

Prevalence of Myopia and Its Related Factors Among Health University Students in Aseer region, Saudi Arabia

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ABSTRACT

Background: Refractive errors (REs) are defined as a condition, in which the optics of the no accommodating eye are unable to take parallel light rays to concentrate on the retina. Students had a higher prevalence of myopia in comparison with others. The exposure and use of the computer with study for long times are associated with the development and progression of myopia.

Aim: to assess prevalence of myopia among health university students at King Khalid University and its related factors.

Methodology: A descriptive cross-sectional approach was used targeting King Khalid University health college students. Data were collected using an electronic questionnaire. The questionnaire covered student's demographic data, myopia, related factors, and vision-related behaviours.

Results: A total of 1428 health university students were included, 502 (35.2%) from college of Pharmacy, 431 (30.2%) from college of Medicine, 252 (17.6%) from college of Nursing, and 243 (17%) from college of Dentistry. Students ages ranged from 18 to 30 years with a mean age of 22.7 ± 2.4 years old. Exact of 743 (52%) were females. A total of 696 (48.7%) students had myopia, which was in both eyes among 438 (62.9%), right eye among 150 (21.6%), and on left eye among 108 (15.5%). A total of 512 (35.9%) of the students wear glasses, 108 (7.6%) were lenses and 208 (14.6%) wear both. Family history of myopia and reading distances beside other factors were significantly associated with higher risk of myopia.

Conclusions: In conclusion, the current study revealed that about half of the health college students at King Khalid university were myopic mainly college of medicine students. Myopia was bilateral among most of the students and family history was significantly associated with higher risk.

Keywords: Myopia, refractive errors, university, health colleges students, prevalence, risk factors, Saudi Arabia.

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