

Supplemental material

The CAREPAL-8: a short screening tool for multidimensional family caregiver burden in palliative care

Figure A1: The CAREPAL-8

CAREPAL-8						
Over the past week, how often have you been bothered by the following problems?						
	Not at all	Several days	More than half of the days	Nearly every day		
1. Not being able to stop or control worrying	☐	☐	☐	☐		
2. Feeling tired or having little energy	☐	☐	☐	☐		
Over the past week, how much have you been bothered by the following problems?						
3. How much bodily pain have you had during the past week?	None ☐	Very mild ☐	Mild ☐	Moderate ☐	Severe ☐	Very severe ☐
4. During the past week, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?	Not at all ☐	Very little ☐	Somewhat ☐	Quite a lot ☐	Could not do daily activities ☐	
To which extent do you perceive that your needs are met, partly met or not met? <i>If you do not have a need, please mark this need as 'met'.</i>						
My need to ... is:	Met	Partly met	Not met			
5. know the treatment the patient is receiving	☐	☐	☐			
6. know what symptoms the treatment or disease can cause	☐	☐	☐			
7. have information about what to do for the patient at home	☐	☐	☐			
8. feel accepted by the health professionals	☐	☐	☐			

Figure A1. CAREPAL-8 screening tool for family caregivers in palliative care.

Figure A1 - Items cited from:

Item 1 (GAD-7): Spitzer RL, Kroenke K, Williams JB, Löwe B: A brief measure for assessing generalized anxiety disorder: the GAD-7. Arch Intern Med 2006, 166(10):1092-1097.

Item 2 (PHQ-9): Kroenke K, Spitzer RL, Williams JB: The PHQ-9: validity of a brief depression severity measure. J Gen Intern Med 2001, 16(9):606-613.

Items 3 and 4 (SF-8): Ware JE, Kosinski M, Dewey JE, Gandek B: How to Score and Interpret Single-Item Health Status Measures: A Manual for Users of the SF-8 Health Survey. Lincoln (RI): Quality Metric Incorporated; 2001.

Items 5 to 8 (FIN): Schur S, Neubauer M, Amering M, Ebert-Vogel A, Masel EK, Sibitz I, Watzke H, Schrank B: Validation of the Family Inventory of Needs (FIN) for family caregivers in palliative care. Palliat Support Care 2015, 13(3):485-491.

Abbreviations: GAD-7, Generalized Anxiety Disorder Scale; PHQ-9, Patient Health Questionnaire – depression module; SF-8, short form of the Health Survey Form-36; FIN, Family Inventory of Needs