

Asthma LQ Life Quality TEST

If you or your child has been told you have asthma, or even if you have occasional problems taking a good, deep breath, this simple test from the American College of Allergy, Asthma & Immunology (ACAAI) may help improve your LIFE QUALITY (or “LQ”). Just pick up a pencil or pen and answer these 20 questions. Then look on the back to see if you need to take steps toward a better LQ.

Yes No

- When I walk or do simple chores, I have trouble breathing or I cough
- When I perform heavier work, such as walking up hills and stairs or doing chores that involve lifting, I have trouble breathing or I cough
- Sometimes I avoid exercising or taking part in sports like jogging, swimming, tennis or aerobics because I have trouble breathing or I cough
- I have been unable to sleep through the night without coughing attacks or shortness of breath

- Sometimes I can't catch a good, deep breath
- Sometimes I make wheezing sounds in my chest
- Sometimes my chest feels tight
- Sometimes I cough a lot

- Dust, pollen and pets make my breathing more difficult
- Cold weather makes my breathing more difficult
- My breathing problem gets worse when I'm around tobacco smoke, fumes or strong odors
- When I catch a cold, it often goes into my chest

- I made one or more emergency visits to a doctor in the past year because of my breathing problems
- I had one or more overnight hospitalizations due to breathing problems in the past year

Answer the following if you ever have been diagnosed with asthma:

- I feel like I use my asthma inhaler too often
- Sometimes I don't like the way my asthma medicine makes me feel
- My asthma medicine doesn't control my asthma
- My asthma controls my life more than I would like
- I feel tension or stress because of my asthma
- I worry that my asthma affects my health or may even shorten my life