



Your Name:

Today's Date:

How is your COPD? Take the COPD Assessment Test™ (CAT)

This test is for people diagnosed with COPD (chronic obstructive pulmonary disease). COPD includes chronic bronchitis and emphysema. This test can help your healthcare provider assess your COPD health status.

For each item below, place a mark (X) in the box that best describes you now. Be sure to only select one response for each question.

Example: I am very happy (0) (1) (X) (3) (4) (5) I am sad

			Score
I never cough	(0) (1) (2) (3) (4) (5)	I cough all the time	<input type="text"/>
I have no phlegm (mucus) in my chest at all	(0) (1) (2) (3) (4) (5)	My chest is full of phlegm (mucus)	<input type="text"/>
My chest does not feel tight at all	(0) (1) (2) (3) (4) (5)	My chest feels very tight	<input type="text"/>
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	<input type="text"/>
I am not limited doing any activities at home	(0) (1) (2) (3) (4) (5)	I am very limited doing activities at home	<input type="text"/>
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	<input type="text"/>
I sleep soundly	(0) (1) (2) (3) (4) (5)	I don't sleep soundly because of my lung condition	<input type="text"/>
I have lots of energy	(0) (1) (2) (3) (4) (5)	I have no energy at all	<input type="text"/>
			Total Score <input type="text"/>

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