



## Dyslexia Support Consultancy

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**[www.dyslexiasupportconsultancy.com](http://www.dyslexiasupportconsultancy.com)**

### Self Test for Irlen Syndrome

\*Parents should complete the form with cooperation from your child.

Name

Address

Age

School Year

Phone number

Email address

Completed by

Do you wear glasses? Distance Reading Varifocals

Note: if the problem sometimes happens then you should answer Yes

### Characteristics

<u>Are you light sensitive?</u>	Yes	No
Bothered by sunlight		
Bothered by glare		
Do you frequently wear sunglasses?		
Bother by bright or fluorescent lights		
Tired or drowsy under bright or fluorescent lights		
Become anxious under bright or fluorescent lights		
Get a headache/stomach-ache from bright or fluorescent lights		
Feel antsy or 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		

**If you answered ear 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**

<b><u>Types of reading difficulties:</u></b>	Yes	No
Skip words or lines		
Repeat all reread 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		

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<b><u>While reading or using a computer, do you:</u></b>	Yes	No
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		

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<b><u>Do you feel strain, fatigue, tired, or have headaches when:</u></b>	Yes	No
Reading		
Listening		
Doing paper and pencil tasks		
Reading on the computer/iPad/iPhone/tablet		

Watching TV, movies, or live stage productions		
Copying material		
Doing maths assignment		
Playing videogames		
Writing essays		
Doing visually-intensive activities like needlepoint, sewing, cross-stitching, crossword puzzles, woodworking soldering etc		
Reading under bright or fluorescent lights		
Looking at stripes, patterns, polka dots, fluorescent colours		
<b><u>If you answered ear 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</u></b>		

<b><u>Handwriting</u></b>	Yes	No
Right 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		
<b><u>If you answered ear 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</u></b>		

<b><u>Attention/concentration:</u></b>	Yes	No
Problems concentrating with reading or writing		
Easily distracted when reading or writing		
Easily distracted when listening		
Easily distracted when taking tests		
Daydream in class or at lectures		
Problem staying on task		
Problems starting tasks		
Difficulty with multiple-choice answer sheets		
<b><u>If you answered ear 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</u></b>		

<b><u>Copying from the, whiteboard, overhead projector</u></b>	Yes	No
Lose place		
Leave out words		
Take a long time (slow)		
Leave the work unfinished		
Careless errors		

Blink more frequently squint		
Difficulty refocusing		
Difficulty copying things onto or off the computer		
<b><u>If you answered ear 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</u></b>		

<b><u>Mathematics</u></b>	Yes	No
Misalign digits in number columns		
Difficulty seeing numbers in the correct columns		
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		
<b><u>If you answered ear 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</u></b>		

<b><u>Music:</u></b>	Yes	No
Problems sight reading the notes		
Prefer to memorise 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		
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<b><u>Depth perception:</u></b>	Yes	No
Difficulty getting on and off escalators		
Clumsy		
Bump into table edges or door jams		
Difficulty walking up and/or downstairs		
Difficulty judging distances		
Drop or not 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 lightheaded		
Afraid of heights		

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<b><u>Sports performance:</u></b>	Yes	No
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 sport on TV, can you follow the ball not see anything else		
Trouble catching or hitting a ball		
Difficulty playing pool		
Difficulty hitting the ball when playing baseball all tennis		
Trouble learning how to ride a bike		
Troubled jumping rope? Jumping at the wrong time or jump onto the rope		
Trouble playing games such as volleyball or foursquare		
On playground equipment such as rings or bars, was it hard to go from one to the other		

**If you answered ear 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**

<b><u>Driving (adults):</u></b>	Yes	No
Difficulty parallel parking		
Do you feel like you will hit the car in front when parking		
When parking, do you hit a 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		
Other passengers tents when you make lane changes		
The passengers tell you that you tailgate		
Are you overly cautious, leaving extra room between you and the car ahead		

**If you answered ear to three or more of as a passenger, do you become drowsythese questions in any one of the above sections, then you might be experiencing the effects of a perception problem called Irlen Syndrome**

<b><u>Fatigue whilst in car:</u></b>	Yes	No
As a passenger, do you become drowsy		
When driving, do you become drowsy		

Bothered by glare on the chrome of cars		
Bothered by glare off the rear window off 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		
<p><b><u>If you answered ear 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</u></b></p>		