Prevalence, Knowledge and Associated Factors of Computer Vision Syndrome in Asser Region, Kingdom of Saudi Arabia

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ABSTRACT

Study Design: Cross sectional

Background: Computer vision syndrome (CVS) is defined as a collection of vision-related symptoms and musculoskeletal symptoms that happen due to continuous and improper use of electronic devices, such as computers, tablets, and smart phones. It causes eye problems and muscular complaints, which may lead to a decreased efficiency and quality of life. The aim of this study is to estimates the prevalence, knowledge, and associated factors of CVS among electronic device users in the Asser region, Kingdom of Saudi Arabia.

Methods: A Descriptive cross-sectional study was conducted to All Saudi and non-Saudi population of Aseer region except People who can't read or understand Arabic. The sample size required for this study is calculated as 700 participants for 95% confidence level and a margin of error of 5%. The participants received electronic self-administered questionnaire distributed via social media platforms during 2022. The tool covers the following three parts: bio demographic data, knowledge and associated factors related questions and prevalence of the CVS symptoms. Informed consent will be obtained from all participants. Furthermore, the questionnaire is anonymous.

Results: A total of 700 participants who met the inclusion criteria completed the study questionnaire. The age of the responders varied from less than 20 years to older than 60 years. A total of 367 (53.71%) responses were females. Eye problems after the use of electronic devices were experienced by 393 (56.14%) of the responders. Neck and shoulder pain being the most common symptom (79.95%), followed by blurred vision (71.07%), burning eye sensation (61.68%) and headache (60.41%). The more spent time with less taking breaks on electronic devices increasing the incidence of CVS symptoms. Back bent position was correlate with CVS symptoms .

Conclusion: Computer vision syndrome (CVS) is very common among the study participants, with neck and shoulder pain being the most common symptoms. This study has shown that the development of CVS is associated significantly with the longer duration of electronic devices use(more than 5 hours daily), no taking breaks while using electronic devices, short distance (less than 40cm)from the electronic devices and sitting with back bent. We found in our study that the computer vision syndrome (CVS) is a growing public health problem, resulting in variety of complaints and symptoms. Thus, preventive measures and community education about the burden of such lifestyle, and the proper handling of devices must be addressed.

Keywords: Computer Vision Syndrome, CVS, Neck and Shoulder Pain, Aseer, Prevalence

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