

**CHRONIC URTICARIA**

**URTICARIA CONTROL TEST**

Urticaria is a serious  
chronic disease.  
The good news is:  
it can be treated!  
The goal is freedom  
from symptoms.

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juckt's?**  
**WENJUCKTS.INFO**

# URTICARIA CONTROL TEST (UCT)<sup>1</sup>

Patient data:

  
  
  

Doctor's office stamp:

  
  
  

**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 from the five options that best fits your situation. Please limit yourself to **the last four weeks**. Please don't 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 **physical symptoms of the urticaria (itch, hives (welts) and/or swelling)** in the last four weeks?

0 very much	1 much	2 somewhat	3 a little	4 not at all
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2. How much was your **quality of life affected** by the urticaria in the last 4 weeks?

0 very much	1 much	2 somewhat	3 a little	4 not at all
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3. How often was the **treatment** for your urticaria in the last 4 weeks **not enough** to control your urticaria symptoms?

0 very often	1 often	2 sometimes	3 seldom	4 not at all
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4. **Overall**, how well have you had your urticaria **under control** in the last 4 weeks?

0 not at all	1 a little	2 somewhat	3 well	4 very well
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Please sum up the marked numbers to a total score

# Uns!

## *URTICARIA CONTROL TEST (UCT)<sup>1</sup>*

The Urticaria Control Test (UCT) is a simple 4-item tool. A score between 0 and 4 is assigned to every answer option. Subsequently, the scores for all 4 questions are summed up. Accordingly, the minimum and maximum UCT scores are 0 and 16, with 16 points indicating complete disease control.

A score < 12 means poorly controlled urticaria, a score ≥ 12 means well controlled urticaria.

**Note:** If, in the course of your medical treatment, adverse effects of medicinal products become known, please report these to the Drug Commission according to § 6 of the Medical Professional Code of Conduct of the German medical profession.

### **Urticaria Control Test**

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1. Modified according to Weller K. et al. (2014). Development and validation of the Urticaria Control Test: A patient-reported outcome instrument for assessing urticaria control. *Journal of Allergy and Clinical Immunology* (2014).

05/2020 1077440