

Computer User Questionnaire

Many people experience a variety of symptoms after working at their computer for some period of time. Surprisingly, many don't relate those symptoms directly to looking at the screen. Instead, they may feel the headaches and tired eyes result from stress, or that a person is supposed to feel exhausted after a day at work.

Do you notice any of these visual problems? Please rate the following symptoms:

<i>Symptom</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>
Headaches during or after working at the computer	_____	_____	_____
Overall bodily fatigue or tiredness	_____	_____	_____
Burning eyes	_____	_____	_____
Distance vision is blurry when looking up from the computer	_____	_____	_____
Dry, tired or sore eyes	_____	_____	_____
Squinting helps when looking at the computer	_____	_____	_____
Neck, shoulders, or back pain	_____	_____	_____
Double vision	_____	_____	_____
Letters on the screen run together	_____	_____	_____
Driving/night vision is worse after computer use	_____	_____	_____
"Halos" appear around objects on the screen	_____	_____	_____
Need to interrupt work frequently to rest eyes	_____	_____	_____

By letting the doctor know what symptoms you are experiencing, he or she will know what tests to perform to give you a "tailored" eye examination. We may also tell you about a type of eyewear lens that can eliminate the symptoms and dramatically improve your comfort level when working on a computer.