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## How is Psoriasis impacting your life?

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

**Date:**    /    /

**Score:**    / 30

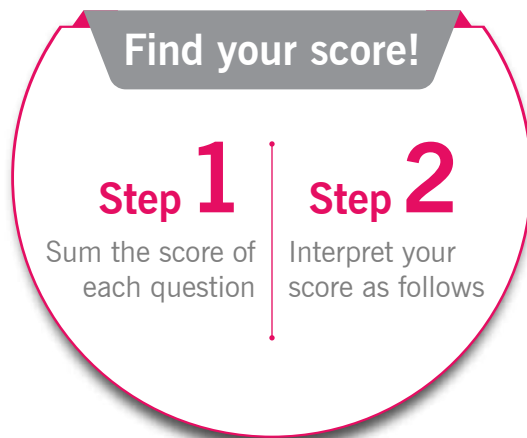
# To find how psoriasis has affected your life OVER THE LAST WEEK<sup>1</sup>

Please answer the following questions

Questions	Rating	Score
1. 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	
2. Over the last week, how embarrassed or self-conscious have you been because of your skin?	3=Very much 2=A lot 1=A little 0=Not at all	
3. 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 0=Not relevant	
4. 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 0=Not relevant	
5. 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 0=Not relevant	
6. 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 0=Not relevant	
7. 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=Yes  2=A lot 1=A little 0=Not at all 0=Not relevant	

<b>8.</b> 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 0=Not relevant	
<b>9.</b> 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 0=Not relevant	
<b>10.</b> 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 0=Not relevant	
<b>Total</b>		

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



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

# UNHIDE PSORIASIS

Talk to your Dermatologist about  
biologics for clear\* skin



For more information log on to  
[www.unhidepsoriasis.com](http://www.unhidepsoriasis.com)

\*No plaque elevation, erythema or scaling, hyperpigmentation maybe present.

#### References:

1. DERMATOLOGY LIFE QUALITY INDEX (DLQI). Available [online] at URL: <http://www.bad.org.uk/shared/get-file.ashx?id=1653&item-type=document>. As accessed on 24 September 2020.

#### Disclaimer:

*The information contained here is not to be used for treatment purpose or for diagnosis of health problems or as a substitute to expert medical advice. Please consult your doctor for any health related problems or queries that you may have. Although great care has been taken in computing and checking the information, Novartis is not responsible or liable in anyway for any errors, omissions or inaccuracies in or otherwise howsoever for any consequences arising there from*

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