



Checklist for Scotopic Sensitivity/Irlen™ Syndrome

If you answer yes to three or more questions in any one of the following sections, then you might be experiencing the effects of a visual perception problem called Scotopic Sensitivity/Irlen Syndrome. Screening and diagnostics for this condition is available at Education Rules!!! Maryborough. Call 07 41235411 for more information.

Please bring the completed form with you to your appointment.

Name: _____

Date of Birth: _____

Address: _____

Phone: _____

Completed by: _____

Completed on: _____

CHARACTERISTICS

Are you light sensitive?

Bothered by sunlight	Yes	No	Unsure
Bothered by glare	Yes	No	Unsure
Bothered by bright or fluorescent lights	Yes	No	Unsure
Tired or drowsy under bright or fluorescent lights	Yes	No	Unsure
Become anxious under bright or fluorescent lights	Yes	No	Unsure
Get a headache under bright or fluorescent lights	Yes	No	Unsure
Feel fidgety under bright or fluorescent lights	Yes	No	Unsure
Harder to listen under bright or fluorescent lights	Yes	No	Unsure
Performance deteriorates under bright or fluorescent lights	Yes	No	Unsure
Feel like there is not enough light when reading	Yes	No	Unsure
Feel like there is too much light when reading	Yes	No	Unsure
Prefer to read in dim light	Yes	No	Unsure
Use fingers or other marker to block out part of the page	Yes	No	Unsure
Shade the page with your hand or body	Yes	No	Unsure

Types of reading difficulties:

Skips words or lines	Yes	No	Unsure
Repeat or reread lines	Yes	No	Unsure
Read for less than one hour	Yes	No	Unsure
Lose place	Yes	No	Unsure
Read in a "stop and go" rhythm	Yes	No	Unsure
Omit small words	Yes	No	Unsure
Poor reading comprehension	Yes	No	Unsure
Read progressively worse as reading continues	Yes	No	Unsure
Avoid reading	Yes	No	Unsure
Avoid reading for pleasure	Yes	No	Unsure

While reading or using a computer, do you:

Rub eyes	Yes	No	Unsure
Move closer to or further away	Yes	No	Unsure
Squint	Yes	No	Unsure
Open eyes wide	Yes	No	Unsure
Incorporate breaks	Yes	No	Unsure
Move around to reduce glare	Yes	No	Unsure
Close or cover one eye	Yes	No	Unsure
Move head	Yes	No	Unsure
Read word by word	Yes	No	Unsure
Find it difficult to skim or speed read	Yes	No	Unsure

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

Reading	Yes	No	Unsure
Listening	Yes	No	Unsure
Doing paper and pencil tasks	Yes	No	Unsure
Working on the computer	Yes	No	Unsure
Watching television or movies	Yes	No	Unsure
Copying material	Yes	No	Unsure
Doing math assignments	Yes	No	Unsure
Playing video games	Yes	No	Unsure
Writing long assignments	Yes	No	Unsure



Doing visually intensive activities like needlepoint sewing, cross stitching, reading tape measures etc	Yes	No	Unsure
Working under bright or fluorescent lights	Yes	No	Unsure
Handwriting:			
Write up or down hill	Yes	No	Unsure
Unequal or no spacing between letters or words	Yes	No	Unsure
Unequal letter size	Yes	No	Unsure
Unable to write on the line	Yes	No	Unsure
Difficulty with multiple choice answer sheets	Yes	No	Unsure
Leave out words, letters or punctuation marks	Yes	No	Unsure
Attention/Concentration:			
Problems concentrating with reading or writing	Yes	No	Unsure
Easily distracted when reading or writing	Yes	No	Unsure
Easily distracted when listening	Yes	No	Unsure
Daydreams in class	Yes	No	Unsure
Problems staying on task	Yes	No	Unsure
Problems starting tasks	Yes	No	Unsure
Copying:			
Lose place (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Leave out words (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Slow (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Incomplete (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Careless errors (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Blink or squint (book, chalkboard, whiteboard, overhead)	Yes	No	Unsure
Difficulty refocusing	Yes	No	Unsure
Difficulty copying things onto computer or typewriter	Yes	No	Unsure
Writing:			
Disorganised	Yes	No	Unsure
Problems with punctuation	Yes	No	Unsure
Problems with proofreading	Yes	No	Unsure
Leave out letters or words	Yes	No	Unsure
Write without rereading	Yes	No	Unsure

**Mathematics:**

Misalign digits in number columns	Yes	No	Unsure
Difficulty seeing numbers in the correct column	Yes	No	Unsure
Sloppy or careless errors	Yes	No	Unsure
Use finger, graph paper or other marker when working with columns of numbers	Yes	No	Unsure
Difficulty seeing signs, symbols, numbers, decimal points	Yes	No	Unsure
Reversals of numbers	Yes	No	Unsure

Music:

Problems sight reading the notes	Yes	No	Unsure
Prefer to memorise rather than read music	Yes	No	Unsure
Prefer to play by ear	Yes	No	Unsure
Use finger to track notes	Yes	No	Unsure
Lose your place	Yes	No	Unsure
Trouble reading the notes	Yes	No	Unsure
Difficulty interpreting the music notations	Yes	No	Unsure
Little progress in spite of regular practice	Yes	No	Unsure

Depth Perception:

Difficulty getting on and off escalators	Yes	No	Unsure
Clumsy	Yes	No	Unsure
Bump into table edges and door jams	Yes	No	Unsure
Difficulty walking up and/or down stairs	Yes	No	Unsure
Difficulty judging distances	Yes	No	Unsure
Drop or knock things over	Yes	No	Unsure
As a child, accident prone, or have bruises on your shins	Yes	No	Unsure
When walking next to someone, do you drift into the person	Yes	No	Unsure
Difficulty getting on and off moving objects	Yes	No	Unsure

Driving:

Difficulty in parallel parking	Yes	No	Unsure
Do you feel like you will hit the car in front when parking	Yes	No	Unsure
When parking, do you hit the curb or leave too much space	Yes	No	Unsure
Difficulty judging when to turn in front of oncoming traffic	Yes	No	Unsure
Uncertain about making lane changes	Yes	No	Unsure



Because every child has a future

Extra cautious when making lane changes	Yes	No	Unsure
Are the passengers tense when you make lane changes	Yes	No	Unsure
Do passengers tell you that you tailgate	Yes	No	Unsure
Are you overly cautious, leaving extra room between you and the car ahead	Yes	No	Unsure

Sports Performance:

As a child, problem catching a small fly ball	Yes	No	Unsure
Trouble following the ball when watching sports on TV such as tennis, football or basketball	Yes	No	Unsure
When watching sports on TV, can you follow the ball but not see anything else	Yes	No	Unsure
Difficulty playing pool	Yes	No	Unsure
Difficulty knowing when to hit the ball when playing tennis	Yes	No	Unsure
Trouble learning how to ride a bike	Yes	No	Unsure
Trouble jumping rope? Jumping at the wrong time or jump into the rope	Yes	No	Unsure
Trouble playing games such as volleyball or four square	Yes	No	Unsure
On playground equipment such as rings or bars, was it hard to go from one to the other	Yes	No	Unsure

Fatigue While In a Car

Become drowsy when you are a passenger	Yes	No	Unsure
Become drowsy when driving	Yes	No	Unsure
Bothered by chrome on cars	Yes	No	Unsure
Bothered by glare off the windshield of the car in front of you	Yes	No	Unsure
Bothered by headlights and street lights	Yes	No	Unsure
Avoid driving at night	Yes	No	Unsure
Have night blindness	Yes	No	Unsure

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