

Psoriasis Quality of Life Tracker

Joy — Hobart



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

The Dermatology Life Quality Index (DLQI) is a questionnaire used by healthcare professionals to assess how your psoriasis is impacting quality of life. Answer the following questions before your next appointment to help you to talk with your healthcare professional about the impact psoriasis is having on your life.

When considering these questions, think back to the last four weeks as a guide for your answers.

QUESTION	ANSWER
1. How much has your psoriasis interfered with you carrying out work around the house or garden?	Very much A lot A little Not at all
2. How often have you worn different types or colours of clothes because of your psoriasis?	Very much A lot A little Not at all
3. How much more have you had to change or wash your clothes?	Very much A lot A little Not at all
4. How much of a problem has your psoriasis been at the hairdressers?	Very much A lot A little Not at all
5. How much has your psoriasis resulted in you having to take more baths than usual?	Very much A lot A little Not at all
6. If you are at work or school regularly, how much has your psoriasis made you take time off work or school over the last four weeks?	Very much A lot A little Not at all
7. If you are at work or school regularly, 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

QUESTION	ANSWER
8. Has your career been affected by your psoriasis? e.g. promotion refused, lost a job, asked to change jobs.	Very much A lot A little Not at all
9. 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
10. How much has your psoriasis changed 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
11. Has your psoriasis resulted in sexual difficulties over the last four weeks?	Very much A lot A little Not at all
12. 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
13. How much has your psoriasis stopped you going out socially or to any special functions?	Very much A lot A little Not at all
14. Is your psoriasis making it difficult for you to do any sport?	Very much A lot A little Not at all
15. 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
16. 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
17. To what extent has your psoriasis or treatment made your home messy or untidy?	Very much A lot A little Not at all