**Care Burden Interview**

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel that my relative asks for more help than what they need.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel more stressed between caring for my relative and trying to meet my other responsibilities.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel more angry around my relative now.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel more embarrassed about my relative’s behaviour now.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel that my relative affects my relationships with other family members or friends more negatively now

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

Now I feel that my health has suffered more because of my involvement with my relative

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel I don’t have as much privacy now

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

I feel my social life has suffered more

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

Now I feel more that I will be unable to care for my relative much longer

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

Now I wish more I could leave the care of my relative to someone else

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

Now I feel my relative is more dependent on me

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |

1. *Compared to the time before COVID-19 related social distancing measures were taken,*

Overall, I feel more burdened caring for my relative now

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|  |  |  |  |  |