

Instructions For Use Dermatology Life Quality Index (DLQI)¹

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.

Meaning of DLQI Scores

0 - 1	=	no effect at all on the 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 the 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.
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 scores options should be recorded.
6. If one item is missing from a two-item subscale, that subscale should not be scored.