

## **Challenges of living with asthma: Results of a survey conducted using mobile application among asthmatics in India (ERS 2024)**

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**Background:** Living with asthma can be challenging, with patients experiencing bothersome symptoms that impact various aspects of their lives. Getting a clearer perspective on these challenges is imperative to devise strategies to help asthmatics manage their disease better.

**Objectives:** To ascertain impact of asthma on patients' lives.

**Methods:** Data was collected from clinically diagnosed asthmatics or caregivers across India through an online survey using mobile application (Breathefree) between June-Sept 2023.

**Results:** Data was obtained from 138 patients (age:35.3±17.75 yrs, 60.8% males, 63.7% had adult-onset asthma).89.05% patients had either partly controlled/uncontrolled asthma. 86% patients reported day-time symptoms (>twice/week) and 65.9% night-time symptoms in past 4 weeks; cough was most common symptom. 48.6% patients used reliever inhaler >once/day in the previous 4 weeks and 27.6% reported being hospitalized or visiting ED at least once in last 6 months. 52.9% of patients reported activity limitation viz. avoiding physical exercise (50%), sports (34.1%), vacations (34.1), socializing (26.8%) or missing office/school (20.3%) due to symptoms. 60.9% patients reported avoiding certain foods while 52.2% avoided participating in activities. 31.2% reported families being affected, 10.1% were avoided by family/friends. Patients reported asthma making them feel worried (42.8%), fearful of breathlessness attack (37%), frustrated (22.5%), anxious (21.7%) and depressed (20.3%).

**Conclusions:** Asthma in India is poorly controlled and has a significant impact on quality of life, highlighting an urgent need for improved strategies to enable patients manage their disease better.