

Dermatology Life Quality Index (DLQI)

Each question has 4 alternative responses:

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much

with corresponding scores of 0, 1, 2, and 3, respectively. The answer "not relevant" is scored as "0." The total DLQI score is calculated by adding the scores from all questions and can range from 0 to 30.

Hospital No. _____ Date _____

Name _____ Diagnosis _____

Address _____

TOTAL SCORE

The aim of this questionnaire is to measure how much your skin problem has affected your life **OVER THE LAST WEEK**. Please select the answer that best describes your experiences.

1. Over the last week, how **itchy, sore, painful, or stinging** has your skin been?

SCORE

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much

2. Over the last week, how **embarrassed** or **self-conscious** have you been because of your skin?

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much

3. Over the last week, how much has your skin interfered with you going **shopping** or looking after your **home** or **yard**?

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much
☐ 0 Not relevant

4. Over the last week, how much has your skin influenced the **clothes** your wear?

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much
☐ 0 Not relevant

5. Over the last week, how much has your skin affected any **social** or **leisure** activities?

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much
☐ 0 Not relevant

6. Over the last week, how much has your skin made it difficult for you to do any **sport**?

- ☐ 0 Not at all
 ☐ 1 A little
 ☐ 2 A lot
 ☐ 3 Very much
☐ 0 Not relevant

Continued on next page



7. Over the last week, has your skin prevented you from **working** or **studying**?

SCORE

☒ NO ☒ YES ☒ Not relevant



If NO, over the last week how much has your skin been a problem at **work** or **studying**?

☒ Not at all ☒ A little ☒ A lot

8. Over the last week, how much has your skin created problems with your **partner** or any of your **close friends** or **relatives**?

☒ Not at all ☒ A little ☒ A lot ☒ Very much ☒ Not relevant

9. Over the last week, how much has your skin caused any **sexual difficulties**?

☒ Not at all ☒ A little ☒ A lot ☒ Very much ☒ Not relevant

10. Over the last week, how much of a problem has the **treatment** of your skin been, for example by making your house messy, or by taking up time?

☒ Not at all ☒ A little ☒ A lot ☒ Very much ☒ Not relevant

Notes

Reference: Finlay AY, Khan GK. Dermatology Life Quality Index (DLQI)—a simple practical measure for routine clinical use. *Clin Exp Dermatol*. 1994;19(3):210-216.