

Visual Stress questionnaire

The following questions are related to Visual Stress (Scotopic Sensitivity). If you that you have answered yes to some of these questions, we recommend first getting your eyes tested to ensure no underlying difficulties. After that we suggest finding an optometrist specialising in visual stress to provide further support, with through coloured overlays or tinted lenses. We can advise if needed.

General ...	Yes	No
Have you been prescribed glasses?		
Had you recently had your eyes checked?		

When reading do you ...	Yes	No
... accidentally skip lines, sentences or words?		
... lose your place or misread words?		
... find it difficult to stay on the word you're reading?		
... read the same line over again to understand what you have read?		
... avoid reading or reading aloud?		
... look away, rest, or take breaks?		
... use your finger as a marker?		
... find that you are bothered by white or glossy pages?		
... find that that your reading is slow or choppy?		
... get tired drowsy, or fatigued?		
... find yourself moving closer to or further from the page?		
... find it harder to read under bright lighting?		
... find yourself squinting?		
... experience headaches, migraines and/or nausea		

When reading do your eyes ...	Yes	No
... get red or watery?		
... hurt ache or burn?		
... feel dry sandy, scratchy, or itchy?		
... open wider?		