FIGURE 3–8. VALIDATED INSTRUMENTS FOR ASSESSMENT AND MONITORING OF ASTHMA

- Asthma Control Questionnaire (Juniper et al. 1999b)
- Asthma Therapy Assessment Questionnaire (Vollmer et al. 1999) (See below.)
- Asthma Control Test (Nathan et al. 2004) (See below.)
- Asthma Control score (Boulet et al. 2002)

Asthma Therapy Assessment Questionnaire© (ATAQ)

1. In the past 4 weeks did you miss any work, school, or normal daily activities because of your asthma? (1 point for YES)
2. In the past 4 weeks, did you wake up at night because of your asthma? (1 point for YES)
3. Do you believe your asthma was well controlled in the past 4 weeks? (1 point for NO)
4. Do you use an inhaler for quick relief from asthma symptoms? If yes, what is the highest number of puffs in 1 day you took of this inhaler? (1 point for more than 12)

Total points = 0–4, with more points indicating more control problems

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CAUTION: The sample questionnaires in figure 3–8 assess only the impairment domain of asthma control and NOT the risk domain. Measure of risk, such as exacerbations, urgent care, hospitalizations, and declines in lung function, are important elements of assessing the level of asthma control.


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