



Visual Stress Screener

		Yes	No
Q.1	Do you accidentally skip lines or sentences?		
Q.2	Do you skip words or punctuation marks?		
Q.3	Do you insert words from lines above or below?		
Q.4	Do you avoid reading or reading aloud?		
Q.5	Do you use your finger or a marker when reading?		
Q.6	Do you have a problem understanding what you have read?		
Q.7	Do you have a problem remembering what you have read?		
Q.8	Do you misread words?		
Q.9	Do you read the same line over again?		
Q.10	Do you struggle to read black text on white or shiny paper?		
Q.11	Do you feel tired when reading?		
Q.12	Does text become blurry or move as you read it?		
Q.13	Does it take effort to stay on the words you are reading?		
Q.14	Do you see white or colourful flashes when reading?		
Q.15	Does text appear to float or rise up off the page when reading?		
Q.16	Do you get headaches when you read?		
Q.17	Have you ever used coloured overlays or coloured paper to support you when you read?		
Q.18	Do you find you move closer to or further away from the page you are reading?		
Q.19	Have you been prescribed glasses, but the difficulties have continued?		
Q.20	Do your eyes hurt, ache, burn, or become dry, sandy, scratchy or itchy when reading?		
Total Points (1 point awarded for every <b>YES</b> answer)			

Total Score	0-5	6-10	11-15	15+
Risk Level	Low	Moderate	High	V. High