**DERMATOLOGY LIFE QUALITY INDEX**

 **dlqi**

NHS No: Date:

Name: Score:

Address: Diagnosis:

**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**, Very much 

 **painful** or **stinging** has your skin A lot 

 been? A little 

 Not at all 

**2.** Over the last week, how **embarrassed** Very much 

 or **self conscious** have you been because A lot 

 of your skin? A little 

 Not at all 

**3.** Over the last week, how much has your Very much 

 skin interfered with you going A lot 

 **shopping** or looking after your **home** or A little 

 **garden**? Not at all  Not relevant 

**4.** Over the last week, how much has your Very much 

 skin influenced the **clothes** A lot 

 you wear? A little 

 Not at all  Not relevant 

**5.** Over the last week, how much has your Very much 

 skin affected any **social** or A lot 

 **leisure** activities? A little 

 Not at all  Not relevant 

**6.** Over the last week, how much has your Very much 

 skin made it difficult for A lot 

 you to do any **sport**? A little 

 Not at all  Not relevant 

**7.** Over the last week, has your skin prevented Yes 

 you from **working** or **studying**? No  Not relevant 

 If "No", over the last week how much has A lot 

 your skin been a problem at A little 

 **work** or **studying**? Not at all 

**8.** Over the last week, how much has your Very much 

 skin created problems with your A lot 

 **partner** or any of your **close friends** A little 

 or **relatives**? Not at all  Not relevant 

**9.** Over the last week, how much has your Very much 

 skin caused any **sexual** A lot 

 **difficulties**? A little 

 Not at all  Not relevant 

**10.** Over the last week, how much of a Very much 

 problem has the **treatment** for your A lot 

 skin been, for example by making A little 

 your home messy, or by taking up time? Not at all  Not relevant 

**Please check you have answered EVERY question. Thank you.**

**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.

**\*\*Please Note:** That the scores associated with the different answers should not be printed on the DLQI itself, as this might cause bias**\*\***

**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
21-30 = 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. If it is answered 'no', but the second half is left incomplete, the score will remain 0.
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. The DLQI can be analysed by calculating the score for each of its six sub-scales (see above). When using sub-scales, if the answer to one question in a sub-scale is missing, that sub-scale should not be scored.

**Minimal Clinically Important Difference of the DLQI**

In order to help the clinical interpretation of the DLQI scores a banding system (consisting of 5 bands) has been validated. According to this system, a DLQI score 0-1 = no effect at all on patient's life DLQI score of 2-5 = small effect on patient's life, DLQI score of 6-10 = moderate effect on patient's life, DLQI score of  11-20 = very large effect on patient's life, DLQI score of  21-30 = extremely large effect on patient's life.

The Minimal Clinically Important Difference (MCID) of the DLQI in inflammatory skin diseases (range=2.2-6.9) has been estimated in 5 studies. For details please refer to the following article:

*Basra MKA, Fenech R, Gatt RM, Salek MS, Finlay AY. The Dermatology Life Quality Index 1994-2007: a comprehensive review of validation data and clinical results. Br J Dermatol. 2008; 159:997-1035.*

For general inflammatory skin conditions a change in DLQI score of at least 4 points is considered clinically important (based on our latest published data). This means that a patient's DLQI score has to either increase or decrease by at least 4 points in order to suggest that there has actually been a meaningful change in that patient's quality of life since the previous measurement of his/her DLQI scores.