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**Adult Symptom Survey**

**Name Date**

**Address**

**City State Zip code Phone**

**What is the reason for your visit today?**

**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 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 use 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 the 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** | **For an eye that drifts, you have had surgery the following number of times.**  | **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 your place and skip or reread lines.** | **0** | **1** | **2** | **3** | **4** |
| **28** | **You’re afraid to read out loud 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** |

**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** |
| **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’re 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 difficult.** | **0** | **1** | **2** | **3** | **4** |
| **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.**  |  |  |  |  |  |

**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.** | **1** | **2** | **3** | **4** | **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?**