

# TOLERANCE TO ULTRAVIOLET RADIATION SKIN TYPING /SUBTYPING QUESTIONNAIRE

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Birthday \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_ Student \_\_\_\_\_ Faculty \_\_\_\_\_ Health Club \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_ Fraternity \_\_\_\_\_ Sorority \_\_\_\_\_

Other \_\_\_\_\_ Why do you want to be tan? \_\_\_\_\_

**1. When exposed to ultraviolet radiation (sunlight or tanning bed): (Answer both 1A & 1B)**

- A. Do you eventually develop a TAN? \_\_\_\_\_ Yes (2 pts) (Go To 1-B) \_\_\_\_\_ **NO = Skin Type 1 (Stop)**  
 B. Or do you always SUNBURN without tanning? \_\_\_\_\_ No (2 pts) (Go To Question 2) \_\_\_\_\_ **YES = Skin Type 1 (Stop)**

**2. What is the natural color of your untanned SKIN?**

- (0) Reddish - White  
 (2) White - Beige  
 (4) Beige  
 (8) Light Brown  
 (12) Brown  
 (16) Black

**3. What is your natural HAIR color?**

- (0) Red, Light Blond  
 (2) Blond, Light Brown  
 (4) Brown  
 (6) Dark Brown  
 (8) Brownish - Black  
 (10) Black

**4. What is your EYE color?**

- (2) Blue, Green, Grey  
 (4) Dark Grey, Light Brown  
 (8) Brown  
 (10) Dark Brown

**5. How many FRECKLES do you have?**

- (3) Many  
 (2) Some  
 (1) Few  
 (0) None

**6. Which best describes your GENETIC heritage?**

Mom	Dad	Total	Divide By 2 =
<input type="checkbox"/> (0)	<input type="checkbox"/>	Caucasian, Celtic (English / Irish) Ancestry	
<input type="checkbox"/> (2)	<input type="checkbox"/>	Caucasian, Light-Skinned European Ancestry	
<input type="checkbox"/> (4)	<input type="checkbox"/>	Caucasian, Dark-Skinned European Ancestry	
<input type="checkbox"/> (8)	<input type="checkbox"/>	Caucasian, Mediterranean Ancestry	
<input type="checkbox"/> (12)	<input type="checkbox"/>	Middle Eastern, Indian, Asian, Hispanic Ancestry	
<input type="checkbox"/> (16)	<input type="checkbox"/>	Aborigine, African, African-American Ancestry	

**7. Which best describes your SUNBURN potential?**

- (0) ALWAYS sunburn without tanning  
 (2) USUALLY sunburn but can tan a little  
 (4) OCCASIONALLY sunburn but tan moderately  
 (8) SELDOM sunburn and tan easily  
 (12) RARELY sunburn and develop a dark tan  
 (16) NEVER sunburn

**8. Which best describes your TANNING potential?**

- (0) NEVER tan (Skin type 1)  
 (2) Can develop a LIGHT tan  
 (4) Can develop a MODERATE tan  
 (8) Can develop a DARK tan  
 (12) Can develop a VERY DARK tan

Add the points from your answers to questions **1A & 1B** and **2 - 8** and compare your total to the skin types/subtypes described below.

**9. TOTAL SCORE \_\_\_\_\_ SKIN TYPE/SUBTYPE \_\_\_\_\_**

Score	Skin Type	Tolerance To Ultraviolet Radiation
0 - 2	1	Genetically unable to develop a tan
[Note: Skin type 1s MUST NOT try to tan!]		
4 - 7	2A	Extremely low tolerance to UVR
8 - 14	2B	Very low tolerance to UVR
15 - 21	2C	Low tolerance to UVR
22 - 31	3A	Low/Normal tolerance to UVR
32 - 41	3B	Normal tolerance to UVR
42 - 54	3C	High/Normal tolerance to UVR
55 - 69	4	High tolerance to UVR
70 - 86	5	Brown skin is very UVR tolerant
87 +	6	Black skin is extremely UVR tolerant

**10. Are you sunburned on any part of your body? (\*\*\*)**

**YES** No

**11. Are there areas of your body that you will expose to UVR that are not now tanned?**

**YES** No

**12. How would you describe your level of acquired tan (facultative pigmentation) at this time?**

No Tan  Light Tan  Moderate Tan  Dark Tan

**13. Have you ever been advised by a physician to stay out of the sun? (\*\*\*)**

**YES** No

If Yes, why? \_\_\_\_\_

**14. Are you taking any medication that could cause photosensitivity? (\*\*\*)**

**YES** No

If Yes, please list medication (s) \_\_\_\_\_

**15. Are you pregnant or suspect that you may be pregnant? (\*\*\*)**

**YES** No

**16. Do you have psoriasis? (\*\*\*)**

**YES** No

**17. Do you have systemic lupus erythematosus? (\*\*\*)**

**YES** No

**18. Have you ever been diagnosed with and treated for skin cancer? (\*\*\*)**

**YES** No

If Yes, please list details. \_\_\_\_\_

**(\*\*\*) If you answer "Yes" to any of these questions, we recommend that you do not tan without your doctor's approval.**

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