Is visual discomfort associated with academic performance in the college population?

Introduction

With normal visual acuity, visual discomfort has been linked to accommodation and vergence disorders.

The Visual Discomfort Survey (VDS) has been developed to measure visual discomfort and is associated with accommodative insufficiency.

The Convergence Insufficiency Symptom Survey (CISS) has been developed to measure visual discomfort and is associated with convergence insufficiency.

The Academic Problem Survey (APS) has been developed to assess academic problems in students.

A comprehensive study of the relationship between visual discomfort and academic performance in college population is warranted.

Materials & Methods

437 participants completed the electronic survey.

Inclusion criteria were participants must be a minimum of 18 years of age and current students at California State University, Northridge.

Online program Qualtrics was used to administer survey that included questions compiled from the VDS, CISS and APS.

Results

Visual discomfort appears to be prevalent in the college population.

Figure 1. Illustration of accommodation when focused on a (a) far target and (b) near target.

Table 2. Correlations between VDS/CISS and APS, Hours of Near work and Hours of Studying

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<tr>
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<th>VDS</th>
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Table 3. Significant correlations with Near work for Hispanic / Latino(a) sample

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Conclusions

Visual discomfort appears to be prevalent in the college population.

3.59% scored medium/high discomfort on the Visual Discomfort Survey (VDS).

Visual discomfort positively correlates with APS, Hours of Near work and Hours of studying suggesting an association between visual discomfort and academic problems.

Additional studies are warranted as the college population may be at risk for visual discomfort.

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References


Contact Information

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