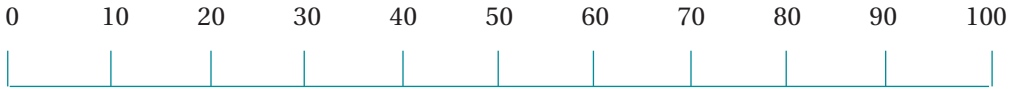


Self-Rated Burden (SRB)

Reference: van Exel et al. (2004). Instruments for assessing the burden of informal caregiving for stroke patients in clinical practice: A comparison of CSI, CRA, SCQ and self-related burden. *Clinical Rehabilitation*, 18(2), 203-241.

On the scale below, “0” means that you feel that caring for or accompanying _____ at the moment is not hard at all; “100” means that you feel that caring for or accompanying _____ at the moment is much too hard. Please indicate with an “x” on the scale how burdensome you feel caring for or accompanying _____ is at the moment.



Not at all straining

Much too straining