

APPENDIX 6.3: REVISED MEMORY AND BEHAVIOR PROBLEM CHECKLIST

BRIEF DESCRIPTIVE INFORMATION

Description and Psychometrics

The Revised Memory and Behavior Problems Checklist (RMBPC; Teri et al., 1992) is a 24-item informant-report measure of observable behavior problems in dementia patients. It is a self-administered caregiver questionnaire, on which the informant rates (a) the frequency of each behavior problem during the past week (1 = not in the past week, to 4 = daily or more often) and (b) their reaction to each behavior (e.g. how bothered or upset the caregiver feels when the behavior occurs with 0 = not at all to 4 = extremely).

The RMBPC provides a method of assessing overall level of behavior problems, as well as specific areas of problems (memory, depression, disruption), and caregiver reactivity associated with these behaviors. It is unique in providing this latter dimension. It is also easy to use and easy to score. Currently, it is being used in a series of longitudinal investigations and treatment outcome studies. It has been translated into French and Mandarin for international use.

RMBPC SCORING

Subscales:

Memory: 7 items (#1, 2, 3, 4, 5, 6, 7)

Depression: 9 items (#12, 14, 17, 18, 19, 20, 21, 22, 23)

Disruption: 8 items (#8, 9, 10, 11, 13, 15, 16, 24)

Total: 24 items

Frequency Scoring: Sum items with scores of 0 to 4 on subscales and total. If question score is 9, exclude it from the sum and item count.

Sum items for each subscale as above. Then compute the mean item score for each subscale by dividing by the number of items included in the sum. The range for each subscale is 0 to 4.

The total frequency score is the sum of all items divided by 24. It also has a range of 0 to 4.

Reaction Scoring: Sum scores on items that had a frequency rating of 1 to 4 on subscales and total. If question score is 0 or 9, exclude it from the sum and item count.

Include only items with **frequency** scores of 1 to 4 in the reaction scoring. Compute the mean reaction score by summing reaction scores of these items and then dividing by the number of items included in the sum. The range for each subscale is 0 to 4.

The total reaction score is computed in the same way, to obtain a possible range of 0 to 4.

Revised Memory and Behavior Problem Checklist/Page 1 of 3
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Resident Name: _____
Interview Date: _____
 Month Day Year

Instructions: The following is a list of problems people/patients with a memory loss sometimes have. Please indicate if any of these problems have occurred during the past week. If so, how much has this bothered or upset you when it happened?

Use the following scales for the frequency of the problem and your reaction to it. Please read the description of the ratings carefully.

- | | |
|-----------------------------------|-------------------------------|
| Frequency Ratings: | Reaction Ratings: |
| 0 = never occurred | 0 = not at all |
| 1 = not in the past week | 1 = a little |
| 2 = 1 to 2 times in the past week | 2 = moderately |
| 3 = 3 to 6 times in the past week | 3 = very much |
| 4 = daily or more often | 4 = extremely |
| 9 = don't know/not applicable | 9 = don't know/not applicable |

Please answer all the questions below. Check one box from 0–9 for both **Frequency** and **Reaction**.

Frequency	Reaction	
0 1 2 3 4 9	0 1 2 3 4 9	1. Asking the same question over and over.
0 1 2 3 4 9	0 1 2 3 4 9	2. Trouble remembering recent events (e.g., items in the newspaper or on TV).
0 1 2 3 4 9	0 1 2 3 4 9	3. Trouble remembering significant past events.
0 1 2 3 4 9	0 1 2 3 4 9	4. Losing or misplacing things.
0 1 2 3 4 9	0 1 2 3 4 9	5. Forgetting what day it is.
0 1 2 3 4 9	0 1 2 3 4 9	6. Starting, but not finishing, things.
0 1 2 3 4 9	0 1 2 3 4 9	7. Difficulty concentrating on a task.

Revised Memory and Behavior Problem Checklist/Page 2 of 3

Resident Name: _____

Interview Date: _____
Month Day Year

Frequency Ratings:

- 0 = never occurred
- 1 = not in the past week
- 2 = 1 to 2 times in the past week
- 3 = 3 to 6 times in the past week
- 4 = daily or more often
- 9 = don't know/not applicable

Reaction Ratings:

- 0 = not at all
- 1 = a little
- 2 = moderately
- 3 = very much
- 4 = extremely
- 9 = don't know/not applicable

Please answer all the questions below. Check one box from 0–9 for both **Frequency** and **Reaction**.

Frequency	Reaction	
0 1 2 3 4 9	0 1 2 3 4 9	8. Destroying property.
0 1 2 3 4 9	0 1 2 3 4 9	9. Doing things that embarrass you.
0 1 2 3 4 9	0 1 2 3 4 9	10. Waking you or other family members up at night.
0 1 2 3 4 9	0 1 2 3 4 9	11. Talking loudly and rapidly.
0 1 2 3 4 9	0 1 2 3 4 9	12. Appears anxious or worried.
0 1 2 3 4 9	0 1 2 3 4 9	13. Engaging in behavior that is potentially dangerous to self or others.
0 1 2 3 4 9	0 1 2 3 4 9	14. Threats to hurt oneself.
0 1 2 3 4 9	0 1 2 3 4 9	15. Threats to hurt others.
0 1 2 3 4 9	0 1 2 3 4 9	16. Aggressive to others verbally.

Revised Memory & Behavior Problem Checklist/Page 3 of 3

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Reaction Ratings:

- 0 = not at all
- 1 = a little
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- 9 = don't know/not applicable

Please answer all the questions below. Check one box from 0–9 for both **Frequency** and **Reaction**.

Frequency	Reaction	
0 1 2 3 4 9	0 1 2 3 4 9	17. Appears sad or depressed.
0 1 2 3 4 9	0 1 2 3 4 9	18. Expressing feelings of hopelessness or sadness about the future (e.g., "Nothing worthwhile ever happens", "I never do anything right").
0 1 2 3 4 9	0 1 2 3 4 9	19. Crying and tearfulness.
0 1 2 3 4 9	0 1 2 3 4 9	20. Commenting about death of self or others (e.g., "Life isn't worth living", "I'd be better off dead").
0 1 2 3 4 9	0 1 2 3 4 9	21. Talking about feeling lonely.
0 1 2 3 4 9	0 1 2 3 4 9	22. Comments about feeling worthless or being a burden to others.
0 1 2 3 4 9	0 1 2 3 4 9	23. Comments about feeling like a failure, or about not having any worthwhile accomplishments in life.
0 1 2 3 4 9	0 1 2 3 4 9	24. Arguing, irritability, and/or complaining.