Dyadic Relationship Scale  
Sebern & Whitlatch (2007)

**Caregiver version**

This series of questions address some of the difficulties that people face as they care for a relative. I’d like to talk about how helping your [REL] has affected your relationship with her/him during the past month. How much do agree or disagree with the following statements?

Because of helping my [REL]:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| I felt closer to her/him than I have in a while |  |  |  |  |
| I have learned some good things about my [REL] |  |  |  |  |
| I felt angry towards her/him |  |  |  |  |
| I felt depressed because of my relationship with her/him |  |  |  |  |
| I felt resentful towards her/him |  |  |  |  |
| I have had more patience than I have had in the past |  |  |  |  |
| I have learned some good things about myself |  |  |  |  |
| I felt that my relationship with her/him was strained |  |  |  |  |
| I have learned some nice things about other people in my life |  |  |  |  |
| Communication between my [REL] and me has improved |  |  |  |  |
| I felt that she/he made requests over and above what she/he needed |  |  |  |  |