

The Cardiff Hypersensitivity Scale (Visual)

This questionnaire asks about whether situations are comfortable or uncomfortable for your eyes and head. Although a situation might be uncomfortable because it is upsetting, frightening, or disgusting, this is not what we mean.

We are asking specifically about whether these situations are **physically uncomfortable**, causing some form of **physical pain, tiredness, ache, or strain in or around your eyes or head**.

Please answer each question based on what happens when you experience a given situation, rather than how often you experience it. For example, if you always experience discomfort when ironing a stripey shirt, but don't often iron them, you should respond 'Almost Always'.

Please indicate what we mean by 'uncomfortable' in the questions you are about to answer (please read the text above if you are not sure):

- Upsetting
 - Frightening
 - Disgusting
 - Physical pain, tiredness or strain in or around your eyes or head
-

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Please answer each question based on what happens when you experience a given situation, rather than how often you experience it. For example, if you always experience discomfort when ironing a stripey shirt, but don't often iron them, you should respond 'Almost Always'.

1. When I look at repeating or stripy patterns (e.g., patterned flooring, wallpaper, buildings, striped clothing), it makes my eyes or head feel so uncomfortable I need to look away from them

- Almost Never
- Occasionally
- Often
- Almost Always

2. I try to avoid watching films or TV which have lots of fast movements or uses shaky camera footage (e.g., sports games, action films) because I find them uncomfortable to look at

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

3. I find it uncomfortable for my eyes and head when travelling in a vehicle if sunlight is flickering through the window, such as in-between trees or buildings

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

4. I find everyday environments with a lot of movement uncomfortable for my eyes and head

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

5. Stripey and repeating patterns and pictures seem to shimmer, flicker, or move when I look at them

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

6. I close my eyes or look away if there are strobing or flashing lights on a TV programme or a film at the cinema

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

7. Even if the sun is not directly in my eyes, I need to put the window shade down when driving in bright conditions because the light is uncomfortable for my eyes or head

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

8. When there are lots of bright colours around me, I tend to get a headache

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

9. I turn off or dim bright ceiling lights because they make my eyes or head feel uncomfortable

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

10. Video games with lots of motion make my eyes or head feel uncomfortable

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

11. Cluttered or visually disorganized places (e.g., rooms, shops or other environments) make my eyes or head feel uncomfortable

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

12. I need to look away from or avoid complex patterns in my environment (e.g., wallpaper, carpets, artwork)

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

13. Watching crowds of people moving around is uncomfortable for my eyes and head

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

14. When sunlight is reflected off surfaces (e.g., water, snow, mirrors, cars, screens) it makes my eyes or head feel so uncomfortable that I need to look away

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

15. I find rooms or buildings with stripy or complex features (e.g., high contrast panelling, brickwork, columns) uncomfortable to look at

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

16. Seeing too much motion and movement on a screen (e.g., cinema, TV, video games) triggers a headache

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

17. I try to avoid going to supermarkets because I find them visually uncomfortable (e.g., too many objects, shelves, bright colours, and lights)

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

18. I try to avoid venues where there will be strobing or flashing lights (e.g., clubs, theatres, concerts) in case they make my eyes or head feel uncomfortable

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

19. I find sudden changes from dark to light highly uncomfortable for my eyes and head (e.g., turning on lights at night, coming out of a dark room)

- Almost Never
 - Occasionally
 - Often
 - Almost Always
-

20. Clothing with stripes, checks, or complex patterns make me want to look away

- Almost Never
- Occasionally
- Often
- Almost Always

Scoring

- Responses are scored on a scale from 0-3.
- A total score can be calculated as a sum.
- Separate sum scores can also be calculated for the following subscales:
 - Pattern: items 1, 5, 12, 15, 20
 - Strobing: items 2, 6, 10, 16, 18
 - Brightness: items 3, 7, 9, 14, 19
 - Intense Visual Environments: items 4, 8, 11, 13, 17