



Colour Screening Test

[for Coloured Overlays or Coloured Glasses to reduce Visual Stress (Meares-Irlen Syndrome) when reading]

Introduction

Some people experience reading difficulties due to a vision problem called “*Visual Stress*” (or “*Meares-Irlen Syndrome*”).

It seems that this problem occurs more commonly in people who have been formally diagnosed with Dyslexia, but does seem to occur in some other people too.

The symptoms of “*Visual Stress*” can be difficult to get across people who don’t experience it themselves. They can include any or all of the following:

- words seeming to move, wobble, or flicker on the page
- words seeming too close or tending to jumble together
- the eyes being more aware of the page background than the text
- a sensation of glare from the page background
- general eye discomfort when trying to read

How We Can Help

At Belson & Sons we offer a service based on the “**Colour Screener Xpert**” test. It was developed by a team of scientists at The City University in London, led by Professor David Thomson.

- The test is designed to assess whether the patient would benefit from using a Coloured Overlay or Coloured Spectacle Lenses when reading.
- The main group of people who seem to benefit from this sort of help are school pupils from Year 4 upwards, although some adults do seem to obtain significant benefit too.

Please also see our Frequently Asked Questions sheet for more information.