

THE INSTITUTE OF OPTOMETRY

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Participant Information Sheet

Version 1.2; 10 August 2017

Study title

An investigation of low power convex lenses for eyestrain in the digital age

Invitation and brief summary

This research is to investigate eyestrain in adults aged between 16 and 40 years of age.

What's involved?

What is the purpose of the research?

Some people report eyestrain associated with computer use. The research will involve 170 people, aged 16-40y, who experience eyestrain with computer use. We will carry out eye tests to try to discover causes of the eyestrain.

What would taking part involve?

If you take part we will arrange an appointment for you to be seen by a research optometrist at the Institute of Optometry (56-62 Newington Causeway, London, SE1 6DS) for a detailed eye examination lasting about one hour. You will only be asked to attend once. You will be sent written confirmation of the appointment and a questionnaire to complete and bring with you to the appointment. We ask you to bring any glasses, contact lenses, or optical prescriptions you have with you to the appointment. If you usually wear contact lenses in the office, then please wear them to the appointment.

Many of the tests will be those that you would receive in a typical eye test. For example, we may measure the eye pressure using a puff of air and will look at the back of the eye by shining lights into the eye. We will also look at the tear film by inserting a coloured dye into the eyes. The dye will, for a few minutes, colour the tear film but it will not affect the vision.

There is a small chance that we will need to use drops to help obtain a good view of the back of the eye. These drops can blur the vision so we will only use these if you tell us that you can manage with blurred vision for a few hours. For example, we would not use these drops if you have to drive immediately after the appointment.

One of the tests we will do is to ask you to carry out a reading test with different lenses that magnify text.

What are the possible benefits of taking part?

If our tests reveal a problem that we think may be causing your eyestrain, or if we find a potential cure for your eyestrain, then we will write a letter that you can take to your own optometrist. The letter will explain our findings and may help your optometrist to find a solution for your eyestrain.

In the unlikely event that we find any serious eye diseases or other conditions then we will write to your GP or optometrist and ask them to arrange a referral.

The research does not replace the need for regular eyecare with your own optometrist. As mentioned above, if we find any results that may be helpful for your own optometrist, we will give you a letter to take to them. We will also give you a copy of this letter for your own records.

We plan, later on this year, to carry out a research evaluation of a new type of spectacle lens that is designed to alleviate eyestrain for office workers. If you consent to being contacted about this then we may communicate with you and invite you to participate in that study.

What are the possible disadvantages and risks of taking part?

The tests that we are carrying out are similar to those in a normal eye test and are safe. In the unlikely event that we need to use drops to examine the eyes we will explain what this involves and you will be given the option of not having the drops.

The research will take up about an hour of your time and we are not able to reimburse you for your time or for your travelling expenses.

What else should I know?

There are no known risks of our tests for women who are pregnant or breast feeding. The research is entirely voluntary and you do not have to participate if you do not want to. If you do choose to participate then you can change your mind at any time. If we have gathered any results from you when you change your mind then we will use these results, unless you tell us not to. As explained below, any results we use will not identify you.

Your personal data (name, contact details, date of birth) will be kept confidentially on a password protected spreadsheet. Your results will be stored on another spreadsheet on which you are only identified using an anonymous participant number. This is the spreadsheet that we will use when analysing the results. When we talk about the research in lectures and publications there will never be any disclosure of personal data or photos that could be used to identify you.

The research is organised by the Institute of Optometry, a registered charity, and is funded by Hoya Vision Care Europe.

The research has been reviewed by, and received approval from, the Institute of Optometry Research Ethics Committee. Before you are seen in the research you will be required to sign the attached consent form. If you have any questions or would like more information please contact:

Dr Robert Yammouni

research@ioo.org.uk or 0207 407 4183 ext 662 (Mon-Thu)