



Assessing the caregiving experience in COPD: content validity of the Zarit Burden Interview and Caregiver Reaction Assessment

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Abstract

Background: Informal carers play an important role in chronic disease management but their experience is not well understood. Several instruments assess the caregiving experience, for example the Zarit Burden Interview (ZBI) and the Caregiver Reaction Assessment (CRA), but validation in carers of people with COPD is needed.

Objectives: The objective of this study was to explore the content validity of the ZBI and the CRA in carers of patients with COPD in Canada.

Methods: Nine carers (age=67.3±8.4yrs, 7 female, 8 spouses, 5 caring ≥ 4 years) of patients with COPD (age=75.9±5.2yrs, 5 male, FEV1=38.5±19.7%pred) participated in cognitive debriefing interviews. Participants completed the ZBI and CRA and verbalised their thinking process to assess the adequacy of the questionnaires' content and instructions. Interviews were recorded and transcribed verbatim. Content validity was assessed using content analysis of interviews and descriptive statistics of responses to questionnaires.

Results: For the ZBI, 19/22 items were relevant to COPD caregiving for 8/9 participants. The remaining 3 items were not relevant for at least 5/9 participants. For the CRA, 18/24 items were relevant to COPD caregiving for 7/9 participants. The remaining 6 items were not relevant for at least 5/9 participants. Several items were not well distributed across response choices. Participants suggested improving several items and response choices, eliminating items and developing additional items for both instruments.

Conclusion: In their current form, the ZBI and CRA do not adequately represent the caregiving experience of COPD carers.

COPD Social support

Footnotes

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