ABSTRACT

Background: Caregivers of stroke survivors frequently experience substantial physical, emotional, social, and financial burden, particularly in rehabilitation settings. Despite this, there is a lack of comprehensive and multidimensional tools specifically designed to assess caregiver burden within physiotherapy practice.

Methodology: A cross-sequential methodological study design was adopted. In Phase I, the E-SCSSP was developed through extensive literature review and expert consultation, covering domains such as physical, emotional, social, financial, cognitive-behavioral, sleep-related, and support system factors. Phase II involved content validation using the Content Validity Index (CVI). In Phase III, a pilot study was conducted among 20 caregivers of stroke patients to assess feasibility, clarity, and preliminary reliability. Data were analyzed using descriptive statistics and inferential tests, including t-test, ANOVA, and Pearson correlation.

Results: The mean caregiver burden score was 95.35 ± 17.21, indicating a high level of burden. Among participants, 70% reported high burden and 25% reported severe burden. A statistically significant difference in burden was observed across age groups ($p = 0.009$), with caregivers aged 30–45 years experiencing the highest burden. No significant gender difference was found ($p = 0.503$). The scale demonstrated good feasibility, ease of administration, and clarity.

Conclusion: The E-SCSSP is a valid, reliable, and practical tool for assessing caregiver burden in stroke rehabilitation. It enables comprehensive evaluation and supports healthcare professionals in planning targeted interventions to improve caregiver well-being and patient outcomes.

Keywords: *Stroke, Caregiver Burden, Physiotherapy, Rehabilitation, Scale Development, E-SCSSP*

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