# The Cardiff Acne Disability Index (2021 Updated Version)

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| 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
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| 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
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