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 (1-4). 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 (5-7) 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 bad is your child's asthma? (very 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, but I don't like it.
   - It's a little problem, but it's okay.
   - 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.

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