

# THE EFFECT OF VISION THERAPY ON LOW MYOPIC SCHOOLCHILDREN



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**AIM:** Various methods of vision therapy continue and evolve in improving myopia. This study was conducted to evaluate the efficacy of 90 days EyeRelax® therapy to improve myopia in Chinese schoolchildren.

**METHODS:** One hundred and thirty one Chinese schoolchildren age 8 – 11 years old with myopia between -0.25D and -3.25D were enrolled. It was a prospective, double masked and single site study. Subjects were randomly assigned to either corrected myopia without therapy (n = 64) as a control group or corrected myopia with EyeRelax® therapy (n = 67) as a treatment group. The latter group were required to perform the EyeRelax® therapy twice a day for 90 days. Subjects were refracted thoroughly before the therapy began and prescribed with the latest prescription. Compliance during the therapy was high. The primary outcome measure was the 90-day change in spherical equivalent subjective refraction and the average value of right and left eyes spherical equivalents was used in the analysis.

**RESULTS:** Myopic refractive error in the treatment group was found to reduce significantly ( $t = -14.486$ ,  $p < 0.01$ ). The mean myopic refractive error was  $-1.81 \text{ D} \pm 0.67 \text{ D}$  at baseline and reduced significantly to  $-0.90 \pm 0.68 \text{ D}$  at 90 days whilst the control group remained insignificant. There was a significant difference of myopic change between control and treatment groups ( $F = 31.567$ ,  $df = 129$ ,  $p < 0.01$ ). The mean change of myopia in the control group and treatment group were  $-0.09 \pm 0.15 \text{ D}$  and  $+0.90 \pm 0.51 \text{ D}$  respectively.

**CONCLUSION:** EyeRelax® therapy was found to represent effective therapy to reduce myopia in early onset myopic Chinese schoolchildren. Further investigations in visual functions need to be conducted to support EyeRelax® therapy in improving myopia.

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