

# Psoriasis Disability Index

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The impact of living with psoriasis can extend far beyond the physical symptoms on your skin. It is very common for people to find it affects many aspects of their lives.

The Psoriasis Disability Index (PDI) is a simple questionnaire used by healthcare professionals to measure the impact of a range of skin conditions including psoriasis and the impact it has on your quality of life.<sup>1</sup>

For each question below, please tick the box next to the answer that best reflects how much your psoriasis has affected you over the last FOUR weeks. Your results are helpful to take along to your next appointment to discuss with your healthcare professional.

## All questions relate to the LAST FOUR WEEKS

### DAILY ACTIVITIES:

1. How much has your psoriasis interfered with you carrying out work around the house or garden?	<input type="checkbox"/> Very much <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
2. How often have you worn different types or colours of clothes because of your psoriasis?	<input type="checkbox"/> Very much <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
3. How much more have you had to change or wash your clothes?	<input type="checkbox"/> Very much <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
4. How much of a problem has your psoriasis been at the hairdressers?	<input type="checkbox"/> Very much <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all
5. How much has your psoriasis resulted in you having to take more baths than usual?	<input type="checkbox"/> Very much <input type="checkbox"/> A lot <input type="checkbox"/> A little <input type="checkbox"/> Not at all

- There are two different versions of questions 6, 7 and 8.
- If you are **at regular work or at school** please answer the first questions **6 - 8**.
- If you are **not at work or school** please answer the second questions **6 - 8**.

## All questions relate to the LAST FOUR WEEKS

### WORK OR SCHOOL (if appropriate)

6. How much has your psoriasis made you lose time off work or school over the last four weeks?

- Very much
- A lot
- A little
- Not at all

7. How much has your psoriasis prevented you from doing things at work or school over the last four weeks?

- Very much
- A lot
- A little
- Not at all

8. Has your career been affected by your psoriasis? e.g. promotion refused, lost a job, asked to change a job.

- Very much
- A lot
- A little
- Not at all

### IF NOT AT WORK OR SCHOOL: ALTERNATIVE QUESTIONS

6. How much has your psoriasis **stopped you** carrying out your normal daily activities over the last four weeks?

- Very much
- A lot
- A little
- Not at all

7. How much has your psoriasis **altered the way** in which you carry out your normal daily activities over the last four weeks?

- Very much
- A lot
- A little
- Not at all

8. Has your career been affected by your psoriasis? e.g. promotion refused, lost a job, asked to change a job.

- Very much
- A lot
- A little
- Not at all

## All questions relate to the LAST FOUR WEEKS

### PERSONAL RELATIONSHIPS

9. Has your psoriasis resulted in sexual difficulties over the last four weeks?

- Very much
- A lot
- A little
- Not at all

10. Has your psoriasis created problems with your partner or any of your close friends or relatives?

- Very much
- A lot
- A little
- Not at all

## LEISURE

11. How much has your psoriasis stopped you going out socially or to any special functions?

- Very much
- A lot
- A little
- Not at all

12. Is your psoriasis making it difficult for you to do any sport?

- Very much
- A lot
- A little
- Not at all

13. Have you been unable to use, criticised or stopped from using communal bathing or changing facilities?

- Very much
- A lot
- A little
- Not at all

14. Has your psoriasis resulted in you smoking or drinking alcohol more than you would do normally?

- Very much
- A lot
- A little
- Not at all

## TREATMENT

15. To what extent has your psoriasis or treatment made your home messy or untidy?

- Very much
- A lot
- A little
- Not at all

**Remember to take these results along to your next appointment to discuss with your healthcare professional.**

1. Finlay AY, Coles EC. The effect of severe psoriasis on the quality of life of 369 patients. Brit J Dermatol, 1995; 132: 236-244.