

# Scores to Assess Atopic Dermatitis

## DLQI<sup>®</sup> Dermatology Life Quality Index

DLQI is a patient self-assessment tool used to measure how skin disease (in this case, atopic dermatitis) has impacted a patient's quality of life over a one-week period.<sup>1</sup>

Patients are asked to fill out a questionnaire with each question scored on a 4-point scale (0=not at all; 3=very much).<sup>1</sup>

### QUESTIONS RELATE TO DIFFERENT ASPECTS OF LIFE IMPAIRMENT:<sup>1</sup>

- Symptoms
- Feelings
- Daily activities
- Leisure activities
- Work or school
- Personal relationships
- Treatment

### SCORING

DLQI is calculated by summing the score of each question, resulting in a maximum of 30 and minimum of 0. Higher scores indicate a greater impairment of quality of life.<sup>1,2</sup>

<b>0-1</b>	No effect at all on patient's life
<b>2-5</b>	Small effect on patient's life
<b>6-10</b>	Moderate effect on patient's life
<b>11-20</b>	Very large effect on patient's life
<b>21-30</b>	Extremely large effect on patient's life

Each question is scored on a 4-point scale (0=not at all; 1=a little; 2=a lot; 3=very much). The answer "not relevant" is scored as 0.

An unanswered question is scored as 0.

If question 7 is answered "yes", this is scored 3. If question 7 is answered "no" but then either "a lot" or "a little" is ticked, this is then scored 2 or 1. If "not relevant" is ticked, the score for question 7 is 0. If it is answered "no", but the second half is left incomplete, the score will remain 0.

DUPIXENT (dupilumab injection) is indicated for the treatment of patients aged 6 years and older with moderate-to-severe atopic dermatitis whose disease is not adequately controlled with topical prescription therapies or when those therapies are not advisable.

DUPIXENT can be used with or without topical corticosteroids.

# DERMATOLOGY LIFE QUALITY INDEX (DLQI)<sup>®</sup>

To be completed by the patient (please print or type)

Family name: \_\_\_\_\_ Given name: \_\_\_\_\_

Date (DD/MM/YYYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date of birth (DD/MM/YYYY): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

The aim of this questionnaire is to measure how much your skin problem has affected your life OVER THE LAST WEEK.  
Please check one box for each question.

		Very much	A lot	A little	Not at all	Not relevant	Yes	No
<b>1</b>	Over the last week, how <b>itchy, sore, painful</b> or <b>stinging</b> has your skin been?							
<b>2</b>	Over the last week, how <b>embarrassed</b> or <b>self-conscious</b> have you been because of your skin?							
<b>3</b>	Over the last week, how much has your skin interfered with you going <b>shopping</b> or looking after your <b>home</b> or <b>garden</b> ?							
<b>4</b>	Over the last week, how much has your skin influenced the <b>clothes</b> you wear?							
<b>5</b>	Over the last week, how much has your skin affected any <b>social</b> or <b>leisure</b> activities?							
<b>6</b>	Over the last week, how much has your skin made it difficult for you to do any <b>sport</b> ?							
<b>7</b>	Over the last week, has your skin prevented you from <b>working</b> or <b>studying</b> ?							
	If "no", over the last week, how much has your skin been a problem at <b>work</b> or <b>studying</b> ?							
<b>8</b>	Over the last week, how much has your skin created problems with your <b>partner</b> or any of your <b>close friends</b> or <b>relatives</b> ?							
<b>9</b>	Over the last week, how much has your skin caused any <b>sexual difficulties</b> ?							
<b>10</b>	Over the last week, how much of a problem has the <b>treatment</b> for your skin been, for example, by making your home messy, or by taking up time?							

Please check that you have answered every question. Thank you.

## SCORE

### Disclaimer: To be filled by physician

Please consult the Product Monograph at <http://products.sanofi.ca/en/dupixent-en.pdf> for contraindications, warnings, precautions, adverse reactions, interactions, dosing, and conditions of clinical use. The Product Monograph is also available by calling 1-800-589-6215.

**References:** **1.** Finlay AY, Khan GK. Dermatology Life Quality Index (DLQI)—a simple practical measure for routine clinical use. *Clin Exp Dermatol.* 1994 May;19(3):210-6. **2.** DLQI Instructions for use and scoring. Department of Dermatology at Cardiff University School of Medicine. <http://www.cardiff.ac.uk>. Accessed May 10, 2018. **3.** Dupixent<sup>®</sup> Product Monograph, sanofi-aventis Canada Inc., March 25, 2022.

DLQI<sup>®</sup> A Y Finlay, G K Khan April 1992 [www.dermatology.org.uk](http://www.dermatology.org.uk)

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