

ISDL

IMPACT OF SKIN DISEASES ON DAILY LIFE

QUESTIONNAIRE

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MEDICAL PSYCHOLOGY**

GENERAL INFORMATION

Name _____

Sex male female
(please check the appropriate answer)

Date of birth _____

Date filled in _____

What is your present marital status?

- single
- living together
- married
- divorced
- widow or widower

How many years of full-time education have you completed?

_____ years

Please indicate below any high-school, college or university diplomas that you have obtained:

Are you presently employed? (more than one answer is possible)

- unemployed / receiving unemployment benefits
- paid employment for _____ hours per week
- unpaid work (volunteer work) for _____ hours per week
- attending school or a course of study for _____ hours per week
- homemaking
- sick leave / legally disabled, for _____ %
- pensioned / pre-pension

SEVERITY OF THE SKIN DISEASE

1. For what skin disease are you visiting the dermatologist or other doctor?

- atopic eczema (constitutional eczema)
- psoriasis
- other skin disease (please specify) _____

2. Are you suffering from any other prolonged illnesses besides your skin disease?

- no
- yes (please specify) _____

3. At what age did you first notice symptoms that were related to your skin disease?

I was then _____ years old.

4. At what age did you first contact a doctor or specialist for your skin disease?

I was then _____ years old.

5. At what age did a doctor or specialist first diagnose your skin disease?

I was then _____ years old.

6. How often during your lifetime have you been hospitalized for your skin disease?

_____ times

7. How often have you visited a general practitioner or dermatologist for your skin disease **during the past six months?**

_____ times

8. How would you assess the severity of your skin disease **during the past 4 weeks**?

- not at all serious
- slightly serious
- fairly serious
- very serious

9. If you compare the severity of your skin disease **during the past 4 weeks** with that in the preceding weeks, then the condition of your skin is

- much better
- slightly better
- unchanged
- a little worse
- much worse

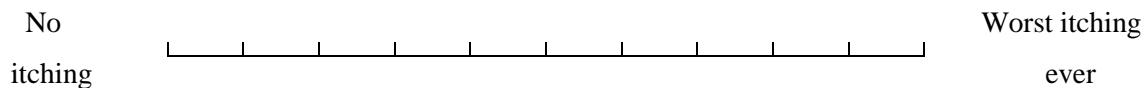
10. Which parts of your body are **currently** affected?

Please encircle the number that applies to the part of the body in question. For example, if your face is **not** affected, then encircle **1** for question a; if your face is **a bit** affected, encircle **2**, etc.

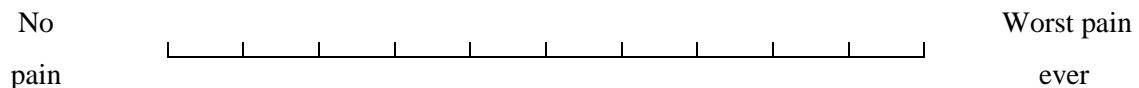
	not	a bit	to a large extent	totally
a. face	1	2	3	4
b. hairy scalp	1	2	3	4
c. neck	1	2	3	4
d. hands	1	2	3	4
e. arms	1	2	3	4
f. torso	1	2	3	4
g. legs	1	2	3	4
h. feet	1	2	3	4
i. genitals/anus	1	2	3	4

PHYSICAL SYMPTOMS

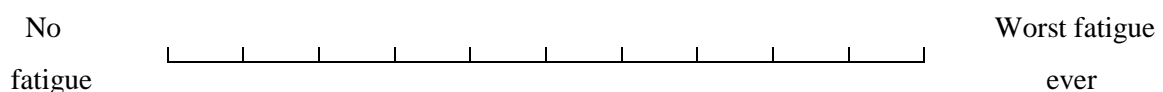
11. Below you will find an **itching scale** on which you can indicate, by means of an X, how much you were bothered **by itching during the past four weeks**, on average. At the left it says “no itching” and at the right “worst itching ever”. Therefore, the more you were bothered by itching during the past four weeks, the further to the right you should place the X.



12. Below you will find a **pain scale** on which you can indicate, by means of an X, how much you were bothered **by pain during the past four weeks**, on average. At the left it says “no pain” and at the right “worst pain ever”. Therefore, the more you were bothered by pain during the past four weeks, the further to the right you should place the X.



13. Below you will find a **fatigue scale** on which you can indicate, by means of an X, how much you were bothered **by fatigue during the past four weeks**, on average. At the left it says “no fatigue” and at the right “worst fatigue ever”. Therefore, the more you were bothered by fatigue during the past four weeks, the further to the right you should place the X.



ITCHING

Below you will find a number of statements pertaining to itching **during the past 4 weeks**. Please answer the questions by encircling the number under the most appropriate answer.

- | | almost
never | sometimes | often | almost
always |
|--|-----------------|-----------|-------|------------------|
| 14. My skin disease was accompanied by itching during the past 4 weeks. | 1 | 2 | 3 | 4 |
| 15. I had attacks of itching during the past 4 weeks. | 1 | 2 | 3 | 4 |
| 16. I suffered from itching continuously during the past 4 weeks. | 1 | 2 | 3 | 4 |

If your skin disease is not accompanied by itching at all, please continue with question 31.

SCRATCHING

Below you will find a number of statements pertaining to scratching **during the past 4 weeks**. Please answer the questions by encircling the number under the most appropriate answer.

- | | almost
never | sometimes | often | almost
always |
|---|-----------------|-----------|-------|------------------|
| 17. I scratched during the past 4 weeks . | 1 | 2 | 3 | 4 |
| 18. During the past 4 weeks , I scratched | | | | |
| a. with my fingernails | 1 | 2 | 3 | 4 |
| b. with an object | 1 | 2 | 3 | 4 |
| 19. I also scratch when I don't itch. | 1 | 2 | 3 | 4 |
| 20. When I itch, I also scratch at places where I don't itch. | 1 | 2 | 3 | 4 |
| 21. I scratch without realizing it. | 1 | 2 | 3 | 4 |
| 22. I scratch while I'm asleep. | 1 | 2 | 3 | 4 |
| 23. The longest time that I scratched continuously during the past four weeks was: | | | | |
| <input type="radio"/> less than half a minute | | | | |
| <input type="radio"/> between half a minute and one minute | | | | |
| <input type="radio"/> a few minutes | | | | |
| <input type="radio"/> more than five minutes | | | | |

IMPACT OF A SKIN DISEASE ON DAILY LIFE

24. My skin disease affects the following aspects of my daily life:

	almost never	sometimes	often	almost always
a. work/study	1	2	3	4
b. household activities	1	2	3	4
c. hobbies	1	2	3	4
d. vacation	1	2	3	4
e. leisure time	1	2	3	4
f. sexuality	1	2	3	4
g. eating habits	1	2	3	4
h. sleeping habits	1	2	3	4
i. relationship with friends and acquaintances	1	2	3	4
j. contacts with my family	1	2	3	4

If you are living together with a spouse or partner:

k. relationship with spouse or partner	1	2	3	4
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If you still have one or more children living at home:

l. family life	1	2	3	4
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25. To what extent do you agree with the following statements?

	not at all	some- what	to a large extent	completely
a. Other people find me unattractive because of my skin disease.	1	2	3	4
b. I have the feeling that other people stare at my skin disease.	1	2	3	4
c. Other people find it distasteful to touch me because of my skin disease.	1	2	3	4
d. Other people think that my skin disease is contagious.	1	2	3	4
e. Other people avoid contact with me because of my skin disease.	1	2	3	4
f. Other people sometimes make unpleasant remarks about my skin disease.	1	2	3	4

26. Do you believe that stress or an emotional burden could aggravate your skin disease?

- yes, I'm convinced of it
- yes, I believe so
- no, I don't think so
- no, I'm convinced that that's not true

WELL-BEING

27. You will find a number of statements below. Please indicate how you have felt **during the past month**.

	almost never	sometimes	often	almost always
a. I feel pleasant.	1	2	3	4
b. I feel contented.	1	2	3	4
c. I worry too much about unimportant matters.	1	2	3	4
d. I am happy.	1	2	3	4
e. I am troubled by unpleasant thoughts.	1	2	3	4
f. I feel safe.	1	2	3	4
g. I am contented.	1	2	3	4
h. I have trouble letting go of certain thoughts.	1	2	3	4
i. I take disappointments too much at heart.	1	2	3	4
j. I become tense and shaken when I think of my worries of the past period.	1	2	3	4

28. Below you will find a number of emotions and moods. Please determine the extent to which each of these moods applied to you **during the past week**. Give your first impression and do not skip any moods.

- a. cheerful
- not at all
 - a little
 - fairly
 - much
 - very much

- g. disheartened
- not at all
 - a little
 - fairly
 - much
 - very much

- b. glad
- not at all
 - a little
 - fairly
 - much
 - very much

- h. low-spirited
- not at all
 - a little
 - fairly
 - much
 - very much

- c. depressed
- not at all
 - a little
 - fairly
 - much
 - very much

- i. disconsolate
- not at all
 - a little
 - fairly
 - much
 - very much

- d. pleased
- not at all
 - a little
 - fairly
 - much
 - very much

- j. good humoured
- not at all
 - a little
 - fairly
 - much
 - very much

- e. gloomy
- not at all
 - a little
 - fairly
 - much
 - very much

- k. sad
- not at all
 - a little
 - fairly
 - much
 - very much

- f. full of life
- not at all
 - a little
 - fairly
 - much
 - very much

- l. happy
- not at all
 - a little
 - fairly
 - much
 - very much

SOCIAL CONTACTS

The following questions deal with the contacts that you have with the people around you. These questions pertain to the situation during **the past half a year**.

29. Think about how many people you consider to be good friends, i.e. people with whom you are at ease and with whom you can talk frankly about your thoughts and the things that are troubling you. (You may include members of your family).

Make a list below of the given names or initials of these people.

Then count them and indicate below how many people fit this description.

I have _____ good friends.

30. Below you will find a number of statements concerning your contacts.

	almost never	sometimes	often	almost always
a. When I am tense or under pressure, there is somebody to help me.	1	2	3	4
b. When I have a pleasant experience, there is someone I can share it with.	1	2	3	4
c. If my skin disease becomes worse, there is someone who will support me.	1	2	3	4
d. When I am sad, there is someone to share it with me.	1	2	3	4
e. When I need help with tasks I cannot perform, there is someone to help me.	1	2	3	4

LIVING WITH A SKIN DISEASE

31. To what extent do you agree with the following statements?

	not at all	some- what	to a large extent	completely
a. Because of my skin disease I miss the things I like to do most.	1	2	3	4
b. I can handle the problems related to my skin disease.	1	2	3	4
c. I have learned to live with my skin disease.	1	2	3	4
d. Dealing with my skin disease has made me a stronger person.	1	2	3	4
e. My skin disease controls my life.	1	2	3	4
f. I have learned a great deal from my skin disease.	1	2	3	4
g. My skin disease sometimes makes me feel useless.	1	2	3	4
h. My skin disease has made life more precious to me.	1	2	3	4
i. My skin disease prevents me from doing what I would really like to do.	1	2	3	4
j. I have learned to accept the limitations imposed by my skin disease.	1	2	3	4
k. Looking back, I can see that my skin disease has also brought about some positive changes in my life.	1	2	3	4
l. My skin disease limits me in everything that is important to me.	1	2	3	4
m. I can accept my skin disease well.	1	2	3	4

	not at all	some- what	to a large extent	completely
n. I think I can handle problems related to my skin disease, even if the skin disease gets worse.	1	2	3	4
o. My skin disease frequently makes me feel helpless.	1	2	3	4
p. My skin disease has helped me realize what is important in life.	1	2	3	4
q. I can cope effectively with my skin disease.	1	2	3	4
r. My skin disease has taught me to enjoy the moment more.	1	2	3	4

32. During the past three months, how often have you followed the advice of the dermatologist to use or not use creams, ointments and medications for your skin disease?

- Always, 7 days a week
- Usually, on average of 5-6 days a week
- Often, on average of 3-4 days a week
- Irregularly, on average of 1-2 days a week
- Less than once a week