**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**

Please answer the following questions by putting a check mark in the box 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.

1. Are you currently retired?

 If ***NO***, skip to Q2.

1a. Are you retired because of asthma?

 Skip to Q5.

2. Are you currently unemployed?

 If ***NO***, skip to Q3.

2a. Are you unemployed because of asthma?

 Skip to Q5.

0 Yes 0 No 5 Yes 0 No 0 Yes 0 No

5 Yes 0 No

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3. | Do you get paid to do work? |  | 1 Yes | 0 | No |
|  |  If ***NO***, skip to Q5. |  |  |  |  |

4. How much does your asthma bother you at your **paid work?** *(Please check only one box.)*

5. Overall, how much does your asthma bother you when you do **jobs around the house?** For example: housework, shopping, home maintenance, gardening, and child care. *(Please check only one box.)*

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 None of these really apply to me

6. Overall, how much does your asthma bother your **social life?** For example: visiting friends, walking with friends, talking with friends, going to bars/restaurants, and parties. *(Please check only one box.)*

7. Overall, how much does your asthma bother your **personal life?** For example: love life, personal relationships, and family life. *(Please check only one box.)*

8. Are you involved in **leisure activities**, such as: walking for pleasure, sports, exercise, travelling, taking vacations?

  If ***NO***, skip to Q8b.

8a. When involved in leisure activities, how much does your asthma bother you?

8b. Would you say that you can’t do some of these sorts of things because of asthma?

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 None of these really apply to me

0 Yes 0 No

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

**(1110)** 5 Yes 0 No

**Part Two**

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

How much is each a bother to you?

9. How much does your asthma bother you when you **sleep?** For example: coughing at night, waking at night, and waking early. *(Please check only one box.)*

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

10. How much does the **cost** of your **asthma medicines**

bother you? *(Please check only one box.)*

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

10a. Do you get free prescriptions? 0 Yes 0 No

11. How much does the **inconvenience** or **embarrassment** of **taking your asthma medicines** bother you? *(Please check only one box.)*

12. How much do **coughs and colds** bother you? *(Please check only one box.)*

13. **Feeling upset** is also a bother. Does your asthma make you feel **anxious, depressed, tired,** or **helpless**?

  If ***NO***, skip to Q14.

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 Never get coughs or colds

0 Yes 0 No

13a. How much does this bother you? 0 No bother at all

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

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**Part Three**

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



14. How much bother is the worry that you will have an **asthma attack** when visiting a **new place?** *(Please check only one box.)*

15. How much bother is the worry that you will catch a

**cold?** *(Please check only one box.)*

16. How much bother is the worry that you will **let others down?** For example: missed appointments, being off work, and change of plans. *(Please check only one box.)*

17. How much bother is the worry that **your health may get worse in the future?** For example: increasing breathlessness, effects of medicines, and being able to do less. *(Please check only one box.)*

0 I never have this worry

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 I never have this worry

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 I never have this worry

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

0 I never have this worry

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery

18. How much bother is the worry that you won’t be able to cope with an **asthma attack?** *(Please check only one box.)*

0 I never have this worry

1 Minor irritation

2 Slight bother

3 Moderate bother

4 A lot of bother

5 Makes my life a misery