

Asthma Behaviour Checklist

Below is a list of behaviours parents with asthmatic children often have to manage. For each item: (1) circle the number that best describes how much of a problem that behaviour has been for your child, and; (2) rate how confident you are in dealing with it. If that behaviour is not currently occurring, rate how confident you are that you could successfully deal with your child's behaviour if it did occur. Remember to put a confidence rating for every item.

Rate your confidence from 1 (Certain I can't do it) to 10 (Certain I can do it).

	To what extent has this behaviour been a problem for you with your child?							How confident are you in dealing with it?
	Not at all	A little	Somewhat	Much	Very much			
1. Complains about taking preventer medication	1	2	3	4	5	6	7	<input type="text"/>
2. Complains about having mask applied to face	1	2	3	4	5	6	7	<input type="text"/>
3. Uses preventer incorrectly	1	2	3	4	5	6	7	<input type="text"/>
4. Complains about the taste of preventer medication	1	2	3	4	5	6	7	<input type="text"/>
5. Refuses to go to the doctor	1	2	3	4	5	6	7	<input type="text"/>
6. Refuses to take medication to school	1	2	3	4	5	6	7	<input type="text"/>
7. Forgets to have inhaler with them	1	2	3	4	5	6	7	<input type="text"/>
8. Becomes anxious when having a breathing problem	1	2	3	4	5	6	7	<input type="text"/>
9. Refuses to take medication when having a breathing problem	1	2	3	4	5	6	7	<input type="text"/>
10. Refuses to go to school	1	2	3	4	5	6	7	<input type="text"/>
11. Refuses to participate in activities	1	2	3	4	5	6	7	<input type="text"/>
12. Complains about asthma symptoms	1	2	3	4	5	6	7	<input type="text"/>

13. Complains about taking reliever before exposure to trigger (e.g. before exercise)	1	2	3	4	5	6	7	<input type="checkbox"/>
14. Refuses or resists using spacer device correctly	1	2	3	4	5	6	7	<input type="checkbox"/>
15. Whinges or whines about asthma	1	2	3	4	5	6	7	<input type="checkbox"/>
16. Yells about using medication	1	2	3	4	5	6	7	<input type="checkbox"/>
17. Throws a tantrum about having preventive medication or using a spacer	1	2	3	4	5	6	7	<input type="checkbox"/>
18. Argues about having preventive medication or using a spacer	1	2	3	4	5	6	7	<input type="checkbox"/>
19. Behaves disruptively when taking medication/using puffer	1	2	3	4	5	6	7	<input type="checkbox"/>
20. Uses asthma to avoid tasks or activities (e.g. sport, chores, school activities)	1	2	3	4	5	6	7	<input type="checkbox"/>
21. Complains about having asthma	1	2	3	4	5	6	7	<input type="checkbox"/>
22. Forgets to take their medication	1	2	3	4	5	6	7	<input type="checkbox"/>

Citation:

Morawska, A., Stelzer, J., & Burgess, S. (2008). Parenting asthmatic children: Identification of parenting challenges. *Journal of Asthma*, 45(6), 465-472. doi: 10.1080/02770900802040050