



# What is a Behavioural Optometrist?

**Behavioural Optometrists are specialist optometrists, with interest in how vision affects human performance.**

This includes developmental, functional and neuro-optometry.

Behavioural Optometrists will use a range of treatments to help their patients learn and function more efficiently.

This can be applicable for any age group, not just children. It can also be of direct benefit to those with any form of acquired brain injury.

Not all optometrists practice behavioural optometry.

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*Clare Holland*

To find a BABO accredited Behavioural Optometrist visit [www.babo.co.uk](http://www.babo.co.uk) and go to "Find a Behavioural Optometrist"



## Do you have a vision problem?

**SELF CHECKLIST**

*Clare Holland*

# Do you have a vision problem?

## Your visual system can undergo tremendous stress with the demands of today's society.

Adults and children alike constantly use their near vision in the high-tech atmosphere of workplace and school. Students now read three times the number of books their parents did.

Eye discomfort, headaches, blurred vision, lowered visual performance – a wide variety of vision-linked problems are related to this heavy vision load. Today, in school and at work, people are required to deal with sustained, near visual tasks. The result is a constant stress, producing many of the symptoms and problems described in the checklist.

Many people who report symptoms also have great eyesight at distance, yet just can't handle the visual stress associated with close work. Visual stress is linked to the development of permanent vision conditions such as shortsightedness, astigmatism and other problems that effect how one lives and behaves.

For most people, the response to stress is reduced achievement and understanding.

## Checklist of Visual problems

### HOW TO USE THIS TEST

The questions in this self-test cover the most common symptoms optometrists observe in their patients. If you experience more than one of the problems on the list, it may be time to contact a behavioural optometrist.

### Effects of visual stress

When visual stress is present people react in the following ways:-

- Avoid the task by doing as little as possible
- Experience pain or other symptoms (aches, visual and/or overall body fatigue, falling asleep when reading, etc.)
- Suppress the sight of one eye (at the cost of reduced efficiency and understanding)
- Develop myopia or astigmatism
- Any combination of the above

Do you enjoy reading?  Y  N

Do you think you should be able to read faster?  Y  N

Do you understand what you read as well as you'd like?  Y  N

Do you find it's an effort to maintain your concentration while reading?  Y  N

Do you tend to skip words or lines of print while reading?  Y  N

Do you ever experience double vision while reading?  Y  N

Do you tend to lose your place while reading or copying?  Y  N

After reading, do you look up and notice that distant objects are momentarily blurred?  Y  N

Does print appear blurry after reading for a while?  Y  N

Do your eyes  itch  burn  water  pull  ache  
(Circle the problems you experience.)

Do words appear to float or move while reading?  Y  N

Do you tend to use your finger or a marker to keep your place while reading or copying?  Y  N

Do you have to re-read words or lines while reading?  Y  N

Do your eyes feel tired at the end of the day?  Y  N

Do you sometimes have to squint, get very close or cover one eye when reading?  Y  N

Do you ever experience headaches during or after reading?  Y  N

Are you especially sensitive to sunlight or glare?  Y  N

Are you aware of any tendency to move your head closer to, or away from what you are reading?  Y  N

When you use a computer, does the screen bother your eyes?  Y  N

How long can you read before you are aware of your eyes getting tired?

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How many hours daily do you spend at a desk, computer, reading, or at other-arm's length visual activities?

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