Computer User Questionnaire

Dear Patient:

Many people experience a variety of symptoms after working at their computer for some period of time. Surprisingly, many do not 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?

Symptom	***Yes***	***No***
Headaches during or after working at the computer	☐	☐
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	☐	☐

Patient Name: _____ Date: _____