How is your Pulmonary Disease? Take the Chronic Airways Assessment Test (CAAT)

This questionnaire will help you and your healthcare professional measure the impact your Pulmonary Disease is having on your wellbeing and daily life. Your answers, and test score, can be used by you and your healthcare professional to help improve the management of your Pulmonary Disease and get the greatest benefit from treatment.

Example:

I am very happy   0 ☒ 2 3 4 5   I am sad

SCORE

I never cough	0 1 2 3 4 5	I cough all the time
I have no phlegm (mucus) in my chest at all	0 1 2 3 4 5	My chest is full of phlegm (mucus)
My chest does not feel tight at all	0 1 2 3 4 5	My chest feels very tight
When I walk up a hill or one flight of stairs I am not breathless	0 1 2 3 4 5	When I walk up a hill or one flight of stairs I am very breathless
I am not limited doing any activities at home	0 1 2 3 4 5	I am very limited doing activities at home
I am confident leaving my home despite my lung condition	0 1 2 3 4 5	I am not at all confident leaving my home because of my lung condition
I sleep soundly	0 1 2 3 4 5	I don't sleep soundly because of my lung condition
I have lots of energy	0 1 2 3 4 5	I have no energy at all

TOTAL SCORE