

Outcome Measure	The Caregiver Strain Index (CSI)
Sensitivity to Change	Not enough evidence
Population	Adult
Domain	Family Environment
Type of Measure	Self-report
ICF-Code/s	e3
Description	<p>The Caregiver Strain Index (CSI) is a tool that can be used to quickly identify families with potential caregiving concerns. It is a 13-question tool that measures strain related to care provision. There is at least one item for each of the following major domains: Employment, Financial, Physical, Social and Time.</p> <p>The CSI is computed by summing the 0 (no) and 1(yes) responses for the 13 items. Therefore, CSI scores range from 0 to 13.</p> <p>Positive responses to seven or more items on the index indicate a greater level of strain. This instrument can be used to assess individuals of any age who have assumed the role of caregiver for an older adult. It was developed with a sample of 132 caregivers providing assistance to recently hospitalized older adults and is appropriate for caregivers of any age.</p>
Properties	<p><i>Internal reliability:</i> .90 in a long-term caregiving sample (Thornton & Travis, 2003).</p> <p><i>Test-retest reliability:</i> .88 with a two week interval (Thornton & Travis, 2003).</p> <p><i>Internal consistency:</i> The CSI has been reported to have a high level of internal consistency in two studies: $\alpha = .86$ (Robinson, 1983) and $\alpha = .90$ (Thornton & Travis, 2003).</p> <p><i>Convergent/divergent validity:</i> Robinson (1983) - Significant positive correlations were observed between the carer's CSI scores and factors that were thought would increase carer strain: the ex-patient's age ($r = .18$), caregiver's emotional status as measured by the Profile of Mental States (POMS) anxiety scale ($r = .31$), performance of activities of daily living (Katz ADL; $r = -.46$), mental impairment (SPMSQ; $r = .39$) rehospitalisation within 2 months ($r = .19$), and mental status.</p>
Advantages	<ul style="list-style-type: none"> • Brief to administer (only 13 items), therefore easy to incorporate into an assessment battery • In the public domain, therefore free to use. • Covers various domains (financial, physical, emotional, social) • Robust relationship with emotional well-being
Disadvantages	<ul style="list-style-type: none"> • Analyses related to psychometric properties were conducted in 1983 and

	<p>the relevance of the questions may have changed since this time.</p> <ul style="list-style-type: none"> • Too few items in each domain to calculate subscale scores • Only focuses on presence/absence of strain, rather than what it means to the caregiver and how they can manage it (mastery/self-efficacy)
Additional Information	
Reviewers	Robyn Tate

References

Robinson, B.C. (1983). Validation of a Caregiver Strain Index. *Journal of Gerontology*, 38, 344-348.

Thornton, M., & Travis, S. S. (2003). Analysis of the reliability of the modified caregiver strain index. *Journals of Gerontology Series B-Psychological Sciences and Social Sciences*, 58(2), S127-S132.