

Appendix A: SLAQ

SLAQ

1. IN THE PAST 3 MONTHS, have you had a lupus flare? (A lupus flare is when your lupus gets worse.) Which of the following responses best describes you? (Please darken the circle)

- No, no flare
- Yes, mild flare
- Yes, moderate flare
- Yes, severe flare

2. Please review the following list of lupus symptoms. IN THE PAST 3 MONTHS, how bad has each of the symptoms been? Please fill in a circle for each symptom.

	MILD	MODERATE	SEVERE	NO PROBLEM
a. Lost weight without trying				
b. Fatigue				
c. Fevers (>101 °F, 38.5°C) taken by thermometer				
d. Sores in mouth or nose				
e. Rash on cheeks (shaped like a butterfly)				
f. Other rash (Where? _____)				
g. Dark blue or purple spots you could feel on your skin				
h. Rash or feeling sick after going out in the sun				
i. Bald patches on scalp, or clumps of hair on pillow				
j. Swollen glands (nodes) in the neck				
k. Shortness of breath				
l. Chest pain with a deep breath				
m. Fingers or toes turning dead white or very pale in the cold (Raynaud's)				
n. Stomach or belly pain				
o. Persistent numbness or tingling in your arms or legs				
p. Seizures				
q. Stroke				
r. Forgetfulness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s. Feeling depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t. Unusual headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u. Muscle pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
v. Muscle weakness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
w. Pain or stiffness in joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
x. Swelling in joints	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Please rate the disease activity of your lupus DURING THE PAST 3 MONTHS on the scale below, where 0 is no activity and 10 is the most activity. (Fill in the circle for your most active day.)

No Activity Most Activity

0 1 2 3 4 5 6 7 8 9 10