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Depression, anxiety and early presbyopia in Saudi females

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Purpose: Presbyopia among middle age adults especially females can result in potential loss of productivity if not corrected. Owing to the physical and social problems related to eye disease, the purpose of this research is to establish the link between poor eye health and mental health and determine the contributory factors associated with the early onset of presbyopia.

Methods: The research involves 28 female participants with 14 control and 14 with early presbyopia. Participants will be given distance refraction with monocular and binocular visual acuities. One percent of cyclopentolate will be administered to participants between the ages of 30 to 42 years. Participants with any systematic ocular pathology's or anisometropia will be excluded from the study. Important variables of the study to be measured include age, education, income or career, vision variables like vision loss, time of onset. Other important variables include adaptation to vision loss, symptoms of depression and anxiety.

Results: The study findings are expected to generate evidence stating that 50% of females develop presbyopia at an early age and contributory factors like anemia, HTM, hypothyroidism, and DM. The study results are expected to highlight the severity of depression and anxiety among the different control groups. The study is expected to determine the onset of presbyopia errors among females and the role of increased visual tasks. The data collected from the study needs to prove why females with optometric require their first reading treatment at an early age compared to males.

Conclusion: Study findings prove that vision loss is not only linked to depression but can increase anxiety among female patients diagnosed with presbyopia.

Biography

Almaha Saleh Almutlaq is currently doing Internship at King Abdulaziz Hospital, Al Ahsa. She has graduated from King Faisal University College of Medicine.

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