



# Asthma Control Test

*Asthma is a common and treatable disease  
It cannot be cured, but it can be managed and doesn't  
have to slow you down*

## A Simple Test to Help Manage Your Asthma

The Asthma Control Test is a commonly used tool by healthcare providers globally, and has been scientifically tested with hundreds of people with asthma

## Your Answers Create Actionable Results

The Asthma Control Test is a way to help you and your healthcare provider determine if your asthma symptoms are well controlled

## Take the Test and Take the Results to Your Doctor

Based on your score, your healthcare provider can help you take appropriate action to better manage your asthma

In the past 4 weeks, how much of the time did your asthma keep you from getting as much done at work, at school or at home?

- |   |   |   |
|---|---|---|
| 1) <input type="radio"/> All of the time      | 2) <input type="radio"/> Most of the time | 3) <input type="radio"/> Some of the time |
| 4) <input type="radio"/> A little of the time | 5) <input type="radio"/> None of the time |   |

During the past 4 weeks, how often have you had shortness of breath?

- |   |                                     |  |
|---|-------------------------------------|--|
| 1) <input type="radio"/> More than once a day | 2) <input type="radio"/> Once a day | 3) <input type="radio"/> 3 to 6 times a week |
| 4) <input type="radio"/> Once or twice a week | 5) <input type="radio"/> Not at all |  |

During the past 4 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) <input type="radio"/> 4 or more nights a week | 2) <input type="radio"/> 2 to 3 nights a week | 3) <input type="radio"/> Once a week |
| 4) <input type="radio"/> Once or Twice           | 5) <input type="radio"/> Not at all           |                                      |

During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as Salbutamol)?

- 1) ☐ 3 or more times per day      2) ☐ 1 or 2 times per day      3) ☐ 2 or 3 times per week  
4) ☐ Once a week or less      5) ☐ Not at all

How would you rate your asthma control during the past 4 weeks?

- 1) ☐ Not controlled at all      2) ☐ Poorly controlled      3) ☐ Somewhat controlled  
4) ☐ Well controlled      5) ☐ Completely controlled

**Total score:** \_\_\_\_\_

### Interpreting your score

**0-15:** Very poorly controlled asthma

**16-20:** Poorly controlled asthma

**21-25:** Well-controlled asthma

## Your asthma symptoms may not be as well controlled as they could be

If your score is 15 or less, your asthma may be very poorly controlled. Regardless of your score, continue to talk to your healthcare provider. There may be more you and your healthcare provider could do to help control your asthma symptoms.

