

THE VULVAR DISEASE QUALITY OF LIFE INDEX (VQLI) QUESTIONNAIRE

Patient's name		Hospital Number	
Diagnosis		Date	

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

Treatment

1. Over the past month, how much of a problem has the treatment of your vulval symptoms been (for instance messy creams, time consuming, expensive, inconvenient)?

Very much A lot A little Not at all

Symptoms

2. Over the past month how itchy, painful, stinging and/or burning has your vulval skin felt?

Very much A lot A little Not at all

3. Over the past month, how often have you felt any of the following symptoms; pain when urinating, painful intercourse, heat intolerance, discharge or wetness?

Very much A lot A little Not at all

Feelings

4. Over the last month how embarrassed or self-conscious have you been because of your vulval symptoms?

Very much A lot A little Not at all

5. Over the last month how much has your vulval skin impacted your body image or sense of self? (for instance, your femininity, feeling isolated, feeling different)?

Very much A lot A little Not at all

6. Overall how distressed or anxious have you felt because of your vulval skin over the last month?

Very much A lot A little Not at all

Activities

7. Over the last month how much has your vulval skin influenced your choice of clothing (underwear, jeans)?

Very much A lot A little Not at all

8. Over the last month how much has your vulval skin disturbed your sleep?

Very much A lot A little Not at all

9. Over the last month how much has your vulval skin made it difficult for you to go shopping, look after yourself or your family, home and garden?

Very much A lot A little Not at all

10. Over the last month how much has your vulval skin made it difficult for you to attend social or leisure engagements? (For instance, going out for dinner, or bars, dating, exercise class, gym)

Very much A lot A little Not at all

11. Over the last month how much has your vulval skin interfered with your ability to concentrate on work or study?

Very much A lot A little Not at all

Relationships/sex

12. Over the last month how much has your vulval skin created problems with a partner or precluded your from pursuing a romantic relationship? (For instance, maintaining a relationship or finding a partner)

Very much A lot A little Not at all

13. Over the last month how much has your vulval skin interfered with your sex life? (Including: decreased libido, decreased frequency of sex and/or enjoyment of sex)

Very much A lot A little Not at all

14. Over the last month how often have you felt distressed or worried about sex because of your vulval skin?

Very much A lot A little Not at all

Future Health Concerns

15. How often in the last month have you been worried about long-term health implications of your vulval skin condition? (For instance, concern about developing cancer or difficulties with fertility)

Very much A lot A little Not at all

Scoring Key

Very much = 3 A lot = 2 A little = 1 Not at all = 0

Total score

References

Felmingham C, Chan L, Doyle L W, Veysey E (2019) The Vulval Disease Quality of Life Index in women with vulval lichen sclerosis correlates with clinician and symptom scores. Australasian Journal of Dermatology. [accessed 8/2/20 <https://doi.org/10.1111/ajd.13197>].

Harris V, Smith SD, Fischer G (2017) Development and validation of vulval disease quality of life index (VDQLI). The Australasian College of Dermatologists 50th Annual Scientific meeting 2017. JAAD Volume 76, issue 6, Supplement 1 June 2017.

Note

The VDQLI is undergoing further analysis and a further version may be published in the future by Harris et al.

The conclusion offered by Felmingham et al 2019 states ' The clinician-rated severity correlates with the impact of vulval lichen sclerosis on quality of life. The VQLI captures information included in a patient itch/discomfort score, which can be easily incorporated into routine assessment. . His was based on a retrospective case note review over a 7-month period of patients who attended a vulval skin clinic.