

Computer Vision Syndrome (CVS) Among Academicians In A Private University

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Purpose: To determine the incidence of Computer Vision Syndrome among academicians in Brainware University.

Methods: This institution based cross sectional study was carried out on 45 academicians of Brainware University. A structured questionnaire was distributed to collect socio-demographic data, symptoms of CVS and its associated factors. Chi-square test was used to find out the association between the different variables with Computer Vision Syndrome.

Results: The mean age of the academicians was 31.2 ± 8.6 years. 62.2% were females. 93.3% of the academicians were suffered from mild-moderate CVS whereas 6.7% were suffered from severe CVS. The most frequent complaint reported by the participants were eye fatigue (66.7%), eye strain (51.1%), and followed by headache (48.9%) and eye dryness (48.9%).

Conclusion: 93.3% of the academicians were suffered from mild-moderate CVS and 6.7% were suffered from severe CVS. There is no significant ($p < 0.05$) association between the different variables with Computer Vision Syndrome.

Keywords: Computer Vision Syndrome, computer users, academicians