

Frequency of myopia in patients over 40 years of age referred to Ardabil Imam Reza Hospital and identification of effective factors in its occurrence from November, 2018 to November, 2019

Abstract

Background: *In recent years, many studies around the world have examined the prevalence and factors affecting myopia, but most of these studies focus on children and the data are less in the adult population. In Ardabil region, few studies have been conducted on the factors related to myopia, while the factors affecting vision disorders, including myopia, may vary between different races and geographical areas.*

Aim: *Determining the frequency of myopia in patients over 40 years of age referred to Imam Reza (AS) Hospital in Ardabil and identifying the factors affecting its incidence*

Methods and materials: *The study was a cross-sectional study in which all patients over 40 years of age who referred to the ophthalmology clinic of Imam Reza Hospital for various reasons between November 2018 and November 2019 were admitted to the study after obtaining consent. Initially, 436 patients were included in the study, of which 150 patients with exclusion criteria were excluded from the study; 139 people had myopia, which was considered as a group; And 147 patients without refractive errors and eye problems were included in the control group. Data analysis was performed in SPSS software version 25*

Results: *A total of 139 people had myopia (31.9%). Between having myopia with sex ($P = 0.876$), age group ($P = 0.386$), place of residence ($P = 0.555$), occupation ($P = 0.136$), income ($P = 0.087$), underlying disease ($P = 0.180$), and no history of drug use ($P = 0.113$). But between having myopia with education level ($P = 0.013$), need to see the proximity of the job ($P = 0.001$), working hours require close vision ($P = 0.001$), and family history of myopia ($P = 0.018$) There was a statistically significant relationship.*

Conclusion: *The present study showed that one third of the eye problems of patients over 40 years old referred to Imam Reza (AS) Hospital in Ardabil, myopia and that having myopia is a significant direct relationship with the level of education, study hours, jobs that require close vision. , Hours of activity required close vision, and had a family history.*

Keywords: *Myopia, Adults, Risk Factors*