

# Convergence Insufficiency Symptom Survey Guide

## SCORING

1. For each question, tick the box that indicates the frequency of the symptoms.
2. Add up the number of ticks for each column and multiply this by the amount at the bottom.
3. Sum each of these scores to give a final score (see example below).
4. A symptom score of 16 or more is considered to be significant.

Note: a score of less than 16 could *still* be significant if a symptom is extreme for only one or two questions (eg. scores “always” gets double vision when reading or doing close work).

**Convergence Insufficiency Symptom Survey (CISS)**

Name Example Date    /   /   

**Instructions:** Read the following patient instructions and then each item exactly as written. If patient responds with “yes” – please qualify with frequency choices.  
**Do not give examples.**

**Patient instructions:** Please answer the following questions about how your eyes feel when reading or doing close work.

|   | Never       | (Not very often)<br>Infrequently | Sometimes   | Fairly Often | Always      |
|---|-------------|----------------------------------|-------------|--------------|-------------|
| 1. Do your eyes feel tired when reading or doing close work?  |             | ✓                                |             |              |             |
| 2. Do your eyes feel uncomfortable when reading or doing close work?                                      | ✓           |                                  |             |              |             |
| 3. Do you have headaches when reading or doing close work?  |             |                                  | ✓           |              |             |
| 4. Do you feel sleepy when reading or doing close work?   |             |                                  | ✓           |              |             |
| 5. Do you lose concentration when reading or doing close work?  |             |                                  | ✓           |              |             |
| 6. Do you have trouble remembering what you have read?  |             |                                  |             | ✓            |             |
| 7. Do you have double vision when reading or doing close work?  |             |                                  | ✓           |              |             |
| 8. Do you see the words move, jump, swim or appear to float on the page when reading or doing close work? |             |                                  |             |              | ✓           |
| 9. Do you feel like you read slowly?  |             |                                  |             |              | ✓           |
| 10. Do your eyes ever hurt when reading or doing close work?  |             | ✓                                |             |              |             |
| 11. Do your eyes ever feel sore when reading or doing close work?   |             |                                  | ✓           |              |             |
| 12. Do you feel a “pulling” feeling around your eyes when reading or doing close work?                    |             | ✓                                |             |              |             |
| 13. Do you notice the words blurring or coming in and out of focus when reading or doing close work?      |             |                                  |             | ✓            |             |
| 14. Do you lose your place while reading or doing close work?   |             |                                  |             | ✓            |             |
| 15. Do you have to re-read the same line of words when reading?   |             |                                  |             | ✓            |             |
|   | <u>1</u> x0 | <u>3</u> x1                      | <u>5</u> x2 | <u>4</u> x3  | <u>2</u> x4 |

0 + 3 + 10 + 12 + 8

**TOTAL SCORE** 33

## POST TRAINING SCORES

A score of *less than 16* or a *decrease of at least 10 points* is considered to be a clinically significant outcome following training.

## HOW TO USE THE SURVEY

The CISS could be used by schools as a preliminary screening test that is administered to a class to find out which students are struggling with near visual symptoms. Ideally this would be combined with a near vision screening test to improve the accuracy of referrals. Optometrists should also consider using it for measuring symptoms before and after intervention. The CISS is best for student’s 11 years and over.

## REFERENCE

1. The Convergence Insufficiency Treatment Trial (CITT) Investigator Group. Validity of the Convergence Insufficiency Symptom Survey: A Confirmatory Study. *Optom Vis Sci* 2009, 86(4):357-36.