Asthma is a common chronic inflammatory disease of the lower airways. Being part of the routine, cell phones and applications (apps) in the health area can be allies in the care and control of the disease. Despite numerous apps aimed at the subject, there is a shortage of studies that evaluate its functionalities. Thus, the present study aims to evaluate, through a systematic review of the literature, the influence of mobile device applications for asthmatic patients with regard to disease control. To do this, a systematic search was performed in the main databases, using the words "asthma" and "apps" or "asthma" and "mobile apps", in search of randomized clinical trials (RCTs) with children and / or adults with asthma patients on outpatient treatment who use apps on Android and / or iOS systems compared to the usual and non-use of disease management apps published in the last 5 years. Asthma control rate was defined as primary outcome, and as secondary outcomes were the number of visits to emergencies, number of hospitalizations and adherence to pharmacological treatment. A total of 4 RCTs (n = 415) met the inclusion criteria. All the studies used applications, having as common functions the record of the usual treatment, and the treatment plan defined between the health team and the patient. The results of the studies show an increase in asthma control when specific applications are used for this purpose, reducing the number of emergency visits and hospitalizations. Only two studies evaluated adherence to pharmacological treatment, showing an increase in adherence with the use of non-conventional tool. Despite the positive results, the lack of high-quality evidence makes it difficult to conclusively analyze the role of these technologies as part of the treatment of patients with asthma. More studies are needed to increase the degree of certainty in the efficacy of these resources and to make recommendations based on a high degree of scientific evidence for their adoption in care.