8, 12, and 22 Disappointment: 2, 13, 18, 20, and 21 Emotional involvement: 6, 11, and 16 Environment: 9, 15, and 17
References:	Elmståhl S, Malmberg B, Annerstedt L. Caregivers burden of patients 3 years after stroke assessed by a novel Caregiver Burden Scale. Arch Phys Med Rehabil 1996; 77: 177-82.