

Name: _____ Date of Birth: _____

Asthma Control Test™

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

1. During the last 4 weeks, how much of the time has your asthma kept you from getting as much done at work, school or home?

All the time	1	Most of the time	2	Some of the time	3	A little of the time	4	None of the time	5	Score	
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2. During the past 4 weeks, how often have you had shortness of breath?

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

4 or more nights a week	1	2 – 3 nights a week	2	Once a week	3	Once or twice	4	Not at all	5	Score	
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4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as Salbutamol)?

3 or more times per day	1	1 or 2 times per day	2	2 or 3 times per week	3	Once a week or less	4	Not at all	5	Score	
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5. How would you rate your asthma control during the past 4 weeks?

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

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.

