Self-Rated Burden (SRB)

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.

0 10 20 30 40 50 60 70 80 90 100

Not at all straining                     Much too straining