

QUESTIONNAIRE ON KNOWLEDGE ABOUT BRONCHIAL ASTHMA
ENGLISH VERSION

Translated and backtranslated by two independent translators.

1. Asthma symptoms are due to:
 - a. Tightening up of the bronchi
 - b. Opening up of the bronchi
 - c. I do not know
 - d. I do not want to answer
2. Asthma causes episodes of shortness of breath, but these are not really dangerous
 - a. I agree
 - b. I do not agree
 - b. I do not know
 - c. I do not want to answer
3. What type of medication should be used in an acute asthma bout?
 - a. Inhaler to open up bronchi
 - b. Inhaler to prevent the bouts
 - c. Anti-allergic drugs
 - d. I do not know
 - e. I do not want to answer
4. What are the side-effects of the medication used to open up the bronchi?
 - a. Nervousness, palpitations (fast heartbeat), trembling of the hands
 - b. Diarrhoea and fever
 - c. I do not know
 - d. I do not want to answer
5. When should a person with asthma go to an Emergency Department?
 - a. When there mild discomfort, mild breathlessness which improves with rescue medication
 - b. When it becomes difficult to speak full sentences, and/or there is shortness of breath which does not improve with rescue medication and/or there is intense tiredness

- c. I do not know
 - d. I do not want to answer
- 6. Even outside of crises/bouts, people with asthma may need to use medication on a regular basis
 - a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
- 7. When people with asthma are not in a bout/crisis, they can practise sports.
 - a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
- 8. Even with an optimal medical follow-up, most asthmatic patients cannot lead a normal life
 - a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
- 9. Asthma is an illness which may kill.
 - a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
- 10. Asthma begins more frequently in childhood or young adulthood than at an elderly age.
 - a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer

11. Asthma is a chronic illness (which is ongoing even in periods during which no symptoms are detected).
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
12. In asthma, the lung airways (bronchi) are inflamed.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
13. The lung airways (bronchi) are inflamed in asthma, even outside of crises / bouts.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
14. When an asthmatic patient is exposed to cold environments, does physical exercise or has a flu, these factors may trigger an asthma crisis / bout.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
15. Asthma cannot be cured but it may be well controlled.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
16. People with asthma do not have any way (for example, a test) of knowing whether their breathing is OK.
- a. I agree
 - b. I do not agree

- c. I do not know
 - d. I do not want to answer
17. Certain sports, such as swimming and hydrogymnastics, are appropriate for asthmatic patients.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
18. Asthmatic patients should NOT practise sports.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
19. An asthmatic patient who needs to use his rescue (SOS) inhaler several times per week is a patient whose asthma is well controlled.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer
20. Avoidance of exposure to situations that may trigger an asthma bout such as cold weather, tobacco smoke or house dust, may improve control of asthma symptoms.
- a. I agree
 - b. I do not agree
 - c. I do not know
 - d. I do not want to answer