

SELF-TEST FOR IRLEN SYNDROME

(WWW.IRLEN.COM)

Please fill out this form in ink or download and complete and return by email. Parents should complete the form in cooperation with your child. Return the completed form to:

judithjbell@aol.com Or post to The Irlen Centre North West (Lancashire) 378 Holcombe Road,

Greenmount, Bury, BL8 4DT

Name	
Age	
School Year	
Address	
Phone or email address	
Completed by	
Date	
NOTE: YOUR EXPERIENCES CAN BE IN THE PAST, AS WELL AS THE PRESENT.	

Question	Yes	No	Not Sure
<i>Are you light sensitive?</i>			
Bothered by glare			
Do you frequently wear sunglasses?			
Bothered by bright or fluorescent lights			
Tired or drowsy under bright or fluorescent lights			
Become anxious under bright or fluorescent lights			
Get a headache/stomachache from bright or fluorescent lights			
Feel fidgety under bright or fluorescent lights			
Harder to listen under bright or fluorescent lights			
Performance deteriorates under bright or fluorescent lights			
Feel like there is not enough light when reading			
Feel like there is too much light when reading			
Read in dim light			
Shade the page with your hand or body			
<i>Types of reading difficulties:</i>			
Skip words or lines			

Repeat or re-read lines			
Read with breaks			
Lose place			
Read in a "stop and go" rhythm			
Omit small words			
Poor reading comprehension			
Reading becomes harder the longer you read			
Use your finger or marker to help keep your place			
Avoid reading			
Avoid reading for pleasure			
Rereads for comprehension			
Reversals of letters and/or numbers			
<i>While reading or using a computer, do you:</i>			
Rub eyes			
Move closer to or further away			
Squint			
Open eyes wide			
Incorporate breaks			
Change position to reduce glare			
Close or cover one eye			
Move head			
Read word by word			
Unable to speed read			
<i>Handwriting</i>			
Write up or down hill			
Unequal or no spacing between letters or words			
Unequal letter size			
Unable to write on the line			
Leave out words, letters, or punctuation marks			
<i>Copying:</i>			
Lose place (book, chalkboard, whiteboard, overhead)			
Leave out words (book, chalkboard, whiteboard, overhead)			
Slow (book, chalkboard, whiteboard, overhead)			
Incomplete (book, chalkboard, whiteboard, overhead)			
Careless errors (book, chalkboard, whiteboard, overhead)			
Blink or squint (book, chalkboard, whiteboard, overhead?)			
Difficulty refocusing			
Difficulty copying things onto or off computer or typewriter			

<i>Composition/Essay Writing:</i>			
Disorganised			
Problems with punctuation			
Problems proofreading			
Leave out letters or words			
Write without re-reading			
<i>Mathematics:</i>			
Misalign digits in number columns			
Difficulty seeing numbers in the correct column			
Sloppy or careless errors			
Use finger, graph paper, or other marker when working with columns of numbers			
Difficulty seeing signs, symbols, numbers, decimal points			
Reversals of numbers			
<i>Music:</i>			
Problems sight reading the notes			
Prefer to memorize rather than read music			
Prefer to play by ear			
Use finger to track notes			
Lose your place			
Trouble reading the notes or notes and words together			
Difficulty interpreting the music notations			
Little progress in spite of regular practice			
<i>Depth Perception:</i>			
Difficulty getting on and off escalators			
Clumsy			
Bump into table edges or door jams			
Difficulty walking up and/or down stairs			
Difficulty judging distances			
Drop or knock things over			
As a child, accident prone or have bruises on your shins			
When walking next to someone, do you drift into the person			
When walking, do you feel dizzy or light headed			
Afraid of heights			
<i>Do you feel strain, fatigue, tired, or have headaches when:</i>			

Reading			
Listening			
Doing paper and pencil tasks			
Working on the computer			
Whiteboards / Overheads			
Watching TV, movies, or live stage productions			
Copying material from a book or whiteboard			
Doing math assignments			
Writing long assignments			
Doing visually-intensive activities - needlepoint, sewing, cross stitching, crossword puzzles, woodworking, soldering,			
Working under bright or fluorescent lights			
Looking at stripes, patterns, bright colors, and high contrast			
<i>Sports Performance:</i>			
Problems tracking a flying ball like golf, baseball, or tennis			
Trouble following the ball when watching sports on TV such as tennis, football or basketball			
When watching sports on TV, can you follow the ball but not see anything else			
Trouble catching or hitting a ball			
Difficulty playing pool			
Difficulty hitting the ball when playing baseball or tennis			
Trouble learning how to ride a bike			
Trouble jumping rope? Jump in at the wrong time or jump into the rope			
Trouble playing games such as volley ball or four square			
On playground equipment such as rings or bars, was it hard to go from one to the other			
<i>Driving:</i>			
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			
Difficulty judging when to turn in front of oncoming traffic			
Uncertain when making lane changes			
Extra cautious when making lane changes			
Are the passengers tense when you make lane changes			
Do passengers tell you that you tailgate			
Are you overly cautious, leaving extra room between you			

and the car ahead			
<i>Fatigue While In A Car:</i>			
As a passenger, do you become drowsy			
When driving, do you become drowsy			
Bothered by glare on the chrome on cars			
Bothered by glare off the rear window of the car in front of you			
Stressful to drive in the rain/snow (glare)			
Avoid driving at night			
Bothered by headlights and street lights at night			
Bothered by tail lights on cars			
Bothered by red/green traffic lights			
Have night blindness			

If you answered yes to three or more of these questions in any **one** of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome.

For further information, contact:

judithjbell@aol.com

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