



MARISTAN SCALE OF INFORMAL CARE

1. The members of my family relate to each other in a warm and close way.				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
2. There are family members who can carry out the role of confidant for the people with mental health problems				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
3. People with mental health problems can count on the support of their parents (father/mother) and others members of their family as well as other relatives.				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
4. Informal Carers provide emotional support.				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
5. Informal Carers motivate people with mental health problems do things by themselves.				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
6. Informal Carers promote independence (live on their own; find the job, etc).				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
7. Informal Carers provide help with daily routines. (housework, cooking, etc.).				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
8. Informal Carers help with paperwork (opening a bank account, applying for a passport, etc).				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement
9. The Informal Carers defend the rights and the interests of people with mental health problems				
<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="3"/>	<input type="text" value="4"/>	<input type="text" value="5"/>
Strongly agree		Sometimes		Total disagreement



10. Informal Carers challenge services to provide respectful and dignified care.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
11. Informal Carers deal with hospital admission.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
12. Informal Carers notice the warning signs of a crisis.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
13. Informal Carers provides the necessary care to cope with a crisis.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
14. Informal Carers help people with mental health problems to adhere to their care plan (take their medicine, go to the doctor, etc.).				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
15. Informal Carers take responsibility for the physical health of people with mental health problems				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
16. Informal Carers encourage people with mental health problems to undertake domestic chores.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
17. Informal Carers provide the basic needs of food and lodging.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
18. Informal Carers pay for any costs of medication and pay for costs of other care and/or treatment.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement
19. Informal Carers provide employment in family businesses for relatives with mental health problems.				
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Strongly agree		Sometimes		Total disagreement