

ADCT – Atopic Dermatitis Control Tool



Understanding your atopic dermatitis using ADCT

Atopic dermatitis (AD) is a chronic form of eczema. It is a common and treatable disease, but it is not always easy to manage, and it may impact your quality of life in more than one way.

Measuring disease control across all areas of life affected by your AD – including visible skin signs, symptoms such as itch and pain, or overall quality of life – can help your doctor monitor treatment response, guide conversations about

optimal care that is right for you, and set achievable treatment goals.

Atopic Dermatitis Control Tool (ADCT) is a tool developed to assist patients and their doctors in comprehensively and efficiently understanding their disease. To self-assess how well controlled your AD is, please answer the following questions. Your responses to ADCT will help your doctor or nurse better understand your treatment needs.

Step 1: Complete six brief questions about your AD

Please complete the questions below. To use ADCT correctly, you must answer all six questions.

Atopic Dermatitis Control Tool

Please answer the following questions thinking about your experiences with eczema, sometimes called “atopic dermatitis”

1. Over the last week, how would you rate your eczema-related symptoms (for example, itching, dry skin, skin rash)?
☐ 0 None ☐ 1 Mild ☐ 2 Moderate ☐ 3 Severe ☐ 4 Very Severe
2. Over the last week, how many days did you have **intense episodes of itching** because of your eczema?
☐ 0 Not at all ☐ 1 1-2 days ☐ 2 3-4 days ☐ 3 5-6 days ☐ 4 Every day
3. Over the last week, how **bothered** have you been by your eczema?
☐ 0 Not at all ☐ 1 A little ☐ 2 Moderately ☐ 3 Very ☐ 4 Extremely
4. Over the last week, how many nights did you have **trouble falling or staying asleep** because of your eczema?
☐ 0 No nights ☐ 1 1-2 nights ☐ 2 3-4 nights ☐ 3 5-6 nights ☐ 4 Every night
5. Over the last week, how much did your eczema **affect your daily activities**?
☐ 0 Not at all ☐ 1 A little ☐ 2 Moderately ☐ 3 A lot ☐ 4 Extremely
6. Over the last week, how much did your eczema **affect your mood or emotions**?
☐ 0 Not at all ☐ 1 A little ☐ 2 Moderately ☐ 3 A lot ☐ 4 Extremely

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ADCT – US/English

To learn how to calculate your ADCT total score, please turn over to reverse side.

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Step 2: Calculate your ADCT total score

After you have answered all six questions, use the ADCT table below to calculate your ADCT total score.

- **For each question, your answer is scored between 0 points and 4 points.**
Fill in the **grey** boxes in the right-hand column of the ADCT table below with the points you scored for each question.
- **The sum of points for your answers to the six ADCT questions is your ADCT total score.**
Calculate the sum of your points in the grey boxes and write it into the **purple** box at the bottom.
Your ADCT total score will be between 0 and 24.
- Note down today's date in the box on the top left. You might want to refer back to the time you recorded your ADCT total score when you speak to your doctor about your AD.

Today's date: <input type="text"/>						Note your points for each question in the grey boxes
1. Over the last week, how would you rate your eczema-related symptoms?	(None) 0 points	(Mild) 1 point	(Moderate) 2 points	(Severe) 3 points	(Very Severe) 4 points	
2. Over the last week, how many days did you have intense episodes of itching because of your eczema?	(Not at all) 0 points	(1-2 days) 1 point	(3-4 days) 2 points	(5-6 days) 3 points	(Every day) 4 points	
3. Over the last week, how bothered have you been by your eczema?	(Not at all) 0 points	(A little) 1 point	(Moderately) 2 points	(Very) 3 points	(Extremely) 4 points	
4. Over the last week, how many nights did you have trouble falling or staying asleep because of your eczema?	(No nights) 0 points	(1-2 nights) 1 point	(3-4 nights) 2 points	(5-6 nights) 3 points	(Every night) 4 points	
5. Over the last week, how much did your eczema affect your daily activities?	(Not at all) 0 points	(A little) 1 point	(Moderately) 2 points	(A lot) 3 points	(Extremely) 4 points	
6. Over the last week, how much did your eczema affect your mood or emotions?	(Not at all) 0 points	(A little) 1 point	(Moderately) 2 points	(A lot) 3 points	(Extremely) 4 points	
Sum of your points = Your ADCT total score:						

Step 3: Speak to your doctor about how your AD affects your day-to-day life

Your AD may not be well controlled if:

- **Your ADCT total score is at least 7 points**
OR
 - **One of your answers falls in a blue coloured box of the ADCT table above**
OR
 - **Your ADCT total score has increased by 5 points or more since you last used ADCT**
- ✓ If you are concerned that your AD may not be well controlled, you should seek medical advice
 - ✓ Bring your completed ADCT with you for your next scheduled consultation
 - ✓ Speak to your doctor about your responses to the ADCT questions and how your AD is affecting you