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|  | 悲伤：个人牺牲的负担 |

指示：这份问卷是用以评估现时正在照顾脑退化症(例如阿氏痴呆症)患者的家庭照顾者所经历的哀伤情绪。请仔细阅读每一句句子，并决定你有多同意这些句子。

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|  | 为咗照顾患者，我要放弃好多嘢。 | 1 | 2 | 3 | 4 | 5 |
|  | 我觉得自己逐渐失去自由。 | 1 | 2 | 3 | 4 | 5 |
|  | 呢样嘢将会一直缠扰住我，唔知几时先完。 | 1 | 2 | 3 | 4 | 5 |
|  | 我失去咗独立同自由，做唔到我想做嘅嘢，去唔到我想去嘅地方。  | 1 | 2 | 3 | 4 | 5 |
|  | 我好想每日都有番一、两个钟做吓自己钟意做嘅嘢。  | 1 | 2 | 3 | 4 | 5 |
|  | 我个世界只剩低要照顾患者，我觉得好困身，但又无可奈何。  | 1 | 2 | 3 | 4 | 5 |