



Title: Pediatric Dry Eye

Author: Jenny Fogt

Abstract:

The Relationship of Pediatric Eye Discomfort and Screen Time

Introduction: Pediatric eye discomfort is associated with decreased blink rate and tear replenishment. Patient-reported screen usage time and frequency are correlated with eye discomfort. The purpose of this study is to explore possible factors contributing to pediatric eye discomfort.

Methods: A parent survey was developed to determine the frequency of eye discomfort occurring in their child(ren) and common factors that could contribute to eye discomfort, including age, gender, glasses and contact lens wear, presence of allergies, and the number of hours of screen time per day.

Results: 2203 children survey responses found that 38% of children experience eye discomfort. ANOVA found multiple factors were associated with the frequency of eye discomfort in children. Screen time usage and contact lens wear had the highest association with eye discomfort, followed by glasses wear and diagnosis of seasonal/environmental allergies.

Conclusion: While more research is needed to determine if pediatric eye discomfort symptoms are similar to those of adult dry eye, and if they occur by similar mechanisms. The association of pediatric eye discomfort and common factors, including some that are not modifiable, show that this area is worthy of more exploration.