

Childhood Asthma Control Test™ For Children 4 - 11 years of age

This short quiz will provide a score that may help your doctor determine if your child's treatment plan is working or if it might be time for a change.

How to take the Childhood Asthma Control Test

Step 1. Let your child respond to **the first four questions (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. There are no right or wrong answers.

Step 2. Write the number of each answer 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.

Have your child complete these questions

1. How is your asthma today?



①

Very bad



②

Bad



③

Good



④

Very good

Score

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



①

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



②

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



③

It's a little
problem
but it's okay



④

It's not a problem

Score

3. Do you cough because of your asthma?



①

Yes, all of
the time



②

Yes, most of
the time



③

Yes, some of
the time



④

No, none of
the time

Score

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



①

Yes, all of
the time



②

Yes, most of
the time



③

Yes, some of
the time



④

No, none of
the time

Score

Please complete the following questions on your own

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

- | | | | | | | |
|------------|----------------|-----------------|------------------|------------------|----------|----------------------|
| ⑤ | ④ | ③ | ② | ① | ① | Score |
| Not at all | 1-3
days/mo | 4-10
days/mo | 11-18
days/mo | 19-24
days/mo | Everyday | <input type="text"/> |

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

- | | | | | | | |
|------------|----------------|-----------------|------------------|------------------|----------|----------------------|
| ⑤ | ④ | ③ | ② | ① | ① | Score |
| Not at all | 1-3
days/mo | 4-10
days/mo | 11-18
days/mo | 19-24
days/mo | Everyday | <input type="text"/> |

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

- | | | | | | | |
|------------|----------------|-----------------|------------------|------------------|----------|----------------------|
| ⑤ | ④ | ③ | ② | ① | ① | Score |
| Not at all | 1-3
days/mo | 4-10
days/mo | 11-18
days/mo | 19-24
days/mo | Everyday | <input type="text"/> |

Total score

What does my child's score mean?

19 or less

- If your child's score is 19 or less, it may be an indication that your child's asthma is not under control.
- Make an appointment to discuss the Childhood Asthma Control Test™ with your child's doctor and ask if you should change your child's asthma treatment plan.
- Ask your child's doctor about daily long-term medications that can help control airway constriction and inflammation, the two main causes of asthma symptoms. Many children need to treat both of these components of asthma on a daily basis for the best asthma control.

20 or more

- If your child's score is 20 or more, your child's asthma may be under control. There are other factors that your child's doctor may consider when determining your child's asthma control. You should make an appointment with the doctor to discuss your child's asthma.
- Asthma is unpredictable. Your child's asthma symptoms may seem mild or nonexistent, but they can flare up at any time.
- Have your child take the Childhood Asthma Control Test periodically no matter how good she feels. Continue to see your child's doctor on a regular basis to ensure you are taking the necessary steps to keep your child's asthma in control.