

TAKE CONTROL OF MANAGING YOUR PSORIASIS

Self-Assessment
Questionnaire

Psoriasis is a painful, inflammatory skin disease characterized by scaly plaques.



This chronic condition affects
1 MILLION CANADIANS

This questionnaire will help you identify and record the impact of your psoriasis so you're ready to have a better conversation with your doctor at your next visit. It's important to work with your doctor to create a treatment plan that's right for you.

What are your goals with treatment?

I want my skin to look and feel: _____

I want to be able to: _____

How does psoriasis impact your day-to-day life?

Use a scale of **1-5**, with **1** being the least and **5** being the most impact.

1 • **2** • **3** • **4** • **5**

I rarely notice my psoriasis.

I notice my psoriasis daily.

My psoriasis causes me to miss work/school.

How does psoriasis affect your daily decisions?

Sometimes you might feel the need to make accommodations or cover up your condition. In your experience, psoriasis affects:

- How you cut or style your hair
- What clothing you wear
- Whether you attend events or social situations
- Exercising and/or going to the gym
- Other _____

On average, how much time do you spend managing your psoriasis each day?

- Less than 15 minutes
- 15 - 30 minutes
- 30 minutes - 1 hour
- More than 1 hour

How satisfied are you with your current treatment?

- Not at all
- It's okay
- I'm happy with it
- Not currently on treatment

Fight for clearer skin. Treatment options are continually being developed. Complete this questionnaire and bring it to your next appointment to talk with your doctor about your options.