

OSDI Test - Dry Eye

The OSDI (Ocular Surface Disease Index®) Test is a diagnostic test that helps classify and measure the severity of dry eye syndrome based on its symptoms.

Instructions

- Answer the following questions by selecting the box with the score that best defines the frequency of your symptoms.
- Add up and note down the results of each block of questions (1, 2 and 3).
- Add up the results and note them down in the "Total" box.
- Note down the total number of answers you have responded (not counting those marked "Not known").
- The formula for calculating the OSDI is "Total x 25 / Total number of answers".

Have you experienced any of the following during the last week?

	All of the time	Most of the time	Half of the time	Some of the time	None of the time	Not known
Light sensitivity	4	3	2	1	0	-
Feeling gritty	4	3	2	1	0	-
Painful eyes	4	3	2	1	0	-
Blurred vision	4	3	2	1	0	-
Poor vision	4	3	2	1	0	-
Block 1 subtotal:						

Have you had problems with your eyes that have limited you in performing any of the following during the last week?

	All of the time	Most of the time	Half of the time	Some of the time	None of the time	Not known
Reading	4	3	2	1	0	-
Driving at night	4	3	2	1	0	-
Working with a computer	4	3	2	1	0	-
Watching TV	4	3	2	1	0	-
Block 2 subtotal:						

Have your eyes felt uncomfortable in any of the following situations during the last week?

	All of the time	Most of the time	Half of the time	Some of the time	None of the time	Not known
Windy conditions	4	3	2	1	0	-
Dry areas	4	3	2	1	0	-
Areas that are air conditioned	4	3	2	1	0	-
Block 3 subtotal:						

OSDI score calculation

OSDI Score =
$$\frac{\text{Total (Block 1 + Block 2 + Block 3 subtotals): } \boxed{} \times 25}{\text{Total number of answers: } \boxed{}}$$

Evaluation of the score obtained

- **Up to 13 points:** considered normal.
- **Between 14 and 22 points:** dry eye is minor or moderate.
- **Over 22 points:** acute dry eye syndrome.

Remember that, if you have symptoms of dry eye, you should consult an ophthalmologist for a check-up.

