Childhood Asthma Control Test for children 4 to 11 years

Know your score.

Parent or Guardian: The Childhood Asthma Control Test* is a way to help your child’s healthcare provider determine if your child’s asthma symptoms are well controlled. Take this test with your child (ages 4 to 11). Share the results with your child’s healthcare provider.

Step 1: Have your child answer the first four questions (1 to 4). If your child needs help, you may help, but let your child choose the answer.

Step 2: Answer the last three questions (5 to 7) on your own. Don’t let your child’s answers influence yours. There are no right or wrong answers.

Step 3: Write the number of each answer in the score box to the right.

Step 4: Add up each score box for the total.

Step 5: Take the COMPLETED test to your child’s healthcare provider to talk about your child’s total score.

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 I want to do.
[ ] 1 It’s a 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 Yes, most of the time.
[ ] 2 Yes, some of the time.
[ ] 3 No, none of the time.

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 Not at all
[ ] 4 1-3 days
[ ] 3 4-10 days
[ ] 2 11-18 days
[ ] 1 19-24 days
[ ] 0 Everyday

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

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

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

*The Childhood Asthma Control Test was developed by GSK.

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