

# 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

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**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