

1 APPENDIX 1

2 PASI-score²²

3 The PASI-score entails plaques assessment of erythema (E), infiltration (I),
4 and desquamation (D), and body surface area involvement (A) over 4 body regions (head [h],
5 trunk [t], upper [u] and lower [l] extremities) of erythema (E), infiltration (I),
6 and desquamation (D), and body surface area involvement (A)

| Degree of Severity (per body region) | Value given |
|--------------------------------------|-------------|
| No symptoms | 0 |
| Slight | 1 |
| Moderate | 2 |
| Marked | 3 |
| Very marked | 4 |
| Surface involved (per body region) | Value given |
| <10% | 1 |
| 10%-29% | 2 |
| 30%-49% | 3 |
| 50%-69% | 4 |
| 70%-89% | 5 |
| 90%-100% | 6 |

8

9 Since the head, upper extremities, trunk, and lower extremities correspond to approximately 10%,
10 20%, 30%, and 40% of body surface area, respectively, the PASI score is calculated by the
11 following formula:

12
$$\text{PASI} = 0.1(E_h + I_h + D_h)A_h + 0.2(E_u + I_u + D_u)A_u + 0.3(E_t + I_t + D_t)A_t + 0.4(E_l + I_l + D_l)A_l$$

13 Multiple automated calculators can be found on the internet.

14

15

16 APPENDIX 2

17 DLQI: Dermatology Life Quality Index

18 The DLQI consists of 10 questions on the effect of physical, social, sexual and professional wellbeing
19 over the last week. Overall, five answer options are available.

20 It has been used globally in many different skin diseases, among which psoriasis.

21 The DLQI is the most frequently used patient reported outcome measure in randomised controlled
22 trials in dermatology. Also in daily practice it can be easily implemented: on average, it takes less than
23 two minutes to fill out the score.

24

25

Questionnaire for Belgian dermatologists

1. When did you graduate as dermatologist:
 1961-1970; 1971-1980; 1981-1990; 1991-2000; 2001-2010; 2011-2020
 What is your professional setting:
 Private practice
 Hospital

2. When evaluating a psoriasis patient (this can be extended psoriasis, but also very limited. Please make an average for all patients), I

| | | | | |
|-----------------------------------|-------|---------|-----------|-------------|
| a. do a full clinical examination | never | 1/ year | sometimes | every visit |
| b. calculate PASI | never | 1/ year | sometimes | every visit |
| c. calculate BSA | never | 1/ year | sometimes | every visit |
| d. calculate PGA | never | 1/ year | sometimes | every visit |
| e. calculate mNAPSI | never | 1/ year | sometimes | every visit |
| f. take DLQI | never | 1/ year | sometimes | every visit |
| g. take HADS | never | 1/ year | sometimes | every visit |
| h. take VAS itch | never | 1/ year | sometimes | every visit |
| i. take VAS daily functioning | never | 1/ year | sometimes | every visit |
| j. ... | | | | |

3. In my opinion, ...

a. psoriasis patients are at increased risk of high blood sugar
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

b. psoriasis patients are at increased risk of high blood pressure
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

c. psoriasis patients are at increased risk of high blood lipids
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

d. psoriasis patients are at increased risk of obesity
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

e. psoriasis patients are at increased risk of myocardial infarction
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

f. psoriasis patients are at increased risk of heart and vascular disease
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

g. psoriasis patients are at increased risk of Deep venous thrombosis
 -1 0 1 2
 (decreased risk) (same risk as general population) (slightly increased risk) (moderate to high increased risk)

h. psoriasis patients are at increased risk of pulmonary embolism
-1 (decreased risk) 0 (same risk as general population) 1 (slightly increased risk) 2 (moderate to high increased risk)

i. psoriasis patients are at increased risk of lymphoma
-1 (decreased risk) 0 (same risk as general population) 1 (slightly increased risk) 2 (moderate to high increased risk)

j. psoriasis patients are at increased risk of skin infection
-1 (decreased risk) 0 (same risk as general population) 1 (slightly increased risk) 2 (moderate to high increased risk)

k. psoriasis patients are at increased risk of inflammatory bowel disease (eg. m. Crohn)
-1 (decreased risk) 0 (same risk as general population) 1 (slightly increased risk) 2 (moderate to high increased risk)

3. Please order according to your common practice:
When you diagnose a comorbidity, you

- ... refer your patient to his/her general practitioner
- ... refer your patient to a specialist
- ... start a treatment for this comorbidity (eg. initiate antihypertensivum, DMARD,...)
- ... I don't take comorbidities into account

29

30

31