

UCT

(Urticaria Control Test)

Scoring Instructions

The UCT is a simple 4-item tool. A score between 0 and 4 is assigned to every answer option. Subsequently, the scores for all 4 questions are summed up. Accordingly, the minimum and maximum UCT scores are 0 and 16, with 16 points indicating complete disease control. Please see below the UCT questions and the score for each answer option:

1. How much have you suffered from the **physical symptoms of the urticaria (itch, hives (welts) and/or swelling)** in the last four weeks?

very much (0 points) much (1 point) somewhat (2 points) a little (3 points) not at all (4 points)

2. How much was your **quality of life** affected by the urticaria in the last 4 weeks?

very much (0 points) much (1 point) somewhat (2 points) a little (3 points) not at all (4 points)

3. How often was the **treatment** for your urticaria in the last 4 weeks **not enough** to control your urticaria symptoms?

very often (0 points) often (1 point) sometimes (2 points) seldom (3 points) not at all (4 points)

4. **Overall**, how well have you had your urticaria **under control** in the last 4 weeks?

not at all (0 points) a little (1 point) somewhat (2 points) well (3 points) very well (4 points)

Cut off-values

The screening accuracy of the UCT for identifying patients with poorly controlled vs. well controlled urticaria was examined by receiver operating characteristic (ROC) analysis. The cutoff-value of ≤ 12 was found to have the maximum sum of sensitivity (90%) and specificity (71%). A specificity of $>90\%$ was achieved at a cutoff-value of ≤ 8 . The proportion of correctly classified patients was highest at the cutoff-value of ≤ 11 and it ranged from 76% to 82% at cutoff-values ≤ 8 to ≤ 11 . Taken together, the use of a cut off-value of ≤ 11 is usually recommended (<12 : poorly controlled urticaria, ≥ 12 : well controlled urticaria). However, the cutoff value can be adjusted to the purpose of UCT application.

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