



Asthma Control Test (ACT)

Recent studies have shown that many asthma patients may perceive to have their asthma under control. However, often times it is not. A simple questionnaire, called the Asthma Control Test (ACT), was developed by a group of pediatric asthma specialists to identify children with poorly controlled asthma.

There are two types of Asthma Control Tests. One was created for children between the ages of 4 and 11 years and the other one was designed for children over 12 years of age. The questionnaires have been clinically validated by comparing to spirometry or lung function test measurements. They are also supported by experts in pediatric asthma care.

Asthma Control Test for Children 4 to 11 Years Old:

This test asks the parents to assist their child in answering four questions:

How is your asthma today?

How much of a problem is your asthma when you run, exercise or play a sport?

Do you cough because of your asthma?

Do you wake up during the night because of your asthma?

These questions are answered by circling a picture illustrating "very bad" to "very good" with a corresponding number underneath from 0 to 3.

The parents are then asked to complete three additional questions without the input of the child:

During the last 4 weeks-

How many days did your child have daytime asthma symptoms?

How many days did your child wheeze during the day?

How many days did your child wake up during the night because of asthma?

These questions are numbered 5 to 0 corresponding to "not at all" to "everyday".

Asthma Control Test for People Over 12 Years Old:

This test asks the following five questions:

In the past 4 weeks-

How much of the time did your asthma keep you from getting as much done at work, school or home?

How often have you had shortness of breath?

How often did your asthma symptoms wake you up at night?

How often have you used your rescue inhaler or nebulizer medication?

How would you rate your asthma control?

These questions were given a response result with a rating number between 1 and 5.

In either questionnaire, a score of **less than 19** would indicate that asthma was not being controlled as well as it could have been.