

THE
IRLEN DYSLEXIA
CLINIC

Irlen Syndrome Long test survey

Tick the box if you experience the following

Are you light sensitive?	
	Are you bothered by sunlight?
	Are you bothered by glare?
	Do you frequently wear sunglasses?
	Are you bothered by bright or fluorescent light?
	Do you become tired or drowsy under bright or fluorescent light?
	Do you become anxious under bright or fluorescent light?
	Do you get a headache or stomach ache from bright or fluorescent light?
	Do you feel antsy or fidgety under bright or fluorescent light?
	Do you find it harder to listen under bright or fluorescent light?
	Does your performance deteriorates under bright or fluorescent light?
	Do you feel like there is not enough light when reading?
	Do you feel like there is too much light when reading?
	Do you prefer to read in dim light?
	Do you shade the page with your hand or body?
Types of reading difficulties experienced	
	Do you skip words or lines?
	Do you repeat or re-read lines?
	Do you need frequent breaks when reading?
	Do you lose your place?
	Do you read with a 'stop and go' rhythm?
	Do you omit small words?
	Do you have poor reading comprehension?
	Does reading become harder the longer you read?
	Do you use a finger as a marker to help you keep your place?
	Do you avoid reading?
	Do you avoid reading for pleasure?
	Do you re-read for comprehension?
	Do you experience reversals of letters, numbers or words?

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Whilst reading or using a computer do you:	
	Rub your eyes?
	Move closer or father away from the page?
	Squint?
	Open your eyes wide?
	Incorporate breaks?
	Change positions to reduce glare?
	Close or cover one eyes?
	Move your head in particular ways?
	Read word by word?
	Unable to read quickly
Do you feel strain, fatigue, tired or have headaches when:	
	Reading
	Listening
	Writing by hand
	Reading a computer, ipad, tablet or phone
	Watching TV, movies or live stage productions
	Copying material from books or whiteboards
	Doing mathematics or accounting activities
	Playing video games
	Writing essays
	Doing visually intensive activities such as crossword puzzles, sewing, cross stitching, soldering etc.
	Reading under bright or fluorescent lights
	Looking at stripes, patterns, polka dots, fluorescent colours
Handwriting:	
	Write up or downhill
	Unequal or no spacing between letters or words
	Unequal letter sizes
	Unable to write on the line
	Leave out words, letters or punctuation marks

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Attention and concentration	
	Do you have problems concentrating, reading or writing?
	Are you easily distracted when reading or writing?
	Are you easily distracted when listening?
	Are you easily distracted when doing tests or exams?
	Do you tend to daydream in class or at work?
	Do you have a problem staying on task?
	Do you have problems starting tasks?
	Do you find it difficult to complete scantron or multiple choice answer sheets?
Copying	
	Do you lose your place when copying from a whiteboard, book or overhead?
	Do you leave out words when copying?
	Are you slow when copying?
	When copying, is your work often incomplete?
	Do you make careless errors when copying?
	Do you blink or squint when copying from whiteboards or projectors?
	Do you have difficulty refocusing when alternating between a book and whiteboard?
	Do you have difficulty copying things onto/off a computer?
Composition and essay writing	
	Is your writing disorganized?
	Do you have problems with punctuation?
	Do you miss things when proof-reading?
	Do you leave out letters or words?
	Do you generally write essays without re-reading your work?
Mathematics	
	Do you misalign digits in number columns?
	Do you have difficulty seeing numbers in the correct column?
	Do you make sloppy or careless errors?
	Do you use your finger, graph paper or other marker when working with columns of numbers?
	Do you generally write essays without re-reading your work?

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Music	
	Do you have problems sight reading the notes?
	Do you prefer to memorise rather than read music?
	Do you prefer to play by ear?
	Do you use your finger to track notes?
	Do you lose your place?
	Do you have trouble reading the notes and words together?
	Do you have difficulty interpreting musical notation?
	Do you make little progress in spite of regular practice?
Depth perception	
	Do you have difficulty getting onto and off escalators?
	Are you clumsy?
	Do you bump into table edges and door jambs?
	Do you have difficulty walking up and down stairs?
	Do you have difficulty judging distances?
	Do you often drop or knock things over?
	Are you accident prone?
	When walking next to a person, do you drift into the person?
	When walking, do you feel dizzy or light headed?
	Are you afraid of heights?
Sports performance	
	Do you have difficulty tracking a flying ball like golf, tennis or cricket
	Do you have trouble following the ball on TV with sports like golf, tennis or cricket
	When watching TV, can you see the ball but nothing else?
	Do you have trouble catching or hitting a ball?
	Do you have difficulty playing pool?
	Do you have difficulty hitting the ball in tennis or cricket?
	Did you have trouble learning to ride a bicycle?
	Do you have trouble skipping with a rope (trip over the rope)?
	Do you have trouble playing games such as volleyball or handball?
	On playground equipment such as rings or bars, is it hard to get from one end to the other?

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Driving	
	Do you have difficulty parallel parking?
	Do you feel like you will hit the car in front when parking?
	When parking, do you hit the curb or leave too much space?
	Do you have difficulty judging when to turn in front of oncoming traffic?
	Are you uncertain about making lane changes when driving?
	Are you extra cautious when changing lanes?
	Are passengers tense when you make lane changes?
	Do your passengers tell you that you tailgate?
	Are you overly cautious, leaving extra room between you and the car ahead
Fatigue when driving	
	As a passenger, do you become drowsy?
	When driving, do you become drowsy?
	Are you bothered by glare off the rear window of the car in front of you?
	Is it stressful to drive in rain or snow conditions because of glare?
	Do you avoid driving at night?
	Are you bothered by headlights and street lights at night?
	Are you bothered by the tail lights on cars?
	Are you bothered by red/green traffic lights?
	Do you have night blindness?

If you scored four (4) or more ticks for any of the sections within this survey, it would be worthwhile getting screened for Irlen syndrome.

**If this is you, call the Irlen Dyslexia clinic
on 0431 927 578 or email admin@irlendyslexia.com.au**