

Dry eye syndrome (DES) is an eye disorder where the eye either does not produce enough tears or the tears it produces are poor in quality. It is a very uncomfortable disorder that affects over 60% of the population over the age of 45, and the majority do not even know they have it.

The **OSDI test** was created to determine the severity and to classify the type of dry eye according to the symptoms. By responding to the questionnaire below, the patient gives us an idea of whether they are suffering from dry eye, as well as the type of treatment they should follow. **Indicate your answer:**

Have you experienced any of the following symptoms over the past week?

A. PHYSICAL SYMPTOMS	All the time	Almost all the time	Around 50% of the time	Almost never	Never	
1. Light sensitivity	4	3	2	1	0	N/A
2. Gritty feeling in your eye	4	3	2	1	0	N/A
3. Eye pain	4	3	2	1	0	N/A
4. Blurry vision	4	3	2	1	0	N/A
5. Poor vision	4	3	2	1	0	N/A

Have you suffered problems with your eyes that have limited you or prevented you from carrying out any of the following actions over the past week?

B. DAILY ACTIVITIES	All the time	Almost all the time	Around 50% of the time	Almost never	Never	
6. Reading	4	3	2	1	0	N/A
7. Driving at night	4	3	2	1	0	N/A
8. Working with a computer or using a cash machine	4	3	2	1	0	N/A
9. Watching television	4	3	2	1	0	N/A

Have you felt discomfort in your eyes in any of the following situations over the past week?

C. ENVIRONMENTAL FACTORS	All the time	Almost all the time	Around 50% of the time	Almost never	Never	
10. Wind	4	3	2	1	0	N/A
11. Areas with low humidity (very dry)	4	3	2	1	0	N/A
12. Spaces with air conditioning	4	3	2	1	0	N/A

The OSDI number gives us a score to assess the patient's level of eye dryness, such as the following:

Total score: _____

Normal OSDI: up to 13

Mild/Moderate OSDI: between 13 and 22

Total unanswered questions:

Moderate/Severe OSDI: between 23 and 48