

Polisher Research Institute
Madlyn and Leonard Abramson Center for Jewish Life
(formerly Philadelphia Geriatric Center)

CAREGIVING APPRAISAL SCALE
(2000)

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A Note on the Use of this Scale

The **revised** Caregiving Appraisal Scale was published in the following article:

Lawton, M.P., Moss, M., Hoffman, C., Perkinson, M. (2000). Two Transitions in Daughters' Caregiving Careers. The Gerontologist, 40, 437 – 448.

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Explanation of Materials

- 1) Pages from the questionnaire. Questions O1 and O7 contain the Caregiving Appraisal items - (pages 1 to 4).
- 2) Pages from the codebook. The variable label for each item is listed on the right margin. Other notes indicate which items are reflected when computing composite scores – (pages 5 to 7).
- 3) Directions for computing the 5 sub-scale composite scores – (pages 8 – 13).

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Polisher Research Institute
Madlyn and Leonard Abramson Center for Jewish Life

1. PROGRAM PROJECT QUESTIONNAIRE

O. FEELINGS ABOUT CAREGIVING

O 1. Now we're going to talk about some feelings you may be having in caring for your (ELDER). For each statement, please tell me if you agree a lot, agree a little, neither agree nor disagree, disagree a little, or disagree a lot.

5	agree a lot
4	agree a little
3	neither agree nor disagree
2	disagree a little
1	disagree a lot?

	Agree a lot	Agree a little	Neither Agree nor Disagree	Disagree a little	Disagree a lot	DNA
a. In general, I feel able to handle most problems in the care of my (ELDER).	5	4	3	2	1	7
b. No matter how much I do, somehow I feel guilty about not doing enough for my (ELDER).	5	4	3	2	1	7
c. I can fit in most of the things I need to do in spite of the time taken by caring for my (ELDER).	5	4	3	2	1	7
d. Taking care of my (ELDER) gives me a trapped feeling.	5	4	3	2	1	7
e. I get a sense of satisfaction from helping my (ELDER).	5	4	3	2	1	7
f. I am pretty good at figuring out what my (ELDER) needs.	5	4	3	2	1	7

O 2. Has helping your (ELDER) ever contributed to your:

	YES	NO	DNA
a. . quitting a job?	1	2	7
b. . changing jobs or employers?	1	2	7
c. . decreasing the hours you worked	1	2	7
d. . increasing the hours you worked	1	2	7
e. . taking a job?	1	2	7
f. . missing time from work?	1	2	7
g. . being interrupted frequently at work by phone calls from or			

pertaining to your (ELDER)?

1 2 7

h. . considering quitting your job?

1 2 7

7. Now we're going to talk about some feelings you may have in caring for your (ELDER). For each question, please tell me how often you feel this way: "never, rarely, sometimes, quite frequently, or nearly always."

How often do you feel:

- 5 Nearly always
- 4 Quite frequently
- 3 Sometimes
- 2 Rarely
- 1 Never

How often do you feel:

	Nearly always	Quite freq.	Some- times	Rarely	Never	DNA
a) . . that helping your (ELDER) has made you feel closer to (her/him)?	5	4	3	2	1	7
b) . . that your (ELDER) is too demanding?	5	4	3	2	1	7
c) . . reassured knowing that as long as you are helping your (ELDER), (she/he) is getting proper care?	5	4	3	2	1	7
d) . . that nothing you can do seems to please your (ELDER)?	5	4	3	2	1	7
e) . . uncertain about what to do about your (ELDER)?	5	4	3	2	1	7
f) . . that you should be doing more for your (ELDER)?	5	4	3	2	1	7
g) . . that you could do a better job in caring for your (ELDER)?	5	4	3	2	1	7
h) . . that you really enjoy being with your (ELDER)?	5	4	3	2	1	7
i) . . that taking responsibility for your (ELDER) gives your self-esteem a boost?	5	4	3	2	1	7
j) . . that your (ELDER's) pleasure over some little thing gives you pleasure?	5	4	3	2	1	7
k) . . that your health has suffered because of the care you must give your (ELDER)?	5	4	3	2	1	7
l) . . that because of the time you spend with your (ELDER) you don't have enough time for yourself?	5	4	3	2	1	7
m) . . that your (ELDER) shows real appreciation of what you do for (her/him)?	5	4	3	2	1	7

(continued)

O 7. Now we're going to talk about some feelings you may have in caring for your (ELDER). For each question, please tell me how often you feel this way: "never, rarely, sometimes, quite frequently, or nearly always."

How often do you feel:
 5 Nearly always
 4 Quite frequently
 3 Sometimes
 2 Rarely
 1 Never

How often do you feel:

	Nearly always	Quite freq.	Some- times	Rarely	Never	DNA
n) . . . that your social life has suffered because you are caring for your (ELDER)?	5	4	3	2	1	7
o) . . . very tired as a result of caring for your (ELDER)?	5	4	3	2	1	7
p) . . . that caring for your (ELDER) gives more meaning to your life?	5	4	3	2	1	7
q) . . . that you will be unable to care for your (ELDER) much longer?	5	4	3	2	1	7
r) . . . isolated and alone as a result of caring for your (ELDER)?	5	4	3	2	1	7
s) . . . that you have lost control of your life because of caring for your (ELDER)?	5	4	3	2	1	7
t) . . . that caring for your (ELDER) currently affects your relationships with other family members in a negative way?	5	4	3	2	1	7
u) . . . that caring for your (ELDER) doesn't allow you as much privacy as you would like?	5	4	3	2	1	7
v) . . . uncomfortable about having friends over because of your (ELDER)?	5	4	3	2	1	7
w) . . . that caring for your (ELDER) has interfered with your use of space in your home?	5	4	3	2	1	7

2. PROGRAM PROJECT CODEBOOK

O. FEELINGS ABOUT CAREGIVING

O 1. Now we're going to talk about some feelings you may be having in caring for your (ELDER). For each statement, please tell me if you agree a lot, agree a little, neither agree nor disagree, disagree a little, or disagree a lot.

5	agree a lot
4	agree a little
3	neither agree nor disagree
2	disagree a little
1	disagree a lot?

	Agree a lot	Agree a little	Neither Agree nor Disagree	Disagree a little	Disagree a lot	DNA	Variable Name	Reflec
a. In general, I feel able to handle most problems in the care of my (ELDER).	5	4	3	2	1	7	HANDLE	
b. No matter how much I do, somehow I feel guilty about not doing enough for my (ELDER).	5	4	3	2	1	7	GUILT	
c. I can fit in most of the things I need to do in spite of the time taken by caring for my (ELDER).	5	4	3	2	1	7	FIT IN	R
d. Taking care of my (ELDER) gives me a trapped feeling.	5	4	3	2	1	7	TRAP	
e. I get a sense of satisfaction from helping my (ELDER).	5	4	3	2	1	7	CGSAT	R
f. I am pretty good at figuring out what my (ELDER) needs.	5	4	3	2	1	7	FIGURE	

CODE BOOK

O 7. Now we're going to talk about some feelings you may have in caring for your (ELDER). For each question, please tell me how often you feel this way: "never, rarely, sometimes, quite frequently, or nearly always."

How often do you feel:	
5	Nearly always
4	Quite frequently
3	Sometimes
2	Rarely
1	Never

How often do you feel:

	Nearly always	Quite freq.	Some- times	Rarely	Never	DNA	Variable Name	Reflec
a) . . . that helping your (ELDER) has made you feel closer to (her/him)?	5	4	3	2	1	7	CLSHLP	R
b) . . . that your (ELDER) is too demanding?	5	4	3	2	1	7	DEMAND	
c) . . . reassured knowing that as long as you are helping your (ELDER), (she/he) is getting proper care?	5	4	3	2	1	7	REASUR	
d) . . . that nothing you can do seems to please your (ELDER)?	5	4	3	2	1	7	DONOTH	
e) . . . uncertain about what to do about your (ELDER)?	5	4	3	2	1	7	UNCRTN	
f) . . . that you should be doing more for your (ELDER)?	5	4	3	2	1	7	DOMORE	
g) . . . that you could do a better job in caring for your (ELDER)?	5	4	3	2	1	7	BTRCAR	
h) . . . that you really enjoy being with your (ELDER)?	5	4	3	2	1	7	ENJOY	R
i) . . . that taking responsibility for your (ELDER) gives your self-esteem a boost?	5	4	3	2	1	7	BOOST	R
j) . . . that your (ELDER's) pleasure over some little thing gives you pleasure?	5	4	3	2	1	7	PLEASR	R
k) . . . that your health has suffered because of the care you must give your (ELDER)?	5	4	3	2	1	7	SUFFER	
l) . . . that because of the time you spend with your (ELDER) you don't have enough time for yourself?	5	4	3	2	1	7	TIMSLF	

m) . .	that your (ELDER) shows real appreciation of what you do for (her/him)?	5	4	3	2	1	7	APPREC	R
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56 b

CODE BOOK

O 7. Now we're going to talk about some feelings you may have in caring for your (ELDER). For each question, please tell me how often you feel this way: "never, rarely, sometimes, quite frequently, or nearly always."

How often do you feel:	
5	Nearly always
4	Quite frequently
3	Sometimes
2	Rarely
1	Never

How often do you feel:

		Nearly always	Quite freq.	Some- times	Rarely	Never	DNA	Variable Name	Reflect
n) . .	that your social life has suffered because you are caring for your (ELDER)?	5	4	3	2	1	7	SOCSUF	
o) . .	very tired as a result of caring for your (ELDER)?	5	4	3	2	1	7	TIRED	
p) . .	that caring for your (ELDER) gives more meaning to your life?	5	4	3	2	1	7	MEANIG	R
q) . .	that you will be unable to care for your (ELDER) much longer?	5	4	3	2	1	7	LONGER	
r) . .	isolated and alone as a result of caring for your (ELDER)?	5	4	3	2	1	7	ISOLAT	
s) . .	that you have lost control of your life because of caring for your (ELDER)?	5	4	3	2	1	7	LSTCNT	
t) . .	that caring for your (ELDER) currently affects your relationships with other family members in a negative way?	5	4	3	2	1	7	NEGREL	
u) . .	that caring for your (ELDER) doesn't allow you as much privacy as you would like?	5	4	3	2	1	7	PRIVCY	
v) . .	uncomfortable about having friends over because of your (ELDER)?	5	4	3	2	1	7	GUESTS	
w) . .	that caring for your (ELDER) has interfered with your use of space in your home?	5	4	3	2	1	7	SPACE	

3. SCALE COMPOSITION

BURDEN

OF1BUR
10/91 - CG RESPITE

OF1BUR -- SECTION 0: EFFECTS OF CAREGIVING -- FACTOR:

CONTENT	RECODES	FACTOR LOADINGS
01c - FITINP - Can fit in most of the things I need to do in spite of time to care for E	reflect if 49% or less missing	.627
01d - TRAPH - Taking care of E gives me a trapped feeling	if 49% or less missing	.609
07k - SUFFERH - How often feel your health suffered from caring for E	if 49% or less missing	.696
07l - TIMSLFH - How often feel you don't have enough time for yourself because of caring for E	if 49% or less missing	.848
07n - SOCSUFH - How often feel your social life has suffered because of caring for E	if 49% or less missing	.769
07o - TIREDH - How often feel very tired because of caring for E	if 49% or less missing	.747
07q - LONGERH - How often feel you will be unable to care for E much longer	if 49% or less missing	.457
07r - ISOLATH - How often feel isolated as a result of caring for E	if 49% or less missing	.754
07s - LSTCNTH - How often feel you have lost control of your life because of caring for E	if 49% or less missing	.761

from printout #: 10
5 factor principal components
analysis on 25 variables

COMPUTATION: SUM VARIABLES.

ORIGINAL CODING

01 -	07 -
5 = AGREE A LOT	5 = NEARLY ALWAYS
4 = AGREE ALITTLE	4 = QUITE FREQUENTLY
3 = NEITHER	3 = SOMETIMES
2 = DISAGREE ALITTLE	2 = RARELY
1 = DISAGREE A LOT	1 = NEVER

MISSING DATA TREATMENT: (Item mean)

NO substitutions made in raw data for missing values.

If the number of legitimate responses is more than half of the total number of items in the scale (i.e., less than 9 but greater than 4 (i.e., 5,6,7,8 legitimate responses)), then the item mean is substituted for the missing codes 8 (Not Answered) or 9 (Don't Know) and the composite calculated with the recoded versions of the variables. Variables were recoded (note the final 'H'/p' in variable label) to have 8's and 9's recoded with the item mean. The mean used was that of the largest sample available at the time.

HI SCORE = MORE PROBLEMS

ITEMS = 9

POSSIBLE RANGE = 9 – 45

OF1BUR
10/91 – CG RESPITE

# CASES	= 517	616	688
ACTUAL RANGE	= 9 – 42	9 – 42	9 – 44
MEAN	= 21.47	21.75	22.06
STD DEV	= 8.04	8.11	8.09
MEDIAN	=	22	22
ALPHA	= .886	.887	
		on 576	
		cases	

MISSING DATA -			
# VALUES	TYPE	OUT-	# R's
<u>MISSING</u>	<u>MISS</u>	<u>COME</u>	<u>EFFECTED</u>
1	8	GRP MEAN	18
2	8	GRP MEAN	2
8	8	NA	1
9 (ALL)	8	NA	3
9		NA	36 noncg's

SATISFACTION

OF2SAT
10/91 – CG RESPITE

OF2SAT -- SECTION 0: EFFECTS OF CAREGIVING -- FACTOR 2:

CONTENT	R E C O D E S	FACTOR LOADINGS
01e - CGSATP - I get a sense of satisfaction from helping my E	reflect if 49% or less missing	.787
07a - CLSHLPP - How often feel that helping E has made you feel closer	reflect if 49% or less missing	.738
07h - ENJOYP - How often feel you really enjoy being with E	Reflect if 49% or less missing	.691
07i - BOOSTP - How often feel taking responsibility for E boosts your self-esteem	reflect if 49% or less missing	.811
07j - PLEASRP - How often feel E's pleasure gives you pleasure	reflect if 49% or less missing	.690
07p - MEANIGP - How often feel caring for E gives meaning to your life	reflect if 49% or less missing	.836

from printout # 10
5 factor principal components
analysis on 25 variables

COMPUTATION: SUM VARIABLES.

ORIGINAL CODING

01 -	07 -
5 = AGREE ALOT	5 = NEARLY ALWAYS
4 = AGREE ALITTLE	4 = QUITE FREQUENTLY
3 = NEITHER	3 = SOMETIMES
2 = DISAGREE ALITTLE	2 = RARELY
1 = DISAGREE A LOT	1 = NEVER

MISSING DATA TREATMENT: (Item mean)

NO substitutions made in raw data for missing values.

If the number of legitimate responses is more than half of the total number of items in the scale (i.e., less than 6 but greater than 3 (i.e., 4,5 legitimate responses)), then the item mean is substituted for the missing codes 8 (Not Answered) or 9 (Don't Know) and the composite calculated with the recoded versions of the variables. Variables were recoded (note the final 'H'/p' in variable label) to have 8's and 9's recoded with the item mean. The mean used was that of the largest sample available at the time.

If the number of legitimate items is 3 or less (i.e., half or less of the total items in the composite) then the composite is scored as '77' (Not Applicable).

HI SCORE = MORE PROBLEMS

ITEMS = 6

POSSIBLE RANGE = 6 - 30

# CASES	= 517	616	688
ACTUAL RANGE	= 6 - 30	6 - 30	6 - 30
MEAN	= 15.48	15.38	15.43
STD DEV	= 5.52	5.48	5.52
MEDIAN	=	15	15
ALPHA	= .872	.874	on 578 cases

CG MASTERY

OF3MAS
10/91 - CG RESPITE

OF3MAS -- SECTION 0: EFFECTS OF CAREGIVING -- FACTOR 3:

	CONTENT	RECODES	FACTOR LOADINGS
01b -	GUILTH - Feel guilty about not doing enough for E	if 49% or less missing	.770
07e -	UNCRTNH - How often feel uncertain about what to do about E	if 49% or less missing	.463
07f -	DOMOREH - How often feel you should be doing more for E	if 49% or less missing	.897
07g -	BTRCARH - How often feel you could do a better job in caring for E	if 49% or less missing	.829

from printout # 10
5 factor principal components
analysis on 25 variables

ORIGINAL CODING

01 -	07 -
5 = AGREE ALOT	5 = NEARLY ALWAYS
4 = AGREE ALITTLE	4 = QUITE FREQUENTLY
3 = NEITHER	3 = SOMETIMES
2 = DISAGREE ALITTLE	2 = RARELY
1 = DISAGREE A LOT	1 = NEVER

COMPUTATION: SUM VARIABLES.

MISSING DATA TREATMENT: (Item mean)

NO substitutions made in raw data for missing values.

If the number of legitimate responses is more than half of the total number of items in the scale (i.e., less than 4 but greater than 2 (i.e., 3 legitimate responses)), then the item mean is substituted for the missing codes 8 (Not Answered) or 9 (Don't Know) and the composite calculated with the recoded versions of the variables. Variables were recoded (note the final 'H'/ 'p' in variable label) to have 8's and 9's recoded with the item mean. The mean used was that of the largest sample available at the time.

If the number of legitimate items is 2 or less (i.e., half or less of the total items in the composite) then the composite is scored as '77' (Not Applicable).

HI SCORE = MORE PROBLEMS

ITEMS = 4

POSSIBLE RANGE = 4 - 20

# CASES	= 517	616	688
ACTUAL RANGE	= 4 - 20	4 - 20	4 - 20
MEAN	= 10.41	10.37	10.39
STD DEV	= 3.84	3.79	3.78
MEDIAN	=	10	10
ALPHA	= .762	.756	on 577 cases

CG GUILT

OF4NAG
10/91 - CG RESPITE

OF4NAG -- SECTION 0: EFFECTS OF CAREGIVING -- FACTOR 4:

CONTENT	RECODES	FACTOR LOADINGS
07b - DEMANDH - How often feel that E is too demanding	if 49% or less missing	.802
07d - DONOTHH - How often feel that nothing you do pleases E	if 49% or less missing	.803
07m - APPRECP - How often feel that E shows appreciation of what you do for her	Reflect if 49% or less missing	.637

from printout # 10
5 factor principal components
analysis on 25 variables

ORIGINAL CODING

07 -

- 5 = NEARLY ALWAYS
- 4 = QUITE FREQUENTLY
- 3 = SOMETIMES
- 2 = RARELY
- 1 = NEVER

COMPUTATION: SUM VARIABLES.

MISSING DATA TREATMENT: (Item mean)

NO substitutions made in raw data for missing values.

If the number of legitimate responses is more than half of the total number of items in the scale (i.e., less than 3 but greater than 1 (i.e., 2 legitimate responses)), then the item mean is substituted for the missing codes 8 (Not Answered) or 9 (Don't Know) and the composite calculated with the recoded versions of the variables. Variables were recoded (note the final 'H'/p' in variable label) to have 8's and 9's recoded with the item mean. The mean used was that of the largest sample available at the time.

If the number of legitimate items is less than 2 (i.e., half or less of the total items in the composite) then the composite is scored as '77' (Not Applicable).

HI SCORE = MORE PROBLEMS

ITEMS = 3

POSSIBLE RANGE = 3 - 15

# CASES	= 517	616	688
ACTUAL RANGE	= 3 - 15	3 - 15	3 - 15
MEAN	= 7.48	7.51	7.58
STD DEV	= 3.16	3.17	3.19
MEDIAN	=	7	7
ALPHA	= .786	.794	on 571 cases

MISSING DATA -

# VALUES MISSING	TYPE MISS	OUT COME	# R's EFFECTED		
1	8	GRP MEAN	11	12	12
2	8	GRP MEAN	2	4	4
3 (ALL)	8	NA	5	5	5
3	8	NA	36 noncg's	36	36

ENVIRONMENT

OF5ENV
10/91 - CG RESPITE

OF5ENV -- SECTION 0: EFFECTS OF CAREGIVING -- FACTOR 5:

CONTENT	RECODE	FACTOR LOADINGS
07u - PRIVCYH - How often feel caring for E does not allow as much privacy as you would like	if 49% or less missing	.665
07v - GUESTSH - How often feel uncomfortable about having friends over because of E	if 49% or less missing	.810
07w - SPACEH - How often feel E has interfered with the use of space in your home	if 49% or less missing	.784

from printout # 10
5 factor principal components
analysis on 25 variables

ORIGINAL CODING

07 -

- 5 = NEARLY ALWAYS
- 4 = QUITE FREQUENTLY
- 3 = SOMETIMES
- 2 = RARELY
- 1 = NEVER

COMPUTATION: SUM VARIABLES.

MISSING DATA TREATMENT: (Item mean)

NO substitutions made in raw data for missing values.

If the number of legitimate responses is more than half of the total number of items in the scale (i.e., less than 3 but greater than 1 (i.e., 2 legitimate responses)), then the item mean is substituted for the missing codes 8 (Not Answered) or 9 (Don't Know) and the composite calculated with the recoded versions of the variables. Variables were recoded (note the final 'H'/p' in variable label) to have 8's and 9's recoded with the item mean. The mean used was that of the largest sample available at the time.

If the number of legitimate items is less than 2 (i.e., half or less of the total items in the composite) then the composite is scored as '77' (Not Applicable).

HI SCORE = MORE PROBLEMS

ITEMS = 3

POSSIBLE RANGE = 3 - 15

# CASES	= 517	616	688
ACTUAL RANGE	= 3 - 15	3 - 15	3 - 15
MEAN	= 6.87	7.99	7.16
STD DEV	= 3.28	3.34	3.35
MEDIAN	=	7	7
ALPHA	= .773	.781	on 572 cases

