



Irlen Syndrome Self-Test

Read the following statements and rate how frequently each one applies to you. Use the following scale:

- 0 – Never
- 1 – Sometimes
- 2 – Often
- 3 – Always

| No. | Questions | 0 | 1 | 2 | 3 |
|-----|---|---|---|---|---|
| 1 | I find it uncomfortable to look at bright lights or sunlight. | | | | |
| 2 | I experience discomfort or strain when reading for an extended period. | | | | |
| 3 | I often lose my place when reading or following a line of text. | | | | |
| 4 | I feel tired or get headaches when reading or doing visually intensive tasks. | | | | |
| 5 | Words on a page sometimes appear to blur or move around. | | | | |
| 6 | I have difficulty concentrating on reading or completing tasks that involve a lot of visual information. | | | | |
| 7 | I feel relief when wearing sunglasses or using tinted lenses. | | | | |
| 8 | Patterns or glare, such as those from a computer screen or overhead lights, bother me. | | | | |
| 9 | Do you find it challenging to read black text on a white background for an extended period? | | | | |
| 10 | Are you easily distracted by visual stimuli in your environment while trying to focus on a task? | | | | |
| 11 | Do you experience discomfort or strain when looking at busy patterns, such as striped wallpaper or busy clothing? | | | | |
| 12 | Do you often experience words or letters appearing to "jump" or "pop out" from the page when reading? | | | | |
| 13 | Do you feel like your eyes are working harder than they should when reading or doing close-up work? | | | | |
| 14 | Do you prefer dim or softer lighting environments over bright, harsh lighting? | | | | |
| 15 | Do you experience eyestrain, headaches, or discomfort when using electronic devices, such as computers, tablets, or smartphones for an extended period? | | | | |
| 16 | Do you often avoid reading or visually demanding tasks because they cause discomfort or fatigue? | | | | |



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Scoring Guide:

- 0 - 10: Low likelihood of Irlen Syndrome.
- 11 - 24: Moderate likelihood of Irlen Syndrome. Consider consulting a professional for further evaluation.
- 25 - 48: High likelihood of Irlen Syndrome. Consultation with a specialist is recommended.

Feel free to use this comprehensive self-test to assess potential symptoms related to Irlen Syndrome. Remember, professional evaluation is essential for accurate diagnosis and appropriate management.

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