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**Title:** Measuring health-related quality of life (HRQL) in adults with controlled or partially controlled asthma

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**Body:** Background: Current GINA guidelines state that the objective of asthma treatment is to achieve and maintain asthma control. When asthma is partly controlled (PCA) the guidelines indicate to consider stepping up treatment to gain control. However, there is no evidence to suggest which patient might benefit of this approach. Objective: To investigate whether the quality of life is impaired in patients with PCA on treatment with an association of inhaled corticosteroid + long acting  $\beta$ 2 agonist. Methods: In this cross sectional study, HRQL was evaluated in 57 consecutive stable asthmatics with controlled asthma [CA (n=24)] or PCA (n=33) according to GINA criteria by using the Asthma Quality of Life Questionnaire (AQLQ)1. Results are expressed as mean and 95% CI. Differences between groups were examined by unpaired t test. Results: The global AQLQ score and the scores of each domain were significantly lower in patients with PCA (Table1).

Table 1. AQLQ in patients with CA and PCA

	CA	PCA	p
<b>AQLQ score*</b>	6.2 (5.8;6.6)	5.2 (4.7;5.6)	<0.001
<b>Activity limitations**</b>	6.3 (5.9;6.7)	5.3 (4.9;5.7)	<0.001
<b>Symptoms**</b>	6.3 (6.0;6.8)	5.7 (5.4;6.1)	0.01
<b>Emotional function**</b>	6.1 (5.7;5.6)	5.1 (4.5;5.6)	0.01
<b>Exposure to environmental stimuli**</b>	6.0 (5.9;6.6)	4.5 (3.9;5.2)	<0.001

\* global score, \*\*specific domain score

Conclusion: Patients with PCA have significant impairment of HRQL. Measuring quality of life may help clinicians to decide stepping up asthma treatment to gain control.