

Asthma UK is the only charity dedicated to the health and well-being of the 5.2 million people in the UK with asthma. By taking control of their asthma, most people's day-to-day lives should be free from disruption such as troubled sleep or not being able to exercise.

**Asthma
Control
Test™**



Why take the Asthma Control Test™?

The Asthma Control Test™ will provide you with a snapshot of how well your asthma has been controlled over the last four weeks, giving you a simple score out of 25. Asthma symptoms can vary from month to month, so it is worth keeping the test handy to see if your score changes. You can also share your results with your doctor or asthma nurse to help explain just how your asthma affects you.

Are you in control of your asthma? Or is your asthma in control of you? Here's how to find out

Step 1: Read each question below carefully, circle your score and write it in the box.

Step 2: Add up each of your five scores to get your total Asthma Control Test™ score.

Step 3: Use the score guide to learn how well you are controlling your asthma.

Q1	During the past 4 weeks , how often did your asthma prevent you from getting as much done at work, school or home?	Score:
	All of the time 1 Most of the time 2 Some of the time 3 A little of the time 4 None of the time 5	
Q2	During the past 4 weeks , how often have you had shortness of breath?	Score:
	More than once a day 1 Once a day 2 3-6 times a week 3 1-2 times a week 4 Not at all 5	
Q3	During the past 4 weeks , how often did your asthma symptoms (wheezing, coughing, chest tightness, shortness of breath) wake you up at night or earlier than usual in the morning?	Score:
	4 or more times a week 1 2-3 nights a week 2 Once a week 3 Once or twice 4 Not at all 5	
Q4	During the past 4 weeks , how often have you used your reliever inhaler (usually blue)?	Score:
	3 or more times a day 1 1-2 times a day 2 2-3 times a week 3 Once a week or less 4 Not at all 5	
Q5	How would you rate your asthma control during the past 4 weeks ?	Score:
	Not controlled 1 Poorly controlled 2 Somewhat controlled 3 Well controlled 4 Completely controlled 5	

Total Score	
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What does your score mean?

Score: 25 – WELL DONE

- Your asthma appears to have been **UNDER CONTROL** over the last 4 weeks.
- However, if you are experiencing any problems with your asthma, you should see your doctor or nurse.

Score: 20 to 24 – ON TARGET

- Your asthma appears to have been **REASONABLY WELL CONTROLLED** during the past 4 weeks.
- However, if you are experiencing symptoms your doctor or nurse may be able to help you.

Score: less than 20 – OFF TARGET

- Your asthma may **NOT HAVE BEEN CONTROLLED** during the past 4 weeks.
- Your doctor or nurse can recommend an asthma action plan to help improve your asthma control.

What can you do now?

Like many other people in the UK, it is possible that your asthma could have less impact on your everyday life. You can get a free pack full of information about how to take control of your asthma, including an action plan to fill in with your doctor or asthma nurse, from Asthma UK.