

Your daily
UVR
diary 

Study ID

21 DAYS

14 DAYS

7 DAYS



People with XP tell us that it can be hard to protect against UVR all the time and we are interested in what works for you.

This booklet has your daily diary sheets to record when you were outside and whether you did anything to protect against UVR each day.

- ★ You only need to record the time you spend outside if it was for **10 minutes or longer**
- ★ “OUTSIDE” is any amount of time longer than 10 minutes you **did not spend in a building**
“OUTSIDE” includes time spent travelling in cars, buses or trains
- ★ Our grid is split into 15 minute blocks, start your line at the nearest block

We are interested in your views about your UVR protection each day and your general mood. There are four short questions to complete.

Don't take too long thinking about your responses. Your immediate reaction to each question will probably be more accurate than a long thought out response. Please circle the number that best corresponds to your views on that day.

- ★ **If you can't remember exactly or you are unsure give us your best guess!**
- ★ Try to fill out the diary at the end of each day. It will be easier to do when it is fresh in your mind. If you do forget, don't worry! Fill it out as soon as you remember.

? If you are unsure or have any questions contact Lesley on 07775111823 or email her at Lesley.Foster@gstt.nhs.uk

Thank you very much for taking the time to complete the daily diary.

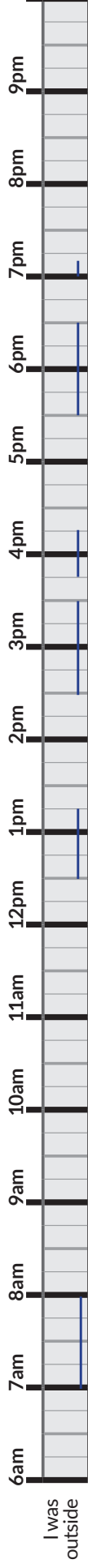
Example:



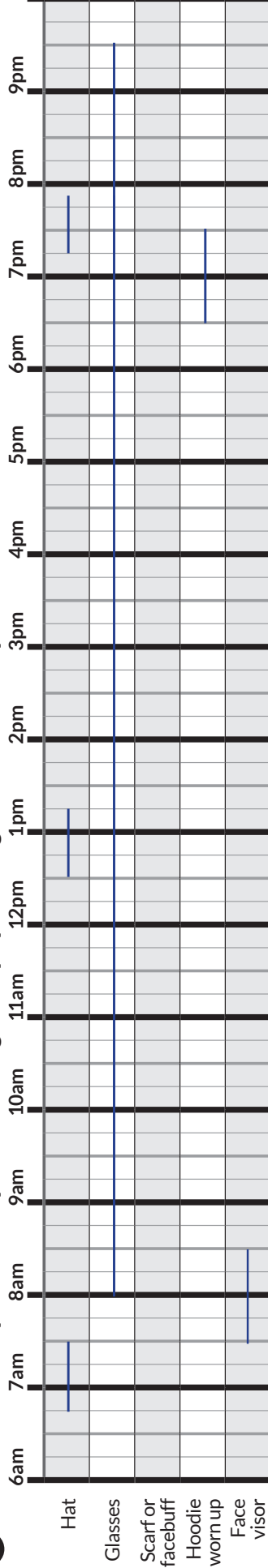
1 Date (day of week) 14 May (Saturday)

2 Did you go outside today? (Please tick) YES NO If no, skip to question 4

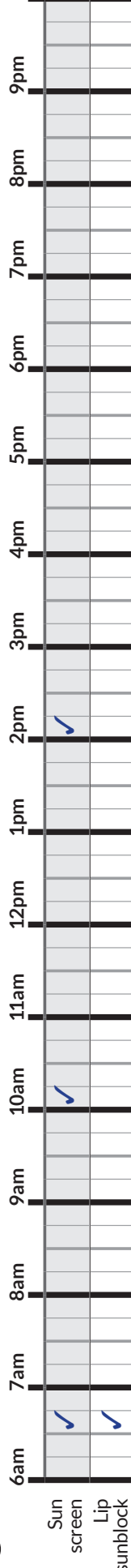
3 Let us know when you were outside by marking a line on the diary



4 Let us know if you wore any of these things today by marking a line on the diary



5 If you put sunscreen on your face or used lip sun block tell us each time you did this by ticking the diary



How would you describe your mood today?



How much do you agree that UVR protection of your face today was something you did automatically without thinking?



How important was UVR protection of your face today compared to other things you wanted/needed to do?



How confident are you that you can protect your face well tomorrow, even if other things get in the way?

