

## **Childhood Asthma Control Test for Children 4 to 11 Years**

This test will provide a score that may help the doctor determine if your child's asthma 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 a 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.

**If your child's score is 19 or less, it may be a sign that your child's asthma is not controlled as well as it could be. Bring this test to the doctor to talk about the results.**

### **Have your child complete these questions.**

#### **1. How is your asthma today?**

Very Bad	Bad	Good	Very Good	Score
0	1	2	3	

#### **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 okay.	It's not a problem.	Score
0	1	2	3	

#### **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	Score
0	1	2	3	

#### **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	Score
0	1	2	3	

### **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	Every day	Score
5	4	3	2	1	0	

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	Every day	Score
5	4	3	2	1	0	

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	Every day	Score
5	4	3	2	1	0	

**Total Score:** \_\_\_\_\_