

What is your psoriasis quality of life score?

How To Score: Answer each question based on the **past month**.

Not once in the past month = 0

At least once in the past month - 1

A few times in the past month = 2

Most of the past month = 3

In the past month has psoriasis effected your self esteem ? _____

In the past month has psoriasis effected your ability to do physical activities ? _____

In the past month has psoriasis effected your sleep quality ? _____

In the past month has psoriasis had an impact on your social / leisure life ? _____

In the past month has psoriasis effected your temperament ? _____

In the past month has psoriasis caused problems with your sexual activity ? _____

In the past month has psoriasis affected your mobility ? _____

In the past month have you had a psoriasis flare ? _____

In the past month how often have you felt your treatment is not working ? _____

In the past month has psoriatic arthritis had an impact on your daily life ? _____

Your score is _____ from a possible 30

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