

Take the Asthma Control Test

Step 1: Answer each question and write the number in the box to the right of each question.

Step 2: Add your answers and write your total score in the TOTAL box shown below.

Step 3: Discuss your results with your doctor.

- 1.** During the past four weeks, how much of the time did your asthma keep you from getting as much done at work, at school, or at home?

1	2	3	4	5	score
<i>all of the time</i>	<i>most of the time</i>	<i>some of the time</i>	<i>a little of the time</i>	<i>none of the time</i>	

- 2.** During the past four weeks, how often have you had shortness of breath?

1	2	3	4	5	score
<i>more than once a day</i>	<i>once a day</i>	<i>3 to 6 times a week</i>	<i>once or twice a week</i>	<i>not at all</i>	

- 3.** During the past four weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

1	2	3	4	5	score
<i>4 or more nights a week</i>	<i>2 or 3 nights a week</i>	<i>once a week</i>	<i>once or twice</i>	<i>not at all</i>	

- 4.** During the past four weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

1	2	3	4	5	score
<i>3 or more times per day</i>	<i>1 or 2 times per day</i>	<i>2 or 3 times per week</i>	<i>once a week or less</i>	<i>not at all</i>	

- 5.** During the past four weeks, how would you rate your asthma control?

1	2	3	4	5	score
<i>not at all controlled</i>	<i>poorly controlled</i>	<i>somewhat controlled</i>	<i>well controlled</i>	<i>completely controlled</i>	

Add up the point values for each response to all five questions. If your score is 19 or less, your asthma may not be under control. Share the results with your provider and/or contact a Certified Asthma Educator at Saint Barnabas Medical Center.

total score

total score