



The Asthma Control Test™

An easy-to-use asthma assessment tool:

The Asthma Control Test (ACT) is a quick, simple and reliable way to assess your asthma. It accurately measures how well your asthma symptoms have been controlled over the last four weeks.¹

Complete the test in three simple steps:

1. Read each question carefully
2. Write your score in each box
3. Add up your scores and write the total in the box

Asthma symptoms can vary from month to month, so it may be worth repeating the test to see if your score has changed.

Then, turn over to find out what your score means and what you should do next

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?

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

4

During the past 4 weeks, how often have you used your rescue inhaler (such as salbutamol)?

1. 3 or more times a day
2. 1–2 times a day
3. 2–3 nights a week
4. Once a week or less
5. Not at all

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. 3–6 times a week
4. 1–2 times a week
5. Not at all

5

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

1. Not controlled
2. Poorly controlled
3. Somewhat controlled
4. Well controlled
5. Completely controlled

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 times a week
2. 2–3 nights a week
3. Once a week
4. Once or twice
5. Not at all

Total:

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Name:

Date:

Your ACT scores: how well do you control your asthma?



I scored 25

Your asthma is totally controlled.

You have no symptoms. Continue taking your medication as prescribed. If symptoms worsen then see your doctor.

I scored 20–24

Your asthma may be well controlled.

Continue taking your medication as prescribed. Your asthma symptoms can change, even if you continue taking your medication. If you have symptoms then see your doctor.

I scored 5–19

Your asthma may not be controlled.

Uncontrolled asthma can seriously harm your health. Tell your pharmacist now. You should see your doctor immediately. You may need a new or different medication.

The Asthma Control Test (ACT) is a quick, simple and reliable way to assess your asthma. It accurately measures how you have controlled your asthma symptoms over the last four weeks.¹

What can you do now?

If you would like to improve your asthma control and reduce the impact on your everyday life, speak to your doctor or pharmacist for further information.

You can retake the Asthma Control Test at any time.

For safety information on GSK medicines, please call the toll free line 0800 2255 475 (0800CALLGSK).

References

1. Nathan RA *et al.* *J Allergy Clin Immunol* 2004; 113 (1): 59–65.

This message is brought to you as a service to better respiratory health by GSK. For further information, please consult your healthcare professional.

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