

# Asthma Symptom Scores

# Asthma Control Test

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

All of the time Most of the time Some of the time A little of the time None of the time  
(Score 1-5 poor control – full control)

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

More than once a day Once a day 3 to 6 times a week Once or twice a week Not at all

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?

4 or more nights a week 2 or 3 nights a week Once a week Once or twice Not at all

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

3 or more times per day 1 or 2 times per day 2 or 3 times per week Once a week or less Not at all

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

Not controlled at all Poorly controlled Somewhat controlled Well controlled  
Completely controlled

# Asthma Quality of Life Questionnaire

Elizabeth Juniper

- Measures the functional problems relevant in asthma
- Physical, emotional, social, occupational
- Four domains: symptoms, activity limitation, emotional function and environmental stimuli
- Validated for men and women, different countries, ages, different severity of asthma

# AQLQ

- 32 questions, relate to symptoms over 2 weeks
- Score 1-7
- Severely impaired – not impaired
- Total score /7 ie the mean of the answers
- Score change of 0.5 is MID (minimal important difference)

# References

- Development of the asthma control test: a survey for assessing asthma control  
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- Validation of a standardised version of the Asthma Quality of Life Questionnaire. Chest 1999; 115: 1265-1270 Juniper EF, Buist AS, Cox FM, Ferrie PJ, King DR
- Commentary—Goodbye M(C)ID! Hello MID, Where Do You Come From? Health Serv Res. Apr 2005; 40(2): 593–597 [Holger J Schünemann](#) and [Gordon H Guyatt](#)
- Other references available <http://www.qoltech.co.uk/references.html>