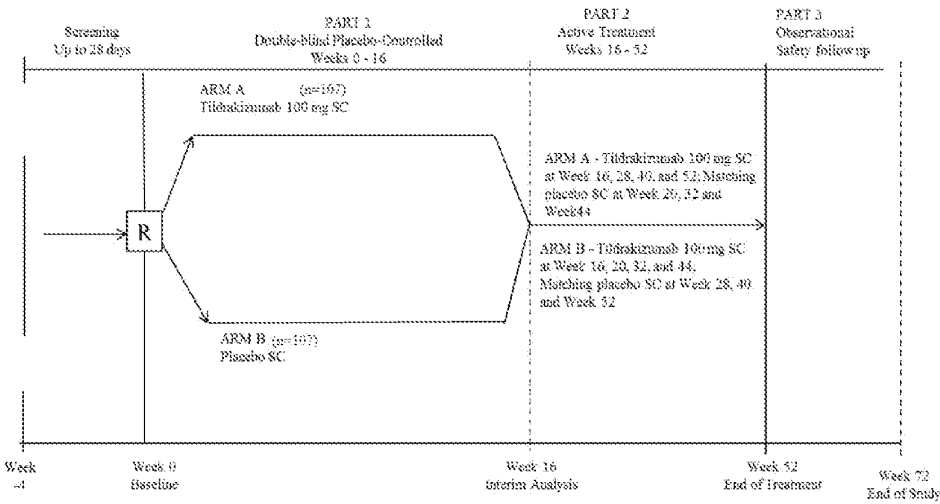


FIG. 1



**FIG. 2**

| <u>Score</u> | <u>Short Description</u> | <u>Detailed Description</u>                                                                                                            |
|--------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 0            | Clear                    | No signs of psoriasis. Post-inflammatory hyperpigmentation may be present.                                                             |
| 1            | Almost clear             | Normal to pink coloration of lesions<br>no thickening<br>no to minimal focal scaling.                                                  |
| 2            | Mild                     | Pink to light red coloration<br>Just detectable to mild thickening<br>Predominantly fine scaling.                                      |
| 3            | Moderate                 | Dull bright red, clearly distinguishable erythema<br>Clearly distinguishable to moderate thickening<br>Moderate scaling.               |
| 4            | Severe                   | Bright to deep dark red coloration<br>Severe thickening with hard edges<br>Severe / coarse scaling covering almost all or all lesions. |

FIG. 3

|                                                                                                                                                                                                                            |                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Thickness (T)</b> (averaged across all lesions)                                                                                                                                                                         |                  |
| 0=no evidence of plaque elevation<br>1=minimal plaque elevation (=0.25mm)<br>2=mild plaque elevation (=0.5mm)<br>3=moderate plaque elevation (=0.75mm)<br>4=severe plaque elevation ( $\geq 1$ mm)                         | <b>T=</b>        |
| <b>Erythema (E)</b> (averaged across all lesions)                                                                                                                                                                          |                  |
| 0=no evidence of erythema, hyperpigmentation may be present<br>1=faint erythema<br>2=light red coloration<br>3=moderate red coloration<br>4=bright to deep red coloration                                                  | <b>E=</b>        |
| <b>Scaling (S)</b> (averaged across all lesions)                                                                                                                                                                           |                  |
| 0=no evidence of scaling<br>1=minimal, occasional fine scale over less than 5% of the lesion<br>2=mild, fine scale dominates<br>3=moderate, coarse scale predominates<br>4=severe, thick, non-tenacious scale predominates | <b>S=</b>        |
| <b>TOTAL = Add T + E + S</b>                                                                                                                                                                                               | <b>Total=</b>    |
| Average= Divide total by 3                                                                                                                                                                                                 | <b>Average =</b> |
| IGA= Round average to the nearest whole number<br>(e.g., if average is 1.49, PGA=1; if average is 1.51, IGA=2)                                                                                                             | <b>IGA=</b>      |

Interpretation of IGA

0=cleared, except for residual discoloration/hyperpigmentation

1=almost clear, majority of lesions have individual scores for T+E+S/3 that average 1

2=mild, majority of lesions have individual scores for T+E+S/3 that average 2

3=moderate, majority of lesions have individual scores for T+E+S/3 that average 3

4=severe, majority of lesions have individual scores for T+E+S/3 that average 4

FIG. 4

**SCALP ITCH NUMERIC RATING SCALE**

Please rate the itching severity of your scalp due to your psoriasis by circling the number that best describes your worst level of itching in the past 24 hours.

|                         |   |   |   |   |   |   |   |   |   |                                        |
|-------------------------|---|---|---|---|---|---|---|---|---|----------------------------------------|
| 0                       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10                                     |
| 0 = No<br>scalp<br>itch |   |   |   |   |   |   |   |   |   | 10 = Worst<br>scalp itch<br>imaginable |

**FIG. 5**

| Descriptor     | Score Range | Score |
|----------------|-------------|-------|
| Erythema (E)   | 0 - 4       |       |
| Induration (I) | 0 - 4       |       |
| Scaling (S)    | 0 - 4       |       |
| Area scoring   | 0 - 6       |       |

**Descriptors for severity:** (assess erythema, induration, scaling and area in the same way as PASI, but for scalp only)

0= None

1= Slight

2= Moderate

3= Marked

4= Severe

**Area scoring criteria:** Percent of Scalp affected

1= >0 to <10%, 2= 10 to <30%, 3= 30 to <50%, 4= 50 to <70%, 5= 70 to <90%, 6= 90 to 100%

**Final score** = (E+I+S) multiplied by area score.

FIG. 6

| Score | Short Description | Detailed Description                                                                                                               |
|-------|-------------------|------------------------------------------------------------------------------------------------------------------------------------|
| 0     | Clear             | No signs of psoriasis. Post-inflammatory hyperpigmentation may be present.                                                         |
| 1     | Almost clear      | Normal to pink coloration of lesions<br>no thickening<br>no to minimal focal scaling.                                              |
| 2     | Mild              | Pink to light red coloration; just detectable to mild thickening;<br>predominantly fine scaling.                                   |
| 3     | Moderate          | Dull bright red, clearly distinguishable erythema; clearly distinguishable to moderate thickening; moderate scaling.               |
| 4     | Severe            | Bright to deep dark red coloration; severe thickening with hard edges; severe / coarse scaling covering almost all or all lesions. |

FIG. 7

Interpretation of PGA-S:

|                                                                                                                                                                                                                            |           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Thickness (T) (averaged across all lesions)</b>                                                                                                                                                                         |           |
| 0=no evidence of plaque elevation<br>1=minimal plaque elevation (=0.25mm)<br>2=mild plaque elevation (=0.5mm)<br>3=moderate plaque elevation (=0.75mm)<br>4=severe plaque elevation (>1mm)                                 | T=        |
| <b>Erythema (E) (averaged across all lesions)</b>                                                                                                                                                                          |           |
| 0=no evidence of erythema, hyperpigmentation may be present<br>1=faint erythema<br>2=light red coloration<br>3=moderate red coloration<br>4=bright to deep red coloration                                                  | E=        |
| <b>Scaling (S) (averaged across all lesions)</b>                                                                                                                                                                           |           |
| 0=no evidence of scaling<br>1=minimal, occasional fine scale over less than 5% of the lesion<br>2=mild, fine scale dominates<br>3=moderate, coarse scale predominates<br>4=severe, thick, non-tenacious scale predominates | S=        |
| TOTAL = Add T + E + S                                                                                                                                                                                                      | Total=    |
| Average= Divide total by 3                                                                                                                                                                                                 | Average = |
| PGA-S= Round average to the nearest whole number<br>(e.g., if average is 1.49, PGA=1; if average is 1.51, PGA=2)                                                                                                           | PGA-S=    |

0=cleared, except for residual discoloration/hyperpigmentation

1=almost clear, majority of lesions have individual scores for T+E+S/3 that average 1

2=mild, majority of lesions have individual scores for T+E+S/3 that average 2

3=moderate, majority of lesions have individual scores for T+E+S/3 that average 3

4=severe, majority of lesions have individual scores for T+E+S/3 that average 4.

**FIG. 8**

PASI consists of two major steps:

- 1) Calculating the BSA covered with lesions and
- 2) Assessment of the severity of lesions, including assessing the erythema (redness), induration (thickness) and scaling.

All calculations are combined into a single PASI score in the range of 0 (no psoriasis on the body) and up to 72 (the most severe case of psoriasis).

**Intensity**

A representative area of psoriasis is selected for each body region. The intensity of redness, thickness and scaling of the psoriasis is assessed as none (0), mild (1), moderate (2), severe (3) or very severe (4).

**Calculation for intensity**

The three intensity scores are added up for each of the four body regions to give subtotals A1, A2, A3, A4.

Each subtotal is multiplied by the body surface area represented by that region.

A1 x 0.1 gives B1

A2 x 0.2 gives B2

A3 x 0.3 gives B3

A4 x 0.4 gives B4

**Area**

The percentage area affected by psoriasis is evaluated in the four regions of the body (see below). In each region, the area is expressed as nil (0), 1-9% (1), 10-29% (2), 30-49% (3), 50-69% (4), 70-89% (5) or 90-100% (6):

Head and neck

Upper limbs

Trunk

Lower limbs

**Calculations for area**

Each of the body area scores is multiplied by the area affected.

B1 x (0 to 6)= C1

B2 x (0 to 6)= C2

B3 x (0 to 6)= C3

B4 x (0 to 6)= C4

**Total score**

The PASI score is C1 + C2 + C3 + C4.

FIG. 9

**DERMATOLOGY LIFE QUALITY INDEX**

Hospital No: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name: \_\_\_\_\_ Score: \_\_\_\_\_  
 Address: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

**DLQI**

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

|     |                                                                                                                                                     |                                                                                                                                                  |                                       |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| 1.  | Over the last week, how <b>itchy, sore, painful</b> or <b>stinging</b> has your skin been?                                                          | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> |                                       |
| 2.  | Over the last week, how <b>embarrassed</b> or <b>self conscious</b> have you been because of your skin?                                             | A lot <input type="checkbox"/><br>Very much <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> |                                       |
| 3.  | 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> ?           | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 4.  | Over the last week, how much has your skin influenced the <b>clothes</b> you wear?                                                                  | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 5.  | Over the last week, how much has your skin affected any <b>social</b> or <b>leisure</b> activities?                                                 | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 6.  | Over the last week, how much has your skin made it difficult for you to do any <b>sport</b> ?                                                       | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 7.  | Over the last week, has your skin prevented you from <b>working</b> or <b>studying</b> ?                                                            | Yes <input type="checkbox"/><br>No <input type="checkbox"/>                                                                                      | Not relevant <input type="checkbox"/> |
|     | If "No", over the last week how much has your skin been a problem at <b>work</b> or <b>studying</b> ?                                               | A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/>                                       |                                       |
| 8.  | 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> ?      | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 9.  | Over the last week, how much has your skin caused any <b>sexual</b> difficulties?                                                                   | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |
| 10. | 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? | Very much <input type="checkbox"/><br>A lot <input type="checkbox"/><br>A little <input type="checkbox"/><br>Not at all <input type="checkbox"/> | Not relevant <input type="checkbox"/> |

**Please check you have answered EVERY question. Thank you.**