

Patient Name:

Date of Birth:

Date: \_\_\_\_\_

## URTICARIA/ANGIOEDEMA (Hives/Swelling) CONTROL TEST

Instructions: You have urticaria. The following questions should help us understand your current health situation. Please read through each question carefully and choose an answer that best fits your situation. Please limit yourself to the **last four weeks**. Please do not think about the questions for a long time, and do remember to answer all questions and to provide *only one* answer to each question.

1. How much have you suffered from the <b>physical symptoms of the urticaria (itch, hives [welts], and or swelling)</b> in the last four weeks?					
<input type="checkbox"/> Very much 0	<input type="checkbox"/> Much 1	<input type="checkbox"/> Somewhat 2	<input type="checkbox"/> A little 3	<input type="checkbox"/> Not at all 4	
2. How much was your <b>quality of life</b> affected by the urticaria in the last four weeks?					
<input type="checkbox"/> Very much 0	<input type="checkbox"/> Much 1	<input type="checkbox"/> Somewhat 2	<input type="checkbox"/> A little 3	<input type="checkbox"/> Not at all 4	
3. How often was the <b>treatment</b> for your urticaria in the last four weeks <b>not enough</b> to control your urticaria symptoms?					
<input type="checkbox"/> Very often 0	<input type="checkbox"/> Often 1	<input type="checkbox"/> Sometimes 2	<input type="checkbox"/> Seldom 3	<input type="checkbox"/> Not at all 4	
4. <b>Overall</b> , how well have you had your urticaria <b>under control</b> in the last four weeks?					
<input type="checkbox"/> Not at all 0	<input type="checkbox"/> A little 1	<input type="checkbox"/> Somewhat 2	<input type="checkbox"/> Well 3	<input type="checkbox"/> Very well 4	
<b>TOTAL SCORE:</b>					

Reproduced from Weller K, Groffik A, Church MK, et al. Development and validation of the Urticaria Control Test: A patient reported outcome instrument for assessing chronic urticaria. *J Allergy Clin Immunol* 2014; 133:1365

A score of 16 indicates complete disease control. A score of <12 on the UCT identifies patients with poorly controlled chronic urticaria (CU), and a score of ≥12 identifies those with well-controlled symptoms. An improvement in 3 points is a minimal response, and an improvement of ≥6 points is a marked response.