

Welcome to the Asthma Control Test

Please select a language

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Welcome to the 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

Select your test

Child

4-11 years

7 questions

Duration: 5 minutes



Adult

12+ years

5 questions

Duration: 1 minute



Introduction

PART 1

Adult and Child

Step 1: Let your child respond to the first four questions (1 to 4). If your child needs help in reading or understanding the question, you may help, but let your child select the response.

4
QUESTIONS



PART 2

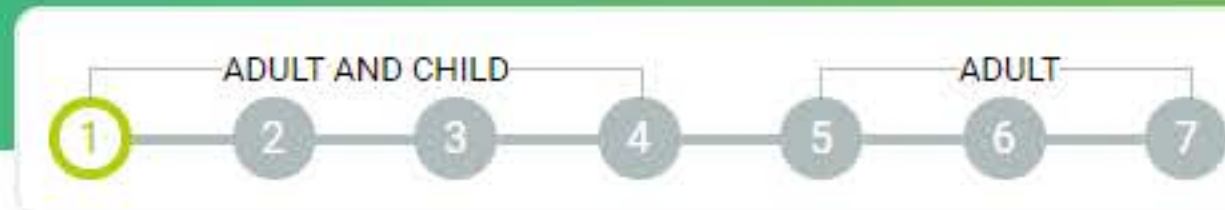
Adult

Step 2: Complete the remaining three questions (5 to 7) on your own and without letting your child's responses influence your answers. There are no right or wrong answers.

3
QUESTIONS

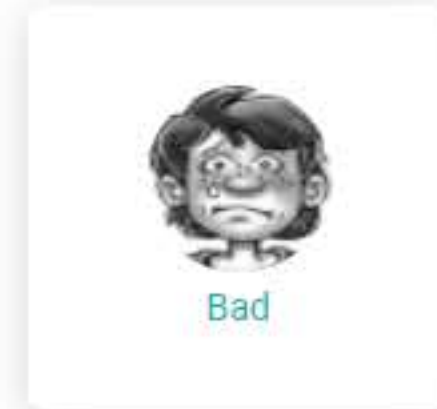
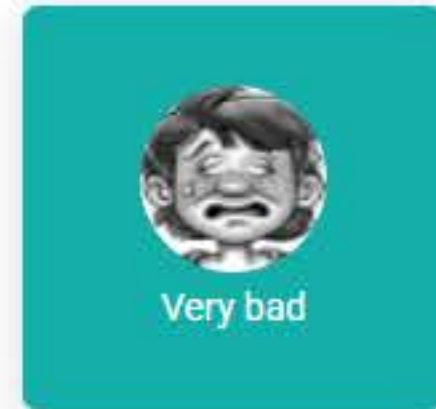


Step 3: Take a print-out of the test results to the doctor to talk about your child's total score.



Question 1

How is your asthma today?



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NEXT QUESTION >



Question 2

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



It's a big problem, I can't do what I want to do.



It's a problem and I don't like it.



It's a bit of a problem but it's okay.

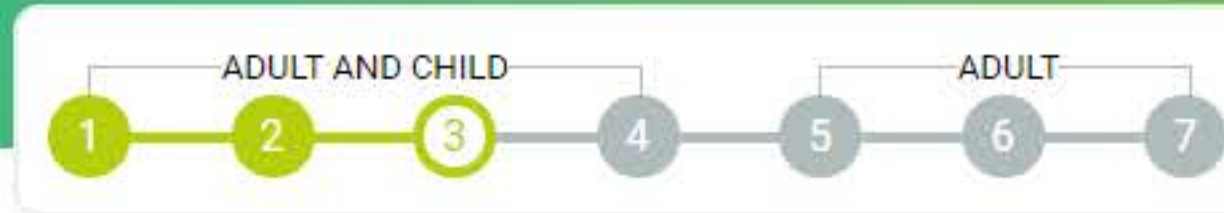


It's not a problem.

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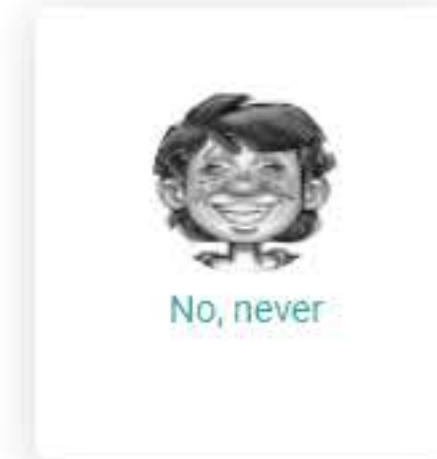
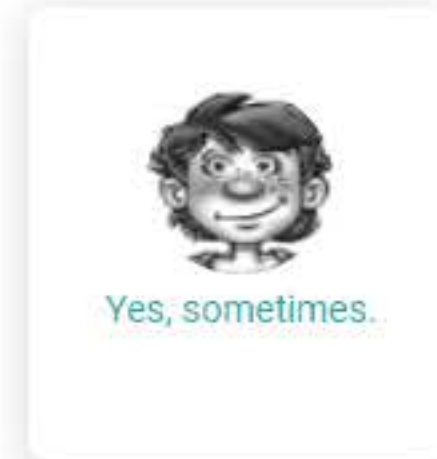
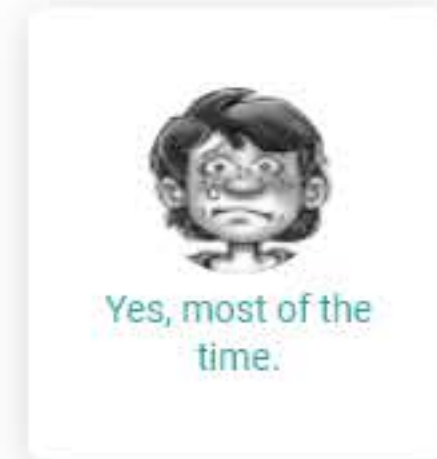
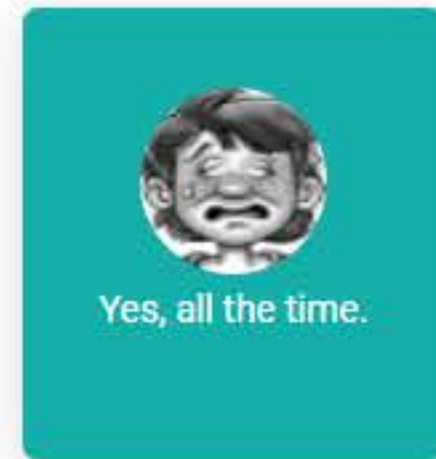
[NEXT QUESTION >](#)

Please answer all the questions



Question 3

Does your asthma make you cough?



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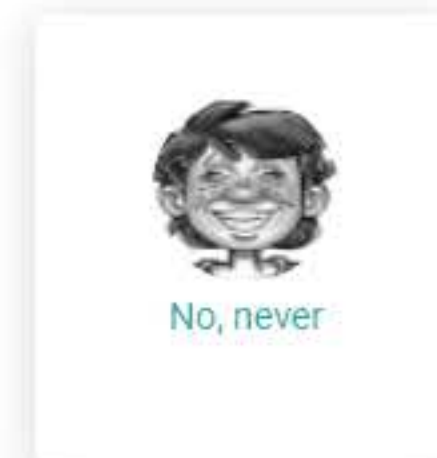
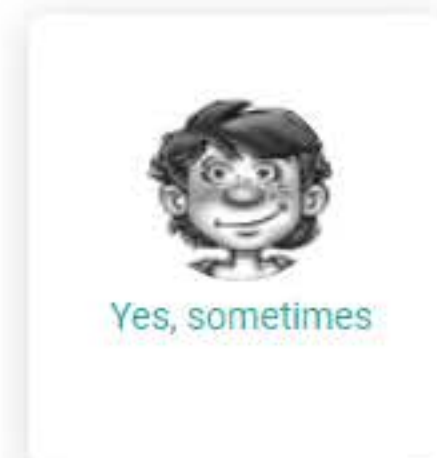
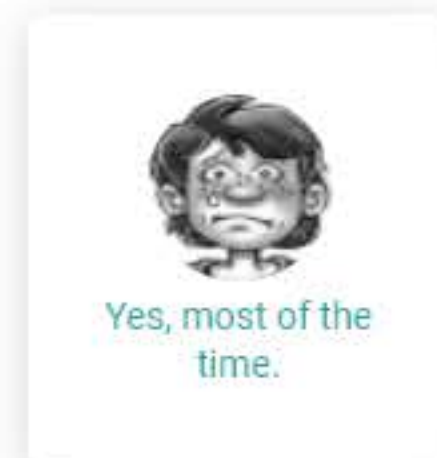
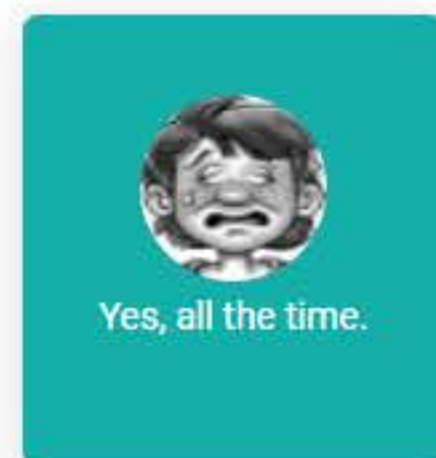
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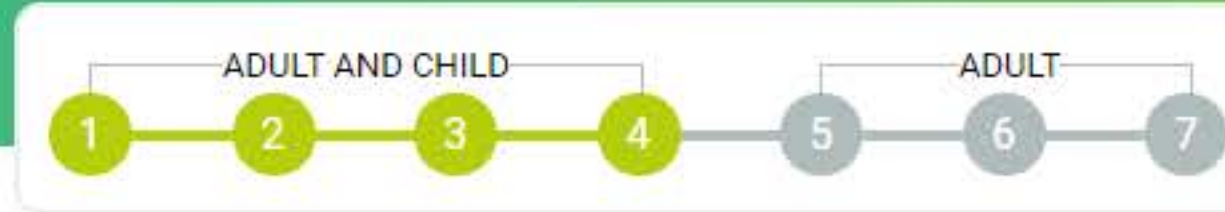
Question 4

Does your asthma make you wake up during the night?



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PART 2

Adult

Please complete the following questions on your own.



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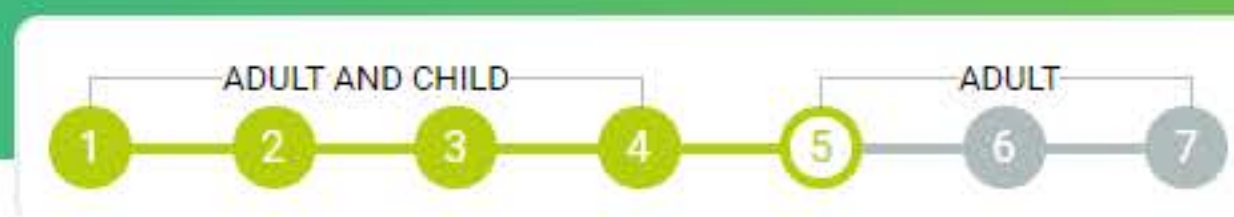
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Question 5

During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

- None
- 1 to 3 days
- 4 to 10 days
- 11 to 18 days
- 19 to 24 days
- Every day

[← Previous question](#)

[NEXT QUESTION >](#)

Please answer all the questions.

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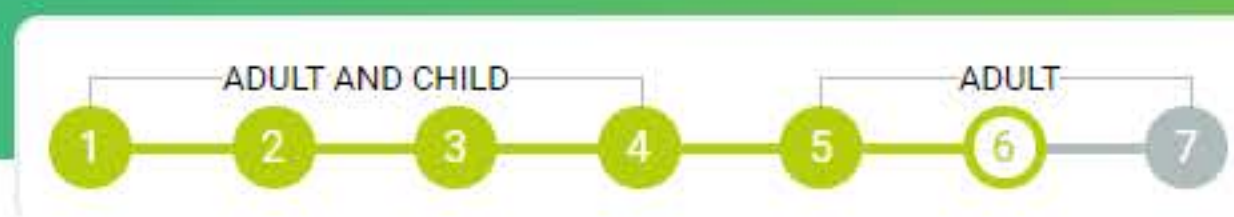
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Question 6

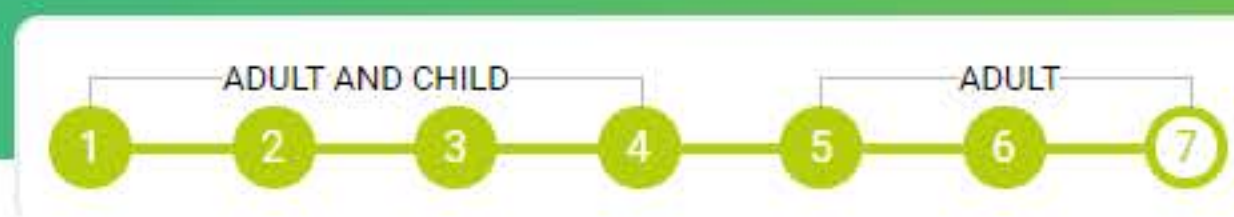
During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

- None
- 1 to 3 days
- 4 to 10 days
- 11 to 18 days
- 19 to 24 days
- Every day**

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Question 7

During the last 4 weeks, how many days did your child wake up during the night because of asthma?

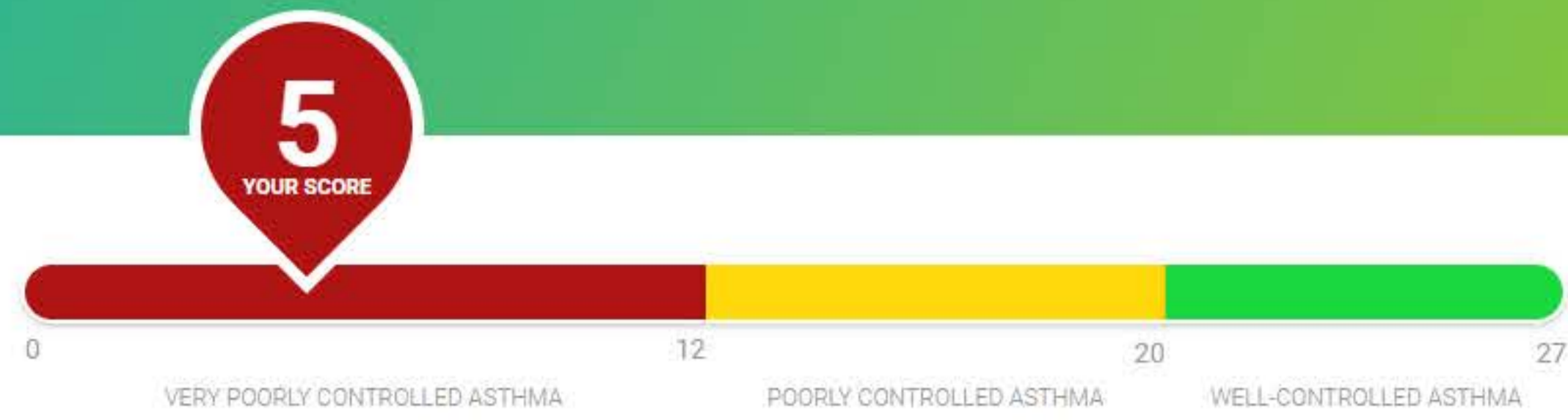
- None
- 1 to 3 days
- 4 to 10 days
- 11 to 18 days
- 19 to 24 days
- Every day**

[← Previous question](#)

SEE RESULT



Your Child's Asthma Control Test Score



[Save my result ↓](#)

Your child's asthma symptoms may not be as well controlled as they could be.

NOTE: If your child's score is 12 or less, his or her asthma may be very poorly controlled. Please contact your child's healthcare provider right away. There may be more you and your child's healthcare provider could do to help control your child's asthma symptoms.

We suggest your child take the test again on 20/01/2020

[Add to my calendar](#) [Why should I take the test again?](#)

See your answers below

1. How is your asthma today? 0/3

Very bad
2. How much of a problem is your asthma when you run, exercise or play sports? 0/3

It's a big problem, I can't do what I want to do.
3. Does your asthma make you cough? 0/3

Yes, all the time.
4. Does your asthma make you wake up during the night? 0/3

Yes, all the time.
5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms? 5/5

None
6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma? 0/5

Every day
7. During the last 4 weeks, how many days did your child wake up during the night because of asthma? 0/5

Every day

Save your test results

[VIEW RESULT](#)

We encourage your child to take the test regularly

[Add to my calendar](#) [Why should I take the test again?](#)

Your Child's Asthma Control Test Score

13
YOUR SCORE




[Save my result ↓](#)

Your child's asthma symptoms may not be as well controlled as they could be.

NOTE: If your child's score is 12 or less, his or her asthma may be very poorly controlled. Please contact your child's healthcare provider right away. There may be more you and your child can do to control symptoms.

We suggest

Retaking the test regularly will help you understand how your child's asthma is changing over time. We suggest that the test is taken monthly. That way, you and your doctor can work together to keep your child's asthma under control.

 [Add to my calendar](#)

[Why should I take the test again?](#)

See your answers below

1. How is your asthma today?

Good

2/3

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

It's a bit of a problem but it's okay.

2/3

3. Does your asthma make you cough?

Yes, most of the time.

1/3

4. Does your asthma make you wake up during the night?

Yes, sometimes

2/3

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

19 to 24 days

1/5

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

4 to 10 days

3/5

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

11 to 18 days

2/5

Save your test results

[VIEW RESULT](#) 

We encourage your child to take the test regularly

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Your Child's Asthma Control Test Score

27
YOUR SCORE



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Your child's asthma symptoms may be well controlled

No matter what your child's score is, share the results with his or her healthcare provider.

We suggest your child take the test again on 20/01/2020

 [Add to my calendar](#) [Why should I take the test again?](#)

See your answers below

1. How is your asthma today?

3/3

Very good

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

3/3

It's not a problem.

3. Does your asthma make you cough?

3/3

No, never

4. Does your asthma make you wake up during the night?

3/3

No, never

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

5/5

None

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

5/5

None

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

5/5

None

Save your test results

[VIEW RESULT](#) 

We encourage your child to take the test regularly

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Question 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 of the time

Most of the time

Some of the time

A little of the time

None of the time

Question 2

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

More than once a day

Once a day

3 to 6 times a week

Once or twice a week

Not at all

Question 3

During the last 4 weeks, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

4 or more nights a week

2 to 3 nights a week

Once a week

Once or Twice

Not at all

Question 4

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

3 or more times per day

Once or twice per day

2 or 3 times per week

Once a week or less

Not at all

Question 5

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

Not Controlled at all

Poorly Controlled

Somewhat Controlled

Well Controlled

Completely Controlled

SEE RESULT

Please answer all the questions

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Your Asthma Control Test Score

5
YOUR SCORE



[Save my result](#) ↓

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. Please contact your healthcare provider right away. There may be more you and your healthcare provider could do to help control your asthma symptoms.

We suggest you take the test again on 20/01/2020

 [Add to my calendar](#) [Why should I take the test again?](#)

See your answers below

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 of the time

1/5

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

More than once a day

1/5

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

4 or more nights a week

1/5

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

3 or more times per day

1/5

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

Not Controlled at all

1/5

Save your test results

[VIEW RESULT](#) 

We suggest you take the test regularly

 [Add to my calendar](#) [Why should I take the test again?](#)

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Your Asthma Control Test Score

16
YOUR SCORE



[Save my result](#) ↓

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

If your score is 15 or less, your asthma is not as well controlled as it could be. You may need to see your doctor or asthma provider right away. There may be more you can do to help control your symptoms.

Retaking the test regularly will help you understand how your asthma is changing over time. We recommend that you retake the test monthly. That way, you and your doctor can work together to keep your asthma under control.

We suggest



[Add to my calendar](#)

[Why should I take the test again?](#)

See your answers below

1/5

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 of the time

3/5

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

3 to 6 times a week

5/5

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

Not at all

3/5

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

2 or 3 times per week

4/5

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

Well Controlled

Save your test results

[VIEW RESULT](#) 

We suggest you take the test regularly



[Add to my calendar](#)

[Why should I take the test again?](#)

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Your Asthma Control Test Score

25
YOUR SCORE



[Save my result](#) ↓

Your Asthma Symptoms may be well controlled

Your asthma symptoms appear to be well-controlled. Even so, asthma control can change over time so it's important to retest yourself regularly. Continue to talk to your healthcare provider about your asthma control.

We suggest you take the test again on 20/01/2020

 [Add to my calendar](#) [Why should I take the test again?](#)

See your answers below

5/5

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?

None of the time

5/5

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

Not at all

5/5

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

Not at all

5/5

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

Not at all

5/5

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

Completely Controlled

Save your test results

[VIEW RESULT](#) 

We suggest you take the test regularly

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Welcome to the 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

Select your test

Child

4-11 years

7 questions

Duration: 5 minutes

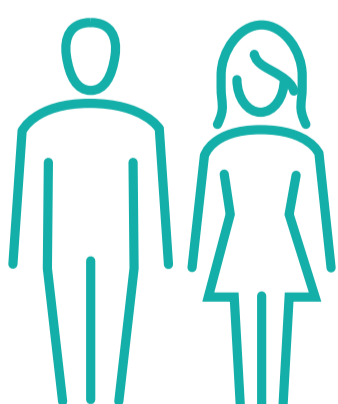


Adult

12+ years

5 questions

Duration: 1 minute



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Introduction

PART 1

Adult and Child

Step 1: Let your child respond to the first four questions (1 to 4). If your child needs help in reading or understanding the question, you may help, but let your child select the response.

4
QUESTIONS



PART 2

Adult

Step 2: Complete the remaining three questions (5 to 7) on your own and without letting your child's responses influence your answers. There are no right or wrong answers.

Step 3: Take a print-out of the test results to the doctor to talk about your child's total score.

3
QUESTIONS



[TAKE ME TO PART 1 >](#)

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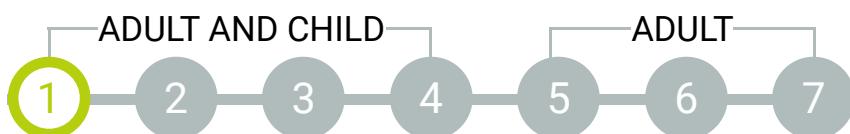
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Question 1

How is your asthma today?



Very bad



Bad



Good



Very good



NEXT QUESTION >

Please answer all the questions

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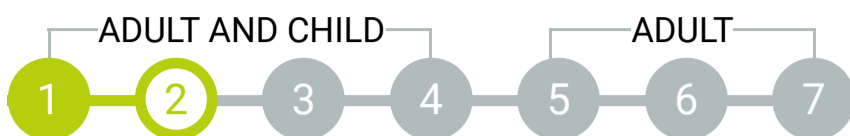
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Question 2

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



It's a big problem, I can't do what I want to do.



It's a problem and I don't like it.



It's a bit of a problem but it's okay.



It's not a problem.

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ADULT AND CHILD

ADULT

1

2

3

4

5

6

7

Question 3

Does your asthma make you cough?



Yes, all the time.



Yes, most of the time.



Yes, sometimes.



No, never

NEXT QUESTION



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ADULT AND CHILD

1

2

3

4

5

6

7

ADULT

Question 4

Does your asthma make you wake up during the night?



Yes, all the time.



Yes, most of the time.



Yes, sometimes



No, never

NEXT QUESTION



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PART 2

Adult

Please complete the following questions on your own.



TAKE ME TO PART 2 >

< Previous question



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Question 5

During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

None

1 to 3 days

4 to 10 days

11 to 18 days

19 to 24 days

Every day

NEXT QUESTION



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Question 6

During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

None

1 to 3 days

4 to 10 days

11 to 18 days

19 to 24 days

Every day

NEXT QUESTION



Please answer all the questions

[← Previous question](#)

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Question 7

During the last 4 weeks, how many days did your child wake up during the night because of asthma?

None

1 to 3 days

4 to 10 days

11 to 18 days

19 to 24 days

Every day

SEE RESULT

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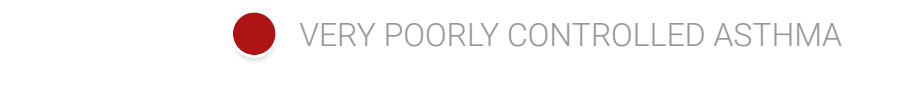
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Your Child's Asthma Control Test Score

2
YOUR SCORE



VERY POORLY CONTROLLED ASTHMA

POORLY CONTROLLED ASTHMA

WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

Your child's asthma symptoms may not be as well controlled as they could be.

NOTE: If your child's score is 12 or less, his or her asthma may be very poorly controlled. Please contact your child's healthcare provider right away.

There may be more you and your child's healthcare provider could do to help control your child's asthma symptoms.

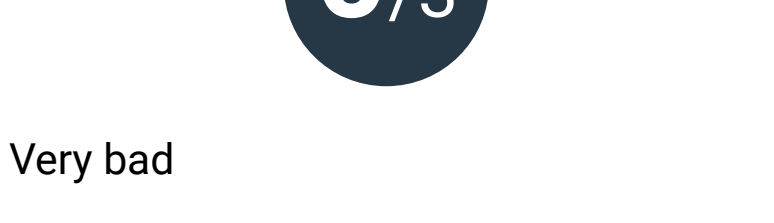
We suggest your child take the test again on 20/01/2020

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[Why should I take the test again?](#)

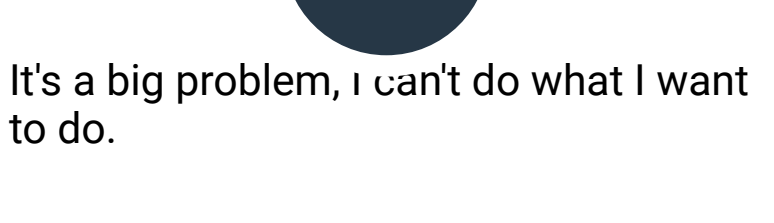
See your answers below

1. How is your asthma today?



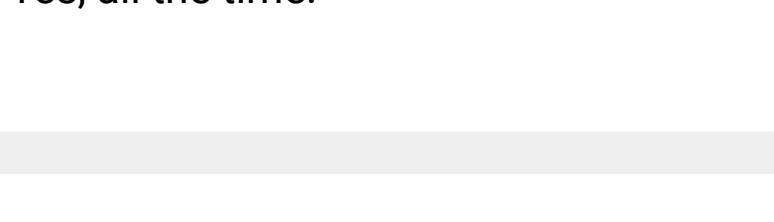
Very bad

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



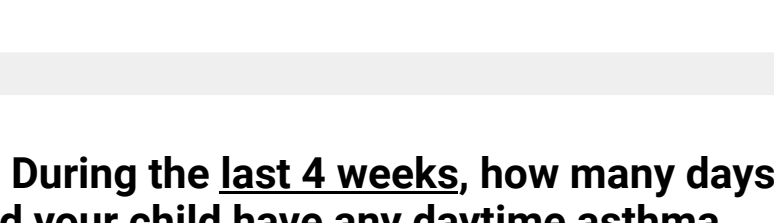
It's a big problem, I can't do what I want to do.

3. Does your asthma make you cough?



Yes, all the time.

4. Does your asthma make you wake up during the night?



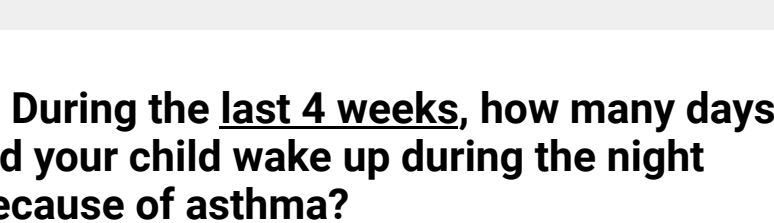
Yes, most of the time.

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?



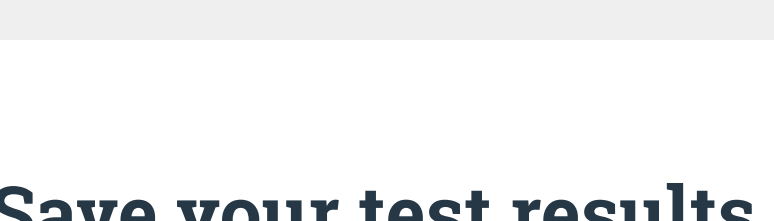
Every day

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?



Every day

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?



19 to 24 days

Save your test results

[VIEW RESULT](#)



We encourage your child to take the test regularly

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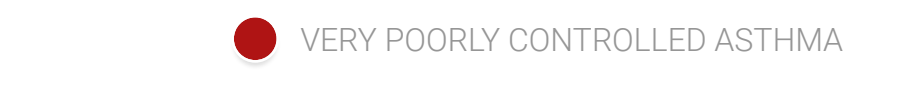
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Your Child's Asthma Control Test Score

13
YOUR SCORE



VERY POORLY CONTROLLED ASTHMA

POORLY CONTROLLED ASTHMA

WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

Your child's asthma symptoms may not be as well controlled as they could be.



NOTE: If your child's asthma is not well controlled, please contact your doctor. There may be other health conditions that affect your child's asthma.

Retaking the test regularly will help you understand how your child's asthma is changing over time. We suggest that the test is taken monthly. That way, you and your doctor can work together to keep your child's asthma under control.

Why should I take the test again?

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See your answers below

1. How is your asthma today?

2/3

Good

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

2/3

It's a bit of a problem but it's okay.

3. Does your asthma make you cough?

1/3

Yes, most of the time.

4. Does your asthma make you wake up during the night?

2/3

Yes, sometimes

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?

1/5

19 to 24 days

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

3/5

4 to 10 days

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?

2/5

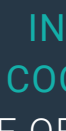
11 to 18 days

Save your test results

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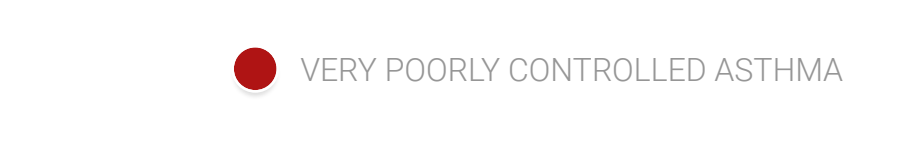
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Your Child's Asthma Control Test Score

27
YOUR SCORE



VERY POORLY CONTROLLED ASTHMA

POORLY CONTROLLED ASTHMA

WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

Your child's asthma symptoms may be well controlled

No matter what your child's score is, share the results with his or her healthcare provider.

We suggest your child take the test again on 20/01/2020



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[Why should I take the test again?](#)

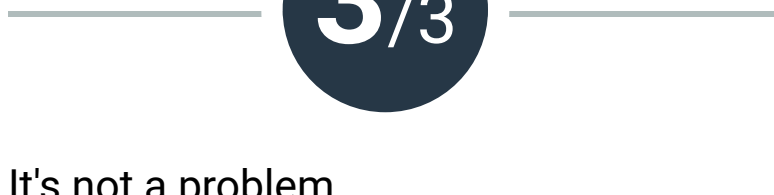
See your answers below

1. How is your asthma today?



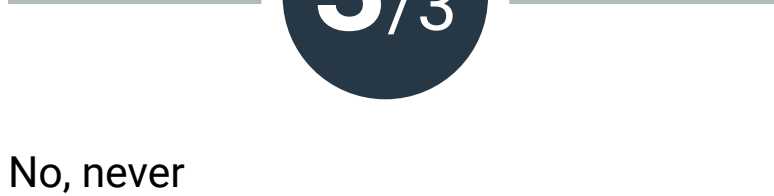
Very good

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



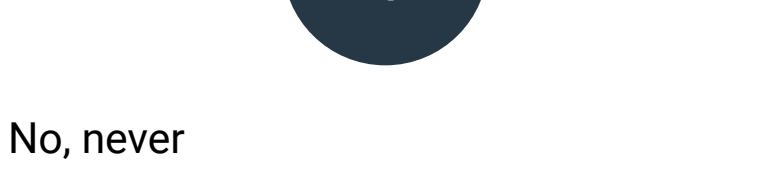
It's not a problem.

3. Does your asthma make you cough?



No, never

4. Does your asthma make you wake up during the night?



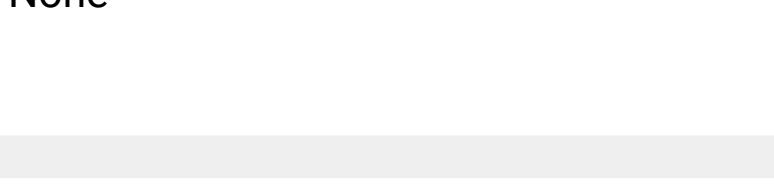
No, never

5. During the last 4 weeks, how many days did your child have any daytime asthma symptoms?



None

6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?



None

7. During the last 4 weeks, how many days did your child wake up during the night because of asthma?



None

Save your test results

[VIEW RESULT](#)



We encourage your child to take the test regularly



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Question 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 of the time

Most of the time

Some of the time

A little of the time



None of the time

Question 2

Question 3

Question 4

Question 5

SEE RESULT

Please answer all the questions

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Question 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 of the time

Most of the time

Some of the time

A little of the time

None of the time

Question 2

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

More than once a day

Once a day

3 to 6 times a week

Once or twice a week

Not at all

Question 3

During the last 4 weeks, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

4 or more nights a week

2 to 3 nights a week

Once a week

Once or Twice

Not at all

Question 4

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

3 or more times per day

Once or twice per day

2 or 3 times per week

Once a week or less

Not at all

Question 5

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

Not Controlled at all

Poorly Controlled

Somewhat Controlled

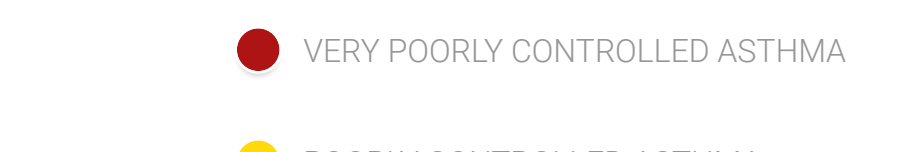
Well Controlled

Completely Controlled

SEE RESULT

Your Asthma Control Test Score

5
YOUR SCORE



● VERY POORLY CONTROLLED ASTHMA

● POORLY CONTROLLED ASTHMA

● WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

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. Please contact your healthcare provider right away. There may be more you and your healthcare provider could do to help control your asthma symptoms.

We suggest you take the test again on 20/01/2020

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[Why should I take the test again?](#)

See your answers below

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?

1/5

All of the time

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

1/5

More than once a day

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

1/5

4 or more nights a week

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

1/5

3 or more times per day

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

1/5

Not Controlled at all

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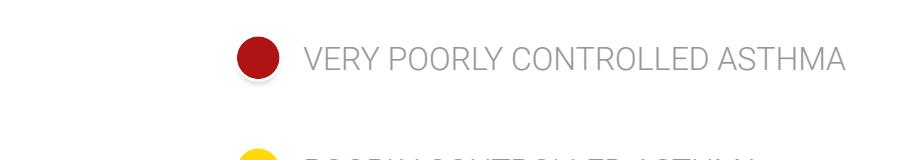
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Your Asthma Control Test Score

16
YOUR SCORE



VERY POORLY CONTROLLED ASTHMA

POORLY CONTROLLED ASTHMA

WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

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

If your score is very poor, your healthcare provider may be able to help you.

Retaking the test regularly will help you understand how your asthma is changing over time. We recommend that you retake the test monthly. That way, you and your doctor can work together to keep your asthma under control.

may be able to help you understand how your asthma is changing over time. We recommend that you retake the test monthly. That way, you and your doctor can work together to keep your asthma under control.

[Why should I take the test again?](#)

See your answers below

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?

1/5

All of the time

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

3/5

3 to 6 times a week

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

5/5

Not at all

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

3/5

2 or 3 times per week

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

4/5

Well Controlled

Save your test results

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Your Asthma Control Test Score

24
YOUR SCORE



VERY POORLY CONTROLLED ASTHMA

POORLY CONTROLLED ASTHMA

WELL-CONTROLLED ASTHMA

[Save my result](#) ↓

Your Asthma Symptoms may be well controlled

Your asthma symptoms appear to be well-controlled. Even so, asthma control can change over time so it's important to retest yourself regularly. Continue to talk to your healthcare provider about your asthma control.

We suggest you take the test again on 20/01/2020

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[Why should I take the test again?](#)

See your answers below

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?

5/5

None of the time

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

5/5

Not at all

3. During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?

4/5

Once or Twice

4. During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?

5/5

Not at all

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

5/5

Completely Controlled

Save your test results

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We suggest you take the test regularly

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