

## Dermatology Life Quality Index (DLQI)

AAC # \_\_\_\_\_ Date: \_\_\_\_\_ Provider: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Diagnosis: \_\_\_\_\_ Score: \_\_\_\_\_

The aim of this questionnaire is to measure how much your skin problem has affected your life OVER THE LAST WEEK.

Please check (X) one box for each question.

1. Over the last week, how <b>itchy, sore, painful</b> or <b>stinging</b> has your skin been?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	
2. Over the last week, how <b>embarrassed</b> or <b>self-conscious</b> have you been because of your skin?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	
3. Over the last week, how much has your skin interfered with you going <b>shopping</b> or looking after your <b>home</b> or <b>garden</b> ?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
4. Over the last week, how much has your skin influenced the <b>clothes</b> you wear?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
5. Over the last week, how much has your skin affected any <b>social</b> or <b>leisure</b> activities?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
6. Over the last week, how much has your skin made it difficult for you to do any <b>sport</b> ?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
7. Over the last week, has your skin prevented you from <b>working</b> or <b>studying</b> ?	Yes	<input type="checkbox"/>	
	No	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
If "No," over the last week how much has your skin been a problem at <b>work</b> or <b>studying</b> ?	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	
8. Over the last week, how much has your skin created problems with your <b>partner</b> or any of your <b>close friends</b> or <b>relatives</b> ?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
9. Over the last week, how much has your skin caused any <b>sexual difficulties</b> ?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>
10. Over the last week, how much of a problem has the <b>treatment</b> for your skin been, for example by making your home messy, or by taking up time?	Very much	<input type="checkbox"/>	
	A lot	<input type="checkbox"/>	
	A little	<input type="checkbox"/>	
	Not at all	<input type="checkbox"/>	Not relevant <input type="checkbox"/>

Please check you have answered EVERY question. Thank you.

## Dermatology Life Quality Index (DLQI) – Instructions for Use

The Dermatology Life Quality Index questionnaire is designed for use in adults, i.e. patients over the age of 16. It is self-explanatory and can be simply handed to the patient who is asked to fill it in without the need for detailed explanation. It is usually completed in one to two minutes.

### SCORING

The scoring of each question is as follows:

Very much	scored 3
A lot	scored 2
A little	scored 1
Not at all	scored 0
Not relevant	scored 0
Question 7, “prevented work or studying”	scored 3

The DLQI is calculated by adding the score of each question resulting in a maximum of 30. The higher the score, the more quality of life is impaired.

### HOW TO INTERPRET MEANING OF DLQI SCORES

0 – 1	no effect at all on patient’s life
2 – 5	small effect on patient’s life
6 – 10	moderate effect on patient’s life
11 – 20	very large effect on patient’s life
21 – 30	extremely large effect on patient’s life

### REFERENCES

Finlay AY and Khan GK. Dermatology Life Quality Index (DLQI): a simple practical measure for routine clinical use. *Clin Exp Dermatol* 1994; **19**:210-216.

Basra MK, Fenech R, Gatt RM, Salek MS and Finlay AY. The Dermatology Life Quality Index 1994-2007; a comprehensive review of validation data and clinical results. *Br J Dermatol* 2008; **159**:997-1035.

Hongbo Y, Thomas CL, Harrison MA, Salek MS and Finlay AY. Translating the science of quality of life into practice: What do dermatology life quality index scores mean? *J Invest Dermatol* 2005; **125**:659-664.