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Caregiver Burden Scale (CGBS)**

Availability	<b>Please email the authors for information about obtaining the instrument: <a href="mailto:Solve.Elmstahl@med.lu.se">Solve.Elmstahl@med.lu.se</a></b>
Classification	<b>Exploratory:</b> 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	<b>A mean value is calculated for each factor including the following items:</b> 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, Anerstedt L. Caregivers burden of patients 3 years after stroke assessed by a novel Caregiver Burden Scale. Arch Phys Med Rehabil 1996; 77: 177–182.