

Dermatology Life Quality Index (DLQI)

Category: Dermatology | Items: 10 | Time: ~2-3 min

Description / When to Use

Skin-disease impact on health-related quality of life

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2-3 min.

Scale Items

- How itchy, sore, painful, or stinging has your skin been?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How embarrassed or self-conscious have you been because of your skin?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much has your skin interfered with going shopping or looking after your home or garden?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much has your skin influenced the clothes you wear?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much has your skin affected any social or leisure activities?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much has your skin made it difficult for you to do any sport?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- Has your skin prevented you from working or studying — or how much of a problem at work / studies?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Prevented work / study
- How much has your skin created problems with your partner or close friends or relatives?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much has your skin caused any sexual difficulties?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much
- How much of a problem has the treatment for your skin been (e.g., mess, time)?
0 = Not at all | 1 = A little | 2 = A lot | 3 = Very much

Scoring Guide

Sum all 10 items. Total range 0-30.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–1	No effect on patient's life	Skin condition does not interfere with daily life.
2–5	Small effect	Small impact on patient's life.
6–10	Moderate effect	Moderate impact; consider intensifying treatment.
11–20	Very large effect	Skin condition has a very large impact.
21–30	Extremely large effect	Severely affects all aspects of life.

Psychometric Properties

See original validation study for reliability and validity data.

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