

Julie Steinhauer, O.D., FCOVD 2220 S. State Rte. 157 Ste. 350 Glen Carbon, IL 62034 Phone: 618-288-1489 Fax: 618-288-1262 drsteinhauer@yahoo.com

Contact Person: Dr. Steinhauer

Quality of Life Questionnaire

After you consider each question, mark the column that applies to the person you are assessing. 0= Never, 1= Seldom, 2= Occasional, 3= Frequently, 4= Always

Score

Blur when looking at near							Score
Headaches while or after doing near vision work Words appear to run together when reading Burning, itching or watery eyes O 1 2 3 4 Falls asleep when reading O 1 2 3 4 Seeing and visual work is worse at the end of the day Skips or repeats lines while reading Dizziness or nausea when doing near work Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading O 1 2 3 4 Difficulty copying from the chalkboard Omits small words while reading O 1 2 3 4 Writes up or down hill Misaligns digits or columns of numbers Reading comprehension low, or declines as day wears on Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading O 1 2 3 4 Avoids sports and games O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not count or make change well Loses belongings and things O 1 2 3 4 Car or motion sickness	Blur when looking at near	0	1	2	3	4	
Words appear to run together when reading Burning, itching or watery eyes 0 1 2 3 4 Falls asleep when reading Seeing and visual work is worse at the end of the day O 1 2 3 4 Skips or repeats lines while reading O 1 2 3 4 Dizziness or nausea when doing near work Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading O 1 2 3 4 Domits small words while reading O 1 2 3 4 Omits small words while reading O 1 2 3 4 Writes up or down hill O 1 2 3 4 Misaligns digits or columns of numbers Reading comprehension low, or declines as day wears on Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time O 1 2 3 4 First response is "I can't" before trying Avoids sports and games O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Does not use or plan his/her time well Does not count or make change well Car or motion sickness O 1 2 3 4 Car or motion sickness	Double vision, doubled or overlapping words on page	0	1	2	3	4	
Words appear to run together when reading Burning, itching or watery eyes 0 1 2 3 4 Falls asleep when reading 0 1 2 3 4 Seeing and visual work is worse at the end of the day 0 1 2 3 4 Skips or repeats lines while reading 0 1 2 3 4 Dizziness or nausea when doing near work 0 1 2 3 4 Head tilts or one eye is closed or covered while reading 0 1 2 3 4 Difficulty copying from the chalkboard 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits smal	Headaches while or after doing near vision work	0	1	2	3	4	
Falls asleep when reading Seeing and visual work is worse at the end of the day Skips or repeats lines while reading Dizziness or nausea when doing near work Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading Omits small words while reading Writes up or down hill Misaligns digits or columns of numbers Reading comprehension low, or declines as day wears on Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time First response is "I can"t" before trying Avoids sports and games O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Does not judge distances accurately Does not use or plan his/her time well Does not count or make change well Car or motion sickness O 1 2 3 4 Car or motion sickness		0	1	2	3	4	
Seeing and visual work is worse at the end of the day Skips or repeats lines while reading Dizziness or nausea when doing near work Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading Omits small words while reading Omits on the chalkboard Omits small words while reading Omits on the chalkboard Omits small words while reading Omits small words wile reading Omits and small words wile reading Omits small words wile reading Om	Burning, itching or watery eyes	0	1	2	3	4	
Skips or repeats lines while reading 0 1 2 3 4 Dizziness or nausea when doing near work 0 1 2 3 4 Head tilts or one eye is closed or covered while reading 0 1 2 3 4 Difficulty copying from the chalkboard 0 1 2 3 4 Avoids doing near vision work such as reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Omits small words while reading 0 1 2 3 4 Writes up or down hill 0 1 2 3 4 Writes up or down hill 0 1 2 3 4 Reading comprehension bun	Falls asleep when reading	0	1	2		4	
Dizziness or nausea when doing near work Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading Omits small words while reading Omits space on it 2 3 4 4 To a standard warms on 1 2 3 4 To a standard warms on 1 2 3 4 To a standard warms on	Seeing and visual work is worse at the end of the day	0	1	2	3	4	
Head tilts or one eye is closed or covered while reading Difficulty copying from the chalkboard Avoids doing near vision work such as reading Omits small words while reading Omits small words with a small properties Omits small words while reading Omits small words with a small properties Omits small	Skips or repeats lines while reading	0	1	2	3	4	
Difficulty copying from the chalkboard Avoids doing near vision work such as reading Omits small words while reading Omits small words Ada decident performance in sports Omits and wers on Omits and wards wards on Omits small words Ada decident prometer of the pr	Dizziness or nausea when doing near work	0	1	2	3	4	
Avoids doing near vision work such as reading Omits small words while reading Writes up or down hill Misaligns digits or columns of numbers Reading comprehension low, or declines as day wears on Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time First response is "I can't" before trying Avoids sports and games Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not use or plan his/her time well Does not count or make change well Car or motion sickness O 1 2 3 4 Car or motion sickness O 1 2 3 4 Car or motion sickness	Head tilts or one eye is closed or covered while reading	0				4	
Omits small words while reading Writes up or down hill Misaligns digits or columns of numbers Reading comprehension low, or declines as day wears on Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time Tirrouble keeping assignments on time Oncomparison of the performance in sports Writes up or down hill Oncomparison of the performance in sports A voids books too close, leans too close to computer screen Oncomparison of the performance in sports A voids experison of the performance in sports Oncomparison of the performance in sports A voids sports and games Oncomparison of the performance in sports Oncomparison of the performance in sports A voids books too close, leans too close to computer screen Oncomparison of the performance in sports A voids books too close, leans too close to computer screen Oncomparison of the performance in sports A voids books too close, leans too close to computer screen Oncomparison of the performance in sports A voids books too close, leans too close to computer screen Oncomparison of the performance in sports A voids ports and sports and spor		0	1	2	3	4	
Writes up or down hill01234Misaligns digits or columns of numbers01234Reading comprehension low, or declines as day wears on01234Poor, inconsistent performance in sports01234Holds books too close, leans too close to computer screen01234Trouble keeping attention centered on reading01234Difficulty completing assignments on time01234First response is "I can't" before trying01234Avoids sports and games01234Poor hand/eye coordination, such as poor handwriting01234Does not judge distances accurately01234Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Avoids doing near vision work such as reading	0	1	2	3	4	
Misaligns digits or columns of numbers01234Reading comprehension low, or declines as day wears on01234Poor, inconsistent performance in sports01234Holds books too close, leans too close to computer screen01234Trouble keeping attention centered on reading01234Difficulty completing assignments on time01234First response is "I can't" before trying01234Avoids sports and games01234Poor hand/eye coordination, such as poor handwriting01234Does not judge distances accurately01234Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Omits small words while reading	0	1	2	3	4	
Reading comprehension low, or declines as day wears on01234Poor, inconsistent performance in sports01234Holds books too close, leans too close to computer screen01234Trouble keeping attention centered on reading01234Difficulty completing assignments on time01234First response is "I can't" before trying01234Avoids sports and games01234Poor hand/eye coordination, such as poor handwriting01234Does not judge distances accurately01234Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Writes up or down hill	0	1	2	3	4	
Poor, inconsistent performance in sports Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time Difficulty completing assignments on time O 1 2 3 4 Difficulty completing assignments on time O 1 2 3 4 First response is "I can't" before trying O 1 2 3 4 Avoids sports and games Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not use or plan his/her time well Does not count or make change well Loses belongings and things Car or motion sickness O 1 2 3 4 D 2 3 4 D 2 3 4 D 2 3 4 D 3 4 D 4 D 1 1 2 3 4 D 1 1 2 3 4 D 1 1 2 3 4 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D 1 D	Misaligns digits or columns of numbers	0	1	2		4	
Holds books too close, leans too close to computer screen Trouble keeping attention centered on reading Difficulty completing assignments on time O 1 2 3 4 First response is "I can't" before trying O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not use or plan his/her time well Does not count or make change well Loses belongings and things Car or motion sickness O 1 2 3 4 2 3 4 D 2 3 4 D 2 3 4 D 2 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 3 4 D 4 D 6 1 2 3 4 D 7 D 7 D 7 D 7 D 7 D 7 D 7	Reading comprehension low, or declines as day wears on	0	1	2	3	4	
Trouble keeping attention centered on reading Difficulty completing assignments on time O I I I I I I I I I I I I I I I I I I	Poor, inconsistent performance in sports	0	1	2	3	4	
Difficulty completing assignments on time O I First response is "I can't" before trying O Avoids sports and games O I Poor hand/eye coordination, such as poor handwriting O I Clumsy, accident prone, knocks things over O Does not use or plan his/her time well O Does not count or make change well Car or motion sickness O I Car or motion sickness O I Car or motion sickness O Car or motion sickne	Holds books too close, leans too close to computer screen	0	1	2	3	4	
First response is "I can't" before trying Avoids sports and games O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not use or plan his/her time well Does not count or make change well Car or motion sickness O 1 2 3 4 Car or motion sickness O 1 2 3 4 Car or motion sickness O 1 2 3 4 Car or motion sickness		0	1	2	3	4	
First response is "I can't" before trying Avoids sports and games O 1 2 3 4 Poor hand/eye coordination, such as poor handwriting Does not judge distances accurately Clumsy, accident prone, knocks things over Does not use or plan his/her time well Does not count or make change well Car or motion sickness O 1 2 3 4 Car or motion sickness O 1 2 3 4 Car or motion sickness O 1 2 3 4 Car or motion sickness	Difficulty completing assignments on time	0	1	2	3	4	
Poor hand/eye coordination, such as poor handwriting01234Does not judge distances accurately01234Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234		0	1	2	3	4	
Does not judge distances accurately01234Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Avoids sports and games	0	1		3	4	
Clumsy, accident prone, knocks things over01234Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Poor hand/eye coordination, such as poor handwriting	0	1	2		4	
Does not use or plan his/her time well01234Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Does not judge distances accurately	0	1	2	3	4	
Does not count or make change well01234Loses belongings and things01234Car or motion sickness01234	Clumsy, accident prone, knocks things over	0	1	2	3	4	
Loses belongings and things01234Car or motion sickness01234	Does not use or plan his/her time well	0	1	2	3	4	
Loses belongings and things01234Car or motion sickness01234	Does not count or make change well	0	1			4	
		0	1	2	3	4	
Forgetful, poor memory 0 1 2 3 4	Car or motion sickness	0	1	2	3	4	
	Forgetful, poor memory	0	1	2	3	4	

20-24 points= strong suspect, 25 points or more= refer for developmental care. **TOTAL SCORE**:

²⁵ points or more indicates visual skills inefficiency is highly likely OR higher than 3 on any one symptom/sign.

