The Multidimensional Caregiver Strain Index

Instructions: Circle the number which most closely reflects in general your feelings about caring for your partner, relative, or friend.

	Never	A little	Moderate	A lot	A great deal
1. I feel I have less energy now that I am caring for my spouse or family member.	0	1	2	3	4
2. I feel physically strained because of caring for my spouse or family member.	0	1	2	3	4
3. I feel that my physical health has suffered because of caring for my spouse or family member.	0	1	2	3	4
4. I feel that my social life has suffered because of caring for my spouse or family member.	0	1	2	3	4
5. I have had to give up vacations or trips because of caring for my spouse or family member.	0	1	2	3	4
6. I am able to go out when I want.	0	1	2	3	4
7. I have had to make adjustments in my work or personal schedule.	0	1	2	3	4
8. Caring for/providing help for my spouse or family member is a financial strain.	0	1	2	3	4
9. I resent the extra cost of caring for my spouse or family member.	0	1	2	3	4
10. I have enough time to do the things I need to do (such as chores and helping).	0	1	2	3	4
11. I have a lot of time to myself.	0	1	2	3	4
12. I feel resentful toward my spouse or family member.	0	1	2	3	4
13. I feel angry toward my spouse or family member.	0	1	2	3	4
14. I feel pleased about my relationship with my spouse or family member.	0	1	2	3	4
15. My relationship with my spouse or family member is strained.	0	1	2	3	4
16. I am glad that I can provide care for my spouse or family member.	0	1	2	3	4

Adapted from: Stull, D. (1996)
The Multidimensional Caregiver Strain Index (MCSI):
Its Measurement and Structure.
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17. I feel that my spouse or family member tries to manipulate me.	0	1	2	3	4
18. I feel that my spouse or family member is overly demanding.	0	1	2	3	4

Scoring: Reverse code questions 6,10,11,14, and 16 for a total score

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