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|  | 悲伤：忧虑和寂寞指示：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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|  | 我同唔到任何人倾诉。 | 1 | 2 | 3 | 4 | 5 |
|  | 我成日担心啲可能会发生嘅坏事。 | 1 | 2 | 3 | 4 | 5 |
|  | 脑退化症令我有双重损失，既令我同我亲爱嘅人(患者)唔再咁亲近，又令我同屋企人疏远咗。 | 1 | 2 | 3 | 4 | 5 |
|  | 我啲朋友根本唔明白我而家嘅经历。 | 1 | 2 | 3 | 4 | 5 |
|  | 我好多晚都瞓唔着，担心发生紧嘅事，同埋我听日可以点算。 | 1 | 2 | 3 | 4 | 5 |
|  | 我至亲嘅人都唔明白我经历紧嘅嘢。 | 1 | 2 | 3 | 4 | 5 |