

Client Questionnaire for Determination of Skin Sensitivity

A) Determination based on your hereditary disposition	0	1	2	3	4	Points
1. What is the natural color of your eyes?	Light blue, gray or green	Blue, gray, or green	Blue	Dark brown	Brownish black	
2. What is the natural color of your hair?	Sandy red	Blond	Chestnut dark blond	Dark brown	Black	
3. What is the color of your non-irradiated skin?	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown	
4. Are there freckles on your non-irradiated skin?	Many	Several	Few	Incidental	None	
B) Determination based on your own experience with sunbathing (exposed skin)	0	1	2	3	4	-----
1. What happens when you stay too long in the sun?	Painful redness, peeling, blistering	Burns regularly with peeling	Burns sometimes with peeling	Burns rarely	Never burns	
2. To what degree do you turn brown?	Hardly or not at all	Tans a little, a light color	Tans reasonably	Tans very easily	Quickly turns dark brown	
3. Do you turn gray-brown directly after sunbathing (within several hours)?	Never	Hardly ever	Sometimes	Often	Always	
4. How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never a problem	
C) Your tanning habits	0	1	2	3	4	-----
1. When sunbathing, do you try to tan your whole body?	Never	Hardly ever	Sometimes	Often	Always	
2. When did you last sunbathe (even under a sunlamp)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 16 days ago	
Total						

[Type I (0-7) Very sensitive // Type II (8-16) Sensitive // Type III (17-25) Average // Type IV (>25) Very resistant]

Sun-Reactive Skin Types Used in Clinical Practice

Skin Type	Skin Reactions to Solar Radiation*	Examples
I	Always burns easily and severely (painful burn); tans little or none and peels	People most often with fair skin, blue eyes, freckles; unexposed skin is white**
II	Usually burns easily and severely (painful burn); tans minimally or lightly; also peels	People most often with fair skin, red or blond hair; blue, hazel or even brown eyes; unexposed skin white**
III	Burns moderately and tans about average	People with average Caucasoid skin; unexposed skin is white
IV	Burns minimally, tans easily, and above average with each exposure; exhibits IPD (immediate pigment darkening) reaction	People with white or light brown skin, dark brown hair, dark eyes (e.g. Mediterranean, Asian, Hispanic, etc); unexposed skin is white or light brown
V	Rarely burns, tans easily and substantially; always exhibits IPD reaction	People with brown skin (e.g. Native American, East Indian, Hispanic, etc); unexposed skin is brown
VI	Almost never burns and tans easily; exhibits IPD reaction	People with dark brown skin (e.g. African, American blacks, Australian, South Indian Aborigines, etc); unexposed skin is black

* Based on the first 45-60 minutes exposure of the summer sun (early June) at sea level = 2-3 Minimum Erythema Dose (MED).

** They may be of Celtic background (Irish or Scottish); others may even have dark hair or brown eyes.