

BEYOND THE SURFACE:

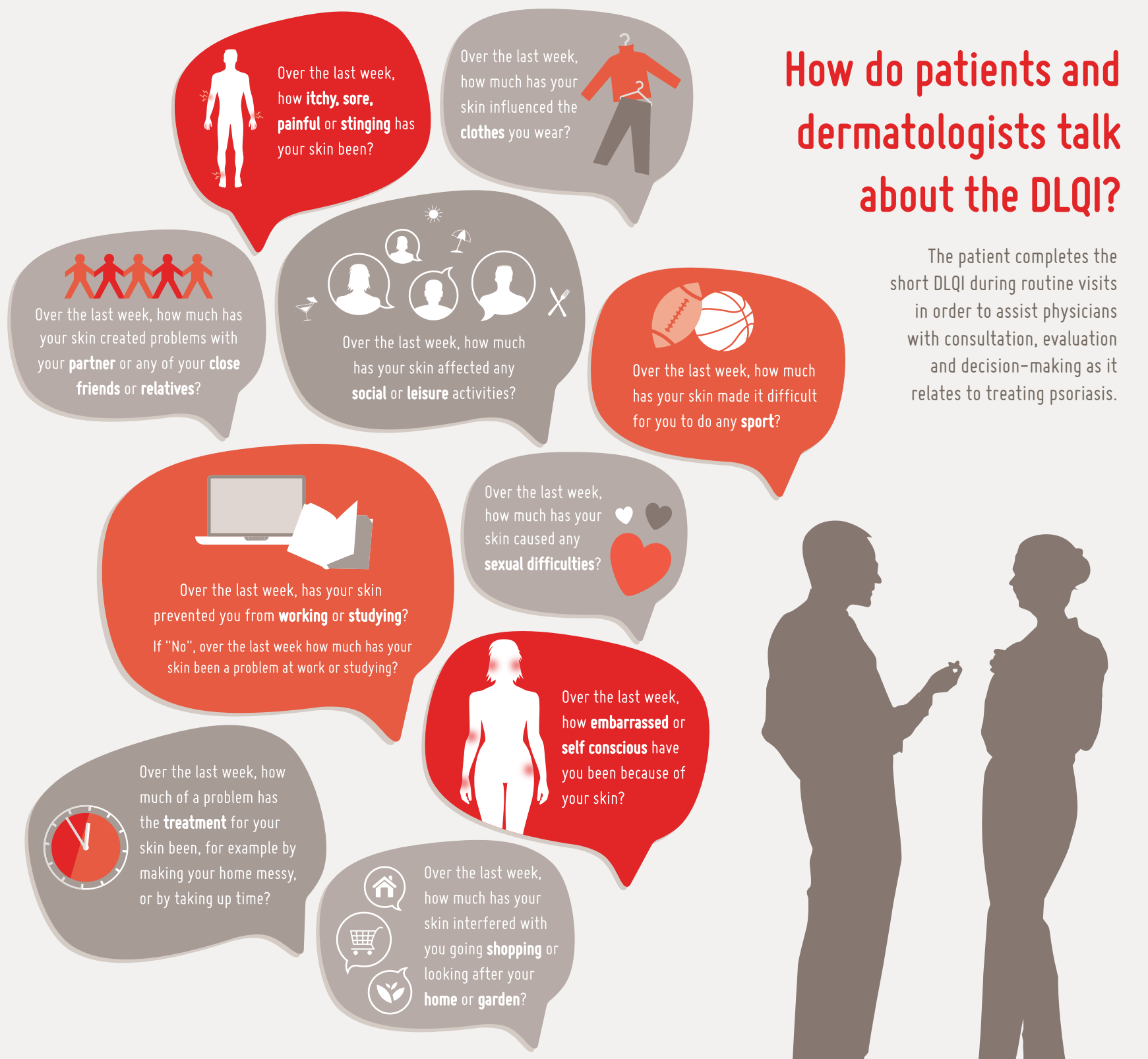
Psoriasis Impact on Quality of Life

The Dermatology Life Quality Index (DLQI) is a self-administered questionnaire used to measure health-related quality of life in adults suffering from a skin disease. It is the most commonly used instrument for measuring quality of life in psoriasis patients, and addresses aspects like symptoms and feelings, daily activities, personal relationships and treatment side effects.



What is DLQI and what does it help the doctor do for the patient?

The DLQI is a standard questionnaire that dermatologists use to assess how chronic skin conditions impact a patient's quality of life. It's used in patients over the age of 16 and evaluates six key areas that influence quality of life. This includes understanding the impact the condition has on a patient's symptoms and feelings, daily activities, leisure, work and school, personal relationships and treatment.



The Output

The DLQI is calculated by scoring the answer of each question resulting for a maximum of 30 points and a minimum of 0 points. The higher the score, the more quality of life is impacted by a skin condition.

Scoring

The scoring of each question is as follows:

- ③ Very much
- ② A lot
- ① A little
- ① Not at all
- ① Not relevant
- ① Question unanswered

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.

Interpreting 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