

What Is Scotopic Sensitivity Syndrome?

Scotopic Sensitivity Syndrome is a perceptual processing disorder which is often inherited. It is not an eye condition, but it does affect the brain's ability to process visual information. It is also known as Visual Stress.

There are many symptoms of the syndrome, including:

- light sensitivity;
- sore/watery eyes;
- fatigue;
- difficulty concentrating;
- poor and inconsistent reading, writing and spelling;
- poor depth perception and clumsiness (owing to difficulty judging distances).



It can impact on a pupil in many ways in the classroom and generally contributes to below average academic progress and low levels of motivation. Reading textual print regularly leads to visual stress, which in turn results in fatigue, headaches and slow reading.

Pupils affected by the syndrome can also struggle with comprehension – there is a tendency to misread or skip words and even entire lines of text. This can in some ways be a coping mechanism; the pupil may spend as little time possible reading to lessen the effects.

Children with Scotopic Sensitivity Syndrome can be helped by wearing precision-tinted lenses that filter out light and enable the brain to process visual information correctly. This can also be provided in the form of coloured overlays for white paper. Dimming the classroom lighting where possible can also help with this.



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