

Name of Measure: Perceived Caregiver Burden Scale (PCB) (Stommel, Given, & Given 1990)

Purpose of Measure: To assess caregiver burden in terms of perceptions and feelings about caregivers' physical and emotional health, family relationships, social life, work, and finances

Author(s) of Abstract:

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Reference: Gupta, R. (1999). The Revised Caregiver Burden Scale: A preliminary evaluation. *Research on Social Work Practice*, 9(4), 508-520.

Description of measure: PCB is a 31-item scale developed by Stommel et al. (1990). Each item is rated on a 4-point Likert scale, ranging from 1 = *strongly disagree* to 4 = *strongly agree*. All items (except Items 1, 5, 10, 17, and 20) were reverse coded in such a way that '1' implies the low to no caregiver burden and '4' indicates high levels of burden. The PCB has 5 sub-scales with reliability coefficients ranging from .72 to .92.

1. Impact on finances (e.g., item 2: It is difficult to pay for the elder health needs and services)
2. Impact on work schedule (e.g., item 12: I have to stop in the middle of my work or activities to provide care)
3. Feelings of abandonment by extended family (e.g., item 7: "It is very difficult to get help from my family in taking care of the elder)
4. Impact on health of caregiver (e.g., item 9: My health has gotten worse since I have been caring for the elder)
5. Sense of entrapment (e.g., item 28: "I feel trapped by my caregiving role).

Language Availability: Measure was translated and back translated in Hindi and English.

Translation Comment: Not described

Description of Asian Population: One hundred and fifty Indian and Pakistani caregivers in the Dallas-Fort Worth area participated in the research. The average age of the caregiver was 40.9 years, and the average age of the elder (care recipient) was 70.6 years. Nearly 86.7% (130) of the caregivers interviewed were married, 7.3% were never married, and 6.0% were divorced. Hindus made up 60.7% of the sample; Muslims, 26%; Christians, 8%; and Sikhs, 5.3%. Of the total, 24% of the caregivers were from Pakistan, whereas 76% were from India. The average length of stay in the United States among caregivers was about 5 years. Out of the 150 caregivers, 65.3% were females. Among females, 24.7% were daughter and 38.7% were daughter-in-law, while the remainder included other caregivers. Almost 34.7%(52) of the sample were male caregivers, of which 30% were sons and 2.7% were sons-in-law.

Norms: The means (standard deviations) for the Perceived Caregiver Burden sub-scales are as follows (N = 150):

Impact on finances: Mean = 9.0 (SD= 3.09)  
Impact on Work Schedule: Mean = 6.95 (SD = 2.32)  
Sense of Entrapment: Mean = 11.5 (SD = 4.08)

Validity: A confirmatory factor analysis was computed. The results suggested a poor fit between the 31 item, 5 factor structure reported by Stommel et al., (1990) and these South Asian data. Based inter item correlations the following items were dropped: 5-10, 14-15, 17-19, 21-25. The final model, 13-item scale and 3 constructs has a Comparative Fit index of .97.

Reliability: Impact on finances: Alpha = .89  
Impact on Work Schedule: Alpha = .90  
Sense of Entrapment: Alpha = .96

Original reference to instrument: Stommel, M., Given, M., & Given, E. (1990). Depression as an overriding variable explaining caregiver burdens. *Journal of Aging and Health*, 2, 81-102

How to obtain a copy of the instrument: Available in Stommel, Given & Given (1990) article.