Thank you for taking the Itch Quiz! Be sure to share your responses with your doctor as a starting point for more in-depth conversations regarding your or your child's symptoms.

Your Itch Quiz Summary:

You know how your or your child's itching is impacting your day-to-day life, but **were you aware that uncontrolled itch can be associated with increased stress and anxiety, and further exacerbate the itch**? Be sure to discuss your responses with your doctor, who can then help determine if new or alternative treatment options may be needed.

Q1: How would you describe the itch at its worst?
You answered:

Q2: How often does itching result in skin damage? (For example, red marks, scratches, and/or open wounds.)
You answered:

Q3: How often does itching interrupt work, school, and/or home life?
You answered:

Q4: How often does itching make it difficult to fall asleep and/or stay asleep?
You answered:

Q5: As a result of nighttime itching, how does disrupted sleep impact your or your child’s day? Check all that apply.
You answered:

Q6: True or false: You feel like others do not understand the itch and/or minimize your or your child’s experience.
You answered:

Q7: True or false: You or your child use work-arounds for the itch. (For example, wearing gloves at night, only buying certain fabrics, avoiding hot weather, or using lotion.)
You answered:

Q8: How much relief do you or your child get from your current itch treatment?
You answered:

Q9: How often do you worry about the long-term management of your or your child's itch?
You answered:

Q10: What might improvement in the itch mean for you or your child? Check all that apply.
You answered:

5 Questions to Ask Your Doctor

1. Will the itch ever go away?
2. How do I monitor the itch?
3. How often should I track the itch?
4. When should I consider starting or changing treatment?
5. What treatment options are available to help manage the itch?

Be sure to show your or your child's quiz summary during the next doctor's visit. In the meantime, check out our additional resources for patients and caregivers.

Start logging signs and symptoms daily with the Itch✓ app. Start tracking today.

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