

Skin typing assessment quiz

Patient Name: _____

Date _____

Genetic predisposition						Report Score ↓
Score →	0	1	2	3	4	
What is the colour of your eyes?	Light blue, grey, green	Blue, grey or green	Blue	Dark brown	Brownish black
What is the natural colour of your hair?	Sandy red	Blond	Chestnut, dark blond	Dark brown	Black
What is the colour of your skin (non-exposed areas)?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
Do you have freckles on non-exposed areas?	Many	Several	Few	Incidental	None

Total score for genetic predisposition:

Reaction to sun exposure						Report Score ↓
Score →	0	1	2	3	4	
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
To what degree do you turn brown?	Hardly or not at all	Light colour tan	Reasonable tan	Tan very easy	Turn dark brown quickly
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for reaction to sun exposure:

Tanning habits						Report Score ↓
Score →	0	1	2	3	4	
When did you last expose your body to sun (or artificial sunlamp/self-tanning cream)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Total score for tanning habits:

Add up the total scores for each of the three sections for your Skin Type Score:

¹ Quiz adapted from the Radiation protection (tanning units) amendment regulation by the Australian Government Health Directorate and the American Skin Cancer Foundation

↓ Skin Type Score	Skin Type	Features
0-7	I	Caucasian / freckles Always burns and never tans (pale white skin)
8-16	II	Caucasian / freckles Burns easily and tans minimally (white skin)
17-25	III	Darker Caucasian Burns moderately and tans gradually (light brown skin)
25-30	IV	Mediterranean, Asian, Hispanic Burns minimally and always tans well (moderate brown skin)
Over 30	V	Middle Eastern, Latin, light-skinned black, Indian Rarely burns and tans profusely (dark brown skin)
	VI	Never burns (deeply pigmented dark brown to black skin)

Report total skin type score:	Quiz skin type:	Diagnosed skin type:	
Has a consent form been signed? <i>(please circle)</i>	Yes / No	Has an additional pre-treatment compliance checklist been completed? <i>(pls circle)</i>	Yes / No
Assessment conducted by: <i>(pls print name)</i>	Date of assessment: / /
Name of patient:	Signature of patient: <i>(I attest hereby that I have answered the above to the best of my knowledge)</i>