

Asthma Control Test (ACT)

Question					Score
1. 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: 2	Some of the time: 3	A little of the time: 4	None of the time: 5	
2. During the past 4 weeks, how often have you had shortness of breath?					
More than once a day: 1	once a day: 2	3-6 times a week: 3	Once or twice a week: 4	Not at all: 5	
3. 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 a week: 1	2-3 nights a week: 2	Once a week: 3	Once or twice: 4	Not at all: 5	
4. During the past 4 weeks, how often have you used your rescue inhaler or nebulizer medication (such as albuterol)?					
≥3 times per day: 1	1-2 times per day: 2	2-3 times per week: 3	≤1 per week: 4	Not at all: 5	
5. How would you rate your asthma control during the past 4 weeks?					
Not controlled at all: 1	Poorly controlled: 2	Somewhat controlled: 3	Well-controlled: 4	Completely controlled: 5	
					Total
20-25: well-controlled; 16-19: not well-controlled; 5-15: very poorly controlled. The minimum clinically important difference is 3 points.					

1-2023 GINA report for asthma

2-Milgner K, Korn S, Feder C, et al. Criteria for evaluation of response to biologics in severe asthma - the Biologics Asthma Response Score (BARS). *Pneumologie*. 2023;10.1055/a-2102-8128. doi:10.1055/a-2102-8128



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