Parkinson's Disease Carer Questionnaire (PDQ-Carer)

Due to being a carer,
how often during the last 4 weeks have you…

*Please **tick one box** for each question*

		Never	Occasionally	Sometimes	Often	Always
1.	Found you could not sleep through the night?	☐	☐	☐	☐	☐
2.	Found it difficult to get out to do the shopping?	☐	☐	☐	☐	☐
3.	Found the demands of caring physically difficult?	☐	☐	☐	☐	☐
4.	Felt anxious because of the responsibility of caring?	☐	☐	☐	☐	☐
5.	Been prevented from pursuing hobbies and other interests?	☐	☐	☐	☐	☐
6.	Felt worried about your own physical health?	☐	☐	☐	☐	☐
7.	Thought that your caring role was taken for granted by others?	☐	☐	☐	☐	☐

Please check that you have ***ticked one box for each question***
before going onto the next page.

Due to being a carer,
how often during the last 4 weeks have you…

*Please **tick one box** for each question*

		Never	Occasionally	Sometimes	Often	Always
8.	Felt that relationships with friends have been affected?	☐	☐	☐	☐	☐
9.	Felt impatient with the person you care for?	☐	☐	☐	☐	☐
10.	Felt exhausted?	☐	☐	☐	☐	☐
11.	Felt worried about the future?	☐	☐	☐	☐	☐
12.	Felt you lacked the energy and motivation to do the things you enjoy?	☐	☐	☐	☐	☐
13.	Taken less care with your diet?	☐	☐	☐	☐	☐
14.	Felt more withdrawn because of your caring role?	☐	☐	☐	☐	☐
15.	Felt depressed?	☐	☐	☐	☐	☐

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Due to being a carer,
how often during the last 4 weeks have you…

*Please **tick one box** for each question*

		Never	Occasionally	Sometimes	Often	Always
16.	Felt less in control of your temper than before you became a carer?	☐	☐	☐	☐	☐
17.	Felt worried about what would happen if you were unwell?	☐	☐	☐	☐	☐
18.	Been limited in what you can do socially?	☐	☐	☐	☐	☐
19.	Felt that your workload around the house has increased significantly?	☐	☐	☐	☐	☐
20.	Found it difficult to see friends and family?	☐	☐	☐	☐	☐
21.	Found it difficult to leave the person you care for alone for more than one hour?	☐	☐	☐	☐	☐
22.	Felt that your physical health has been affected by your caring role?	☐	☐	☐	☐	☐
23.	Felt that you are responsible for everything at home?	☐	☐	☐	☐	☐

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before going onto the next page.

Due to being a carer,
how often during the last 4 weeks have you…

*Please **tick one box** for each question*

		Never	Occasionally	Sometimes	Often	Always
24.	Felt that you cannot do things on the spur of the moment?	☐	☐	☐	☐	☐
25.	Found it difficult to be involved in activities which require commitment (e.g. volunteering work or regularly meeting friends)?	☐	☐	☐	☐	☐
26.	Paid less attention to your own health (e.g. put off visiting a doctor, ignored symptoms etc.)?	☐	☐	☐	☐	☐
27.	Felt unable to go on holiday or take short breaks?	☐	☐	☐	☐	☐
28.	Felt responsible for Parkinson's disease medication being available and/or taken at appropriate times?	☐	☐	☐	☐	☐
29.	Had to limit outings because you worry that the person you care for won't be able to cope?	☐	☐	☐	☐	☐

Please check that you have ***ticked one box for each question***.

Thank you for completing this questionnaire.