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Paper Abstracts

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Experiencing contact lens wear encourages young adults to consider their use: findings from the ATP study

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Purpose: This study aimed to assess the intention of young adults with no previous contact lens (CL) experience to continue wearing silicone hydrogel daily disposable lenses made of verofilcon A after a short trial period, and to explore the main factors influencing this behavioural intention.

Method: A prospective, single-masked, single-arm clinical trial ("ATP study") was conducted at the University of Milano-Bicocca. Ninety-five ametropic participants (43 males; mean age \pm SD: 25.4 ± 5.3 years) with no prior CL use were fitted with verofilcon A daily disposable lenses. After instruction in lens handling, participants wore the lenses for 14 days (minimum 5 days per week, ≥ 5 hours per day). At the follow-up visit, participants rated their experience on 0–100 visual analogue scales assessing lens handling, comfort at insertion, end-of-day comfort, visual quality, and overall satisfaction. They also indicated their intention to continue CL wear and the primary motivations behind their choice.

Results: The mean lens power prescribed ranged from +2.00 to -6.00 D, with an average value of -1.90 ± 1.42 D and -1.86 ± 1.43 D for the right and left eye respectively. Visual acuity with CLs averaged -0.20 ± 0.07 logMAR binocularly. Hierarchical regression analyses were performed using three sequential models, each adding a new group of variables. The final model explained 57% of the variance in participants' intention to continue CL wear. Among motivational domains, aesthetic appeal, convenience, and sport-related practicality emerged as the most significant predictors of continued use.

Conclusions: A brief, guided experience with modern daily disposable CLs made of verofilcon A can effectively enhance willingness to adopt CL wear among young, previously non-wearing individuals. The decision to continue use is primarily shaped by motivational drivers—particularly those linked to appearance, ease of use, and active lifestyle compatibility—rather than by visual or handling performance alone.

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