

# Long Self-Test For Irlen Syndrome

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Please fill out this form. Parents, complete the form in cooperation with your child.

Name	<input type="text"/>	Age	<input type="text"/>	Grade	<input type="text"/>
Address	<input type="text"/>	Phone	<input type="text"/>		
Completed by	<input type="text"/>	Date	<input type="text"/>		

**NOTE: YOUR EXPERIENCES CAN BE IN THE PAST,  
WHEN IN SCHOOL, AS WELL AS THE PRESENT.**

## CHARACTERISTICS

Please Check Answer

### Are you light sensitive?

	Yes	No
Bothered by sunlight	<input type="radio"/>	<input type="radio"/>
Bothered by glare	<input type="radio"/>	<input type="radio"/>
Do you frequently wear sunglasses	<input type="radio"/>	<input type="radio"/>
Bothered by bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Tired or drowsy under bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Become anxious under bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Get a headache/stomachache from bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Feel antsy or fidgety under bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Harder to listen under bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Performance deteriorates under bright or fluorescent lights	<input type="radio"/>	<input type="radio"/>
Feel like there is not enough light when reading	<input type="radio"/>	<input type="radio"/>
Feel like there is too much light when reading	<input type="radio"/>	<input type="radio"/>
Read in dim light	<input type="radio"/>	<input type="radio"/>
Shade the page with your hand or body	<input type="radio"/>	<input type="radio"/>

### Types of reading difficulties:

	Yes	No
Skip words or lines	<input type="radio"/>	<input type="radio"/>
Repeat or reread lines	<input type="radio"/>	<input type="radio"/>
Read with breaks	<input type="radio"/>	<input type="radio"/>
Lose place	<input type="radio"/>	<input type="radio"/>
Read in a "stop and go" rhythm	<input type="radio"/>	<input type="radio"/>
Omit small words	<input type="radio"/>	<input type="radio"/>

- |   |                       |                       |
|---|-----------------------|-----------------------|
| Poor reading comprehension                        | <input type="radio"/> | <input type="radio"/> |
| Reading becomes harder the longer you read        | <input type="radio"/> | <input type="radio"/> |
| Use your finger or marker to help keep your place | <input type="radio"/> | <input type="radio"/> |
| Avoid reading                                     | <input type="radio"/> | <input type="radio"/> |
| Avoid reading for pleasure                        | <input type="radio"/> | <input type="radio"/> |
| Rereads for comprehension                         | <input type="radio"/> | <input type="radio"/> |
| Reversals of letters and/or numbers               | <input type="radio"/> | <input type="radio"/> |

**While reading or using a computer, do you:**

- |                                 | <b>Yes</b>            | <b>No</b>             |
|---------------------------------|-----------------------|-----------------------|
| Rub eyes                        | <input type="radio"/> | <input type="radio"/> |
| Move closer to or further away  | <input type="radio"/> | <input type="radio"/> |
| Squint                          | <input type="radio"/> | <input type="radio"/> |
| Open eyes wide                  | <input type="radio"/> | <input type="radio"/> |
| Incorporate breaks              | <input type="radio"/> | <input type="radio"/> |
| Change position to reduce glare | <input type="radio"/> | <input type="radio"/> |
| Close or cover one eye          | <input type="radio"/> | <input type="radio"/> |
| Move head                       | <input type="radio"/> | <input type="radio"/> |
| Read word by word               | <input type="radio"/> | <input type="radio"/> |
| Unable to speed read            | <input type="radio"/> | <input type="radio"/> |

**Do you feel strain, fatigue, tired, or have headaches when:**

- |  | <b>Yes</b>            | <b>No</b>             |
|--|-----------------------|-----------------------|
| Reading  | <input type="radio"/> | <input type="radio"/> |
| Listening  | <input type="radio"/> | <input type="radio"/> |
| Doing paper and pencil tasks   | <input type="radio"/> | <input type="radio"/> |
| Working on the computer  | <input type="radio"/> | <input type="radio"/> |
| Watching TV, movies, or live stage productions   | <input type="radio"/> | <input type="radio"/> |
| Copying material   | <input type="radio"/> | <input type="radio"/> |
| Doing math assignments   | <input type="radio"/> | <input type="radio"/> |
| Playing video games  | <input type="radio"/> | <input type="radio"/> |
| Writing long assignments   | <input type="radio"/> | <input type="radio"/> |
| Doing visually-intensive activities like needlepoint, sewing, cross stitching, crossword puzzles, woodworking, soldering, etc. | <input type="radio"/> | <input type="radio"/> |
| Working under bright or fluorescent lights   | <input type="radio"/> | <input type="radio"/> |
| Looking at stripes, patterns, bright colors, and high contrast   | <input type="radio"/> | <input type="radio"/> |

## Handwriting:

	Yes	No
Write up or down hill	<input type="radio"/>	<input type="radio"/>
Unequal or no spacing between letters or words	<input type="radio"/>	<input type="radio"/>
Unequal letter size	<input type="radio"/>	<input type="radio"/>
Unable to write on the line	<input type="radio"/>	<input type="radio"/>
Leave out words, letters, or punctuation marks	<input type="radio"/>	<input type="radio"/>

## Attention/Concentration:

	Yes	No
Problems concentrating with reading or writing	<input type="radio"/>	<input type="radio"/>
Easily distracted when reading or writing	<input type="radio"/>	<input type="radio"/>
Easily distracted when listening	<input type="radio"/>	<input type="radio"/>
Easily distracted when taking tests	<input type="radio"/>	<input type="radio"/>
Daydreams in class or at lectures	<input type="radio"/>	<input type="radio"/>
Problems staying on task	<input type="radio"/>	<input type="radio"/>
Problems starting tasks	<input type="radio"/>	<input type="radio"/>
Difficulty with scantron answer sheets	<input type="radio"/>	<input type="radio"/>

## Copying:

	Yes	No
Lose place (book, chalkboard, whiteboard, overhead)	<input type="radio"/>	<input type="radio"/>
Leave out words (book, chalkboard, whiteboard, overhead)	<input type="radio"/>	<input type="radio"/>
Slow (book, chalkboard, whiteboard, overhead)	<input type="radio"/>	<input type="radio"/>
Incomplete (book, chalkboard, whiteboard, overhead)	<input type="radio"/>	<input type="radio"/>
Careless errors (book, chalkboard, whiteboard, overhead)	<input type="radio"/>	<input type="radio"/>
Blink or squint (book, chalkboard, whiteboard, overhead?)	<input type="radio"/>	<input type="radio"/>
Difficulty refocusing	<input type="radio"/>	<input type="radio"/>
Difficulty copying things onto or off computer or typewriter	<input type="radio"/>	<input type="radio"/>

## Composition/Essay Writing:

	Yes	No
Disorganized	<input type="radio"/>	<input type="radio"/>
Problems with punctuation	<input type="radio"/>	<input type="radio"/>
Problems proofreading	<input type="radio"/>	<input type="radio"/>
Leave out letters or words	<input type="radio"/>	<input type="radio"/>

Write without rereading

**Mathematics:**

Misalign digits in number columns

**Yes** **No**

Difficulty seeing numbers in the correct column

Sloppy or careless errors

Use finger, graph paper, or other marker when working with columns of numbers

Difficulty seeing signs, symbols, numbers, decimal points

Reversals of numbers

**Music:**

Problems sight reading the notes

**Yes** **No**

Prefer to memorize rather than read music

Prefer to play by ear

Use finger to track notes

Lose your place

Trouble reading the notes or notes and words together

Difficulty interpreting the music notations

Little progress in spite of regular practice

**Depth Perception:**

Difficulty getting on and off escalators

**Yes** **No**

Clumsy

Bump into table edges or door jams

Difficulty walking up and/or down stairs

Difficulty judging distances

Drop or knock things over

As a child, accident prone or have bruises on your shins

When walking next to someone, do you drift into the person

When walking, do you feel dizzy or light headed

Afraid of heights

**Sports Performance:**

**Yes** **No**

- |  |                       |                       |
|--|-----------------------|-----------------------|
| Problems tracking a flying ball like golf, baseball, or tennis                               | <input type="radio"/> | <input type="radio"/> |
| Trouble following the ball when watching sports on TV such as tennis, football or basketball | <input type="radio"/> | <input type="radio"/> |
| When watching sports on TV, can you follow the ball but not see anything else                | <input type="radio"/> | <input type="radio"/> |
| Trouble catching or hitting a ball   | <input type="radio"/> | <input type="radio"/> |
| Difficulty playing pool  | <input type="radio"/> | <input type="radio"/> |
| Difficulty hitting the ball when playing baseball or tennis                                  | <input type="radio"/> | <input type="radio"/> |
| Trouble learning how to ride a bike  | <input type="radio"/> | <input type="radio"/> |
| Trouble jumping rope? Jump in at the wrong time or jump into the rope                        | <input type="radio"/> | <input type="radio"/> |
| Trouble playing games such as volley ball or four square                                     | <input type="radio"/> | <input type="radio"/> |
| On playground equipment such as rings or bars, was it hard to go from one to the other       | <input type="radio"/> | <input type="radio"/> |

### Driving:

- |   | Yes                   | No                    |
|---|-----------------------|-----------------------|
| Difficulty parallel parking   | <input type="radio"/> | <input type="radio"/> |
| Do you feel like you will hit the car in front when parking               | <input type="radio"/> | <input type="radio"/> |
| When parking, do you hit the curb or leave too much space                 | <input type="radio"/> | <input type="radio"/> |
| Difficulty judging when to turn in front of oncoming traffic              | <input type="radio"/> | <input type="radio"/> |
| Uncertain about making lane changes                                       | <input type="radio"/> | <input type="radio"/> |
| Extra cautious when making lane changes                                   | <input type="radio"/> | <input type="radio"/> |
| Are the passengers tense when you make lane changes                       | <input type="radio"/> | <input type="radio"/> |
| Do passengers tell you that you tailgate                                  | <input type="radio"/> | <input type="radio"/> |
| Are you overly cautious, leaving extra room between you and the car ahead | <input type="radio"/> | <input type="radio"/> |

### Fatigue While In A Car:

- |  | Yes                   | No                    |
|--|-----------------------|-----------------------|
| As a passenger, do you become drowsy                             | <input type="radio"/> | <input type="radio"/> |
| When driving, do you become drowsy                               | <input type="radio"/> | <input type="radio"/> |
| Bothered by glare on the chrome on cars                          | <input type="radio"/> | <input type="radio"/> |
| Bothered by glare off the rear window of the car in front of you | <input type="radio"/> | <input type="radio"/> |
| Stressful to drive in the rain/snow (glare)                      | <input type="radio"/> | <input type="radio"/> |
| Avoid driving at night   | <input type="radio"/> | <input type="radio"/> |
| Bothered by headlights and street lights at night                | <input type="radio"/> | <input type="radio"/> |
| Bothered by tail lights on cars                                  | <input type="radio"/> | <input type="radio"/> |
| Bothered by red/green traffic lights                             | <input type="radio"/> | <input type="radio"/> |
| Have night blindness   | <input type="radio"/> | <input type="radio"/> |

**Scoring:** If you answered yes to three or more of the questions in **any** one of the above sections, then problems in these areas may be helped with Irlen Colored Filters. The higher your score in a section, the more this area is a problem. Click on "[Find an Irlen Testing Center](#)" for a certified Irlen practitioner near you.

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