

CHRONIC URTICARIA

URTICARIA

CONTROL TEST



**NESSEL
SUCHT** info

www.nesselsuchtinfo.de

Urticaria is a serious chronic disease.

The good news is: it can be treated!
The goal is freedom from symptoms.

Urticaria Control Test (UCT)¹

Patient data

First name/Last name

Street/House number

Zip code/City

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.

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



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



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



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



Please sum up the marked numbers to a total score:

Intended to remain exclusively with the doctor
or in the patient file! Please do not return to Novartis!

Urticaria Control Test (UCT)¹

The Urticaria Control Test (UCT) describes the disease situation of the interviewed patient by means of a total score ranging from a minimum of 0 to a maximum of 16. The five possible answers correspond to individual scores ranging from 0 to 4.

Accordingly, the minimum and maximum UCT scores are 0 and 16, with 16 points indicating complete disease control.

The UCT is the total sum of the individual scores of all four questions.

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).