School of Optometry and Vision Science

Influence of the time-of-day factor on short-term ocular response to light and myopia control lenses

Researchers at UNSW (The University of New South Wales) and BHVI (The Brien Holden Vision Institute) are seeking research volunteers to learn about the potential influence of the time-of-day factor on the efficacy of myopia treatment.

Would the research study be a good fit for me?
Requirements:

- Adults with good general health, age range 18 to 35 years
- Best-corrected visual acuity of 20/20 or better in each eye, short-sighted (myopic spherical equivalent between 0.5D and 5D)
- Experienced contact lens wearers
- Have ocular health findings considered to be 'normal' (e.g., no ocular diseases, colour vision deficiency or history of eye surgery)
- Willing to sign informed consent and comply with study schedule
- Not using myopia control medications or devices
- Not using melatonin or any pharmacological sleep aids
- Non-smoker

What would happen if I took part in the research study?
Step 1: Screening visit to determine your suitability.

Step 2: If suitable, you will be asked to attend up to 12 visits over 10 non-consecutive days. Each visit will take approximately 80 minutes.

At the beginning and the end of each visit, we will collect saliva samples and perform non-contact posterior ocular measurements. You will be seated in a clinic room to listen to audiobooks in between, while wearing daily disposable soft contact lenses and goggles. Additionally, at the first visit, you need to complete a questionnaire evaluating your sleep quality.

Will I be paid to take part in the research study?
Participants will be given a gift voucher of **AUD50** at the end of each visit to compensate for their time and other expenses related to the study following completion of their participation.

Whom do I contact if I want more information or want to take part in the study?
Name: Nicole Xiao Liu
Position: PhD candidate
Email: n.liu@bhvi.org