

Asthma Awareness Survey Design Fact Sheet

ABOUT THE ASTHMA AWARENESS SURVEY

In an effort to better understand the misperceptions of asthma control and management, Kelton Global, on behalf of GSK, conducted an online survey of more than 1,000 adults with uncontrolled asthma (n=1,016), which is associated with decreased quality of life and increased health care system use.ⁱ The 2016 Asthma Awareness Survey was conducted between December 10, 2015 and January 4, 2016. To be included in the survey, respondents met the following three criteria: (1) diagnosed with asthma at least one year ago, (2) scored below 20 on the **Asthma Control Test (ACT)**, indicating their asthma may not be well controlled, and (3) have not been diagnosed with Alpha 1 antitrypsin deficiency, chronic bronchitis, COPD, emphysema, head, neck or esophageal cancer or lung cancer.

The Asthma Awareness Survey also included questions from the **Brief Illness Perception Questionnaire (BIPQ)** and the **Self-Efficacy for Managing Chronic Disease Stanford Scale (“Stanford Scale”)** in order to assess patients’ perceptions of their asthma condition and their confidence in managing their condition.

The margin of error for the Asthma Awareness Survey is +/- 3.1%, meaning that the chances are 95 in 100 that a survey result does not vary by more than 3.1 percentage points (plus or minus) from the result that would be obtained if interviews had been conducted with all personas in the universe represented by the sample.

ABOUT THE ASTHMA CONTROL TEST (ACT)

The [Asthma Control Test](http://asthma.com) (ACT), which is available on asthma.com, is a way to help patients and their healthcare providers determine if their asthma symptoms may be well controlled. The ACT was used in this survey to screen respondents, excluding asthma patients who scored more than 20 (indicating a high level of control). The test consists of five questions for patients to self-report on the frequency of symptoms, the need for emergency medications, self-perceptions of their condition and how their condition affects everyday life.

Patients who scored 5-19 on the ACT are considered to be “uncontrolled” and were included in the results of this survey. For the purposes of the survey, and with input from GSK’s Medical Affairs team, patients who scored 5-15 on the ACT were classified as “very poorly controlled,” while patients who scored 16-19 on the ACT were classified as “not-well controlled.”

The ACT is a trademark of QualityMetric incorporated.

ABOUT THE BRIEF ILLNESS PERCEPTION QUESTIONNAIRE (BIPQ)

The Brief Illness Perception Questionnaire (BIPQ) is a validated scale designed to evaluate the cognitive and emotional representations of illness.ⁱⁱ The scale may assess factors such as a patient’s perceived understanding of their condition, how long they perceive they will have their condition and perception of whether they can do anything to influence their condition.

For the purposes of the survey, and with input from GSK’s Medical Affairs team, survey respondents who scored 42 points or more on the BIPQ were classified as having a high-threat

view of their asthma and those who scored 0-41 points were classified as having a low-threat view of their asthma.

ABOUT THE SELF-EFFICACY FOR MANAGING CHRONIC DISEASE STANFORD SCALE ("STANFORD SCALE")

The Self-Efficacy for Managing Chronic Disease Stanford Scale ("Stanford Scale") assesses a patient's belief and confidence that he or she can perform a specific behavior related to their health care.ⁱⁱⁱ Questions for the Stanford Scale may include how confident a patient is that they can keep fatigue caused by their condition from interfering with the things they want to do, or how confident a patient is that he or she can do the different tasks and activities needed to manage their health condition to reduce their need to see a doctor.

For the purposes of the survey, and with input from GSK's Medical Affairs team, survey respondents who scored 37 points or more on the Stanford Scale were classified as having a high confidence and those who scored 0-36 points were classified as having low confidence.

ⁱ "Uncontrolled Asthma among Persons with Current Asthma." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 15 Sept. 2014. Web. 22 Mar. 2016.

ⁱⁱ Broadbent E, Petrie KJ, Main J, Weinman J. The brief illness perception questionnaire. *J Psychosom Res.* 2006;60(6):631-7.

ⁱⁱⁱ Self-Efficacy for Managing Chronic Disease 6-Item Scale. Stanford Patient Education Research Center. <http://patienteducation.stanford.edu/research/secd6.html>. Accessed March 30, 2016.