

# SELF-TEST FOR IRLLEN SYNDROME

(ADAPTED FROM [WWW.IRLLEN.COM](http://WWW.IRLLEN.COM) BY DONNA BOUVETTE)

Please fill out this form to help me understand some of the challenges being faced. If the client is for your child, parents please complete the form with their help.

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

Name of client: \_\_\_\_\_ M F

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Date of latest eye exam: \_\_\_\_\_

Were corrective lenses prescribed? Y N Are they worn regularly? Y N

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone: home \_\_\_\_\_ cell \_\_\_\_\_

Email address: \_\_\_\_\_

This form completed by: \_\_\_\_\_

Please briefly describe the client's academic history:

Are there any physical reactions that are attributed to the visual environment?

Please explain how and why you were drawn to explore Irlen Syndrome? Were you referred? By whom? What are you hoping the Irlen screening might accomplish for you?

Please indicate yes or no to each of the following questions. It is understood that there are varying degrees of discomfort and a range of times that some things occur but, for the purpose of this survey, if any of these circumstances ever occur, even rarely, please answer yes. During the interview there will be an opportunity to qualify some of the less frequent symptoms.

**Is there light sensitivity?**

	<b>Yes</b>	<b>No</b>
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 or 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"/>

**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"/>

**Are these Attention/Concentration challenges in evidence?**

**Yes No**

- Problems concentrating with reading or writing
- Easily distracted when reading or writing
- Easily distracted when listening
- Easily distracted when taking tests
- Daydreams in class or at lectures
- Problems staying on task
- Problems starting tasks

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

**Yes No**

- Rub eyes
- Move closer to or further away from print
- Squint
- Open eyes wide
- Incorporate breaks
- Change position to reduce glare
- Close or cover one eye
- Move head
- Read word by word
- Unable to speed read

**What types of reading difficulties are being experienced?**

**Yes No**

- Skip words or lines
- Repeat or reread lines
- Read with breaks
- Lose place
- Read in a “stop and go” rhythm
- Omit small words
- Poor reading comprehension
- Reading becomes harder the longer you read
- Use your finger or marker to help keep your place
- Avoid reading
- Avoid reading for pleasure
- Rereads for comprehension
- Reversals of letters and/or numbers

<b>Are these challenges experienced in printing or handwriting?</b>	<b>Yes</b>	<b>No</b>
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"/>

<b>Does copying (from book, chalkboard, whiteboard, or overhead) cause:</b>	<b>Yes</b>	<b>No</b>
Loss of place	<input type="radio"/>	<input type="radio"/>
Words being missed or left out	<input type="radio"/>	<input type="radio"/>
Especially slow output	<input type="radio"/>	<input type="radio"/>
Incomplete work	<input type="radio"/>	<input type="radio"/>
Careless errors	<input type="radio"/>	<input type="radio"/>
Blink or squint	<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"/>

<b>Independent composition and essay writing:</b>	<b>Yes</b>	<b>No</b>
Is disorganized	<input type="radio"/>	<input type="radio"/>
Has problems with punctuation	<input type="radio"/>	<input type="radio"/>
Has problems proofreading	<input type="radio"/>	<input type="radio"/>
Leaves out letters or words	<input type="radio"/>	<input type="radio"/>
Writes without rereading	<input type="radio"/>	<input type="radio"/>

<b>Do these challenges arise in Mathematics?</b>	<b>Yes</b>	<b>No</b>
Misalign digits in number columns	<input type="radio"/>	<input type="radio"/>
Difficulty seeing numbers in the correct column	<input type="radio"/>	<input type="radio"/>
Sloppy or careless errors	<input type="radio"/>	<input type="radio"/>
Use finger, graph paper, or other marker when working with columns of numbers	<input type="radio"/>	<input type="radio"/>
Difficulty seeing signs, symbols, numbers, decimal points	<input type="radio"/>	<input type="radio"/>
Reversals of numbers	<input type="radio"/>	<input type="radio"/>

<b>Does transportation/travel cause reaction?</b>	<b>Yes</b>	<b>No</b>
Become drowsy as a passenger in a car	<input type="radio"/>	<input type="radio"/>
Bothered by glare on chrome or windows of a car in front	<input type="radio"/>	<input type="radio"/>
Motion sickness	<input type="radio"/>	<input type="radio"/>

**Are these depth perception challenges present?**

**Yes No**

Difficulty getting on and off escalators

Clumsy

Bump into table edges or door jams

Difficulty walking up and/or down stairs

Difficulty judging distances

Drop or knock things over

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

**Is sports performance affected in the following ways?**

**Yes No**

Problems tracking a flying ball like golf, baseball, or tennis

Trouble following the ball when watching sports on TV such as tennis, football or basketball

When watching sports on TV, can you follow the ball but not see anything else

Trouble catching or hitting a ball

Difficulty playing pool

Difficulty hitting the ball when playing baseball or tennis

Trouble learning how to ride a bike

Trouble jumping rope? Jump in at the wrong time or jump into the rope

Trouble playing games such as volleyball or four square

On playground equipment such as rings or bars, was it hard to go from one to the other

**If music instruction is attempted, do these behaviours occur?**

**Yes No**

Problems sight reading the notes

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

**For further information, contact: Donna Bouvette Director/Diagnostician**

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*“Perception is reality to the one in the experience.” Danielle Bernock*