### MEASURES CAREGIVER STATUS

| Scale          | Scale Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Variable | Total Score | Scoring Level                                                                                           |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|--------------------------------------------------------------------------------------------------------|
| CES-D          | Depression in caregivers. rarely=0, some=1, occasional=2, most=3; Total out of 60. Higher score= more symptomatology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | S        | 60          | Lower = Less depression symptomology                                                                                                                     |
| PSQI           | 7 components are each scored from 0 (no difficulty) to 3 (severe difficulty) then added. The total global score ranges from 0 to 21, with higher scores for worse quality of sleep, &gt;5 indicating poor sleep quality as well as severe difficulties in at least two areas, or moderate difficulties in more than three areas.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | S        | 21          | Lower = Better sleep quality                                                                                                                                  |
| RSSE-respite   | 0-100% confidence in rating efficacy/ confidence today in 3 categories, obtaining respite.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | S        | 100         | Higher = Greater self-efficacy obtaining respite                                                                                                                |
| RSSE-behaviors | 0-100% confidence in rating efficacy/ confidence today in 3 categories, responding to disruptive patient behaviors.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | S        | 100         | Higher = Greater self-efficacy responding to behaviors                                                                                                      |
| RSSE-thoughts  | 0-100% confidence in rating efficacy/ confidence today in 3 categories, controlling upsetting thoughts about caregiving.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | S        | 100         | Higher = Greater self-efficacy controlling upsetting thoughts                                                                                                 |
| Zarit          | Measures caregiver burden: ≥17/48 severe/high burden, 0-12 little or no burden, 13-24 mild to moderate, 25-36 moderate to severe, 37-48 severe                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | S        | 48          | Lower = Less feelings of caregiver burden                                                                                                                   |
| CSI            | CG strain index: Any score 7 or higher indicates high level of caregiver strain (in CANIS study only)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | S        | 13          | Higher = Greater caregiver strain, &gt;7 = strain                                                                                                            |
| Scale     | Scale Description                                                                 | Variable | Total Score | Scoring Level                                                                 |
|----------|-----------------------------------------------------------------------------------|----------|-------------|-------------------------------------------------------------------------------|
| 3MS      | A measure of cognitive impairment. Total = 100 points                              | CI       | 100         | Lower = More impairment < 79 = cognitive impairment                           |
| NPI-Q SS | NPI-Q consists of the Symptom Severity score and the Caregiver Distress score to any of 12 symptoms present in the last month. The total NPI-Q severity score (0-3) represents the sum of individual symptom scores and ranges from 0 to 36. | Ag       | 36          | Lower = Less severe symptoms Mild = 0-12, Mod = 13-24, severe = 25-36       |
| NPI-Q CGD| NPI-Q consists of the Symptom Severity score and the Caregiver Distress score (0-5). The total NPI-Q distress score represents the sum of individual symptom scores and ranges from 0 to 60. | Beh      | 60          | Lower = Less caregiver distress Mild = <25, Mod = 25-36, severe = >36       |
| CMAI-C frequency | 2 measures: frequency of behaviors (highest score is 203) |
| CMAI-C behavior occurrence | 2 measures: occurrence of behaviors that score ≥2, which means behavior occurred. The total number of behaviors with scores ≥2 is out of 29. | Ag       | 29          | Lower = Fewer behaviors that occur at all                                     |
| CDS      | Rates depression in PWD (by caregiver observation of severity) as well as interview and observation of PWD. 0(absent), 1(mild-intermittent), 2(severe). | CI Dep   | 38          | Lower = Less depression, >12 = Probable depression                           |
| QoL-AD   | Poor=1, Fair=2, Good=3, Excellent=4. Total out of 52 Contains 2 measures – one each from the caregiver and the interviewer | Beh      | 52          | Higher = Greater quality of life Poor = <13, Fair = 13-26, Good = 27-39, Excellent= 40-52. |
| Barthel  | Scores: 0-20 = “total” dependency, 21-60 = “severe” dependency, 61-90 = “moderate” dependency, and 91-99 = “slight” dependency. Most studies apply the 60/61 cutting point, with the stipulation that the Barthel Index should not be used alone for predicting outcomes. 100 x (observed score-minimum score)/score range | Beh      | 100         | Higher = Greater independence in ADLs                                        |
| CDR      | Clinical Dementia Rating Average of score from each section out of 3              | CI       | 3           | Lower = Less impaired                                                        |
| FAST     | Stages normal to severe Alzheimer’s Disease (1-7). For statistical analysis, each stage is converted to a numerical value (0-16) | CI       | 16          | Higher = More impairment                                                     |
| PSQI   | 7 components are each scored from 0 (no difficulty) to 3 (severe difficulty) then added. The total global score ranges from 0 to 21, with higher scores for worse quality of sleep, >5 indicating poor sleep quality as well as severe difficulties in at least two areas, or moderate difficulties in more than three areas. | Beh Dep CI | 21 | Lower scores = Better sleep quality |

Variable abbreviations:
Ag – Agitation; Beh – Behavior; CI – Cognitive Impairment; Dep-Depression; Emp-Empowerment; S-Stress/Strain

Assessment scale abbreviations:
CES-D: Center for Epidemiologic Studies Depression Scale; PSQI: Pittsburg Sleep Quality Index; RSSE: Revised Scale for Caregiving Self-Efficacy; Zarit: Zarit Burden Scale-short for; CSI: Caregiver Strain Index; 3MS: Modified Mini-Mental Exam; NPI-Q: Neuropsychiatric Index-Brief (SS-Symptom Severity, CGD-Caregiver distress); CMAI: Cohen-Mansfield Agitation inventory – Community, CDS: Cornell Scale for Depression in Dementia; QoL-AD: Quality of Life-Alzheimer’s Disease; CDR: Clinical Dementia Rating Scale; FAST: Functional Assessment Staging in Alzheimer’s disease.