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2. Skin Disease/Psoriasis Activity
3. Swollen Joints
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ASCEND Questionnaire

(Assessing Symptoms, Concerns, Experience, and Needs for Decision-making)

ASCEND is a conversation guide designed to support discussions about patient experiences, treatment goals, and care priorities. It is intended to facilitate patient-centered dialogue and inform care discussions.

ASCEND is not a validated tool and should be used as a discussion aid only.

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1. Introduction (Adherence + Shared Decision-making [SDM]):

Surfaces missed doses and treatment concerns that may explain why minimal disease activity (MDA) targets aren't being met. Helps clinicians address barriers early and make timely adjustments to stay on track with treat-to-target care.

Since your last appointment, is your psoriatic arthritis (PsA) better, the same, or worse?

(Select one)

[ ] Better [ ] Same [ ] Worse

If you missed a dose of medication, what would have caused you to do that?

(Select all that apply)

[ ] Forgot
[ ] Price/insurance issues
[ ] Trouble taking the medicine
[ ] Other
[ ] Ran out of medication
[ ] Worried about side effects
[ ] Not enough information about the medication
[ ] Travel/off my routine
[ ] Felt it wasn't helping
[ ] Not applicable

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2. Skin Disease/Psoriasis Activity:

Captures the patient's perspective on the extent of their psoriasis. Supports evaluation of the skin domain in MDA and helps identify when skin symptoms may require more attention in treatment planning.

Approximately how much of your skin is covered by psoriasis today?

 = ~1% Skin Surface

(Select one)

[ ] Less than 3 of your hand prints (including fingers)

[ ] More than 3 of your hand prints (including fingers)

Select the areas on your body where plaque psoriasis is currently active on your skin (choose from list below)

Active psoriasis means patches visible today: raised areas that look red or deeper/darker than your normal skin (purple or brown on some skin tones) with dry, white/gray scales. Select all areas where you see this now.

[ ] Scalp / hairline

[ ] Face

[ ] Ears (inside the canal or behind the ear)

[ ] Neck

[ ] Upper torso (chest, upper back, shoulders)

[ ] Abdomen / lower back

[ ] Arms – upper (above the elbow)

[ ] Arms – lower (elbow to wrist)

[ ] Hands, fingers, or fingernails

[ ] Buttocks

[ ] Groin / genitals

[ ] Thighs

[ ] Knees

[ ] Lower legs (calves / shins)

[ ] Ankles, feet, or toenails

[ ] None

[ ] Other area(s) – please specify

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3. Swollen Joints:

Captures patient-reported signs of joint swelling, an MDA domain typically assessed by clinicians.
Offers an early signal of worsening joint inflammation and helps guide focused evaluation during the visit.

Do any of your joints look or feel red, swollen, or hot for no obvious reason or without recent injury?

This could include a finger that doesn't look like the others. Does pressing on the joint feel like a squishy grape?

(Select one)

[ ] Yes

[ ] No

[ ] Unsure

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4. Tender Joints:

Captures the patient's experience of joint pain or sensitivity, aligning with the tenderness domain in MDA. Helps flag potential inflammation that may not be visible but still impacts disease control and daily function.

Do any of your joints feel tender?

This could include aching, soreness when you move, discomfort when touching or applying pressure to the joint, or stiffness when first waking up in the morning.

(Select one)

[ ] Yes

[ ] No

[ ] Unsure

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5. Enthesitis:

Captures patient-reported pain where tendons attach to bones, which supports evaluation of enthesitis, a key part of MDA. Helps identify inflammation that may otherwise be missed and informs whether treatment adjustments are needed.

Do you have any pain where tendons attach to the bone, and does it hurt when you press on that area right now?

This kind of pain is often felt where your body connects muscles to bones, like the outer elbow, side of the knee, or back of the heel.

(Select one)

[ ] Yes

[ ] No

[ ] Unsure







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6. Pain:

Captures patient-reported pain severity using a visual analog scale (VAS), a key component of MDA. Helps assess the impact of PsA symptoms on daily activities and provides insight into overall disease burden.

Thinking about the past 24 hours, how much pain have you had from your psoriatic arthritis (PsA)?

(1 - 10 Scale)

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1 = No pain

2 = Very mild pain (noticeable but does not interfere with daily activities)

3 = Mild pain (present, may cause some discomfort but manageable)

4 = Mild to moderate pain (regularly noticeable, may cause slight limitations)

5 = Moderate pain (regularly noticeable, may limit some activities)

6 = Moderate to severe pain (hard to ignore at times, interferes with some activities)

7 = Severe pain (hard to ignore, interferes with many activities)

8 = Very severe pain (overwhelming, difficult to carry on with most activities)

9 = Extremely severe pain (incapacitating, nearly impossible to function)

10 = Worst pain imaginable

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7. Modified Health Assessment Questionnaire (MHAQ): Physical Function:

Captures patient-reported physical function and the ability to perform everyday activities, a key component of MDA. Helps identify how PsA affects daily living and provides insight into the impact of disease on quality of life and functioning.

Thinking of the past week, please read the questions below and select the box that best describes your usual abilities

Response	Without ANY difficulty	With SOME difficulty	With MUCH difficulty	UNABLE to do
Dress yourself, including tying shoelaces and doing buttons?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Get in and out of bed?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Lift a full cup or glass to your mouth?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Walk outdoors on flat ground?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Wash and dry your entire body?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Bend down to pick up clothing from the floor?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Turn taps on and off?	0 [ ]	1 [ ]	2 [ ]	3 [ ]
Get in and out of a bus, car, train, or airplane?	0 [ ]	1 [ ]	2 [ ]	3 [ ]

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8. Global Assessment:

Captures the patient's overall perception of their health and well-being in recent days. This measure reflects the total impact of PsA from the patient's perspective and is a key input in evaluating MDA status.

Have you felt unusually fatigued or low energy, for no reason, since your last visit?

[ ] Yes

[ ] No

Thinking about the past few days, how much has your PsA affected you?

Use a scale from 1 to 10, where 1 means very well and 10 means as uncomfortable as imaginable.

1 2 3 4 5 6 7 8 9 10

Has your PsA impacted your lifestyle recently in a way that hasn't been asked in this questionnaire?

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9. Patient Priorities (SDM):

Encourages patients to share their top concerns and priorities for the visit, creating space for more focused, meaningful conversations. Supports shared decision-making by aligning treatment discussions with what matters most to the patient.

What are the top 2 things you want to talk about with your physician today?

1. Open text, limited character count

2. Open text, limited character count

[ ] N/A

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