

Contact Lenses in Pediatrics (CLIP) Study: Benefits of Contact Lens Wear for Teens

Study Purpose and Conclusions

The CLIP study examined 85 teen (ages 13-17), first-time contact lens wearers to determine the benefits of contact lens wear as treatment for refractive error. The study showed that contact lens wear greatly improved teens' self-perception regarding their appearance and participation in activities, leading to greater satisfaction with refractive error correction.

Outcomes:

Teens and Parents Identify Increased Quality of Life Improvements

Teens and parents agree that adapting to contact lenses is easy:

- 89% of teens said they found it easy to clean and take care of their contact lenses.
- 96% of parents were helping their teen with contact lens insertion either “none” or “some” of the time after three months.
- 100% of parents were helping their child or teen with contact lens removal either “none” or “some” of the time after three months.

Teens and parents report switching to contacts improves quality of life:

Both teens and their parents were surveyed extensively about what they did – and didn't – view as quality of life benefits. While some quality of life areas were not significantly affected (e.g. academics), others were – most notably activities, satisfaction, and appearance.

Teens report success in key areas:

- 83% of teens agreed with the statement, “When I wear my contact lenses I see very clearly both far away and up close.”
- 65% of teens agreed with the statement, “When I wear contact lenses I feel that I perform better at sports, athletics and other physical activities.”
- 73% of teens agreed with the statement, “The reaction to my ‘new look without glasses’ is very positive and exciting.”
- 89% of teens agreed with the statement, “I find it easy to clean and take care of my contact lenses.”

Parents evaluate success in key areas comparably to their children:

- 92% of parents of teens agreed with the statement, “When my child wears contact lenses he/she sees very clearly both far and up close.”
- 80% of parents of teens agreed with the statement, “Contact lenses make it easier for my child to see the action when he/she plays sports, athletics or other physical activities.”

- 88% of parents of teens agreed with the statement, “My child really likes the way he/she looks in contact lenses.”
- 80% of parents of teens agreed with the statement, “It’s easier than I thought for my child to put in and take out his/her contact lenses.”

Parents give contact lenses high marks for stability, care, responsibility, and quality of life improvements:

- Contact lenses do not fall out of my child’s eyes: 89%
- My child finds it easy to clean and take care of his/her contact lenses: 92%
- My child is demonstrating that he/she is responsible enough to wear contact lenses and properly care for them: 89%
- Contact lenses make my child feel better about himself/herself, more confident: 80%
- I feel that contact lenses are right for my child: 84%

Results:

Teens Find Contacts Easy to Wear and Care for, while Improving Vision and Quality of Life

- There were no serious adverse effects during the three-month study (Three non-serious adverse effects were reported; all resolved completely, and subjects were able to resume contact lens wear.)
- Teens appeared to adequately care for their contact lenses. However, potential for non-compliance may be further reduced by teaching parents how to properly care for the contact lenses and encouraging them to be supportive of their children.
- Teens reported significant improvements in quality of life within one week of being fit with contact lenses.
- After wearing contact lenses for three months, overall Pediatric Refractive Error Profile (PREP) scores increased by 24 % (from 61.8 to 76.5). PREP is a pediatric quality of life survey related to spectacle wear for children.

Study Details

Protocol:

- At the baseline visit, study participants underwent a contact lens fitting that included visual acuity, manifest refraction, autorefraction and biomicroscopy. They were trained on proper contact lens insertion and removal.
- Participants also completed the Pediatric Refractive Error Profile (PREP) for Glasses – a pediatric quality of life survey related to spectacle wear for children. They completed the PREP for Contact Lenses at subsequent visits made one week, one month and three months after receiving contact lenses. The two surveys were identical, except the word “glasses” was replaced with “contact lenses.”



- The PREP included 26 statements such as, “I like to wear my glasses/contact lenses,” and “It is easy to clean and take care of my glasses/contact lenses” marking each with one of five responses ranging from “strongly agree” to “strongly disagree.”

- Participants were fit with ACUVUE® ADVANCE® Brand Contact Lenses with HYDRACLEAR® or ACUVUE® ADVANCE® Brand Contact Lenses *for ASTIGMATISM*.

Locations:

- The Ohio State University College of Optometry, Columbus, Ohio; New England College of Optometry, Boston, Mass.; and University of Houston School of Optometry, Houston, Texas.

The CLIP study was sponsored by VISTAKON®, Division of Johnson & Johnson Vision Care, Inc.

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