

QUALITY OF LIFE (NAPPA-QoL)

This questionnaire serves to describe your quality of life with nail psoriasis on hands and/or feet over the past week.

Please answer the questions carefully, yet spontaneously. All responses will be treated confidentially and analyzed anonymously.

- **In the past week**, how much did the nail psoriasis make you suffer from...

| | | not at all | somewhat | moderately | quite a bit | very |
|---|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | ...itchy fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2 | ...pain or other abnormal sensations in the fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3 | ...reduced strength of the nails (e.g. brittle, thin, atrophied or coming off) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 | ...symptoms such as hardened, thickened or raised nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5 | ...changed appearance of your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6 | ...difficulty in gripping things | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7 | How different do your nails now look? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

- In each line, please mark the box that best describes how the statement applied to you **in the past week**.

| | | not at all | somewhat | moderately | quite a bit | very |
|----|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 8 | My nail psoriasis makes care of my nails difficult. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9 | I often catch my nails on things. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 | My nail psoriasis makes working with my hands difficult. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11 | I cannot lead a normal working life because of my nail psoriasis. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12 | My leisure and sports activities are restricted by my nail psoriasis. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13 | Nail psoriasis is a burden on my relationship. Or: <input type="radio"/> currently not in a relationship. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14 | I avoid touching other people because of the nail psoriasis. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15 | I try to hide my nails. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16 | I am embarrassed by the way my nails look. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17 | My nails look ugly. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18 | I have the feeling that other people react negatively to me because of my nail psoriasis. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19 | I have the feeling that other people stare at my nails. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20 | I feel depressed or less self-confident due to the nail psoriasis. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please check once more to ensure that you have marked each statement with an "x".

IMPORTANCE OF TREATMENT GOALS (NAPPA-PBI, part 1)

With the following questions, we would like to find out how important the stated goals are for you personally with regard to the **current treatment** of the nail psoriasis on your hands and/or feet.

- For each of the following statements, please mark **how important** this treatment goal is to you. If a statement does not apply to you, e.g. because you do not work (Question 11), please mark “*does not apply to me*”.

| As a result of treatment, how important is it for you to... | | not at all | somewhat | moderately | quite a bit | very | does not apply to me |
|---|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | ... no longer have itchy fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2 | ... no longer have any pain or other discomfort in my fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3 | ... have firm nails (i.e. not brittle, thin, atrophied or coming off) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 | ... no longer have hardened, thickened or raised nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5 | ... have normal looking nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6 | ... be able to grip things normally | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7 | ... be cured of all nail changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8 | ... have less trouble taking care of my nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9 | ... no longer catch my nails on objects | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 | ... not be restricted in doing things with your hands | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11 | ... be able to lead a normal working life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12 | ... be able to pursue normal leisure and sports activities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13 | ... have less of a strain on your relationship | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14 | ... feel comfortable touching other people | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15 | ... no longer have to hide your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16 | ... no longer have to be ashamed of your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17 | ... no longer have ugly nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18 | ... not experience negative reactions from others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19 | ... perceive fewer people staring at your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20 | ... feel better emotionally | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21 | ... find a clear diagnosis and treatment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22 | ... experience a rapid improvement of your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23 | ... to gain control of your disease | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24 | ... have confidence in the treatment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please check once more to ensure that you have marked each statement with an “x”.

TREATMENT BENEFIT (NAPPA-PBI, part 2)

No treatment of the nail psoriasis over the last 12 months (→ please continue on the next page!)

■ Please mark each of the following statements according to the extent that these treatment goals were achieved, thereby indicating if the treatment has benefited you. If a statement did not apply to you, e.g. because you were not working (Question 11), please mark “*did not apply to me*”.

| So far the treatment has helped me to... | | not at all | somewhat | moderately | quite a bit | very | did not apply to me |
|--|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1 | ... no longer have itchy fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2 | ... no longer have any pain or other discomfort in my fingers/toes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3 | ... have firm nails (i.e. not brittle, thin, atrophied or coming off) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4 | ... no longer have hardened, thickened or raised nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5 | ... have normal looking nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6 | ... be able to grip things normally | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7 | ... be cured of all nail changes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8 | ... have less trouble taking care of my nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9 | ... no longer catch my nails on objects | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 | ... not be restricted in doing things with my hands | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11 | ... be able to lead a normal working life | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12 | ... be able to pursue normal leisure and sports activities | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13 | ... have less of a strain on my relationship | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14 | ... feel comfortable touching other people | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15 | ... no longer have to hide your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16 | ... no longer have to be ashamed of my nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17 | ... no longer have ugly nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18 | ... not experience negative reactions from others | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19 | ... perceive fewer people staring at my nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20 | ... feel better emotionally | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21 | ... find a clear diagnosis and treatment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22 | ... experience a rapid improvement of your nails | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23 | ... to gain control of your disease | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24 | ... have confidence in the treatment | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Please check once more to ensure that you have marked each statement with an “x”.

CLINICAL SEVERITY OF NAIL PSORIASIS (NAPPA-CLIN)

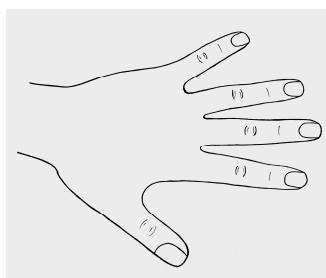
Please indicate how many quadrants (0-4) of the nail are affected by a nail matrix psoriasis (leukonychia, red spots, dots, nail plate crumbling) and how many quadrants are affected by psoriasis of the nail bed (oil drop, splinter haemorrhage, subungual hyperkeratosis, onycholysis).



4 quadrants

Please record the severity of nail psoriasis for **only** the **worst affected finger** and for the **least affected finger**:

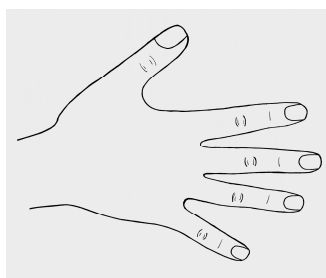
left hand



Number of affected quadrants:

| | matrix | bed |
|---------------|----------------------|----------------------|
| little finger | <input type="text"/> | <input type="text"/> |
| ring finger | <input type="text"/> | <input type="text"/> |
| middle finger | <input type="text"/> | <input type="text"/> |
| index finger | <input type="text"/> | <input type="text"/> |
| thumb | <input type="text"/> | <input type="text"/> |

right hand

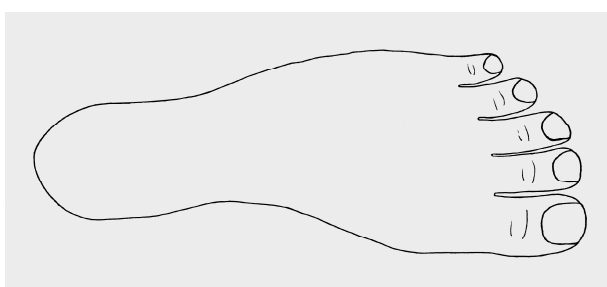


Number of affected quadrants:

| | matrix | bed |
|---------------|----------------------|----------------------|
| thumb | <input type="text"/> | <input type="text"/> |
| index finger | <input type="text"/> | <input type="text"/> |
| middle finger | <input type="text"/> | <input type="text"/> |
| ring finger | <input type="text"/> | <input type="text"/> |
| little finger | <input type="text"/> | <input type="text"/> |

Please record the severity of nail psoriasis for **only** the **worst affected toe** and the **least affected toe**:

left foot



Number of affected quadrants:

| | matrix | bed |
|-------------------------|----------------------|----------------------|
| little toe (D. minimus) | <input type="text"/> | <input type="text"/> |
| Digitus IV | <input type="text"/> | <input type="text"/> |
| Digitus III | <input type="text"/> | <input type="text"/> |
| Digitus II | <input type="text"/> | <input type="text"/> |
| big toe (hallux) | <input type="text"/> | <input type="text"/> |

right foot



Number of affected quadrants:

| | matrix | bed |
|-------------------------|----------------------|----------------------|
| big toe (hallux) | <input type="text"/> | <input type="text"/> |
| Digitus II | <input type="text"/> | <input type="text"/> |
| Digitus III | <input type="text"/> | <input type="text"/> |
| Digitus IV | <input type="text"/> | <input type="text"/> |
| little toe (D. minimus) | <input type="text"/> | <input type="text"/> |