

Supplemental material

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

Figure A2: Preliminary classification system

CAREPAL-8						Rating
Over the past week, how often have you been bothered by the following problems?						Index 1 (PSYQOL)
		Not at all	Several days	More than half of the days	Nearly every day	
1. Not being able to stop or control worrying	☐ 0	☐ 0	☐ 1	☐ 1		+
2. Feeling tired or having little energy	☐ 0	☐ 0	☐ 1	☐ 1		
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 ☐ 0	Very mild ☐ 0	Mild ☐ 0	Moderate ☐ 1	Severe ☐ 1	Very severe ☐ 1
						+
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 ☐ 0	Very little ☐ 0	Somewhat ☐ 0	Quite a lot ☐ 1	Could not do daily activities ☐ 1	
						=
Result Index 1 (PSYQOL):						
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>						Index 2 (NEEDS)
My need to ... is:		Met	Partly met	Not met		
5. know the treatment the patient is receiving	☐ 0	☐ 1	☐ 1			+
6. know what symptoms the treatment or disease can cause	☐ 0	☐ 1	☐ 1			+
7. have information about what to do for the patient at home	☐ 0	☐ 1	☐ 1			+
8. feel accepted by the health professionals	☐ 0	☐ 1	☐ 1			=
Result Index 2 (NEEDS):						
CLASSIFICATION						
Currently stable family caregiver:		Family caregiver with unmet needs:		Psychologically burdened family caregiver:		High-risk family caregiver:
Index 1 = 0 Index 2 ≤ 1		Index 1 = 0 Index 2 ≥ 2		Index 1 = 1 Index 2 ≤ 1		Index 1 = 1 Index 2 ≥ 2

Figure A2. CAREPAL-8: Preliminary classification system

Figure A2 - 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