# The Cardiff Acne Disability Index (2021 Updated Version)

|  |  |  |
| --- | --- | --- |
| 1. As a result of having acne, during the last month have you been aggressive, frustrated or embarrassed? |  | 1. Very much indeed 2. A lot 3. A little 4. Not at all |
| 2. Do you think that having acne during the last month interfered with your daily social life, social events or intimate personal relationships? |  | 1. Severely, affecting all activities 2. Moderately, in most activities 3. Occasionally or in only some activities 4. Not at all |
| 3. During the last month have you avoided public changing facilities or wearing swimming costumes because of your acne? |  | 1. All of the time 2. Most of the time 3. Occasionally 4. Not at all |
| 4. How would you describe your feelings about the appearance of your skin over the last month? |  | 1. Very depressed and miserable 2. Usually concerned 3. Occasionally concerned 4. Not bothered |
| 5. Please indicate how bad you think your acne is now: |  | 1. The worst it could possibly be 2. A major problem 3. A minor problem 4. Not a problem |

© Cardiff Acne Disability Index. R J Motley, A Y Finlay 1992