



COPS

Community of Psoriasis
survivors



HOW IS PSORIASIS IMPACTING YOUR LIFE?

**Dermatology
Life Quality
Index (DLQI)
Test**

Date: -----

Score:-----

The purpose of this quiz is to measure how much your skin problem has impacted your life **OVER THE LAST WEEK.**

Please answer the following questions



Questions	Rating	Score
Over the last week, how itchy, sore, painful or stinging has your skin been?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how embarrassed or selfconscious have you been because of your skin?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much has your skin interfered with you going shopping or looking after your home or garden?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much has your skin influenced the clothes you wear?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much has your skin affected any social or leisure activities?	3=Very much 2=A lot 1=A little 0=Not at all	

Questions	Rating	Score
Over the last week, how much has your skin made it difficult for you to do any sport?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, has your skin prevented you from working or studying? If "No", over the last week how much has your skin been a problem at work or studying?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much has your skin created problems with your partner or any of your close friends or relatives?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much has your skin caused any sexual difficulties?	3=Very much 2=A lot 1=A little 0=Not at all	
Over the last week, how much of a problem has the treatment for your skin been, for example by making your home messy, or by taking up time?	3=Very much 2=A lot 1=A little 0=Not at all	
	TOTAL	

Please check if you have answered EVERY question. It's important to answer EVERY question.

INSTRUCTIONS FOR USE

The Dermatology Life Quality Index survey is designed for adults, or patients over the age of 16. It is self-explanatory and can be simply provided to the patient who is asked to fill it out without more explanation. It normally takes one or two minutes to complete.

Sum the score of each question

STEP 1

Interpret your score as follows

STEP 2

HOW TO INTERPRET MEANING OF DLQI SCORES

RANGE	0-1	2-5	6-10	11-20	21-30
Indicates	No effect at all on your life	Small effect on your life	Moderate effect on your life	Very large effect on your life	Extremely large effect on your life

The higher the score, the more quality of life is impaired.



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Initiative by DakshamA Health



DakshamA Health & Education
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