

Simplified Psoriasis Index

Date :

Self-assessment version (saSPI)

LABEL or
Record no :
First name :
Surname :

Sex :

Thank you for completing this questionnaire which will help us understand more about you and your psoriasis. If you need help with filling in the form, please ask for assistance. The questions are in three parts and tell us a little about how your psoriasis is now, how it is affecting you personally and how it has behaved in the past.

PART 1A For each of these 10 body areas please **circle** one choice which best describes your psoriasis **today**

0	±	+
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- | | |
|---|--------------------------------------------------------|
| 0 | clear or so minor that it does not bother me (0) |
| ± | obvious but still leaving plenty of normal skin (½) |
| + | widespread and involving much of the affected area (1) |

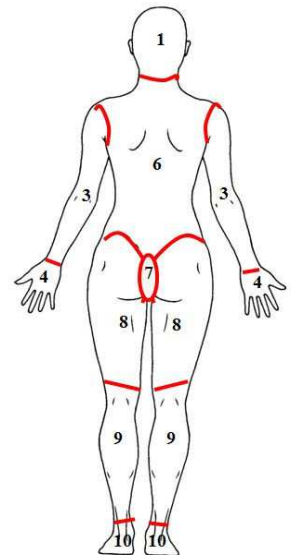
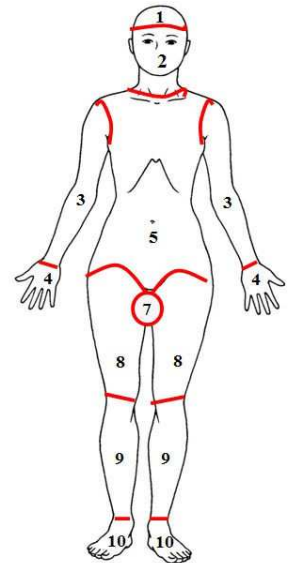
		0	½	1
1	Scalp and hairline	0	±	+
2	Face, neck and ears	0	±	+
3	Arms and armpits	0	±	+
4	Hands, fingers and fingernails*	0	±	+
5	Chest and abdomen	0	±	+
6	Back and shoulders	0	±	+
7	Genital area and/or around anus (back passage)	0	±	+
8	Buttocks and thighs	0	±	+
9	Knees, lower legs and ankles	0	±	+
10	Feet, toes and toenails*	0	±	+

* even if the skin of the hands or feet is unaffected you can score ± for severe psoriasis of at least 2 and + for 6 or more finger or toenails

1A

SUM

Total extent score: maximum 10 points



PART 1B Please **circle** whichever of these choices best describes the overall state of your psoriasis **today**. Your score should reflect the average of **all** of your psoriasis, not just the worst areas.

- | | |
|---|---------------------------------------------------------------------------------|
| 0 | Clear <i>or just</i> slight redness or staining |
| 1 | Mild redness <i>and/or</i> scaling <i>with no more than</i> slight thickening |
| 2 | Definite redness, scaling <i>and/or</i> thickening |
| 3 | Moderately severe <i>with</i> obvious redness, scaling <i>and/or</i> very thick |
| 4 | Very red and inflamed, very scaly <i>and/or</i> very thick |
| 5 | Intensely inflamed skin <i>with or without</i> pustules (pus spots) |

Average severity score: maximum 5 points

1B

You may be given some photographic images to help you score your psoriasis.

saSPI-s
(1A X 1B)

Patient self-assessed current extent and severity score (proSPI-s) = **1A** x **1B** (maximum 50)

