

Near-Work Stress Questionnaire

Please check the box that best matches your observations.

| 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 |

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.