

## The Aesthetic Life Quality Index

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Diagnosis: \_\_\_\_\_

The aim of this questionnaire is to measure how much your appearance has affected your life OVER THE PAST WEEK. Please tick circle one answer for each question.

1. Over the past week, how embarrassed or self-conscious have you been over your appearance?
  - Very much
  - A lot
  - A little
  - Not at all
2. Over the last week, how much has your appearance interfered with you going out and enjoying yourself?
  - Very much
  - A lot
  - A little
  - Not at all
3. Over the last week, how much has your appearance influenced the clothes or make-up you wear?
  - Very much
  - A lot
  - A little
  - Not at all
4. Over the last week, how much has your appearance been a problem at work or college?
  - Very much
  - A lot
  - A little
  - Not at all
5. Over the last week, how much has your appearance created problems with your partner or any of your close friends or relatives?
  - Very much
  - A lot
  - A little
  - Not at all

6. Over the last week, has your appearance caused you any sexual difficulties?
  - Very much
  - A lot
  - A little
  - Not at all
7. Over the last week, has much has your appearance increased your self esteems?
  - Very much
  - A lot
  - A little
  - Not at all

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

## Notes (Not to be seen by the client)

### Scoring:

Very much = 3

A lot = 2

A little = 1

Not at all = 0

### A score of between

0 – 6	No psychological issues
7 – 12	Mild psychological issues
13 – 18	Severe psychological issues

Scores of over 13 indicate that the client may require referral for an in-depth psychological assessment by a specialist. You may consider that this patient may not be suitable for treatment.

This assessment tool has been devised by Sue Ibrahim – Nurse Consultant in Dermatology and Aesthetic Medicine, based on the Dermatology Quality of Life Index, Cardiff University.