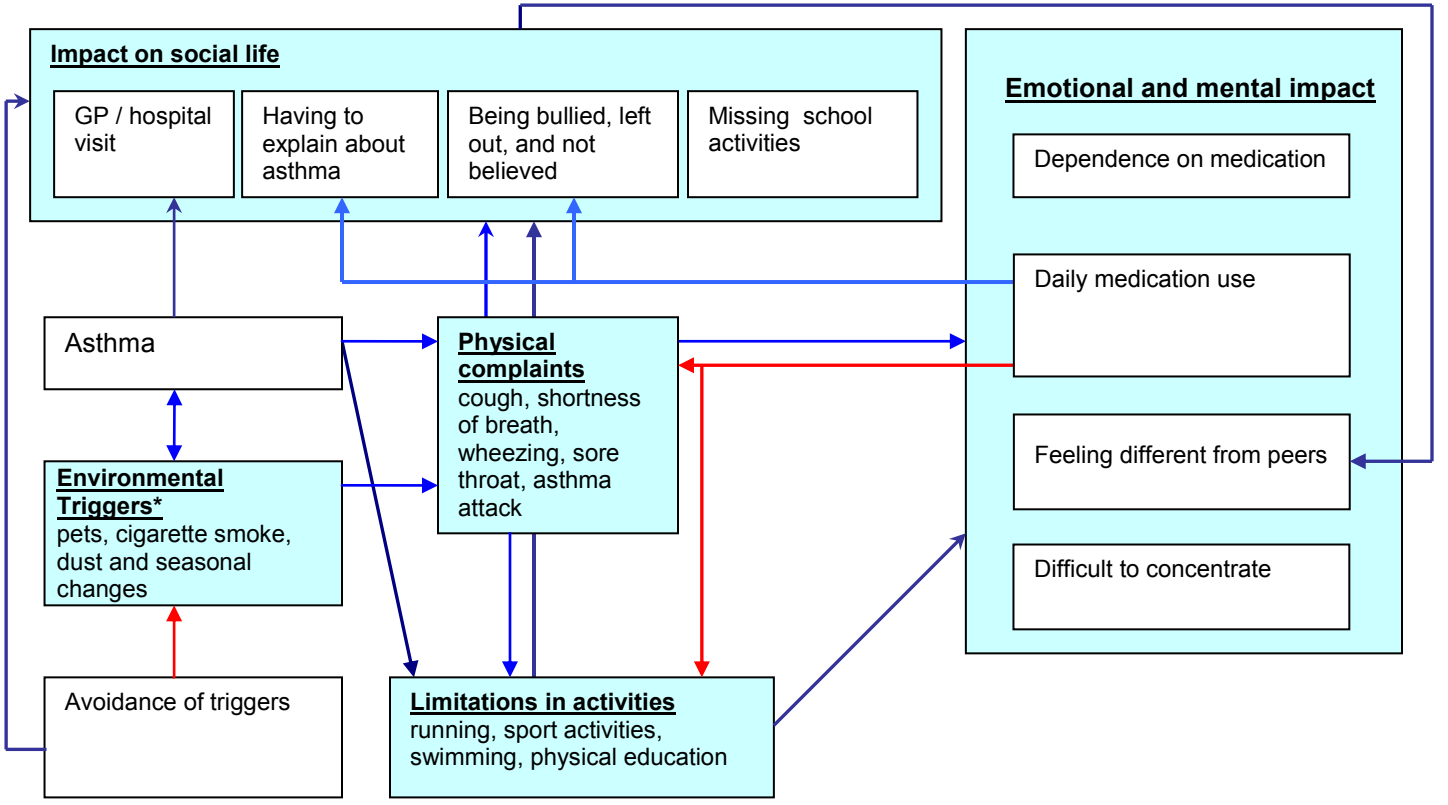
Impact on social life
GP / hospital visit
Having to explain about asthma
Being bullied, left out, and not believed
Missing school activities
Emotional and mental impact
Dependence on medication
Daily medication use
Feeling different from peers
Difficult to concentrate
Asthma
Physical complaints
cough, shortness of breath, wheezing, sore throat, asthma attack
Environmental Triggers*
pets, cigarette smoke, dust and seasonal changes
Avoidance of triggers
Limitations in activities
running, sport activities, swimming, physical education