



**Dr. Ingrid Lorenzana, FAAO, FCOVD, CBHC**  
 Board Certified Neuro-Developmental Optometrist  
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 Brain Health Certification



**CogniViiSION™ - TRAIN the BRAIN not the EYES**

# Adult Symptom Survey

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use the following rating scale to score your performance. Circle the number that best describes you:

- 0-The statement **NEVER** applies
- 1-The statement **SELDOM** applies
- 3-The statement **FREQUENTLY** applies

- 2-The statement **OCCASIONALLY** applies
- 4-The statement **ALWAYS** applies

| <b>Glasses</b><br>(If you do not wear glasses, please skip this section) |  | Never | Seldom | Occasionally | Frequently | Always |
|--|--|-------|--------|--------------|------------|--------|
| 1  | Your glasses give you headaches or eyestrains even though you need them to see | 0     | 1      | 2            | 3          | 4      |
| 2  | Your glasses make you sick to your stomach                                     | 0     | 1      | 2            | 3          | 4      |
| 3  | Since you started wearing glasses you find yourself avoiding reading           | 0     | 1      | 2            | 3          | 4      |
| 4  | Your glasses keep getting stronger   | 0     | 1      | 2            | 3          | 4      |
| 5  | You would like to become less dependent on glasses                             | 0     | 1      | 2            | 3          | 4      |
| 6  | You have glasses, but avoid wearing them                                       | 0     | 1      | 2            | 3          | 4      |
| <b>General</b>   |  | Never | Seldom | Occasionally | Frequently | Always |
| 7  | Things are blurry for a moment when you look up from reading or computer work  | 0     | 1      | 2            | 3          | 4      |
| 8  | You get headaches or eyestrains when using your eyes for careful seeing        | 0     | 1      | 2            | 3          | 4      |
| 9  | Your stomach gets upset after you focus with eyes                              | 0     | 1      | 2            | 3          | 4      |
| 10   | Things blur in and out of focus  | 0     | 1      | 2            | 3          | 4      |
| 11   | It makes you nervous to search crowded shelves at the store                    | 0     | 1      | 2            | 3          | 4      |
| 12   | Your eye drifts in toward your nose or out toward your ear                     | 0     | 1      | 2            | 3          | 4      |
| 13   | You have had surgery for an eye that drifts                                    | 0     | 1      | 2            | 3          | 4      |
| 14   | At night, you have difficulty falling asleep.                                  | 0     | 1      | 2            | 3          | 4      |
| <b>Reading</b>   |  | Never | Seldom | Occasionally | Frequently | Always |
| 15   | When you read, the print blurs   | 0     | 1      | 2            | 3          | 4      |
| 16   | When you read, the print runs together   | 0     | 1      | 2            | 3          | 4      |



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|                |  |              |               |                          |                        |               |
|----------------|--|--------------|---------------|--------------------------|------------------------|---------------|
| 17             | When you read, the print looks unsteady or dances  | 0            | 1             | 2                        | 3                      | 4             |
| 18             | Reading gives you eyestrain or headaches   | 0            | 1             | 2                        | 3                      | 4             |
| 19             | Reading puts you to sleep  | 0            | 1             | 2                        | 3                      | 4             |
| 20             | You avoid reading for fun  | 0            | 1             | 2                        | 3                      | 4             |
| 21             | You avoid longer books   | 0            | 1             | 2                        | 3                      | 4             |
| 22             | You avoid books with smaller print   | 0            | 1             | 2                        | 3                      | 4             |
| 23             | When you read, you get the feeling that you'd rather be somewhere else                         | 0            | 1             | 2                        | 3                      | 4             |
| 24             | You rapidly become fatigue and lose comprehension when reading                                 | 0            | 1             | 2                        | 3                      | 4             |
| 25             | You have to whisper to yourself when reading   | 0            | 1             | 2                        | 3                      | 4             |
| 26             | Reading gives you an upset stomach   | 0            | 1             | 2                        | 3                      | 4             |
| 27             | You lose your place and skip or reread lines   | 0            | 1             | 2                        | 3                      | 4             |
| 28             | You're afraid to read out load in front of other people  | 0            | 1             | 2                        | 3                      | 4             |
| 29             | Reading takes too much effort  | 0            | 1             | 2                        | 3                      | 4             |
| 30             | You read, "One.... word.....at.... a.... time"   | 0            | 1             | 2                        | 3                      | 4             |
| 31             | You have to reread sentences to understand what you are reading                                | 0            | 1             | 2                        | 3                      | 4             |
| <b>Driving</b> |  | <b>Never</b> | <b>Seldom</b> | <b>Occasionall<br/>y</b> | <b>Frequen<br/>tly</b> | <b>Always</b> |
| 32             | You get eyestrain or headaches when you drive  | 0            | 1             | 2                        | 3                      | 4             |
| 33             | You get car sick, especially when sitting in the back seat                                     | 0            | 1             | 2                        | 3                      | 4             |
| 34             | You rapidly fatigue when driving   | 0            | 1             | 2                        | 3                      | 4             |
| 35             | You dislike driving at night   | 0            | 1             | 2                        | 3                      | 4             |
| 36             | You have difficulty judging how far away other cars are  | 0            | 1             | 2                        | 3                      | 4             |
| 37             | You find parallel parking difficult  | 0            | 1             | 2                        | 3                      | 4             |
| 38             | You have to look twice because you can't trust yourself to see things correctly the first time | 0            | 1             | 2                        | 3                      | 4             |
| 39             | You have difficulty telling how fast other cars are moving                                     | 0            | 1             | 2                        | 3                      | 4             |
| 40             | You have trouble seeing road signs   | 0            | 1             | 2                        | 3                      | 4             |
| 41             | It makes you nervous to drive when traffic is heavy  | 0            | 1             | 2                        | 3                      | 4             |

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|---|--|--------------|---------------|---------------------|-------------------|---------------|
| 42  | It makes you nervous to drive on the highway   | 0            | 1             | 2                   | 3                 | 4             |
| 43  | At night, the taillights ahead of you seem to double up  | 0            | 1             | 2                   | 3                 | 4             |
| 44  | You get lost easily when driving   | 0            | 1             | 2                   | 3                 | 4             |
| 45  | Your worries about driving limit your activities   | 0            | 1             | 2                   | 3                 | 4             |
| <b>Work</b>   |  | <b>Never</b> | <b>Seldom</b> | <b>Occasionally</b> | <b>Frequently</b> | <b>Always</b> |
| 46  | You have more trouble with computer and desk work as the day goes on   | 0            | 1             | 2                   | 3                 | 4             |
| 47  | You have to schedule your computer and desk work in the morning when you're fresh  | 0            | 1             | 2                   | 3                 | 4             |
| 48  | Your productivity goes down as the day progresses  | 0            | 1             | 2                   | 3                 | 4             |
| 49  | You get eyestrain or headaches during computer or desk work  | 0            | 1             | 2                   | 3                 | 4             |
| 50  | Your stomach gets upset during computer or desk work   | 0            | 1             | 2                   | 3                 | 4             |
| 51  | You reverse numbers at work, such as seeing 36 for 63  | 0            | 1             | 2                   | 3                 | 4             |
| 52  | You have to check your work for errors because your eyes play tricks on you  | 0            | 1             | 2                   | 3                 | 4             |
| 53  | Your computer or desk work takes longer than it should   | 0            | 1             | 2                   | 3                 | 4             |
| 54  | You put off desk work and instead spend your time talking, either face to face or on the phone   | 0            | 1             | 2                   | 3                 | 4             |
| 55  | You have second thoughts about a promotion if it meant more reading or desk work   | 0            | 1             | 2                   | 3                 | 4             |
| <b>Sports</b><br>(If not applicable, please give yourself a score of 0) |  | <b>Never</b> | <b>Seldom</b> | <b>Occasionally</b> | <b>Frequently</b> | <b>Always</b> |
| 56  | When you exercise, you prefer walking, running, swimming, calisthenics, or lifting weights rather than visual activities such as baseball, tennis, or golf | 0            | 1             | 2                   | 3                 | 4             |
| 57  | When it comes to ball sports, you're a klutz   | 0            | 1             | 2                   | 3                 | 4             |
| 58  | You avoid participating in ball sports   | 0            | 1             | 2                   | 3                 | 4             |
| 59  | It's hard to catch or hit a ball   | 0            | 1             | 2                   | 3                 | 4             |
| 60  | When playing golf, your short game is more difficult   | 0            | 1             | 2                   | 3                 | 4             |
| 61  | When playing golf, it's not easy to read the green   | 0            | 1             | 2                   | 3                 | 4             |

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|----------------------|--|--------------|---------------|---------------------|-------------------|---------------|
| 62                   | When playing golf or tennis, you hit long or short   | 0            | 1             | 2                   | 3                 | 4             |
| 63                   | In whatever ball sport you play, it's harder to maintain your concentration the longer the game continues    | 0            | 1             | 2                   | 3                 | 4             |
| 64                   | In any ball sport, you're not as good as your techniques would predict                                       | 0            | 1             | 2                   | 3                 | 4             |
| 65                   | In tennis, you have trouble with returning lobbed shots  | 0            | 1             | 2                   | 3                 | 4             |
| 66                   | In tennis, you have more difficulty at the net than at the baseline  | 0            | 1             | 2                   | 3                 | 4             |
| <b>Coordination</b>  |  | <b>Never</b> | <b>Seldom</b> | <b>Occasionally</b> | <b>Frequently</b> | <b>Always</b> |
| 67                   | It bothers you to walk down the stairs   | 0            | 1             | 2                   | 3                 | 4             |
| 68                   | You bump into things   | 0            | 1             | 2                   | 3                 | 4             |
| 69                   | When dancing, you have two left feet   | 0            | 1             | 2                   | 3                 | 4             |
| 70                   | It makes you nervous to walk in a crowd  | 0            | 1             | 2                   | 3                 | 4             |
| 71                   | You're clumsy  | 0            | 1             | 2                   | 3                 | 4             |
| 72                   | You trip and stumble if you are not careful  | 0            | 1             | 2                   | 3                 | 4             |
| <b>Relationships</b> |  | <b>Never</b> | <b>Seldom</b> | <b>Occasionally</b> | <b>Frequently</b> | <b>Always</b> |
| 73                   | You have trouble maintaining eye contact when speaking with someone  | 0            | 1             | 2                   | 3                 | 4             |
| 74                   | You feel like backing further away when a person is speaking to you  | 0            | 1             | 2                   | 3                 | 4             |
| 75                   | You feel as if you need to move right up next to people when they are talking to you                         | 0            | 1             | 2                   | 3                 | 4             |
| 76                   | You're too tired to enjoy your friends or family after a day of using your eyes                              | 0            | 1             | 2                   | 3                 | 4             |
| 77                   | After a day of using your eyes, you are irritable and short-tempered   | 0            | 1             | 2                   | 3                 | 4             |
| 78                   | Sore eyes or headaches interfere with your relationships   | 0            | 1             | 2                   | 3                 | 4             |
| 79                   | Desk work drags on forever so you have little time left to enjoy your friends and family                     | 0            | 1             | 2                   | 3                 | 4             |
| 80                   | The effort it takes you to read has kept you from going back to school and is therefore limiting your income | 0            | 1             | 2                   | 3                 | 4             |
| 82                   | Your reading ability affects your confidence   | 0            | 1             | 2                   | 3                 | 4             |



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|    |  |   |   |   |   |   |
|----|--|---|---|---|---|---|
| 83 | Your driving ability affects your confidence   | 0 | 1 | 2 | 3 | 4 |
| 84 | Your coordination affects your confidence  | 0 | 1 | 2 | 3 | 4 |
| 85 | Having to wear glasses affects your confidence   | 0 | 1 | 2 | 3 | 4 |
| 86 | You're embarrassed to be seen in glasses   | 0 | 1 | 2 | 3 | 4 |
| 87 | You're embarrassed by the appearances of your eye turning                              | 0 | 1 | 2 | 3 | 4 |
| 88 | When you speak with people, they don't know which of your eyes to look at              | 0 | 1 | 2 | 3 | 4 |
| 89 | When you speak with people, they look over their shoulder to see where you are looking | 0 | 1 | 2 | 3 | 4 |
| 90 | When you speak to people your attention is on holding your eyes straight               | 0 | 1 | 2 | 3 | 4 |

Is there any other way in which you believe vision could be interfering with your life?

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