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## The impact of contact lens discomfort on quality of life dimensions

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**Purpose:** We aim to evaluate the impact of Contact Lens Discomfort (CLD) on Quality of Life (QoL) dimensions.

**Methods:** This prospective, cross-sectional, controlled, included 91 subjects in 5 groups: controls (n=18), asymptomatic (n=18), symptomatic (n=19), intolerant CLW (n=18), neuropathic corneal pain (NCP; n=18). Ocular pain was assessed by visual analogue scale and QoL dimensions using Ocular Pain Assessment Survey (0-10). The age groups were defined as patients aged <35 and ≥ 35 years.

**Results:** Subjects included 46 males and 42 females, aged  $39.7 \pm 13.3$  years. Symptomatic/intolerant CLW reported higher pain than controls ( $p<0.001$ ), but lower than NCP ( $p<0.001$ ). QoL in symptomatic/intolerant CLW were higher in physical dimension, compared to controls ( $p<0.001$ ). Symptomatic/intolerant CLW reported higher score in psychological/social dimensions ( $p<0.001$ ), but lower than NCP ( $p<0.01$ ). Pain correlated with QoL dimensions significantly for symptomatic/intolerant CLW, but not for controls. [Table 1] Correlations were significant in QoL dimensions for symptomatic CLW at all ages. Intolerant CLW<35 showed interference of pain on sleep; intolerant CLW ≥ 35 showed strong interference on the vision-related physical and psychological dimensions ( $p=0.01$ ) the social dimension was not different between any group. Results did not show significant gender differences.

**Conclusion:** In symptomatic/intolerant CLW pain has increased interference on all QoL dimensions compared to controls and asymptomatic CLW, but not as high as in NCP.

**Keywords:** Contact lens wear, Contact lens discomfort, Quality of life, Eye pain, Contact lens intolerant, Neuropathic corneal pain.

### Biography

Leyla Mirzaee gained her doctorate degree in medical science from Charité in Berlin, Germany. She has expertise in health care management and evaluation of health-related quality of life. Her experience is either in academic and industry sector. Furthermore, she develops strategies in order to evaluate and improve policies in health care management as an interface between patient and physician.

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