IN A NUTSHELL

The knowledge platform for general practitioners

Asthma Control Test™

The «Asthma Control Test™» (ACT) helps patients to assess how well their asthma is under control. This can be used as a basis for optimal therapy. Asthma Control Test™ is a trademark of QualityMetric Incorporated (https://www.qualitymetric.com/asthma-control-test-act-2021-2/).

Hindrance
During the **last 4 weeks**, how much of the time has your asthma kept you from getting as much done at work, school or home?
○ All of the time (+1) ○ Most of the time ○ Some of the time ○ A little of the time ○ None of the time (+5)

Shortness of breath
During the **last 4 weeks**, how often have you had shortness of breath?
○ >1x per day (+1) ○ 1x per day ○ 3–6x per week ○ 1–2x per week ○ Not at all (+5)

Wake up
During the **last 4 weeks**, how often have your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) woken you up at night or earlier than usual in the morning?
○ ?4 nights per week (+1) ○ 2–3 nights per week ○ 1 night per week ○ 1–2x last month ○ Not at all (+5)

Inhalation
During the **last 4 weeks**, how often have you used your rescue inhaler or nebuliser medication (such as Salbutamol)?
○ ?3 per day (+1) ○ 1–2x per day ○ 2–3x per week ○ ?1 per week ○ Not at all (+5)

Control
How would you rate your asthma control during the **last 4 weeks**?
○ Not controlled at all (+1) ○ Poorly controlled ○ Somewhat controlled ○ Well controlled ○ Completely controlled (+5)

ACT score:

Interpretation

Points	Asthma symptom control
25	Complete
20–24	Good, but not complete

Points	Asthma symptom control
16–19	Poor
?15	Very poor

References

1. Nathan RA, Sorkness CA, Kosinski M et al. Development of the asthma control test: a survey for assessing asthma control. J Allergy Clin Immunol 2004; 113: 59-65