

How To Score The Adult and Pediatric VHSQ

The Vertical Heterophoria Symptom Questionnaire (VHSQ) has been designed to detect those patients whose headache, dizziness, anxiety or neck ache are due to a visually mediated cause (usually Vertical Heterophoria). Utilization of this instrument maximizes appropriate referrals. Scoring is performed by summing the values given to Questions 1 – 25 (Adult VHSQ) and questions 1-27 (Pediatric VHSQ) as follows:

Always = 3
Frequently = 2
Occasionally = 1
Never = 0

A score ≥ 15 on either the Adult or Pediatric VHSQ is significant, and warrants referral.