

UW Caregiver Stress Scale 8-Item Short Form V. 2.0©

Instructions: Please choose the response that best describes how you **usually** feel about caregiving. By **caregiving** we mean all aspects of taking care of a child or children under 18 years -- that is providing help and support (typically unpaid and typically by a parent or guardian) for their physical, psychological, or developmental needs. When choosing your answers consider how having a child or children you take care of affects all areas of your life.

	Not at All	A little bit	Some-what	Quite a bit	Very much
1. How much are your finances strained because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How difficult is it for you to get a good night's sleep because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How difficult is it to find time to spend with your friends because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. How much do you feel always "on call" because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How difficult is it for you to take care of yourself because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How difficult is it to do activities you like to do because of caregiving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Rarely	Some-times	Often	Always
7. On a typical day, how often do you feel overwhelmed by caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. How often do you feel socially isolated because of caregiving?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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