

Title: Guide to Contact Lens vs Glasses vs Laser Eye Surgery

You would think it's pretty easy to work out which is better: contact lenses, glasses, or Laser Eye Surgery.

Supervisor

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Abstract:

Purpose: To demonstrate the use of the Quality of Life Impact of Refractive Correction (QIRC) questionnaire for comparing the quality of life of pre-presbyopic individuals with refractive correction by spectacles, contact lenses, or refractive surgery.

Methods: Questionnaires distributed to people to find out what their preferred method to correct their Refractive Errors and why? The main outcome measure was QIRC overall score (scaled from 0 to 100), a measure of refractive correction related quality of life. Groups were compared for overall QIRC score and on each question by analysis of variance, adjusted for age.

Results: On average, refractive surgery patients scored significantly better than contact lens wearers who were in turn significantly better than spectacle wearers, Convenience questions chiefly drove the differences between groups, although functioning, symptoms, economic concerns, health concerns, and well-being were also important. Spectacle wearers with low strength prescriptions scored significantly better than those with medium strength prescriptions, A small number of refractive surgery patients experienced postoperative complications, which impacted quality of life

Conclusion: Quality of life was lowest in spectacle wearers, particularly those with higher corrections. Contact lens wearers had significantly better QIRC score than spectacle wearers. Refractive surgery patients scored significantly better than both. However, this was accompanied by a small risk of poor quality of life due to postoperative complications. The QIRC is an effective outcome measure for quality of life impact of refractive correction.