

The Caregiver Skills (The CASK)

We are interested in your thoughts on some areas of caregiving. Please be as frank and honest as you can.

The statements below describe situations that are commonly associated with eating disorders. For each situation please rate how confident you are that you could respond in the way described.

Rate your degree of confidence from 0 to 100 using the scale given below.

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

For example, a rating of 100 means that you are absolutely, 100% confident that you could perform the activity whenever you wished. For each scenario, please circle the number that you feel best reflects your confidence. You can choose any score between 0 and 100 (10, 20, 30, etc.)

Please make all your ratings based on what you could do THIS WEEK as the person you are NOW rather than on the person you used to be or the person you would like to be. This is very important.

If you feel some of the questions aren't applicable to you, try to rate how confident you would be should the situation arise.

The blank spaces refer to your loved one with an eating disorder. You do not need to fill in the gaps.

Thank you for taking the time to complete this questionnaire.

How confident are you that you can.....

1. ...Keep doing the things that you enjoy whilst caring for _____?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

2. ...Discuss and explain your own feelings about the eating disorder openly with _____?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

3. Discuss the eating disorder openly with *all* other immediate family members involved?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

4. Be understanding towards _____, even when you are angry or frustrated with them?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

5. Avoid getting drawn into arguments about the eating disorder with _____?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

6. Be calm when dealing with difficult behaviours associated with the eating disorder?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

7. Take some time for yourself when you need a break?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

8. Talk and listen with _____ about difficult and complex emotions that s/he is feeling?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

9.Be reassured by even the smallest signs of improvement?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

10. Keep hope that _____ will recover?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

11. Step back and trust that _____ will cope with day to day challenges by themselves?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

12. ...Agree boundaries, plans or household rules in collaboration with _____?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

13. ...Uphold boundaries/rules consistently in a compassionate tone, even when _____ is arguing with you?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

14. ... Control the urge to argue against the eating disorder behaviours, even though you believe your argument to be logical?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

15. Have pleasant verbal interactions with _____, not related to the eating disorder?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

16. Control the urge to keep enquiring or checking on _____ 's behaviour even when you are very worried?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

17. Praise change or attempts at change by _____ even if the effects/results were less than you were hoping for?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

18. Resist constantly reminding/asking about agreed behaviour targets?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

19. Avoid getting caught in repetitive conversations with _____ about food and eating?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

20. Keep your eye on _____ 's overall progress/the bigger picture?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

21. Resist relying solely on weight as a marker of how s/he is doing?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

22.Separate _____ as a person from the illness?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

23. Reflect and understand the effect of your behaviour on _____?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

24. Accept that the eating disorder is not your fault?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

25. Accept that the one cause or trigger for the eating disorder may not be the solution to recovery?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

26. ...Find time to spend with other members of the family?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

27. ... Manage your anxiety levels so that you don't feel overwhelmed?

0 10 20 30 40 50 60 70 80 90 100
Almost never Occasionally Frequently Almost Always

**Thank you for completing this questionnaire.
We greatly appreciate your help.**