

PES | Adult Strabismus Center

Adult Strabismus and Self-Confidence: What Patients Don't Talk About

July 17, 2026

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A new article published by PES Adult Strabismus Center, titled **Adult Strabismus and Self-Confidence: What Patients Don't Talk About**, is prompting renewed attention to the underrecognized emotional toll of adult strabismus. While many individuals are familiar with the visual effects of eye misalignment, far fewer understand the quiet ways this condition can disrupt self-image, communication, and participation in everyday life. The PES Adult Strabismus Center is spotlighting these concerns to ensure they are acknowledged as an essential part of diagnosis and treatment—not merely secondary to vision correction.

Recent research and patient reports continue to demonstrate that strabismus in adults frequently affects mental and emotional health, not just physical vision. Studies have shown that many adults with longstanding strabismus report lower self-esteem and higher levels of social anxiety than their peers, even when the misalignment is mild or partially corrected. These findings are consistent with clinical experience at PES Adult Strabismus Center, where many patients share that their discomfort stems more from the social consequences of eye misalignment than from its optical effects. Patients often describe avoiding eye contact, disliking photos and video calls, or feeling overlooked in conversations—not because of poor vision, but due to fear of how others perceive them.

The emotional and psychosocial impact of strabismus can remain hidden for years. Adults living with the condition frequently adapt their behavior to avoid drawing attention to their eyes, choosing strategic seating positions, limiting participation in group interactions, or skipping social events altogether. Because these behaviors evolve gradually and are often rationalized as personal preference, they can be difficult for others—even close family members—to detect. This invisibility contributes to underreporting, delayed care, and the perception that the emotional burden is uncommon or insignificant. The article emphasizes that these experiences are both real and common, deserving of direct attention within the field of ophthalmology.

At PES Adult Strabismus Center, clinicians are working to normalize these conversations and provide tailored treatment options that consider both functional and emotional outcomes. Alignment procedures are not only medically appropriate for many adults, they are also supported by outcome data showing improvements in quality-of-life indicators after surgery. In multiple long-term studies, patients who undergo adult strabismus correction report decreased anxiety, greater ease making eye contact, and improved comfort in social and professional settings. These improvements are noted even when alignment is not perfect, further supporting the value of treatment in addressing the broader burden of the condition.

The article also highlights that the emotional consequences of adult strabismus can intersect with workplace and relationship dynamics. Patients often report hesitating to apply for jobs or promotions that require face-to-face communication or video conferencing. Others share that discomfort with their eye appearance impacts dating, communication with partners, or social confidence in unfamiliar settings. These effects accumulate over time, contributing to a cycle of avoidance and reduced self-assurance. Acknowledging and treating the condition can interrupt that cycle, empowering patients to participate more fully in their personal and professional lives.

A growing body of evidence continues to support the inclusion of psychosocial measures in the evaluation and treatment of strabismus in adults. While vision metrics such as acuity and perception remain central to diagnosis, functional and emotional health indicators are increasingly being recognized as valid outcomes. The article urges ophthalmologists and referring providers to consider these dimensions when discussing treatment options with adult patients. Doing so not only improves patient satisfaction but can also lead to more timely and appropriate referrals for surgical care.

Dr. David F. Skanchy, a board-certified pediatric and adult strabismus specialist at PES Adult Strabismus Center, stated, “Adult strabismus is not just a visual problem—it’s a human experience that affects identity, confidence, and communication. When we acknowledge the emotional impact, we provide better care. We regularly see patients whose quality of life improves significantly after treatment, and not just because their eyes are straighter. They feel seen again.”

For media inquiries or to request an interview with Dr. Skanchy or a member of the clinical team, please visit PES Adult Strabismus Center or view the full article Adult Strabismus and Self-Confidence: What Patients Don't Talk About. The Center continues to advance awareness of adult strabismus and remains committed to patient-centered care that addresses both visible and invisible impacts of the condition.

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For more information about PES Adult Strabismus Center, contact the company here: PES Adult Strabismus Center Dawn Lamb (817) 618-0511 info@pediatriceyespecialists.com 321 S Henderson St, suite c Fort Worth, TX 76104

PES Adult Strabismus Center

PES Adult Strabismus Center provides adults surgical treatment for strabismus, also known as lazy eye, crossed eye or misaligned eye. Strabismus surgery is more than a cosmetic surgery. It can also improve your vision.

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The logo for PES | Adult Strabismus Center is displayed on a dark blue rectangular background. The text is white and arranged in three lines: "PES | Adult" on the top line, "Strabismus" on the middle line, and "Center" on the bottom line. The vertical bar between "PES" and "Adult" is a small blue square.