

A survey study on Computer Vision Syndrome

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Abstract

Computer Vision Syndrome is one among the life style disorders which is related to prolonged use of computer, tablet PC, e-reader and mobile phones. There are several guidelines to be followed in using these devices. Misuse of these devices can lead to symptoms such as watering of eyes, headache, blurring vision, irritation of eyes. This study was conducted as a survey to determine the causes, symptoms of CVS, knowledge and practices of computer use and to evaluate the various factors in computer use with the occurrence of CVS symptoms. A questionnaire was prepared to obtain data including all the aspects of computer usage such as symptoms, reference materials and preventive measures. The study included 65 people who used the computer daily for an hour or more over a period of several months and people having two or more symptoms of CVS in irrespective of their sex, age, occupation and religion. According to the collected data, when using the computer 32% use it up to one hour, 18% up to one to two hours, 10% more than ten hours. Headache was the major symptom seen in CVS. As a percentage it was 40% followed by watery eyes 38%, eye strain 35%, neck pain 28%. Moreover 50% people involved in this study adopted a method for preventive measures of CVS. Among them 23% were claimed to be wearing spectacles, 22% taking breaks in between computer use, 9% having concern on distance and angle of computer screen. Thus it can be concluded that headache was the major symptom seen in CVS. Over 50% follow preventive measures for CVS.

Keywords: Computer Vision Syndrome, life style disorder, headache

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