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Title: Ownership of written asthma action plans in a large Australian survey

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Body: Background: Written asthma action plans (WAAP) are important in asthma self-management, but uptake is limited. This study examined factors associated with WAAP ownership in a large Australian survey. Methods: People ≥ 16 years with current asthma (diagnosis, and symptoms/treatment in last year) completed an online survey, including Asthma Control Test (ACT) and WAAP ownership. Data were weighted to Australian asthma population by age, gender and state. Results: WAAP data were available for 2610 participants, 57% female. WAAP ownership was higher for females and age 16-29, but did not vary by socioeconomic status.

WAAP ownership

	Yes & follow it	Yes & don't follow it	No
Overall population (n=2686)	656 (25.1%)	121 (4.6%)	1833 (70.2%)
Age 16-29†	170 (24.5%)	64 (9.6%)	434 (65%)
Age 30-49	218 (24.9%)	30 (3.4%)	628 (71.7%)
Age 50+	268 (25.2%)	27 (2.5%)	770 (72.3%)
Well-controlled asthma (ACT 20-25)†	285 (20.1%)	44 (3.1%)	1091 (76.8%)
Very poorly controlled asthma (ACT <16)	210 (34.2%)	50 (8.1%)	338 (54.9%)
No ED, hospital or urgent GP visit in last year†	343 (18.4%)	67 (3.6%)	1452 (78%)
ED, hospital or urgent GP visit in last year	313 (41.9%)	54 (7.2%)	381 (50.9%)
Mean health literacy score (range 1-7)♣	6.06	5.56	6.18
Action plan is practical*♣	5.93	4.50	-
Action plan is personalised to you*♣	6.18	4.66	-
Action plan is easy to understand*♣	6.17	5.02	-

* Agreement on Likert scale 1-7; $p < 0.001$ vs like rows; ♣ $p < 0.001$ across columns

Conclusions: Overall rates of WAAP ownership in Australia are sub-optimal, although somewhat higher in at-risk patients. People with a WAAP are more likely to follow it if they are older, have higher health literacy, or feel that the action plan is practical, easy to understand, or personalised to themselves.