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Paper Abstracts

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Adaptation to dual-focus soft contact lenses in young adult myopes in the UK: A six-month comparative study with single vision lenses

Kathryn Webber, Niall Hynes, Edward Mallen, Matthew Cufflin

Affiliation: University of Bradford

Purpose: To compare adaptation to dual-focus soft contact lenses (DFCL; omafilcon A) and single vision control contact lenses (SVCL; omafilcon A) over the initial 6 months of wear in a cohort of progressing young adult myopes

Method: 38 participants (18-23 years, 92% female) in the UK were randomly assigned to wear either DFCL or SVCL binocularly and full-time, as part of a randomised controlled trial investigating the efficacy of DFCL in slowing myopia progression in young adult myopes. After an initial two-week wear period, participants completed the Quality of Vision (QoV) Questionnaire and the Contact Lens Dry Eye Questionnaire-8 (CLDEQ-8) to assess adaptation to the lenses. Questionnaires were repeated after six months of wear.

Results: At two-weeks, DFCL wearers reported significantly higher median CLDEQ-8 scores than the SVCL group, indicating reduced initial comfort (12.50 v 8.00 p = 0.031). Median QoV scores were also significantly elevated in the DFCL group across all subscales compared to SVCL wearers: frequency (21.28 v 10.86 p = 0.014), severity (20.17 v 6.79 p = 0.002), and bother (16.94 v 7.60 p = 0.001). After six-months, overall comfort (9.00 v 11.00 p=0.861) and QoV scores (frequency: 14.47 v 17.75 p=0.975, severity: 13.59 v 13.59 p=0.656, bother: 14.83 v 11.41 p=0.399) showed no significant differences between the groups.

Conclusions: Young adults in DFCL lenses reported lower QoV and reduced comfort compared to SVCL after 2 weeks of wear. By six months, most symptoms had resolved, demonstrating that DFCL lenses can be well tolerated over time. These findings underscore the importance of setting realistic expectations during the fitting process and providing appropriate support during the early adaptation period in young adult myopes.

ClinicalTrials.gov registration: NCT05955638

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