

Near-Work Stress Questionnaire

Name: _____

Date: _____

How often does each behavior occur?	Never (0)	Seldom (1)	Occasionally (2)	Frequently (3)	Always (4)
Your eyes feel tired when reading or doing close work					
Your eyes feel uncomfortable when reading or doing close work					
You have headaches when reading or doing close work					
You feel sleepy when reading or doing close work					
You lose concentration when reading or doing close work					
You have trouble remembering what you have read					
You have double vision when reading or doing close work					
You see the words move, jump, swim, or appear to float on the page when reading or doing close work					
You feel like you read slowly					
Your eyes hurt when reading or doing close work					
Your eyes feel sore when reading or doing close work					
You feel a "pulling" feeling around your eyes when reading or doing close work					
You notice the words blurring or coming in/out of focus when reading or doing close work					
You lose your place when reading or doing close work					
You have to reread the same line of words when reading					
Total Score _____	__x 0	__x 1	__x 2	__x 3	__x 4

Please check the box that best matches your observations.

**For Children (<21 yrs): A total score of 16 or higher is suggestive of convergence insufficiency.
For Adults: A total score of 21 or higher is suggestive of convergence insufficiency.**

From: Convergence Insufficiency Symptom Survey