

## Recap of atopic eczema (RECAP)

The questions below provide a snapshot of how your eczema has been over the last week from your point of view. Please only select one response for each question. Try and respond to every question, but if you are unable to respond then leave it blank.

1. Over the last week, **how has your eczema been?**

Very good                      Good                      Ok                      Bad                      Very Bad

2. Over the last week, on how many days has your **skin been itchy** because of your eczema?

No days                      1-2 days                      3-4 days                      5-6 days                      Every day

3. Over the last week, on how many days has your **skin been intensely itchy** because of your eczema?

No days                      1-2 days                      3-4 days                      5-6 days                      Every day

4. Over the last week, how much has your **sleep been disturbed** because of your eczema?

Not at all                      A little bit                      Quite a bit                      A huge amount                      Completely

5. Over the last week, how much has your eczema been **getting in the way of day to day activities?**

Not at all                      A little bit                      Quite a bit                      A huge amount                      Completely

6. Over the last week, on how many days has your eczema **affected how you have been feeling?**

No days                      1-2 days                      3-4 days                      5-6 days                      Every day

7. Over the last week, **how acceptable** has your eczema been to you?

Completely acceptable                      Mostly acceptable                      Quite acceptable                      Not very acceptable                      Not at all acceptable