

Are you at risk of having an exacerbation?

This questionnaire will help you and your doctor measure the impact COPD is having on your wellbeing and daily life. You and your doctor can use the answers and test score to help improve the management of your COPD and get the greatest benefit from treatment.

For each item below, select the number that best describes you currently. Be sure to only select one response for each question.

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 completely 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 despite my lung condition	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 do not sleep soundly because of my lung condition
I have lots of energy	0	1	2	3	4	5	I have no energy at all

Score = 0-9: Your COPD is well under control, and you may be at minimal risk of an exacerbation. Keep in mind that it is never possible to predict exactly when an exacerbation will strike, so make sure to use your medication correctly and as prescribed, and avoid possible triggers.

Score = 10-19: Your COPD is controlled but may need some improvement, and you may be at low risk of an exacerbation. Keep in mind that it is never possible to predict exactly when an exacerbation will strike, so make sure to use your medication correctly and as prescribed, and avoid possible triggers. Visit your Healthcare Professional to discuss ways to improve your treatment and update your COPD Action Plan.

Score = 20-29: Your COPD is not well controlled, and you may be at risk of an exacerbation. Keep in mind that it is never possible to predict exactly when an exacerbation will strike, so it may be wise to visit your Healthcare Professional to discuss ways to improve your treatment and update your COPD Action Plan.

Score = 30-40: Your COPD is poorly controlled and you are at risk of an exacerbation, which may even be severe. Keep in mind that it is never possible to predict exactly when an exacerbation will strike, so it is strongly recommended that you visit your Healthcare Professional to discuss ways to improve your treatment and update your COPD Action Plan.

**Total
Score**

THIS TEST IS NOT INTENDED TO DIAGNOSE OR REPLACE MEDICAL ADVICE. ALWAYS CONSULT A HEALTHCARE PROFESSIONAL.

CAT assessment & CAT User Guide and FAQ. Accessed 2026/07/17. Available from https://www.catestonline.org/content/dam/global/catestonline/documents/CAT_HCP%20User%20Guide.pdf
Lee S-D, Huang M-S, et al. respiratory Medicine, 2014;108:600-608.^{1,2}

REFERENCES: 1. COPD Assessment Test [online]. Accessed 2026/07/17. Available from https://www.catestonline.org/content/dam/global/catestonline/documents/CAT_HCP%20User%20Guide.pdf.
2. Lee S-D, Huang M-S, et al. The COPD assessment test (CAT) assists prediction of COPD exacerbations in high-risk patients. Respiratory Medicine 2014;108:600e608.