

NCC 'FUTURE GENERATION 2024' POSTER Abstracts
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POSTER Abstracts

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Myopia Control Public Awareness in Greece

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Purpose: Myopia control (MC) is a promising new area against the global myopia epidemic. The main purpose of this study was to investigate MC awareness amongst the Greek population. Parameters that were also investigated were general public views about myopia and its causative factors, frequency of vision checks, the potential effectiveness of MC techniques used in Greece, as well as the public's desire to be informed about MC.

Method: In this cross-sectional pilot study, 317 adults, all permanent residents of the four largest Greek cities (Athens n=100, Thessaloniki n=65, Ioannina n=50 and Patras n=100), answered a specially designed 20 questions questionnaire, which was created to focus on key areas of the MC method, as well as on the knowledge of myopia and its severity and/or MC, the appeal of MC and the degree of MC effectiveness when applied.

Results: Over 80% of the participants were unaware of the MC method (83.3%). Most of the people knowing about MC were parents of a myopic child or knew a child with myopia (P=0.016); main source of informing amongst them being their Optician-Optometrist, and then their Ophthalmologist. 83.5% of the participants were interested in being

further informed about MC. Regarding the frequency of vision screenings, an important finding was that, in all cities, while the majority check their vision every year, high percentage was also given to the answer "after complaining".

Conclusions: The MC method of myopia control is limited known in Greece, but the public is greatly willing to be informed. Optician-Optometrist and Ophthalmologists seem to be the main source of information about MC. Vision checks amongst public and their children are – alarmingly and highly - carried out not as recommended but after discomfort.

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