

Name: _____

Date: _____

beat
asthma

Childhood Asthma Control Test for Children 4 to 11 years

This test will help your doctor decide if your asthma is well controlled or not.

How to take the Childhood Asthma Control Test:

- Step 1: Let your child answer questions 1-4. You may help your child understand the question but let them select the response.
Step 2: Complete questions 5-7 on your own without letting your child's response influence your answers.
Step 3: Write the number of each answer in the score box provided
Step 4: Add up each score box to find out your child's total score
Step 5: Take the total score to your doctors to talk about your child's asthma.

19

If your child's score is less than 19, it may be a sign that their asthma is not as controlled as it could be. Take this score to your doctor to talk about the results.

Have your child answer 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 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 ok	4 It's not a problem

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

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

Please complete the following questions on your own:

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

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
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6. During the last 4 weeks, how many days did your child wheeze during the day because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
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7. During the last 4 weeks, how many days did your child wake up in the night because of asthma?

5 Not at all	4 1-3 days	3 4-10 days	2 11-18 days	1 19-24 days	0 Everyday
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Total
Score