

ASSESSMENT OF EMOTIONAL DISTRESS IN MAIN CAREGIVERS OF PATIENTS WITH ADVANCED ILLNESSES

1st. How is your mood?
On a scale of 0 to 10, where 0 is "very bad" and 10 is "very good";
How would you describe your mood?

0 1 2 3 4 5 6 7 8 9 10
Very bad Very good

2nd. How are you coping with this situation?
On a scale of 0 to 10, where 0 is "it's not hard at all" and 10 is "it's very hard";
What score would you give yourself?

0 1 2 3 4 5 6 7 8 9 10
It's not hard at all It's very hard

3rd. a) What are you most worried about now? (as literal as possible)

b) How worried are you?

0 1 2 3 4 5 6 7 8 9 10
Not worried at all Very worried

4th. Does the caregiver show external signs of ED? No Yes . Indicate which ones:

- Visible signs of crying, sadness, tear, feeling overwhelmed
- Difficult in separating from the patient: family member does not want to leave patient or insists on care
- Visible signs of anger, irritability or frequent disagreement with therapeutic measures
- Refuses contact with professionals
- Refuses or avoids visits from family or friends
- Information difficulties (hinders or minimises information)
- Others (specify)

Assess the intensity of this emotional distress on a scale from 0 to 10

Answer by health professional

English version of DME-C: Caregiver Emotional Distress Detection Questionnaire administered to the main caregivers of patients with advanced or end-stage illnesses (experimental English version not validated)