

“Irlen syndrome: A comprehensive review”

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Abstract

Purpose: The purpose of the study is to have an evidence-based approach regarding the Irlen syndrome (IS) aetiology, diagnosis and intervention efficacy.

Method: A systematic review of the existing literature was conducted to gather and assess data related to IS. The evaluation was based on level of evidence, diagnostic tools, proposed interventions, and outcomes. Databases searched covered PubMed, Embase, Google Scholar, Scopus, Web of science, Cochrane, Clinical Trials without time span constraints.

Results: The studies showed high diversity and lacked strong evidence supporting both the existence of IS and the effectiveness of its treatments.

Conclusion: The concept of IS and its associated treatments lack solid evidence and require further rigorous research. The syndrome as described, as well as its treatments, require further strong evidence.

Key words: Meares-irlen syndrome (IS), reading disorders, evidence-based approach