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Caregiving Study Questionnaires

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CAREGIVING STUDY QUESTIONNAIRES

We would like to ask about your beliefs and feelings regarding your role as a caregiver of a loved one with dementia. For the following questions, please circle the number that represents your response.

Sometimes caregivers experience difficulties in this caregiving role. When you have difficulty with tasks associated with caring for your loved one with dementia, how often do you...?

	Never	Rarely	Sometimes	Often	Almost Always
1. ...expect less of yourself	0	1	2	3	4
2. ...continue doing them just as you always have	0	1	2	3	4
3. ...exert more effort in order to do them	0	1	2	3	4
4. ...see these tasks as being less important than you once did	0	1	2	3	4
5. ...tell yourself that you can still do these tasks if you try	0	1	2	3	4
6. ...tell yourself that it is just not necessary to do these tasks	0	1	2	3	4
7. ...look for a positive side to your struggle	0	1	2	3	4
8. ...try to do only some parts of them that you can still do	0	1	2	3	4
9. ...allow yourself more time to complete them	0	1	2	3	4
10. ...continue to try to do these tasks, but do them less often	0	1	2	3	4
11. ...expend less effort on these in order to reserve your energy for more important things	0	1	2	3	4
12. ...tell yourself that others your age have worse problems	0	1	2	3	4
13. ...find you usually learn something meaningful	0	1	2	3	4
14. ...find a different way of looking at things	0	1	2	3	4

Items 1-12:

Chipperfield, J. G., & Perry, R. P. (2006). Primary- and secondary-control strategies in later life: Predicting hospital outcomes in men and women. *Health Psychology, 25*, 226-236.

Chipperfield, J. G., Perry, R. P., Bailis, D. S., Ruthig, J. C., & Chuchmach, L. P. (2007). Gender differences in use of primary and secondary control strategies in older adults with major health problems. *Psychology and Health, 22*, 83-105.

*The item stem was adapted in order to assess strategies used by familial dementia caregivers.

Items 13-14 were developed by Peng and Lachman (1994), as cited in:

Wrosch, C., Heckhausen, J., & Lachman, M. E. (2000). Primary and secondary control strategies for managing health and financial stress across adulthood. *Psychology and Aging, 15*, 387-399.

*These items were modified in order to conform to the instructions and response options in Chipperfield et al. (2007).

The following questions ask you about your feelings and thoughts about various things that have happened in your life during the last month. In each case, please circle a number to indicate how often you felt or thought a certain way.

During the last month how often have you...

	Never	Almost never	Sometimes	Fairly often	Very often
1. ...been upset because of something that happened unexpectedly?	0	1	2	3	4
2. ...felt that you were unable to control the important things in your life?	0	1	2	3	4
3. ...felt nervous and "stressed"?	0	1	2	3	4
4. ...dealt successfully with irritating life hassles?	0	1	2	3	4
5. ...felt that you were effectively coping with important changes that were occurring in your life?	0	1	2	3	4
6. ...felt confident about your ability to handle your personal problems?	0	1	2	3	4
7. ...felt that things were going your way?	0	1	2	3	4
8. ...found that you could not cope with all the things that you had to do?	0	1	2	3	4
9. ...been able to control irritations in your life?	0	1	2	3	4
10. ...felt that you were on top of things?	0	1	2	3	4
11. ...been angered because of things that happened that were outside of your control?	0	1	2	3	4
12. ...found yourself thinking about things that you have to accomplish?	0	1	2	3	4

13. ...been able to control the way you spend your time?	0	1	2	3	4
14. ...felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 385-396.

Thinking of your life in general, please circle a number to rate how you feel about your overall level of control:

Almost totally out of control											Totally in control
	1	2	3	4	5	6	7	8	9	10	

Chipperfield, J. G., & Greenslade, L. (1999). Perceived control as a buffer in the use of health care services. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 54, 146-154.

Chipperfield, J. G., Newall, N. E., Perry, R. P., Stewart, T. L., Bailis, D. S., & Ruthig, J. C. (2012). Sense of control in late life: Health and survival implications. *Personality and Social Psychology Bulletin*, 38, 1081-1092.

How would you describe your satisfaction with life in general at present?

Very unsatisfied					Very satisfied
	1	2	3	4	5

Ruthig, J. C., Chipperfield, J. G., Perry, R. P., Newall, N. E., & Swift, A. (2007). Comparative risk and perceived control: Implications for psychological and physical well-being among older adults. *The Journal of Social Psychology*, 147, 345-369.

The following consists of a number of words that describe different feelings and emotions. Please circle a number to indicate to what extent you have felt each of these during the past few days.

During the past few days, how often have you felt...?

	Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
1. ...interested	1	2	3	4	5
2. ...distressed	1	2	3	4	5
3. ...excited	1	2	3	4	5
4. ...upset	1	2	3	4	5

5. ...strong	1	2	3	4	5
6. ...guilty	1	2	3	4	5
7. ...scared	1	2	3	4	5
8. ...hostile	1	2	3	4	5
9. ...enthusiastic	1	2	3	4	5
10. ...proud	1	2	3	4	5
11. ...irritable	1	2	3	4	5
12. ...alert	1	2	3	4	5
13. ...ashamed	1	2	3	4	5
14. ...inspired	1	2	3	4	5
15. ...nervous	1	2	3	4	5
16. ...determined	1	2	3	4	5
17. ...attentive	1	2	3	4	5
18. ...jittery	1	2	3	4	5
19. ...active	1	2	3	4	5
20. ...afraid	1	2	3	4	5

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54, 1063-1070.

Demographics

- How old are you? _____ years
- What is your relationship to your loved one with dementia?
 Spouse Other family member, please specify _____
- Where does the loved one with dementia who you are caring for currently live?
 In my home In the community but not in my home (e.g., in their own home)
 In a long-term care facility (e.g., hospital or personal care home)
- How long have you been caring for your loved one with dementia? _____ years
- What is your gender? Female Male
- What is the gender of your loved one with dementia? Female Male
- Which of the following groups best describes you?
 African American Asian Caucasian

Hawaiian/Pacific Islander Latin American Native American
 Other, please specify _____

8. What is your highest level of education completed?

Less than a high school diploma Bachelor's degree
 High school diploma/GED Master's degree
 Some college PhD/MD/JD
 Associate's degree

9. What is your current marital status?

Single, never married Married/Cohabiting
 Widowed Divorced/Separated

10. Are you currently employed?

No (fully retired or never employed)
 Yes (full-time, part-time, or casually)

11. Are you a caregiver to any additional dependents (e.g., child or adult)? No Yes