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

2. How much was your quality of life affected by the urticaria in the last 4 weeks?
   - O very much (0 points)
   - O much (1 point)
   - O somewhat (2 points)
   - O a little (3 points)
   - O 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?
   - O very often (0 points)
   - O often (1 point)
   - O sometimes (2 points)
   - O seldom (3 points)
   - O not at all (4 points)

4. Overall, how well have you had your urticaria under control in the last 4 weeks?
   - O not at all (0 points)
   - O a little (1 point)
   - O somewhat (2 points)
   - O well (3 points)
   - O 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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