

TABLE 1. Categories of Symptom Misperception

Minimizing	Not recognizing
T02: I was short of breath and it was hard for me to catch my breath. ... I took my Albuterol, so my symptoms didn't get that bad... Right now, at this moment, my asthmas doing pretty well. I can, I can catch my breath.	T04: I didn't really have any chest tightness today ... I came up the stairs to grab something from my room and I got to the top of the stairs and I felt pretty winded.
T05: I have had a successful day with little or no symptoms. Nothing really to make mention. I actually did feel a little bit under the weather with my asthma earlier today but I had a cup of tea and I do feel a lot better	T05: I haven't had any type of symptoms whatsoever today with my asthma except for a slight cough... haven't had to take my inhaler at all
T06: It wasn't that bad. Um I didn't wheeze, it was just shortage of breath and trying to catch my breath back	T06: I didn't have any symptoms at all ... my lungs are working a lot better than they were when I (coughs) was having symptoms... like I said, I've been coughing a lot.
T09: I've been coughing periodically throughout the day, ... I've noticed where I'll be like talking to someone and then I'll have to like take a break from like even mid-sentence and just like clear my throat. And um I notice now that if I breathe out I can hear wheezing like ... Um the symptoms aren't too bad	T09: My asthma symptoms have been fine, I didn't notice any asthma symptoms or anything like that. ... coughed up phlegm but I don't believe that was asthma related
T10: I didn't have really any real big problems. ... I'm getting tired really quick and- and it's hard- getting harder for me to breathe. I'm getting like a tightness in my chest ... I was like that's normal you know, that's normal for me	T10: I had to like clear my throat continuously but I thought that was just kind of normal for me...Nothing really new ...I have a small like congestion cough but ...I'm not really worried about that and I don't think it's my asthma either.
T11: today was a pretty quiet, normal day asthma-wise. ...I took a nap on our couch with our cat ... when I woke up um, my throat was tight ... so I went and took a shower ... and I also took a puff of my rescue inhaler	T11: I mean it wasn't like asthma symptoms ...it was just the cough...Asthma is good ((coughs))
T12: On the walk, I didn't get to the point where it was wheezing ...it was just like I can feel my chest start to get tight and then I would stop so I didn't let it get horrible or bad at all um I just slowed down ... I think today was pretty good.	T12: I didn't have any symptoms and um I didn't get to the point where I think I needed to take it so I didn't take it and I felt good ((coughing)) excuse me.
T13: So today um my asthma wasn't as bad as it usually is... but I'm still kinda short of breath,... I'm still kind of like calming down, like resting a little.	T13: So today um my asthma was really good actually ((coughs)) and I didn't take the Albuterol. It's just now I have a cough ... but it's not really my asthma.
T15: I spent the night at my cousin's ... I woke up the next morning at 7 o' clock and this is on a weekend, like I don't usually wake up at 7 o' clock. And I had to take their nebulizer ...then we went sledding and my asthma is kind of messed up from going up and down those big hills. I took my inhaler on the way home and then when I got home ..and after dinner and my asthma was a little bad	T14: Today, my asthma was okay. It's just in gym when I was exercising it was getting a little heavier to breathe ... Um, it feels like someone is sitting on my um chest and I can't breathe and get a breath in.