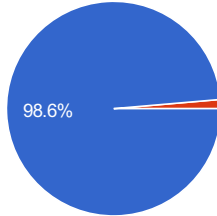


# 292 responses

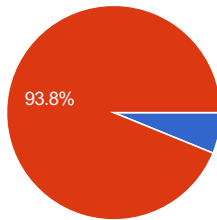
## Summary

Do you have visual snow?



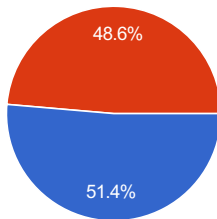
Yes	288	98.6%
No	4	1.4%

Do you know of anyone in your family with Visual Snow?



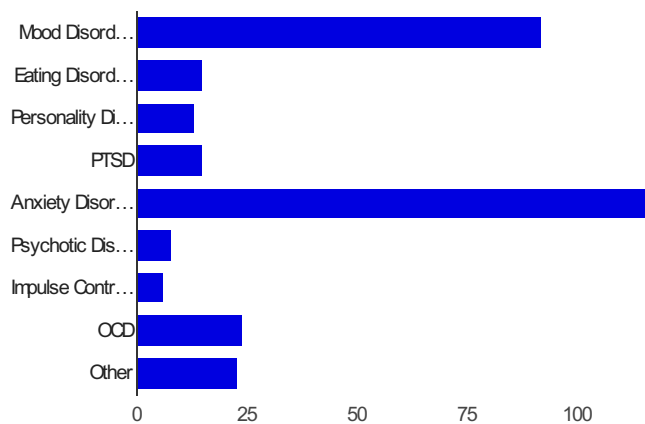
Yes	18	6.2%
No	274	93.8%

Do you have any known mental issues/disorders



Yes	150	51.4%
No	142	48.6%

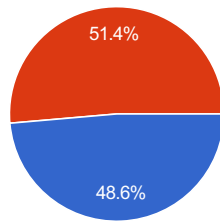
If yes above, please indicate which disorder you may have.



Mood Disorder(depression,Bipolar)	92	59%
Eating Disorder(binge eating disorder,bulimia)	15	9.6%
Personality Disorder	13	8.3%
PTSD	15	9.6%
Anxiety Disorder	116	74.4%

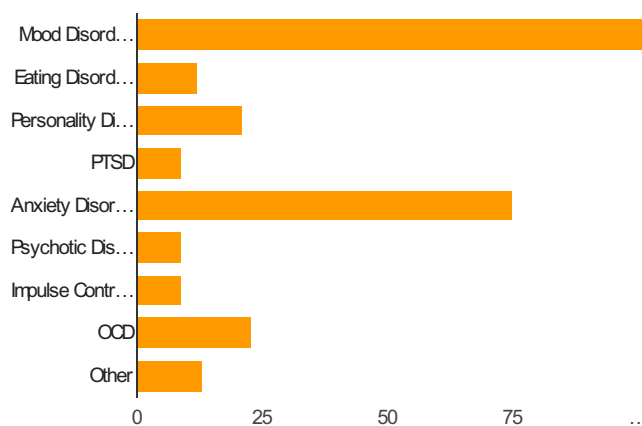
Psychotic Disorder(hallucinations)	8	5.1%
Impulse Control Disorder	6	3.8%
OCD	24	15.4%
Other	23	14.7%

**Does anyone in your family have a mental disorder?**



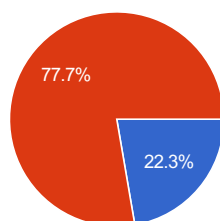
Yes	141	48.6%
No	149	51.4%

**If yes above, please indicate which disorder he/she/they may have.**



Mood Disorder(depression,Bipolar)	102	73.4%
Eating Disorder(binge eating disorder,bulimia)	12	8.6%
Personality Disorder	21	15.1%
PTSD	9	6.5%
Anxiety Disorder	75	54%
Psychotic Disorder(hallucinations)	9	6.5%
Impulse Control Disorder	9	6.5%
OCD	23	16.5%
Other	13	9.4%

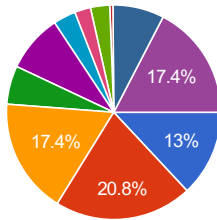
**Do you have pulse type visual snow or broadband visual snow?**



Pulse Type	64	22.3%
Broadband	223	77.7%

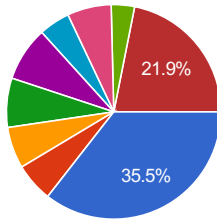
**If you have floaters, How many distinct floaters would you say you have in your vision? (If able, please take the time to try to see and count them now)**

1	27	13%
2	43	20.8%
3	36	17.4%
4	12	5.8%



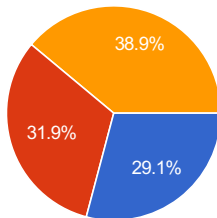
5	18	8.7%
6	7	3.4%
7	5	2.4%
8	6	2.9%
9	1	0.5%
10	16	7.7%
0	36	17.4%

### How is your vision?



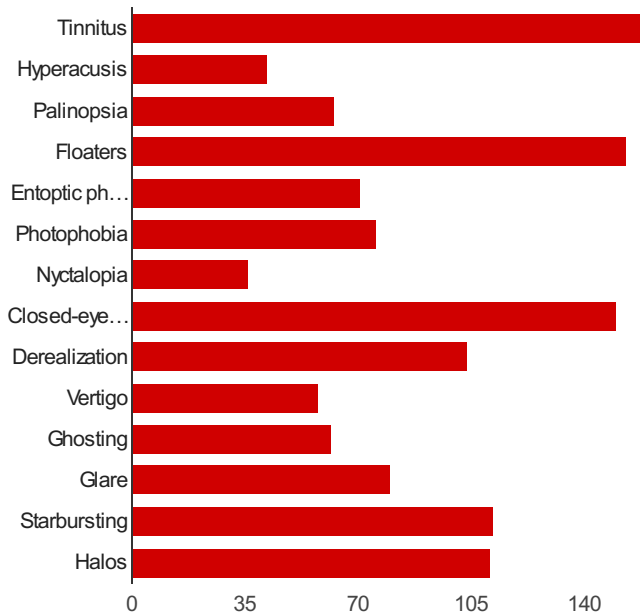
20/20	91	35.5%
20/15	15	5.9%
20/10	16	6.3%
20/25	19	7.4%
20/30	21	8.2%
20/35	12	4.7%
20/40	17	6.6%
Better than 20/10	9	3.5%
Worse than 20/40	56	21.9%

### Do you think that the visual snow impairs your visual acuity?



Yes	83	29.1%
No	91	31.9%
Only at night	111	38.9%

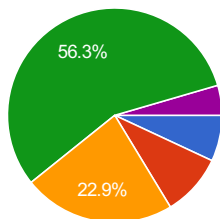
### Do you have any other symptoms such as the following? Please See <http://www.visualsnow.eu/symptoms/> for descriptions.



Tinnitus	158	60.3%
Hyperacusis	42	16%
Palinopsia	63	24%
Floaters	153	58.4%
Entoptic phenomena	71	27.1%
Photophobia	76	29%
Nyctalopia	36	13.7%
Closed-eye hallucinations	150	57.3%
Derealization	104	39.7%
Vertigo	58	22.1%
Ghosting	62	23.7%
Glare	80	30.5%
Starbursting	112	42.7%
Halos	111	42.4%

### If you experience migraines, what type of migraine do you experience?

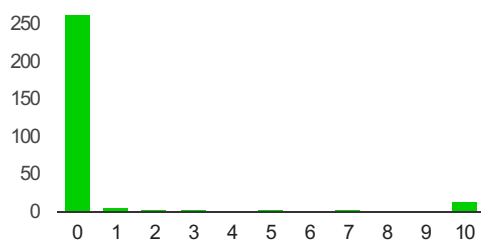
Cluster Headaches	38	34.2%
Ocular Migraines	49	44.1%



Tropical (wet, rain forest, monsoon)	20	6.9%
Dry (arid)	27	9.4%
Mild (Mediterranean, marine)	66	22.9%
Continental	162	56.3%
Polar	13	4.5%

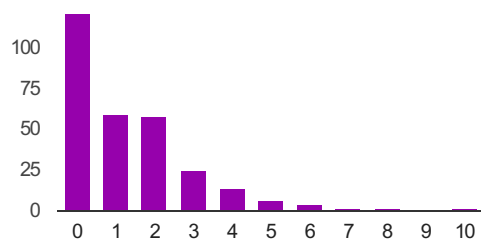
## Drug Use

How many cigarettes do you smoke per day?



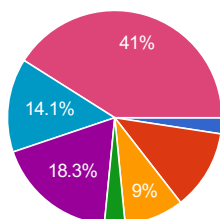
0	262	90.3%
1	5	1.7%
2	3	1%
3	2	0.7%
4	1	0.3%
5	2	0.7%
6	1	0.3%
7	2	0.7%
8	0	0%
9	0	0%
10	12	4.1%

How many cups of caffeine product do you have per day?



0	121	41.7%
1	59	20.3%
2	58	20%
3	25	8.6%
4	14	4.8%
5	6	2.1%
6	4	1.4%
7	1	0.3%
8	1	0.3%
9	0	0%
10	1	0.3%

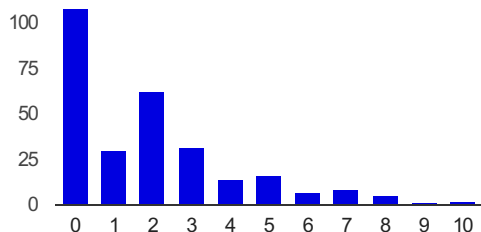
How often do you consume alcohol?



6-7 days a week	7	2.4%
1 day a week	35	12.1%
2-3 days a week	26	9%
4-5 days a week	9	3.1%
1 day a month	53	18.3%
2 days a month	41	14.1%
Never	119	41%

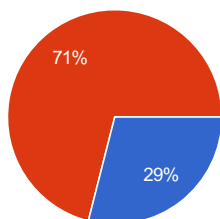
How many drinks of alcohol do you consume when you drink?

0	108	37.6%
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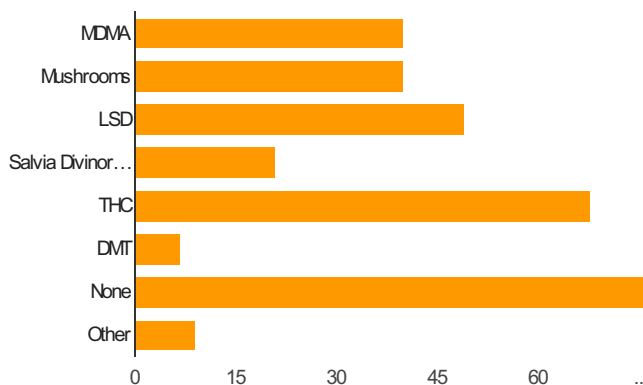
1	30	10.5%
2	62	21.6%
3	32	11.1%
4	14	4.9%
5	17	5.9%
6	7	2.4%
7	9	3.1%
8	5	1.7%
9	1	0.3%
10	2	0.7%

## Have you ever used psychedelics?



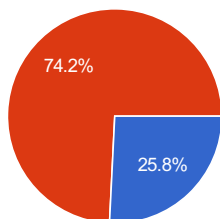
Yes	84	29%
No	206	71%

## What psychedelics have you used?



MDMA	40	24.5%
Mushrooms	40	24.5%
LSD	49	30.1%
Salvia Divinorum	21	12.9%
THC	68	41.7%
DMT	7	4.3%
None	76	46.6%
Other	9	5.5%

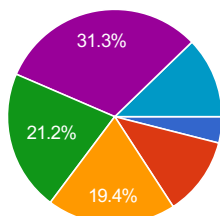
## Have you taken an SSRI (Selective serotonin re-uptake inhibitors) drug?



Yes	74	25.8%
No	213	74.2%

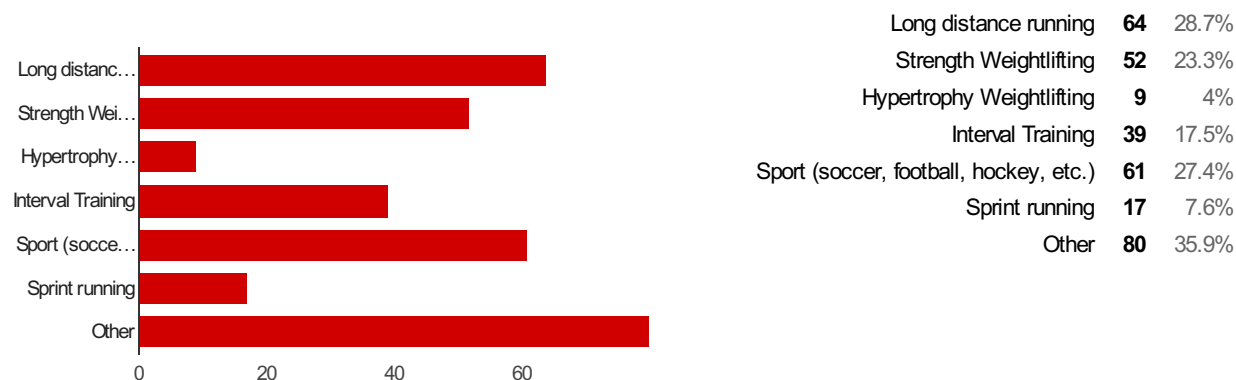
## General Health

### How often do you exercise?

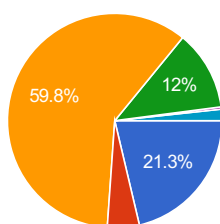


Greater than 6 times a week	11	4%
Once a month	33	11.9%
Once a week	54	19.4%
Never	59	21.2%
2-3 times a week	87	31.3%
4-5 times a week	34	12.2%

## What type of exercise do you do?

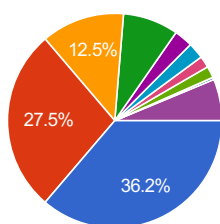


## How is your BMI?



Overweight	62	21.3%
Obese	14	4.8%
Healthy	174	59.8%
Underweight	35	12%
Extremely Obese	1	0.3%
Extremely Underweight	5	1.7%

## How many hours on average do you spend outside per day?



1	104	36.2%
2	79	27.5%
3	36	12.5%
4	24	8.4%
5	8	2.8%
6	7	2.4%
7	5	1.7%
8	5	1.7%
9	0	0%
10+	1	0.3%
0	18	6.3%

## Affecting Visual Snow

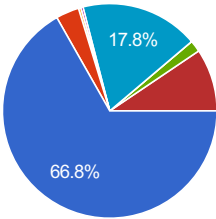
If you have tried anything that has made your visual snow or related symptoms (please indicate which symptoms) better then please write about how here.

No
no
N/A
No.
None
Sleep
Taking a medicine to lower blood pressure seemed to do some help, but probably anxiety related.

## How did you get visual snow?

Born with it
Always had it
Birth
I've always had it
Unknown
Always had it.
I've had it as long as I can remember

How did you get visual snow(few options/short answer)?



From Birth	191	66.8%
After Psychedelic drug use	10	3.5%
Lyme Disease	1	0.3%
Auto-immune disease	0	0%
Dehydration	1	0.3%
Random(suddenly had it)	51	17.8%
Brain damage (such as concussion)	0	0%
After taking prescription drugs	5	1.7%
Other	27	9.4%

Number of daily responses

