

Asthma Bother Profile

- *Asthma affects people in many different ways*
- *For some people asthma causes very little bother*
- *For others, asthma is very troublesome*
- *The purpose of this questionnaire is to find out how much your asthma bothers you overall*

Part One

Would you please provide the following information before going on to the rest of the questionnaire: Age ____ Male ☐ Female ☐

Please tick ☒

Please tick ☒ any month when your asthma bothers you

Jan ☐ Feb ☐ Mar ☐ Apr ☐ May ☐ Jun ☐

Jul ☐ Aug ☐ Sep ☐ Oct ☐ Nov ☐ Dec ☐

If you have had asthma for less than 12 months, please state for how many months you have had it _____

(Please write the number of months on the line)

Please write today's date here: _____

Part Two

*Please answer the following questions by putting a tick next to the reply which **most closely applies to you** ✓*

*Please don't spend too long thinking about each question.
It is your **general impression** which is important.*

*How much does your
asthma bother you at your
paid work?*

Tick here if unemployed or
retired **because of asthma** ☐

Tick here if retired ☐

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*Overall, how much does your
asthma bother you when you
do **jobs around the house**?*

Such as:

housework
shopping
home maintenance
gardening
child care

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery
- ☐ None of these really
apply to me

Overall, how much does your asthma bother your social life?

Such as:

visiting friends
walking with friends
talking with friends
going to pubs/restaurants
parties

☐ No bother at all

☐ Minor irritation

☐ Slight bother

☐ Moderate bother

☐ A lot of bother

☐ Makes my life a misery

Please
tick one
only



Overall, how much does your asthma bother your personal life?

Such as:

love life
personal relationships
family life

☐ No bother at all

☐ Minor irritation

☐ Slight bother

☐ Moderate bother

☐ A lot of bother

☐ Makes my life a misery

☐ None of these really
apply to me

Please
tick one
only



If involved in leisure activities, how much does your asthma bother you?

Such as:

walking for pleasure, sports,
exercise, travelling, holidays

☐ No bother at all

☐ Minor irritation

☐ Slight bother

☐ Moderate bother

☐ A lot of bother

☐ Makes my life a misery

☐ Don't want to do these
sorts of things anyway

Please
tick one
only



As well as ticking one of the replies opposite,
please tick here if you can't do some of these
sorts of things because of asthma ☐

Part Three

Here are some things which often happen to people when they have asthma.

How much is each a bother to you?

*How much does your asthma bother you when you **sleep**?*

Such as:

coughing at night
waking at night
waking early

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*How much does the **cost** of your asthma medicines bother you?*

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

As well as ticking one of the replies opposite, please tick here if you get free prescriptions ☐

How much does the inconvenience or embarrassment of taking your asthma medicines bother you?

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

How much do coughs and colds bother you?

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery
- ☐ Never get coughs or colds

Feeling upset is also a bother. If your asthma makes you feel anxious, depressed, tired or helpless, how much does this bother you?

Please
tick one
only
✓

- ☐ No bother at all
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery
- ☐ My asthma never makes me feel this way

Part Four

Worries can also be a bother, particularly if you spend a lot of time worrying.



*How much bother is the worry that you will have an **asthma attack** when visiting a **new place**?*

Please
tick one
only
✓

- ☐ I never have this worry
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*How much bother is the worry that you will catch a **cold**?*

Please
tick one
only
✓

- ☐ I never have this worry
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*How much bother is the worry that
you will **let others down**?*

Such as:

missed appointments
being off work
change of plans

Please
tick one
only
✓

- ☐ I never have this worry
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*How much bother is the worry that
your health may get worse in
the future?*

Such as:

increasing breathlessness
effects of medicines
being able to do less

Please
tick one
only
✓

- ☐ I never have this worry
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

*How much bother is the worry that
you won't be able to cope with an
asthma attack?*

Please
tick one
only
✓

- ☐ I never have this worry
- ☐ Minor irritation
- ☐ Slight bother
- ☐ Moderate bother
- ☐ A lot of bother
- ☐ Makes my life a misery

Part Five

The purpose of this section is to find out what you think about the care and support you receive from the doctor's surgery.

Your answers to this section are entirely anonymous and will not be seen by anyone at the surgery. Please do not write your name on this page.

For each of the following statements, please use a tick as before, to show overall - how true or untrue each statement is for you.

If my asthma was a problem, my doctor would see me quickly

Please
tick one
only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

I have confidence in my ability to deal with an asthma attack

Please
tick one
only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

I am unsure about how my medicine works

Please
tick one
only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

My doctor/nurse has carefully explained how I should manage my asthma

Please tick one only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

I think I am given the best care possible for my asthma

Please tick one only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

I would like more general information about asthma

Please tick one only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

I don't know when to call the doctor for my asthma

Please tick one only
✓

- ☐ Very untrue
- ☐ Moderately untrue
- ☐ Slightly untrue
- ☐ Slightly true
- ☐ Moderately true
- ☐ Very true

Please tick here if you have attended the asthma clinic ☐

About how many times have you attended? _____