

Childhood Asthma Control Test For Children 4 To 11 Years

How to take the children Asthma Control Test

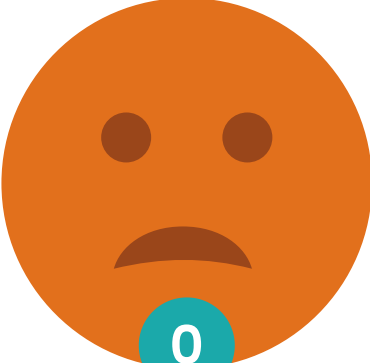
- **Step 1:** Let your child respond to the first four question **(1 to 4)**. If your child needs help reading or understanding the question, you may help, but let your child select the response. Complete the remaining three questions **(5 to 7)** on your own and without letting your child's response influence your answers. These are no right or wrong answers.
- **Step 2:** Write the number of each answers in the score box provided.
- **Step 3:** Add up each score box for the total.
- **Step 4:** Take the test to the doctor to talk about your child's total score.

19
or less

If your child's score is 19 or less, it may be sign that your child's asthma is not controlled as well as it could be. No matter what the score, bring this test to your doctor to talk about your child's results.

Have your child complete these questions

1. How is your asthma today?

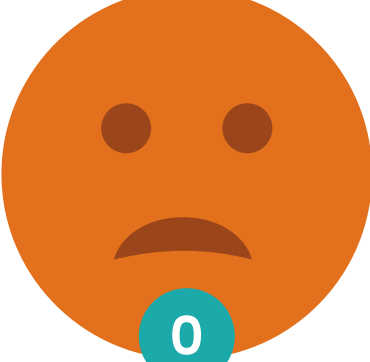

0
Very bad


1
Bad


2
Good


3
Very Good

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

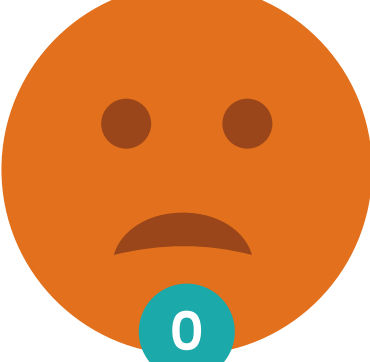

0
It's a big problem, I can't do what to do.


1
It's problem and i don't like it.


2
It's a little problem, but it's okay.


3
It's not a problem

3. Do you cough because of your asthma?

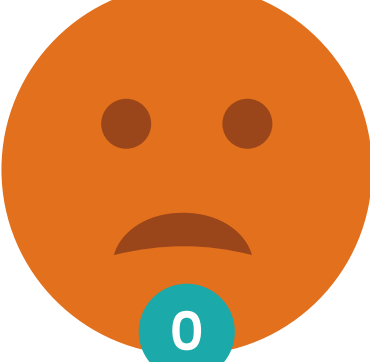

0
Yes, all of the time.


1
It's problem and i don't like it.


2
It's a little problem, but it's okay.


3
It's not a problem

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


0
Yes, all of the time.


1
Yes, most of the time.


2
Yes, some of the time.


3
No, none of the time.

Please complete the following questions on your own.

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

5

4

3

2

1

0

Not at all
1-3 days
4-10 days
11-18 days
19-24 days
Everyday

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

5

4

3

2

1

0

Not at all
1-3 days
4-10 days
11-18 days
19-24 days
Everyday

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

5

4

3

2

1

0

Not at all
1-3 days
4-10 days
11-18 days
19-24 days
Everyday