Zarit Burden Interview in the palliative care setting

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To the editor,

We have read with interest the recently published article titled, “Validation of two short versions of the Zarit Burden Interview in the palliative care setting: a questionnaire to assess the burden of informal caregivers” by Kühnel et al. [1]. In this article, the authors concluded that the Zarit Burden Interview-7 (ZBI-7) was a good instrument for measuring caregiver burden in palliative care [1]. The brief Zarit Burden Interview-1 (ZBI-1) could be used as a speedy and procurator assessment, with the caution of overvaluing burden [1]. We would like to present a discussion regarding their conclusions.

Kühnel et al. indicated that ZBI-7 and ZBI-1 had good validity and reliability [1]. Previous research reported that the reliability and validity of shortened versions were in English and other languages [2–4]. Previous studies have examined the relationship between the short and the full version [2, 4]. ZBI is also measured fully when used in caregivers of patients with heart failure [5]. Moreover, another research in dementia caregiving indicated that subjective appraisal of caregiver burden and positive aspects may vary by race and country [6, 7]. Therefore, we are interested in the full score ZBI scale and the relationship between full ZBI and ZBI-7 among caregivers of palliative care patients in Germany.

Undoubtedly, it is important to focus on the caregivers’ burden of caring for the palliative care patients. Use of the short version is very helpful for both professionals and caregivers during support. Hence, the study conducted by Kühnel et al. provides useful data. We believe that this study will lead to the effective use of support services to improve caregiver burden for informal caregivers.

Compliance with ethical standards

Conflict of interest The authors declare that they have no conflicts of interest.

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