

CU-Q₂oL

Using the **CU-Q₂oL**

to assess quality of life
in patients with CIU^{*†}

*CU-Q₂oL: Chronic Urticaria Quality of Life Questionnaire; CIU: chronic idiopathic urticaria
†Chronic idiopathic urticaria is sometimes referred to as chronic spontaneous urticaria.

CU-Q₂oL:

A tool to assess quality of life in patients with CIU

Chronic idiopathic urticaria (CIU) is a skin disorder characterized by the spontaneous appearance of hives and/or angioedema for at least 6 weeks, which has an impact on patient quality of life.¹

The Chronic Urticaria Quality of Life Questionnaire (CU-Q₂oL) is an instrument that was specifically developed to assess quality of life in patients with CIU.^{1,2}

It is a self-administered 23-item questionnaire, where patients have to indicate, on a Likert scale with multiple options (1: not at all; 5: very much), how much they have been troubled by each problem, with higher scores indicating worse quality of life.²

The CU-Q₂oL can be used in routine clinical practice to measure quality of life in patients with CIU.¹

Please remind patients to bring their completed questionnaires to their next visit.

Patient name: _____

Physician name: _____

Date: _____

Chronic Urticaria

Quality of Life Questionnaire (CU-Q₂oL)

Complete this questionnaire. Your responses will help your doctor assess how your chronic idiopathic urticaria (CIU) is impacting your quality of life. Please circle the score that best describes the importance of each of the following items. Remember to bring your completed questionnaire to your next visit.

<i>How much have you been troubled by the following symptoms?</i> Minimum possible score is 1 (not at all), maximum possible score is 5 (very much).						
	Not at all	A little	Somewhat	A lot	Very much	Score
<i>Pruritus</i>						
1. Pruritus	1	2	3	4	5	
2. Wheals	1	2	3	4	5	
<i>Swelling</i>						
3. Eyes swelling	1	2	3	4	5	
4. Lip swelling	1	2	3	4	5	
<i>Impact on life activities</i>						
5. Urticaria interferes with my work	1	2	3	4	5	
6. Urticaria interferes with my physical activities	1	2	3	4	5	
7. Urticaria interferes with my sleep	1	2	3	4	5	
8. Urticaria interferes with my spare time	1	2	3	4	5	
9. Urticaria interferes with my social relationships	1	2	3	4	5	
10. Urticaria interferes with my eating behaviour	1	2	3	4	5	
<i>Sleep problems</i>						
11. Do you have difficulties in falling asleep?	1	2	3	4	5	
12. Do you wake up during the night?	1	2	3	4	5	
13. Do you feel tired during the day because of your bad night sleep?	1	2	3	4	5	
14. Do you have difficulties in keeping concentration?	1	2	3	4	5	
15. Do you feel nervous?	1	2	3	4	5	
<i>Limits</i>						
16. Do you feel in a bad mood?	1	2	3	4	5	
17. Do you have to put some limit in choosing your food?	1	2	3	4	5	
18. Does urticaria limit your sport activities?	1	2	3	4	5	
<i>Looks</i>						
19. Are you troubled by drugs' side effects?	1	2	3	4	5	
20. Are you embarrassed due to urticaria symptoms?	1	2	3	4	5	
21. Are you embarrassed in going to public places?	1	2	3	4	5	
22. Do you have any problems in using cosmetics?	1	2	3	4	5	
23. Do you have any limits in choosing clothes material?	1	2	3	4	5	
						Total CU-Q₂oL score

Each statement or question is scored on a 5-point scale (1: not at all; 5: very much).

References: **1.** Zuberbier T, Asero R, Bindslev-Jensen C *et al.* EAACI/GA²LEN/EDF/WAO guideline: definition, classification and diagnosis of urticaria. *Allergy* 2009 Oct;64(10):1417-26. **2.** Khan DA. Chronic urticaria: Standard management and patient education. In: UpToDate, Waltham, MA. Available at <http://www.uptodate.com/contents/chronic-urticaria-standard-management-and-patient-education?topicKey=ALLRG%2F8106&elapsedTimeMs=6&view=print&d%E2%80%A6>. Accessed August 18, 2014. **3.** Hide M. "Urticaria." *Therapy of Skin Diseases: A Worldwide Perspective on Therapeutic Approaches and Their Molecular Basis*. Ed. Krieg T, Bickers DR, Miyachi Y. Springer, 2010. 247-62. **4.** Baiardini I, Pasquali M, Braido F, Fumagalli F, Guerra L, Compalati E *et al.* A new tool to evaluate the impact of chronic urticaria on quality of life: chronic urticarial quality of life questionnaire (CU-QoL). *Allergy* 2005;60:1073-8.