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|  | 悲傷：個人犧牲的負擔  |

指示：這份問卷是用以評估現時正在照顧腦退化症(例如阿氏痴呆症)患者的家庭照顧者所經歷的哀傷情緒。請仔細閱讀每一句句子，並決定你有多同意這些句子。

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| 非常 唔同意  |

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| 唔同意  |

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|  | 為咗照顧患者，我要放棄好多嘢。 | 1 | 2 | 3 | 4 | 5 |
|  | 我覺得自己逐漸失去自由。 | 1 | 2 | 3 | 4 | 5 |
|  | 呢樣嘢將會一直纏擾住我，唔知幾時先完。 | 1 | 2 | 3 | 4 | 5 |
|  | 我失去咗獨立同自由，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、兩個鐘做吓自己鍾意做嘅嘢。  | 1 | 2 | 3 | 4 | 5 |
|  | 我個世界只剩低要照顧患者，我覺得好困身，但又無可奈何。  | 1 | 2 | 3 | 4 | 5 |