



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**

Board Certified Neuro-Developmental Optometrist  
 Fellow, College of Optometry in Vision Development  
 Fellow, American Academy of Optometry  
 Member, Neuro-Optometric Rehabilitation Association  
 Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

# Adult Symptom Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use the following rating scale to score your performance. Circle the number that best describes you:

- 0-The statement **NEVER** applies
- 1-The statement **SELDOM** applies
- 3-The statement **FREQUENTLY** applies

- 2-The statement **OCCASIONALLY** applies
- 4-The statement **ALWAYS** applies

<b>Glasses</b> (If you do not wear glasses, please skip this section)		Never	Seldom	Occasionally	Frequently	Always
1	Your glasses give you headaches or eyestrains even though you need them to see	0	1	2	3	4
2	Your glasses make you sick to your stomach	0	1	2	3	4
3	Since you started wearing glasses you find yourself avoiding reading	0	1	2	3	4
4	Your glasses keep getting stronger	0	1	2	3	4
5	You would like to become less dependent on glasses	0	1	2	3	4
6	You have glasses, but avoid wearing them	0	1	2	3	4
<b>General</b>		Never	Seldom	Occasionally	Frequently	Always
7	Things are blurry for a moment when you look up from reading or computer work	0	1	2	3	4
8	You get headaches or eyestrains when using your eyes for careful seeing	0	1	2	3	4
9	Your stomach gets upset after you focus with eyes	0	1	2	3	4
10	Things blur in and out of focus	0	1	2	3	4
11	It makes you nervous to search crowded shelves at the store	0	1	2	3	4
12	Your eye drifts in toward your nose or out toward your ear	0	1	2	3	4
13	You 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
<b>Reading</b>		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

**PH: 630-429-7553**  
 FX: 847-891-8045

[visionandsensory@vsionline.org](mailto:visionandsensory@vsionline.org)  
[www.VisionTherapyDocs.com](http://www.VisionTherapyDocs.com)

19 E. Schaumburg Rd. Suite 108  
 Schaumburg, IL 60194



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**

Board Certified Neuro-Developmental Optometrist  
 Fellow, College of Optometry in Vision Development  
 Fellow, American Academy of Optometry  
 Member, Neuro-Optometric Rehabilitation Association  
 Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

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 your 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
<b>Driving</b>		<b>Never</b>	<b>Seldom</b>	<b>Occasionall y</b>	<b>Frequen tly</b>	<b>Always</b>
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

**PH: 630-429-7553**

FX: 847-891-8045

[visionandsensory@vsionline.org](mailto:visionandsensory@vsionline.org)

[www.VisionTherapyDocs.com](http://www.VisionTherapyDocs.com)

19 E. Schaumburg Rd. Suite 108

Schaumburg, IL 60194



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**

Board Certified Neuro-Developmental Optometrist  
 Fellow, College of Optometry in Vision Development  
 Fellow, American Academy of Optometry  
 Member, Neuro-Optometric Rehabilitation Association  
 Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

42	It makes you nervous to drive on the highway	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
<b>Work</b>		<b>Never</b>	<b>Seldom</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>Always</b>
46	You have more trouble with 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 your 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
<b>Sports</b> (If not applicable, please give yourself a score of 0)		<b>Never</b>	<b>Seldom</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>Always</b>
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 avoid 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 difficult	0	1	2	3	4
61	When playing golf, it's not easy to read the green	0	1	2	3	4

**PH: 630-429-7553**

FX: 847-891-8045

[visionandsensory@vsionline.org](mailto:visionandsensory@vsionline.org)

[www.VisionTherapyDocs.com](http://www.VisionTherapyDocs.com)

19 E. Schaumburg Rd. Suite 108

Schaumburg, IL 60194



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**  
 Board Certified Neuro-Developmental Optometrist  
 Fellow, College of Optometry in Vision Development  
 Fellow, American Academy of Optometry  
 Member, Neuro-Optometric Rehabilitation Association  
 Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

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
<b>Coordination</b>		<b>Never</b>	<b>Seldom</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>Always</b>
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
<b>Relationships</b>		<b>Never</b>	<b>Seldom</b>	<b>Occasionally</b>	<b>Frequently</b>	<b>Always</b>
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
82	Your reading ability affects your confidence	0	1	2	3	4



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**

Board Certified Neuro-Developmental Optometrist  
Fellow, College of Optometry in Vision Development  
Fellow, American Academy of Optometry  
Member, Neuro-Optometric Rehabilitation Association  
Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

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 know which of your eyes to look at	0	1	2	3	4
89	When you speak with people, they look over their 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?**

---



---



---



---



---