

Take this Asthma Control Test™ (ACT) and discuss the result with your doctor.

This survey was designed to help you describe your asthma, and the way your asthma affects how you feel and what you are able to do. To complete it, please mark an ☒ in the box that best describes your answer to each question.

1. In the past 4 weeks, how much of the time did your asthma keep you from getting as much done as usual at work, school, or at home?

☐ 1

All of
the time

☐ 2

Most of
the time

☐ 3

Some of
the time

☐ 4

A little of
the time

☐ 5

None of
the time

☐

Score

2. During the past 4 weeks, how often have you had shortness of breath?

☐ 1

More than
once a day

☐ 2

Once
a day

☐ 3

3 to 6 times
a week

☐ 4

One or twice
a week

☐ 5

Not
at all

☐

Score

3. During the past 4 weeks, how often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness, or pain) wake you up at night or earlier than usual in the morning?

☐ 1

4 or more
nights a week

☐ 2

2 to 3
nights a week

☐ 3

Once
a week

☐ 4

One
or twice

☐ 5

Not
at all

☐

Score

4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

☐ 1

3 or more
times per day

☐ 2

1 or 2 times
per day

☐ 3

2 or 3 times
per week

☐ 4

Once a week
or less

☐ 5

Not
at all

☐

Score

5. How would you rate your asthma control during the past 4 weeks?

☐ 1

Not controlled
at all

☐ 2

Poorly
controlled

☐ 3

Somewhat
controlled

☐ 4

Well
controlled

☐ 5

Completely
controlled

☐

Score

Total score:

To score the Asthma Control Test (ACT): Each response to the 5 ACT questions has a point value from 1 to 5 as shown on the form. To score the ACT, add up the point values for each response to all five questions.

If your total point value is 19 or below, your asthma may not be well controlled. Be sure to talk to your health care professional about your asthma score.

For more information on the ACT, or for help interpreting or scoring the test, visit www.qualitymetric.com.