**The University of Iowa College of Nursing**
**Alzheimer's Family Involvement in Care Study**
**Caregiver Stress Inventory Instructions**

Description
The CSI is a 43 item, self-report tool developed to determine 1) whether staff on the Special Units experience less stress than those on integrated units in handling people; and 2) which resident behaviors are reported as occurring less often and/or being less stress-inducing on each type of unit. Staff caregiver stress is defined as the response that individual staff caregivers experience to incidents that occur in the daily care of AD patients and are rated on a seven point Likert-type scale (1=not stressful, 7=extremely stressful) based on current perceptions of stress. These incidents include behavior that is verbal, physical, emotional or social in nature. In addition to measuring stress associated with resident behaviors, the CSI measures stress related to staff knowledge, abilities, and resources.

Validity
Construct validity of the CSI was supported using the Maslach Burnout Inventory (MBI). Throughout the baseline study, correlations between the extent of stress and the Emotional Exhaustion and Depersonalization dimensions of the MBI were moderate and positive. Correlations between the extent of stress and the Personal Accomplishment dimension of the MBI were moderate and negative.

Reliability
Assessment with 50 staff from long-term care facilities caring for AD patients yielded Cronbach Alpha of .96(CSI Total), .87 (Verbal/Physical Behavior subscale), .90 (Knowledge/Resources subscale), and .91 (Emotional/Social Behavior subscale). Test-retest reliability was r=.93 for 15 staff with a 3 week interval.

Subscale Composition

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| Patient behaviors: | Items 1-8, 10-12, 14-18, 20, 22, 23, 25, 26, 28, 31, 34, 40, 41 |
| Resources: | Items 9, 21, 27, 30, 35, 36-38, 39, 42, 43 |
| Physical Care: | Items 21, 32, 33 |

**NOTE:** A factor analysis using data from the current study yielded four factors:

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| Catastrophic Behavior | Items 1, 3, 4, 8, 9, 12, 14, 17, 23, 30, 40 |
| Inappropriate Behavior | Items 2, 5 to 7, 10, 11, 15, 18 to 21, 25 to 28, 31, 34 |
| Resident Safety | Items 13, 16, 22, 24, 29, 32, 33, 41 |
| Resources | Items 35 to 39, 42, 43 |

This factor structure was used for analyses of the impact of the FIC intervention on staff. Reliability analysis produced Cronbach alphas of .91 for the Catastrophic Behavior subscale, .94 for the Inappropriate Behavior subscale, .83 for the Resident Safety subscale, and .82 for the Resources subscale.

Development History
The CSI questionnaire was developed by Maas and Buckwalter from "critical incidents" reported as stressful about caring for AD patients by nursing home staff. A 64-item questionnaire was originally created from the "critical incidents" and pretested on a sample of nursing home employees (n=50), drawn from the same setting from which the "critical incidents" were collected. Item total correlations were calculated and the items were factor analyzed with 300 nursing home staff. Three factors emerged: 1) patient verbal/physical behavior (18 items); 2) patient emotional/social behavior (20 items); and 3) knowledge/abilities/resources of staff (12

items).  The CSI administered for the six baseline data collections of the research was revised to these 50 items.  Cronbach's alpha ranged from .90 to .95.  For the subscales, the ranges of internal consistency coefficients were verbal/physical = .92 to .96; emotional/mental = .94 to .97; and knowledge/resources = .87 to .92.  Internal consistency coefficients for the Phase II study ranged from .98 to .99 (total score), .94 to .98 (verbal/physical), .95 to .98 (emotional/mental) and .92 to .96 (knowledge/resources).

For Phase III, the original CSI used in Phase II of the research was revised by deleting items that measured the same variables measured by the Attitude About Family Checklist (AFC) and Staff Perceptions of Caregiving Roles (SPCR).

<u>Scoring:</u> All items are scored in same direction. Compute the sum of the responses for all items with a valid response and divide by the total number of items with valid responses.