

Name _____

Date of _____



Asthma Control Test Score for People 12 years and Older

Step 1: Write the number of each answer in the score box provided.

Step 2: Add the score boxes for your total.

Step 3: Take the test to your doctor to talk about your score.

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

1 All of the time	2 Most of the time	3 Some of the time	4 A little of the time	5 None of the time
-----------------------------	------------------------------	------------------------------	----------------------------------	------------------------------

Score

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

1 More than once a day	2 Once a day	3 3-6 times a week	4 Once or twice a week	5 Not at all
----------------------------------	------------------------	------------------------------	----------------------------------	------------------------

3. During the last 4 weeks, how often did your asthma symptoms wake you up at night or earlier than usual?

1 4 or more nights a week	2 2 or 3 nights a week	3 Once a week	4 Once or twice	5 Not at all
-------------------------------------	----------------------------------	-------------------------	---------------------------	------------------------

4. During the last 4 weeks, how often have you used your reliever medication?

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
-------------------------------------	----------------------------------	-----------------------------------	---------------------------------	------------------------

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

Name _____

Date of



Total Score

19 If your score is 19 or less, your asthma may not be as controlled as

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