

# ADULT VISION THERAPY SURVEY

It is estimated that 1 in 6 individuals have a vision problem unrelated to their ability to see 20/20 with or without glasses. However, many patients do not report these symptoms because they've been having them for so long that they seem normal. By completing the survey below, you are taking a positive step towards helping yourself see more comfortably and clearly than you ever have before.

In order to evaluate your risk for such undetected/undiagnosed vision problem, please complete the following quick survey. If you wear glasses/contacts, your answers of symptoms should be how you feel with the glasses/contacts on.

Please circle the most appropriate answer: N=Never, S=Sometimes, O=Often, A=Always

1. Do you have blurred vision?-----N S O A
2. Do you get tired/sleepy when reading?-----N S O A
3. do you lose your concentration easily with near work?-----N S O A
4. Does your vision seem worse later in the day?-----N S O A
5. Do you ever experience double vision?-----N S O A
6. Do you close one eye when reading/doing near work?-----N S O A
7. Do your eyes feel strained/tired at the end of the day?-----N S O A
8. Do words seem to run together or appear blurry when reading?-----N S O A
9. Do you skip over small words or lines when reading?-----N S O A
10. Do you feel like your eyes aren't working together?-----N S O A
11. When you look up from reading, does distance vision seem blurry?-----N S O A
12. Does prolonged reading/near work give you headaches?-----N S O A
13. Do you need frequent breaks when reading?-----N S O A
14. Do flickering lights or fluorescent lights bother you?-----N S O A
15. Do you get motion sick when reading in a moving vehicle?-----N S O A
16. Do certain designs of wallpaper give you headaches?-----N S O A
17. Do crowds in general make you anxious or irritable?-----N S O A

If you answered **SOMETIMES** to 5 or more questions, of **OFTEN** and **ALWAYS** to **ANY** of the questions, you are at risk for having an undiagnosed vision problem which may affect your performance in reading, computer-related tasks, work, or other near vision activities. If you answered **NEVER** to all the questions, but avoid reading or have never liked to read, you may still be affected.