

Cardiff Hypersensitivity Scale - Visual (CHYPS-V)

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 stripey 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 turn off or dim bright ceiling lights because they make my eyes or head feel uncomfortable

Almost Never

Occasionally

Often

Almost Always

4. I have to look away when watching sports or people running and moving around quickly because it's visually uncomfortable

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 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

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 stripey or complex features (e.g., high contrast panelling, brickwork, columns) uncomfortable to look at

Almost Never

Occasionally

Often

Almost Always

16. Looking at flickering screens is uncomfortable for my eyes and head

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. My eyes or head feel uncomfortable if there is a bright light in the dark (e.g., cinema screens, lecture theatres, torches, car headlights at night)

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

CHYPS-V Scoring

- Responses are scored on a scale from 0-3 (where Almost Never = 0, Occasionally = 1, Often = 2, Almost Always = 3).
- A total score CHYPS-V can be calculated as a sum.
- Separate sum scores can also be calculated for the following subscales:

Brightness		Pattern		Strobing		Intense Visual Environments	
<i>Item</i>	<i>Score</i>	<i>Item</i>	<i>Score</i>	<i>Item</i>	<i>Score</i>	<i>Item</i>	<i>Score</i>
3		1		2		4	
7		5		6		8	
9		12		10		11	
14		15		16		13	
19		20		18		17	
TOTAL		TOTAL		TOTAL		TOTAL	

Please contact PriceAJ6@cardiff.ac.uk with any queries.