

Name: _____

Subject No.: _____

ASTHMA CONTROL QUESTIONNAIRE

Please answer questions 1-6.

Circle the number of the response that best describes how you have been during the past week

1. On average, during the past week, how often were you woken by your asthma during the night? and score the FEV1 % predicted in the next column)
2. On average, during the past week, how bad were your asthma symptoms when you woke up in the morning?
3. In general, during the past week, how limited were you in your activities because of your asthma?
4. In general, during the past week, how much shortness of breath did you experience because of your asthma?
5. In general, during the past week, how much of the time did you wheeze?
6. On average, during the past week, how many puffs of short-acting bronchodilator (eg. Ventolin) have you used each day?

To be completed by a member of the clinic staff

7. FEV1 pre-bronchodilator:
FEV1 predicted
FEV1 % predicted
(Record actual values on the dotted lines)

Development and validation of a questionnaire to measure asthma control. E.F. Juniper, P.M. O'Byrne, G.H. Guyatt, P.J. Ferrie, D.R. King. #ERS Journals Ltd 1999. Eur Respir J 1999; 14: 902±907.

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- 0 Never
- 1 Hardly ever
- 2 A few minutes
- 3 Several times
- 4 Many times
- 5 A great many times
- 6 Unable to sleep because of asthma

- 0 No symptoms
- 1 Very mild symptoms
- 2 Mild symptoms
- 3 Moderate symptoms
- 4 Quite severe symptoms
- 5 Severe symptoms
- 6 Very severe symptoms

- 0 Not limited at all
- 1 Very slightly limited
- 2 Slightly limited
- 3 Moderately limited
- 4 Very limited
- 5 Extremely limited
- 6 Totally limited

- 0 None
- 1 A very little
- 2 A little
- 3 A moderate amount
- 4 Quite a lot
- 5 A great deal
- 6 A very great deal

- 0 Not at all
- 1 Hardly any of the time
- 2 A little of the time
- 3 A moderate amount of the time
- 4 A lot of the time
- 5 Most of the time
- 6 All the time

- 0 None
- 1 1-2 puffs most days
- 2 3-4 puffs most days
- 3 5-8 puffs most days
- 4 9-12 puffs most days
- 5 13-16 puffs most days
- 6 More than 16 puffs most days

- 0 >95% predicted
- 1 95-90%
- 2 89-80%
- 3 79-70%
- 4 69-60%
- 5 59-50%
- 6 <50% predicted

SCORE:

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