

# McCabe Vision Center

## Child Eyestrain Questionnaire

*Print out this test and circle the letter that best describes your child's experience for each statement. Please bring it to the examination.*

*How often does your child experience these problems?*

N= Never    S= Sometimes    O= Often    A= Always

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. My child says he or she can't see clearly while reading.                    | N | S | O | A |
| 2. My child gets tired while reading.  | N | S | O | A |
| 3. My child cannot concentrate well when reading.                              | N | S | O | A |
| 4. My child's vision seems worse in the afternoon/evening than in the morning. | N | S | O | A |
| 5. My child has learning problems.   | N | S | O | A |
| 6. My child's eyes tear a lot.   | N | S | O | A |
| 7. Reading or working at a computer for a few hours gives my child a headache. | N | S | O | A |
| 8. My child closes one eye when reading.                                       | N | S | O | A |
| 9. My child rubs his or her eyes at the end of the day.                        | N | S | O | A |
| 10. My child is a slow reader.   | N | S | O | A |
| 11. My child has difficulty understanding what he or she is reading.           | N | S | O | A |
| 12. My child has a short attention span.                                       | N | S | O | A |
| 13. My child skips or repeats lines when reading.                              | N | S | O | A |
| 14. I see one of my child's eyes wandering outwards or inwards.                | N | S | O | A |
| 15. My child gets car sick.  | N | S | O | A |
| 16. My child finds it difficult to read in a car or on a bus.                  | N | S | O | A |
| 17. My child is not performing up to his or her potential                      | N | S | O | A |
| 18. My child can't keep up with assignments in school.                         | N | S | O | A |
| 19. My child tries to avoid doing homework and other reading.                  | N | S | O | A |
| 20. My child complains of itching or irritation in his or her eyes             | N | S | O | A |

Even one or two "always" or "often" answers -- or clusters of "sometimes" answers -- may signal that your child has an eye muscle problem causing asthenopia. Asthenopia is the medical term for eyestrain. Even irritability when reading or using a computer can be a vision-related symptom. *Discuss your child's symptoms with Dr. Simon at McCabe Vision Center.*

Using sophisticated equipment, Dr. Simon can measure your child's binocular vision skills – test for convergence, accommodation, eye alignment and teamwork. If testing indicates irregularities, he may recommend a vision therapy program.