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The Knowledge, Attitude, and Self-Efficacy

Asthma Questionnaire

This survey contains a series of statements, written in the first person, concerning your opinions about your asthma. The survey also contains questions regarding your knowledge of asthma. Please read each of the items carefully; then, circle the letter that you feel answers the question best. Remember to CHOOSE ONLY ONE RESPONSE for each item. Thank you.

1. Following a healthy diet and lifestyle will help control my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

2. Which one of the following is not a common asthma symptom?

- a. Sore, dry throat
- b. Coughing
- c. Chest tightness
- d. Wheezing
- e. Shortness of breath

3. Which one of the following statements is true?

- a. Asthma can be the result of an emotional illness
- b. People bring asthma on themselves
- c. Asthma is the result of how children are raised

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- d. Asthma is a physical illness
- e. Both A and D

4. I can recognize the changes that occur in my lungs before an asthma attack begins.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

5. It is important for me to take my asthma medications as prescribed.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

6. Which one of the following is not a component of the respiratory system?

- a. Alveoli
- b. Larynx
- c. Trachea
- d. Bronchial tubes
- e. Duodenum

7. The function of the lungs is to:

- a. Bring carbon dioxide in and push oxygen out
- b. Enhance cardiac output and increase stroke volume
- c. Bring oxygen in and push carbon dioxide out
- d. Cleanse the nasal passages and prevent keotacidosis
- e. Bring oxygen in and push nitrogen out

8. I can do a great deal to solve the problems that asthma can cause.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

9. When it comes to my asthma, I feel that I can avoid having to miss work or other daily responsibilities.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

10. Oxygen is exchanged in the _____:

- a. Larynx
- b. Alveoli
- c. Pancreas
- d. Bronchial tubes
- e. Trachea

11. I would like to learn as much as I can about how to manage my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

12. Air needs to be _____ before it reaches the lungs.

- a. Warmed
- b. Humidified
- c. Cooled
- d. B and C
- e. A and B

13. I can prevent asthma in almost all situations.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

14. My family can help me to remain calm during my asthma episodes.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false

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- d. Mostly false
- e. False

15. I have confidence in my ability to keep my asthma under control when I am in a different city on vacation or on a business trip.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

16. Which one of the following is not a common asthma trigger?

- a. Weather changes
- b. Laughing
- c. Aspirin
- d. Exercise
- e. Caffeine

17. I can help my family remain calm during my asthma episodes.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

18. Which one of these physiological changes does not occur in the respiratory system before and during an asthma attack?

- a. The muscles around the bronchial tubes tighten
- b. The mucus in the bronchial tubes thickens
- c. The inner lining of the bronchial tubes swells
- d. The blood vessels of the bronchial tubes enlarge
- e. The airways narrow

19. I can take the necessary steps to avoid or to manage an asthma attack effectively.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false

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e. False

20. I feel comfortable taking my asthma medications when I am at work or away from home.

a. True

b. Mostly true

c. Sometimes true and sometimes false

d. Mostly false

e. False

21. The number of people with asthma in the United States is approximately _____:

a. 10 million

b. 5 million

c. 3 million

d. 1 million

e. 200,000

22. My asthma is not bad enough to warrant my having to learn asthma management strategies.

a. True

b. Mostly true

c. Sometimes true and sometimes false

d. Mostly false

e. False

23. I feel confident in my ability to exercise without having an asthma attack.

a. True

b. Mostly true

c. Sometimes true and sometimes false

d. Mostly false

e. False

24. Which one of the following statements is false?

a. The best time to treat an attack is before it starts.

b. The longer you wait to treat an attack after it begins, the more likely the attack is to clear.

c. Modifying your activities, drinking clear liquids, and using your inhaler will help clear an attack.

d. An attack can be treated before it begins by paying attention to your medications, the

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environment, your asthma triggers, your early warning signs, and your health habits.

e. For some people, menstrual periods may trigger asthma attacks.

25. My family can help me get the upper hand on my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

26. I do very well at perceiving the level of my asthma at all times, including when I am experiencing no asthma at all, when I am experiencing slight asthma, when I am experiencing moderate asthma, and when I am experiencing severe asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

27. When I have an asthma attack and have no idea what caused it, I may have

_____:

- a. Failed to take my asthma medications
- b. Unknowingly come into contact with one of my asthma triggers
- c. Been experiencing a great deal of stress lately
- d. Been unaware of or ignored my early warning signs
- e. All of the above

28. My physician can handle my asthma without my having to become involved.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

29. I have confidence in my ability to keep my asthma under control when problems arise in my family.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

30. Which one of the following may actually make an asthma attack worse?

- a. Continuing to exercise or work once an attack begins
- b. Resting instead of remaining active to clear the mucus
- c. Pursed-lip breathing techniques
- d. Drinking warm liquids
- e. Using a bronchodilator during the attack

31. I feel as though I am well informed about my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

32. I can handle the problems that asthma may cause.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

33. The cause of exercise-induced asthma is _____:

- a. Cooling and drying of the airways
- b. Overheating of the airways
- c. Not taking in enough oxygen
- d. Not being able to rid the lungs of carbon dioxide fast enough
- e. Build-up of lactic acid

34. Three "Rs" that are helpful in treating an acute asthma attack are:

- a. Readjust medications, Readjust food intake, and Readjust fluid intake
- b. Rest, Relaxation, and Right breathing
- c. Readjust medications, Restrict fluids, and Restrict eating
- d. Record symptoms, Report to physician, and Refrain from drinking liquids
- e. Record triggers, Remove all stressors, and Renew commitment to take medications on time

35. I can learn to be an effective asthma self-manager.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

36. If cigarette smoke is bothering me, I feel that I can ask the person to stop smoking.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

37. My life revolves around my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

38. To prevent asthma attacks, it is important to pay attention to _____:

- a. My early warning signs and my asthma triggers
- b. Good health habits and medication compliance
- c. The environment
- d. A and B
- e. A, B, and C

39. The more I know about asthma, the more I can help myself.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

40. I resent my asthma because it limits my mobility.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

41. Two early warning signs of an impending asthma attack are:

- a. Emotional and attitude changes
- b. Physical changes and insomnia
- c. Physical and attitude/mood changes
- d. Dizziness and increased sweating
- e. Dysphoric mood and emotional changes

42. I feel that I can take my asthma medications as prescribed by my doctor.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

43. I feel that I have enough information about asthma to allow me to manage my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

44. I want to work in partnership with my physician in taking care of my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false

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- d. Mostly false
- e. False

45. Three "ABCs" that are helpful in treating an acute asthma attack are _____:

- a. Alleviate stress, Breathe rapidly, and Calm down
- b. Address maladaptive behaviors, Breathe in a shallow manner, and Cough frequently to clear mucus from lungs
- c. Aadjust activities, use a bronchodilator, and Consume clear, lukewarm liquids
- d. Ask for help, Blow into your peak flow meter, and Check your peak flow values

46. During an asthma episode, I can refrain from panicking in order to better manage the attack.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

47. I have confidence in my ability to avoid frequent trips to the emergency room because of my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

48. Preventing asthma is a skill I can learn.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

49. Which one of the following instruments objectively measures lung functioning?

- a. Sphygmomanometer
- b. Peak flow meter
- c. Auto-auscultation device
- d. Stethoscope
- e. Polygraph

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50. There is nothing I can do to relieve an asthma attack before it gets worse.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

51. I feel OK about asking for help during asthma attacks when I need to.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

52. I don't have a lot of confidence in my ability to manage my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

53. I can generally figure out what is causing an episode of my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

54. Which one of the following indicates that your inhaler is empty?

- a. The inhaler stands up at the top of the water
- b. The inhaler lays flat on the bottom of the water
- c. The inhaler floats on its side on top of the water
- d. The inhaler floats on a diagonal toward the top of the water
- e. The inhaler stands up on the bottom of the water

55. Once an attack starts, I am not capable of stopping it; I just have to wait until it subsides.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

56. I want to take an active role in managing my asthma.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

57. I have a lot of confidence in my ability to detect the early warning signs of my asthma

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

58. Possible side effects of theophylline (Theo-Dur) may include:

- a. Visual disturbances, sweating, and confusion
- b. Memory disturbances, increased appetite, and water retention
- c. Insomnia, weight gain, and depressed mood
- d. Vomiting, headache, and irritability
- e. Fatigue, restlessness, and slurred speech

59. I can avoid or minimize most of my asthma triggers.

- a. True
- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False

60. I can use positive self-talk to help control my asthma.

- a. True

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- b. Mostly true
- c. Sometimes true and sometimes false
- d. Mostly false
- e. False