



# The Open Ophthalmology Journal

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## Supplementary Material



### Computer Vision Syndrome Prevalence and Ocular Sequelae among Medical Students: A University-Wide Study on a Marginalized Visual Security Issue

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#### Computer Vision Syndrome Survey Form 3 (CVS-F3)

Please mark your answers (√): (University)

Date:

Name:

- Age: 16 17 18 19 20 21 22 23 24 25 26
- Gender: Male Female
- How many hours do you spend on your digital screen every 24 hours (total screen-hours)?  
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
- How many of your total screen-hours do you spend on your digital screen during the daytime?  
0 1 2 3 4 5 6 7 8 9 10 11 12
- How many of your total screen-hours do you spend on your digital screen at night?  
0 1 2 3 4 5 6 7 8 9 10 11 12
- How many years have you spent using screens in this manner?  
0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
- Do you spend most of your screen-hours during the day or at night? Day Night
- The hours you spend on your digital screen are?  
Continuous Interrupted
- What are the digital screens you commonly use? (Please

select one or more answers):

Desktop computer Laptop iPad/Tab Apple smartphone  
Android smartphone others

• What is the most common primary/single screen you use?  
(Please select one answer only):

Desktop computer Laptop iPad/Tab Apple smartphone  
Android smartphone others

• What is the screen-size of the most common individual/single screen you use?

Small-sized screen Medium-sized screen Large-sized screen

• What is the screen-version of the most common individual/single screen you use?

New-version screen (within last 2 years) Old-version screen

• To what average level do you illuminate your primary screen (i.e., screen-brightness) in the dark?

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

• Do you have any of the following symptoms frequently with screen use over last 12 months?

(Please select all answers that apply; if none apply, leave blank):

#### Ocular Symptoms

Blurred vision	Eye strain and fatigue	Difficulty in refocusing the eyes
Dry eyes	Eye redness and irritation	Near vision discomfort/difficulty
	Double vision/diplopia	Unclear objects post-screen use

**Extraocular Symptoms**

Headache	Insomnia	Neck/shoulder/back pain	Inability to hold objects well
-	Depression	Joint pain in fingers and wrists	Difficulty to write using a pen

• How many symptoms-attacks on average, if any, you suffer from every month over last 12 months?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

• How many years, on average, do you suffer from these symptoms-attacks, if any?

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

• Are your symptoms-attacks associated with screen use?  
N/A Yes No

• Do you have previous diagnosis of dry eye disease or use eye drops to treat it? Yes No

• Do you have any refractive error or wearing glasses? Yes No

• Do you wear contact lenses or have contact lenses related diseases? Yes No

• Do you have previous eye or systemic disease or surgery? Yes No

• Do you feel that digital screens affect your lifestyle and

eye health? Yes No

• Are you willing to decrease your screen hours to guard against CVS? Yes No

• Is your medical school involved in mandated computer system use program? Yes No

• How do you usually study medicine? Screens alone Books alone Both

• What is the main screen you usually use to study medicine?

Desktop computer Laptop iPad/Tab Apple smartphone Android smartphone Others None

• What is your main purpose that consumes most of your screen-time? (Select one answer only):

Medicine/Science Social communication/Entertainment others

• Do you have any of the following practices frequently with screen use? (Please select all answers that apply; if none apply, leave blank):

Poor screen- resolution or design	Screen- glare	Poor lighting conditions
Screen edge at/above horizontal eye level	Close eye-screen distance	Watch screen in the dark
Uncomfortable seating postures	Small-font size	Texting with both thumbs

Consent: By completing this survey, I agree that the data or outcomes of CVS-F3 and/or ophthalmic examination will be

used as a part of CVS research project for publication worldwide. Yes No

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