

Childhood Asthma Control Test

The Childhood Asthma Control Test[†] is a way to help your healthcare provider determine if your child's asthma symptoms are under control. Answer the questions below and then share the results with your child's healthcare provider. Based on the score, he or she may suggest a variety of options to help better manage your child's asthma.

The Childhood Asthma Control Test[†] is designed for children 4 to 11 years old.

How to take the Childhood Asthma Control Test

- Have your child respond to the first 4 questions (1-4). If your child needs help reading or understanding the question, you may help, but let your child select the response.
 - Complete the remaining 3 questions (5-7) on your own and without letting your child's response influence your answers. There are no right or wrong answers.
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Have your child complete these questions.

1. How is your asthma today?



Very Bad



Bad



Good



Very Good

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 little problem but it's ok.



It's not a problem

3. Do you cough because of your asthma?



Yes, all of the time.



Yes, most of the time.



Yes, some of the time



No, none of the time.

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



Yes, all of the time.



Yes, most of the time



Yes, some of the time.



No, none of the time.

TURN TO BACK OF PAGE 

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?

- 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?

- 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?

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