

How to interpret the results of a dry eye monitor test



Overview

Scores of 13 to 22 indicate mild dry eye, 23 to 32 suggest moderate disease, and anything from 33 to 100 points to severe dry eye. These scores also help track whether your condition improves over time with treatment. Instead, eye doctors use a sequence of assessments, starting with your reported symptoms and then layering in. It is one of the three core diagnostic tests recommended by the TFOS DEWS II report and remains the most widely used clinical measure of tear secretion. Low Schirmer values support a diagnosis of aqueous-deficient dry eye and can help differentiate it from purely evaporative disease when combined. The Tear Film and Ocular Surface Society (TFOS) Dry Eye WorkShop (DEWS) defines dry eye as "multifactorial disease of the ocular surface characterized by a loss of homeostasis of the tear film and accompanied by ocular symptoms, in which tear film instability and hyperosmolarity, ocular surface. Grading the severity of dry eye by assessing signs and symptoms helps ophthalmologists treat and follow dry-eye patients. Generally. Diagnosing dry eye involves a comprehensive eye exam, including a detailed medical history and specific tests to measure tear production and quality. First, they'll put a drop in.



Article Content

Apr 28, 2026

Diagnostic Tests for Dry Eye Disease

Bill B. Trattler, MD, Crystal Brimer, OD, Cynthia Matossian, MD, FACS, and Kelly K. Nichols, OD, MPH, PhD, discuss their preferred clinical

Jan 03, 2026

What Is a Dry Eye Test? Symptoms, Cost & Treatment

Learn what a dry eye test is, including symptoms, test types, what to expect, how to interpret results, costs, side effects & alternatives.

Mar 14, 2026

What do dry eye tests mean?

Dry Eye is a complicated disease and testing can be complex and confusing. While I can't interpret your specific tests, I can give a general idea of what tests mean. It is up to the dry eye

Aug 29, 2025

Work-Up for Diagnosing Dry-Eye Disease

The recommended OSDI-6 cut-off score for dry eye, after finding the sum total, is ≥ 4 . When using a non-invasive tear breakup time test, < 10 seconds

May 29, 2026

How the Experts Diagnose Dry Eye

Published 10 September 2023 How the Experts Diagnose Dry Eye Grading the severity of dry eye by assessing signs and symptoms helps ophthalmologists

Dec 14, 2025

How Is Dry Eye Syndrome Diagnosed?

Dry eye assessment At the start of your exam, your eye doctor may conduct an in-depth assessment of your symptoms and their severity.

Sep 15, 2025

The How and Why of Diagnosing Dry Eye

However, no clear map exists to help differentiate between tests and understand how one test's interpretation affects another. Dry eye centers

Nov 17, 2025

Schirmer's Test: How Your Eye Doctor Tests You for

The Schirmer test helps eye doctors diagnose dry eye syndrome by assessing tear production. Learn how it's performed and what the test results mean.

Nov 26, 2025

Diagnosing Dry Eye Disease

NYU Langone ophthalmologists diagnose dry eye disease after performing a routine eye exam and ophthalmic diagnostic tests. Learn more.

Oct 04, 2025

Dry Eye Diagnosis: What It Is and What To Expect

Dry eye diagnosis typically includes a medical history, comprehensive eye exam, various ocular surface tests, and more to check your tear film.

May 03, 2026

Improve the Diagnosis, Management and Treatment of

These tests provide objective data for my diagnosis, and patients appreciate having objective results to confirm or rule out the presence of disease. The Inflammadry

May 20, 2026

Dry Eye Test Normal Values

The test has moderate sensitivity and specificity for mild to moderate dry eye, and results can be influenced by humidity, hydration status, medications such as

Mar 09, 2026

How Is Dry Eye Diagnosed? What Each Test Reveals

A positive result means protein levels exceed 40 ng/mL, shown as two colored lines on the strip (similar to a pregnancy test). This matters because inflammation is a core part of the dry eye

Mar 23, 2026

Putting Dry Eye to the Test

Wills Eye Hospital Attending Surgeon Sadeer Hannush uses the Inflammadry test, in addition to tear osmolarity, and says it can help support his clinical exam and direct treatment. "Tear

Jun 11, 2026

How Is Dry Eye Diagnosed? What Each Test Reveals

Learn what doctors are actually looking for when diagnosing dry eye, from tear film tests to surface staining and inflammation markers.

Jul 11, 2025

Dry Eye Syndrome Questionnaires

Standard Patient Evaluation of Eye Dryness Questionnaire (SPEED) The SPEED questionnaire was designed by Korb and Blackie in order to quickly track the

Oct 09, 2025

Testing for Dry Eye

Your eye doctor can do tests to see if you have dry eye. Learn about the slit lamp test, the Schirmer's test, and the tear break up time (TBUT) test.

May 10, 2026

Essential Dry Eye Diagnostics | Ophthalmology

Explore the diagnostic journey of dry eye disease and the importance of personalized treatment interventions.

Nov 14, 2025

Better Target Dry Eye with Three Easy Tests

Dry eye tests need not be exorbitantly costly. The InflammADry (Rapid Pathogen Screening), is a single-use, noninvasive, disposable test used

Nov 05, 2025

Diagnostic Testing for Dry Eye

The evaluation and diagnosis of dry eye is challenging. It's a multifactorial condition, and reported symptoms aren't always consistent with

Aug 23, 2025

Schirmer's Test: A Comprehensive Dry Eye and Tear Evaluation

Learn what Schirmer's test is, how it works, and why it's essential for diagnosing dry eye syndrome. Discover the procedure, results, and treatment options for better eye health.

May 30, 2026

Testing for Dry Eye

First, they'll put a drop in your eye that will make your tears easier to see. Then, they'll shine a thin, bright light into your eye and look at your eye and

Dec 19, 2025

Schirmer's test: What to expect with the dry eye test

The Schirmer's test is used to find out if a person is producing enough tears. Without moisture, the eyes can become dry, increasing the risk of eye

Nov 08, 2025

Diagnostic Tests for Dry Eye Disease

What I would add to the list of tests that were initially listed by Dr. Matossian is, I do a cotton whisk test on every dry eye eval, and I do debridement

Feb 21, 2026

Recognizing Dry Eye and Getting It Diagnosed

This article will explore some of the causes of dry eye, as well as what you might want to know about dry eye disease and how it can be treated.

Jan 23, 2026

Familiarize Yourself with Point-of-care Tools for Dry Eye

Published November 20, 2018 Familiarize Yourself with Point-of-care Tools for Dry Eye
A plethora of new tools are rewriting the anterior segment disease monitoring

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