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?

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

Tick here if unemployed or retired because of asthma

Tick here if retired

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

Such as:
- Housework
- Shopping
- Home maintenance
- Gardening
- Child care

- 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

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 your personal life?

Such as:
- love life
- personal relationships
- family life

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

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

Such as:
- walking for pleasure, sports, exercise, travelling, holidays

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 can't do some of these sorts of things because of asthma

Don't want to do these sorts of things anyway
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

- 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?

- 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?

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

Please tick one only

How much do coughs and colds bother you?

〇 No bother at all
〇 Minor irritation
〇 Slight bother
〇 Moderate bother
〇 A lot of bother
〇 Makes my life a misery
〇 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

〇 No bother at all
〇 Minor irritation
〇 Slight bother
〇 Moderate bother
〇 A lot of bother
〇 Makes my life a misery
〇 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**?

- 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**?

- 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

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

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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

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

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

○ 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

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

I am unsure about how my medicine works
My doctor/nurse has carefully explained how I should manage my asthma

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

I would like more general information about asthma

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

Please tick here if you have attended the asthma clinic

About how many times have you attended? ______