Parents’ knowledge and perspective of optical methods for myopia control in children

The prevalence of myopia in Hong Kong is one of the fastest in the world. Parents with school-age children are therefore understandably concerned and are strongly motivated to seek a strategy for myopia control for their children.

In this study, a telephone interview on parents who responded to the advertisement for two myopia control studies, one on ortho-k (OK group) and one on soft lenses (SCL group), was conducted to solicit parents’ knowledge on myopia control strategies available. Parents’ attitudes towards the use of orthokeratology (ortho-k), daily wear soft lenses (DWSL) and spectacles for MC, assuming all three optical strategies were equally effective for myopia control and parents’ opinion on the age at which children can commence contact lens wear for vision correction were also investigated.

The most commonly known strategy was ortho-k (86%). Parents in the OK group preferred ortho-k (49%) and spectacles (45%) over DWSL whereas parents in the SCL group had no particular preference. Parents who preferred contact lens strategies were more concerned about convenience, whereas safety was the main factor for those who preferred spectacles. With regard to contact lenses for vision correction, the majority of parents were of the opinion that only older children (>14 years) should wear contact lenses.

Increasing prevalence of myopia in children has led to raised parental awareness and openness to the use of contact lenses for myopia control but parents were more conservative in the use of contact lenses for vision correction in children.