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The level and influencing factors of caregiver burden among 144   caregivers of patients with amyotrophic lateral sclerosis

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Objective: To investigate the level and influencing factors of self-perceived burden of patients with amyotrophic lateral sclerosis.

Methods: Totally 144 caregivers of patients with amyotrophic lateral sclerosis were investigated with basic demographic information and Zarit Burden Interview (ZBI). The patients were investigated with basic demographic information ,Amyotrophic Lateral Sclerosis Functional Rating Scale-Revised (ALSFRS-R) and Self-perceived burden scale(SPBS).

Results: The amyotrophic lateral sclerosis patients' self-perceived burden was in the mild level with a total score of 24.51 ± 11.22 . The multiple linear regression analysis shows that the influencing factors were patients' breath function, the gender of patients, patients' knowledge about the illness and caregivers's burden level.

Conclusion: The patients with amyotrophic lateral sclerosis suffer from general self-perceived burden. Doctors and nurses should targeted educate patients and their caregivers about the knowledge of amyotrophic lateral sclerosis in order to relief caregivers'burden consequently resulting in the decreasing of patients' self-perceived burden.

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