

DATE _____

PATIENT NAME _____

SCORE _____

INSTRUCTIONS: The aim of this questionnaire is to measure how much your skin problem has affected your life OVER THE LAST WEEK. Please tick ✓ one box for each question.

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

Very much	<input type="checkbox"/>	Yes	<input type="checkbox"/>
A lot	<input type="checkbox"/>	No	<input type="checkbox"/>
A little	<input type="checkbox"/>	Not relevant	<input type="checkbox"/>
Not at all	<input type="checkbox"/>		
 2. Over the last week, how **embarrassed** or **self conscious** have you been because of your skin?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<input type="checkbox"/>
A little	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
Not at all	<input type="checkbox"/>		
 3. Over the last week, how much has your skin interfered with you going **shopping** or looking after your **home** or **garden**?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<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 **clothes** you wear?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<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 **social** or **leisure** activities?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<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 **sport**?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<input type="checkbox"/>
A little	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
Not relevant	<input type="checkbox"/>		
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7. Over the last week, has your skin prevented you from **working** or **studying**?

Yes	<input type="checkbox"/>	A lot	<input type="checkbox"/>
No	<input type="checkbox"/>	A little	<input type="checkbox"/>
Not relevant	<input type="checkbox"/>	Not at all	<input type="checkbox"/>
 - If "No", over the last week how much has your skin been a problem at **work** or **studying**?

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 **partner** or any of your **close friends** or **relatives**?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<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 **sexual difficulties**?

Very much	<input type="checkbox"/>	A lot	<input type="checkbox"/>
A lot	<input type="checkbox"/>	A little	<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 **treatment** 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 lot	<input type="checkbox"/>	A little	<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.

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Dermatology Life Quality Index

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WHERE TO GET FURTHER INFORMATION

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There are over 200 publications describing the use of the DLQI and CDLQI world-wide. An updated version of this list is available from Professor A Y Finlay.

TRANSLATIONS

There are [translations of the DLQI](#) in the following languages:-

Arabic, Czech, Danish, Dutch, English, Estonian, Farsi, French, French (Canadian), German, Greek, Hungarian, Italian, Lithuanian, Polish, Portuguese, Portuguese (Brazil), Romanian, Russian, Spanish, Spanish (Argentina), Spanish (American), Spanish (Chile), Spanish (Mexico), Spanish (Uruguay), Ukranian, Afrikaans, Cantonese, Finnish, Norwegian, Swedish, Thai, Turkish, Urdu, Xhosa

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INSTRUCTIONS FOR USE

DERMATOLOGY LIFE QUALITY INDEX (DLQI)

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 unanswered	scored 0
Question 7: "prevented work or studying"	scored 3

The DLQI is calculated by summing the score of each question resulting in a maximum of 30 and a minimum of 0. The higher the score, the more quality of life is impaired. The DLQI can also be expressed as a percentage of the maximum possible score of 30.

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
- 21-31 = extremely large effect on patient's life

Detailed analysis of the DLQI

The DLQI can be analysed under six headings as follows:

Symptoms and feelings	Questions 1 and 2	Score maximum 6
Daily activities	Questions 3 and 4	Score maximum 6
Leisure	Questions 5 and 6	Score maximum 6
Work and School	Question 7	Score maximum 3
Personal relationships	Questions 8 and 9	Score maximum 6
Treatment	Question 10	Score maximum 3

The scores for each of these sections can also be expressed as a percentage of either 6 or 3.

Interpretation of incorrectly completed questionnaires

There is a very high success rate of accurate completion of the DLQI. However, sometimes subjects do make mistakes.

1. If one question is left unanswered this is scored 0 and the scores are summed and expressed as usual out of a maximum of 30.
2. If two or more questions are left unanswered the questionnaire is not scored.
3. If question 7 is answered 'yes' this is scored 3. If question 7 is answered 'no' or 'not relevant' but then either 'a lot' or 'a little' is ticked this is then scored 2 or 1.
4. If two or more response options are ticked, the response option with the highest score should be recorded.
5. If there is a response between two tick boxes, the lower of the two score options should be recorded.
6. If one item is missing from a two-item subscale that subscale should not be scored.

Key References

A.Y. Finlay, G.K. Khan. Dermatology Life Quality Index (DLQI): A simple practical measure for routine clinical use. *Clinical and Experimental Dermatology* 1994; 19: 210-216.

Lewis V L, Finlay A Y. Ten years experience of the Dermatology Life Quality Index (DLQI) *J Invest Dermatol Symp Proc* 2004; 9(2):169-180.

Hongbo Y, Thomas C L, Harrison M A, Salek M S, Finlay A Y. Translating the Science of Quality of Life into Practice: What Do Dermatology Life Quality Index Scores Mean? *J Invest Dermatol*, 2005 (in press).