



Adult Symptom Survey

Name _____ Date _____

The following questionnaire will help the doctor to tailor his/her exam to your needs. Read each statement and circle the number that best describes your experience.

- 0 - The statement - NEVER - applies.
- 1 - The statement - SELDOM - applies.
- 2 - The statement - OCCASIONALLY - applies.
- 3 - The statement - FREQUENTLY - applies.
- 4 - The statement - ALWAYS - applies.

If you wear glasses, consider the statements as if you were wearing your glasses. If you don't wish to answer a question leave it blank.

General: (if you don't wear glasses, give yourself a score 0 next to the questions which ask about glasses)

	NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
1 Things are blurry for a moment when you look up from reading or computer work.	0	1	2	3	4
2 You get headaches or eyestrains when using your eyes for careful seeing.	0	1	2	3	4
3 Your stomach gets upset after you use your eyes.	0	1	2	3	4
4 Things blur in and out of focus.	0	1	2	3	4
5 It makes you nervous to search crowded shelves in the grocery store.	0	1	2	3	4
6 Your glasses give you headaches or eyestrains even though you need them to see.	0	1	2	3	4
7 Your glasses make you sick to your stomach.	0	1	2	3	4
8 Since you started wearing glasses you find yourself avoiding reading.	0	1	2	3	4
9 Your glasses keep getting stronger.	0	1	2	3	4
10 You would like to become less dependent on glasses.	0	1	2	3	4

11	You have glasses, but avoid wearing them as often as possible.	0	1	2	3	4
12	Your eye drifts in toward your nose or out toward your ear.	0	1	2	3	4
13	Have had surgery for an eye that drifts	0	1	2	3	4
14	At night, you have difficulty falling asleep.	0	1	2	3	4

Reading

		NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
15	When you read, the print blurs.	0	1	2	3	4
16	When you read, the print runs together.	0	1	2	3	4
17	When you read, the print looks unsteady or dances.	0	1	2	3	4
18	Reading gives you eyestrain or headaches.	0	1	2	3	4
19	Reading puts you to sleep.	0	1	2	3	4
20	You avoid reading for fun.	0	1	2	3	4
21	You avoid longer books.	0	1	2	3	4
22	You avoid books with smaller print.	0	1	2	3	4
23	When you read, you get the feeling that you'd rather be somewhere else.	0	1	2	3	4
24	You rapidly become fatigue and lose comprehension when reading.	0	1	2	3	4
25	You have to whisper to yourself when reading.	0	1	2	3	4
26	Reading gives you an upset stomach.	0	1	2	3	4
27	You lose you place and skip or reread lines.	0	1	2	3	4
28	You're afraid to read out load in front of other people.	0	1	2	3	4
29	Reading takes too much effort.	0	1	2	3	4
30	You read, "One....word.....at.....a.....time."	0	1	2	3	4

31	You have to reread sentences to understand what you are reading.	0	1	2	3	4
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Driving

		NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
32	You get eyestrain or headaches when you drive.	0	1	2	3	4
33	You get car sick, especially when sitting in the back seat.	0	1	2	3	4
34	You rapidly fatigue when driving.	0	1	2	3	4
35	You dislike driving at night.	0	1	2	3	4
36	You have difficulty judging how far away other cars are.	0	1	2	3	4
37	You find parallel parking difficult.	0	1	2	3	4
38	You have to look twice because you can't trust yourself to see things correctly the first time.	0	1	2	3	4
39	You have difficulty telling how fast other cars are moving.	0	1	2	3	4
40	You have trouble seeing road signs.	0	1	2	3	4
41	It makes you nervous to drive when traffic is heavy.	0	1	2	3	4
42	It makes you nervous to drive on the freeway.	0	1	2	3	4
43	At night, the taillights ahead of you seem to double up.	0	1	2	3	4
44	You get lost easily when driving.	0	1	2	3	4
45	Your worries about driving limit your activities.	0	1	2	3	4

Work

	NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
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46	You have more trouble with the computer and desk work as the day goes on.	0	1	2	3	4
47	You have to schedule your computer and desk work in the morning when you're fresh.	0	1	2	3	4
48	Your productivity goes down as the day progresses.	0	1	2	3	4
49	You get eyestrain or headaches during computer or desk work.	0	1	2	3	4
50	Your stomach gets upset during computer or desk work.	0	1	2	3	4
51	You reverse numbers at work, such as seeing 36 for 63.	0	1	2	3	4
52	You have to check you work for errors because your eyes play tricks on you.	0	1	2	3	4
53	Your computer or desk work takes longer than it should.	0	1	2	3	4
54	You put off desk work and instead spend your time talking, either face to face or on the phone.	0	1	2	3	4
55	You have second thoughts about a promotion if it meant more reading or desk work.	0	1	2	3	4

Sports (if a question applies to a sport you don't play, give yourself a score of 0)

	NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS	
56	When you exercise, you prefer walking, running, swimming, calisthenics, or lifting weights rather than visual activities such as baseball, tennis, or golf.	0	1	2	3	4
57	When it comes to ball sports, you're a klutz.	0	1	2	3	4
58	You've always avoided participating in ball sports.	0	1	2	3	4
59	It's hard to catch or hit a ball.	0	1	2	3	4
60	When playing golf, your short game is more	0	1	2	3	4

difficult.

61	When playing golf, it's not easy to read the green.	0	1	2	3	4
62	When playing golf or tennis, you hit long or short.	0	1	2	3	4
63	In whatever ball sport you play, it's harder to maintain your concentration the longer the game continues.	0	1	2	3	4
64	In any ball sport, you're not as good as your techniques would predict.	0	1	2	3	4
65	In tennis, you have trouble with returning lobbed shots.	0	1	2	3	4
66	In tennis, you have more difficulty at the net than at the baseline.	0	1	2	3	4

Coordination

		NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
67	It bothers you to walk down the stairs.	0	1	2	3	4
68	You bump into things.	0	1	2	3	4
69	When dancing, you have two left feet.	0	1	2	3	4
70	It makes you nervous to walk in a crowd.	0	1	2	3	4
71	You're clumsy.	0	1	2	3	4
72	You trip and stumble if you are not careful.	0	1	2	3	4

Relationships

		NEVER	SELDOM	OCCASIONALLY	FREQUENTLY	ALWAYS
73	You have trouble maintaining eye contact when speaking with someone.	0	1	2	3	4
74	You feel like backing further away when a person is speaking to you.	0	1	2	3	4

75	You feel as if you need to move right up next to people when they are talking to you.	0	1	2	3	4
76	You're too tired to enjoy your friends or family after a day of using your eyes.	0	1	2	3	4
77	After a day of using your eyes, you are irritable and short-tempered.	0	1	2	3	4
78	Sore eyes or headaches interfere with your relationships.	0	1	2	3	4
79	Desk work drags on forever so you have little time left to enjoy your friends and family.	0	1	2	3	4
80	The effort it takes you to read has kept you from going back to school and is therefore limiting your income.	0	1	2	3	4
81	Your worries about driving limit the number of activities in which you or your children get to participate.	0	1	2	3	4
82	Your reading ability affects your confidence.	0	1	2	3	4
83	Your driving ability affects your confidence.	0	1	2	3	4
84	Your coordination affects your confidence.	0	1	2	3	4
85	Having to wear glasses affects your confidence.	0	1	2	3	4
86	You're embarrassed to be seen in glasses.	0	1	2	3	4
87	You're embarrassed by the appearances of your eye turning.	0	1	2	3	4
88	When you speak with people they don't seem to know which of your eyes to look at.	0	1	2	3	4
89	When you speak with people they look over your shoulder to see where you are looking.	0	1	2	3	4
90	When you speak to people your attention is on holding your eyes straight.	0	1	2	3	4

Is there any other way in which you believe vision could be interfering with your life?
