2018 Big Blue Light Awareness Survey

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		Response Percent
1	Dispensing Optician	24.59%
2	Opthalmologist	0.00%
3	Optometrist	63.93%
4	Academic / Research	1.64%
5	Industry	6.56%
6	Other (please specify):	3.28%

Analysis						
	Mean:	2.75	Std. Deviation:	1.22	Satisfaction Rate:	35.08
	Variance:	1.5	Std. Error:	0.16		

Other (please specify): (2)		
1	26/03/18 9:06AM ID: 78109183	Dispensing Optician and Industry
2	26/03/18 9:04PM ID: 78174042	practice manager

2. Do patients bring up the topic of blue light in your optical practice?		Response Percent
1	Yes	37.70%
2	No	62.30%

Analysis						
	Mean:	1.62	Std. Deviation:	0.48	Satisfaction Rate:	62.3
	Variance:	0.23	Std. Error:	0.06		

3. Do you think that, as a sector, we do enough to protect patients from blue light?		Response Percent
1	Yes	40.98%
2	No	32.79%
3	Don't know	26.23%

Analysis						
	Mean:	1.85	Std. Deviation:	0.81	Satisfaction Rate:	42.62
	Variance:	0.65	Std. Error:	0.1		

4. Do you think that there should be more public information about the potential risks from blue light?		Response Percent
1	Yes	60.66%
2	No	21.31%
3	Don't know	18.03%

Analysis						
	Mean:	1.57	Std. Deviation:	0.78	Satisfaction Rate:	28.69
	Variance:	0.61	Std. Error:	0.1		

5. Do you think opticians have become more cautious, recently, about discussing blue light with patients?		Response Percent

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1	Yes	72.13%
2	No	9.84%
3	Don't know	18.03%

Analysis						
	Mean:	1.46	Std. Deviation:	0.78	Satisfaction Rate:	22.95
	Variance:	0.61	Std. Error:	0.1		

6. Do you suspect blue light has any link with AMD?		Response Percent
1	Yes	32.79%
2	No	21.31%
3	Don't know	45.90%

Analysis						
	Mean:	2.13	Std. Deviation:	0.88	Satisfaction Rate:	56.56
	Variance:	0.77	Std. Error:	0.11		

7. Would you say that discussing blue light risks is part of an optician’s duty of care?		Response Percent
1	Yes	52.46%
2	No	21.31%
3	Don't know	26.23%

Analysis						
	Mean:	1.74	Std. Deviation:	0.85	Satisfaction Rate:	36.89
	Variance:	0.72	Std. Error:	0.11		

8. Are you happy with your level of education on the science behind blue light issues?		Response Percent
1	Yes	44.26%
2	No	55.74%

Analysis						
	Mean:	1.56	Std. Deviation:	0.5	Satisfaction Rate:	55.74
	Variance:	0.25	Std. Error:	0.06		

9. Do you feel competent explaining blue light risks to patients?		Response Percent
1	Yes	62.30%
2	No	37.70%

Analysis						
	Mean:	1.38	Std. Deviation:	0.48	Satisfaction Rate:	37.7
	Variance:	0.23	Std. Error:	0.06		

10. Would you welcome more educational content from industry on blue light?		Response Percent
1	Yes	75.41%
2	No	21.31%
3	Don't know	3.28%

Analysis						
	Mean:	1.28	Std. Deviation:	0.52	Satisfaction Rate:	13.93
	Variance:	0.27	Std. Error:	0.07		

11. Any other comments?

Response Percent
100.00%

Open-Ended Question

3	26/03/18 9:12AM ID: 78109497	Whilst the benefits of controlling blue light appear plausible within the realms of digital eyestrain, I feel the subject has been tainted by the initial health benefits claims of some of the lens manufacturers and the multiples.
41	26/03/18 9:19AM ID: 78110306	It does seem to have only become an issue once we have a product to counteract it
5	26/03/18 9:30AM ID: 78110246	We chat to px's about the possible risk of blue light when they have had their cataracts done. We have heard from an ophthalmologist who said not all IOL's have UV inhibitors. But there isn't any clear guidance to follow. We can only cautiously pass on the knowledge we have allowing the px to make up their own minds.
6	26/03/18 9:31AM ID: 78110494	Your questionnaire's bias is clear although research does not support promulgating fear of routine visible rays. Opticians should be ashamed to have cynically proclaimed that the sky is falling. Charlatans may promote the ancient dread of radiant devices, as tinted specs for night-driving emerge again from the grave....
7	26/03/18 9:32AM ID: 78111923	I think we have to be careful discussing blue light. We need blue light for our bodies to know day and night, however blue light is damaging to the macula. Therefore we should be recommending AREDS II. supplements to protect the macula
8	26/03/18 9:36AM ID: 78112172	I have read the sceptical reports, including the advice from the College of Optometrists. But I talk from my own experience and I use tablet throughout the day and read with my Kindle for several hours and it does affect your sleep. I started using blue light filters about 3 years ago and I am convinced tgst Amy sleep has improved.
9	26/03/18 9:38AM ID: 78112327	If it wasn't biased advice in the hopes of selling another special coating then yes, lets have more education on the subject. Will you find an expert that hasn't got a finger in some manufacturers pie...?
10	26/03/18 10:11AM ID: 78115454	This is a science. It should be on the curriculum at Universities and colleges. Greater access to the peer reviewed science is essential. Education is too important to be left to the marketers who don't have to face the public. The dangers of over exposure to UV are well known and technology (electronic devices) will deal far more effectively that any ECP. The sun remains the biggest source of blue light and very few opticians actually recommend Rx sunwear
13	26/03/18 11:14AM ID: 78122680	- There is very little information for us on blue light with any credible source / research information linked. Further research and education is definitely needed before more professionals in optics will feel comfortable discussing this with their patients.
11	26/03/18 10:45AM ID: 78119881	The guidance from ABDO and The College is currently most unhelpful
14	26/03/18 11:15AM ID: 78122711	- it has been proven that there is not enough evidence to support the medical benefits of reducing blue light - as people perceive colours differently some see a benefit and others don't - we risk alienating those who see no benefit in a blue blocker.
12	26/03/18 10:37AM ID: 78120662	Despite recent College guidance to the contrary, I believe, from the literature, that blue light poses a genuine hazard to ocular health. I do not believe that screens - or even overhead lighting pose a threat. But light from the sun and very bright artificial light, used at a short distance have both been shown to have an effect on ocular tissue. We must keep the risks context though. The biggest risks for AMD are age and genetics. Smoking is probably the next biggest risk with systemic health (lifestyle) and nutrition next. Blue light falls under this. So we should talk to patients about the risks but only if we also talk about lifestyle and nutrition too.
15	26/03/18 12:31PM ID: 78129417	- Blue light from natural daylight is a greater risk than that from modern equipment, has always been here and is totally ignored by fear mongers. As far as I know risks are still theoretical with no conclusive causal link. A well known multiple was ruled against by advertising standards for claiming otherwise.Filters are ridiculously expensive.
16	26/03/18 1:03PM ID: 78133504	Education has to be evidence based.
17	26/03/18 1:35PM ID: 78136045	There doesn't seem to be anything conclusive to state blue light is a serious health risk and needs to be blocked to improve eye and general health. There also needs to be more information on how much blue light the different products block and how effective these varying amounts absorbed are at reducing the possible risks
18	26/03/18 2:21PM ID: 78141645	most information I have had has been contradictory
19	26/03/18 5:51PM ID: 78162069	I am waiting for more research to be published before making definite recommendations about blue light (as opposed to uv light which I do advise on). I'd like to see unequivocal evidence.
20	26/03/18 7:23PM ID: 78167639	Data confusing and sometimes contradictory. At present can only promote as a comfort for computers and driving at night.
21	26/03/18 7:26PM ID: 78168094	The biggest source of blue light is the sun, too much is made by the industry of blue light from computers, tablets and phones etc.
22	26/03/18 7:27PM ID: 78168043	I don't bring it up with patients since the protect plus blue lens issues with Boots. Now lack confidence on the issue
23	26/03/18 8:13PM ID: 78170870	I'm unlikely to discuss with patients until the College of Optometrist issue guidelines regarding issues with blue light. Using screens before bed defiantly makes it harder to me to sleep but this may be the stimulus rather than blue light.

11. Any other comments?			Response Percent
24	26/03/18 11:08PM ID: 78194513	I think all the papers from Essilor on blue light were speculative at best, and were used as disingenuous way to upset spectacles. Any independent study I have seen suggests there is no real danger. There are far more important topics for any optician to discuss	
25	27/03/18 12:01PM ID: 78226709	I think an open discussion on the possible risks from blue light is healthy. Armed with that information we can all make an informed decision on how we protect ourselves.	
26	27/03/18 2:50PM ID: 78247473	most of my info comes from the US, there's not been much useful comment on what's going on across the pond here in the UK. Blue light certainly seems to affect sleep and there's some data it affects AMD so having a blue light blocker seems a sensible precaution.	
27	27/03/18 11:27PM ID: 78290095	strong evidence?	
28	28/03/18 7:20AM ID: 78301024	We have evolved from sea-living organisms which first developed a light perception between blue and yellow. Red and green followed later. Blue meant nearer to the surface, yellow deeper into the water. Perception of either colour (or a mix) would result in chemical changes affecting the behaviour of the organism at a biochemical level as a response to its position (depth) in the water. It would be surprising if this primeval ability to differentiate these two colours (because of it being so important in basic survival) was not a fundamental basis for our more highly developed visual perception, Whether or not the physical effect of blue light incident on the retina causes (or accelerates) unfavourable changes to the receptor cells (eg AMD) is one question, but also its effect further along the visual tract to change mood / sleep patterns would be quite plausible. We just need more scientific evidence of its effect.	
29	28/03/18 10:16PM ID: 78378587	I saw very little evidence from scientific studies to prove the risk so remain sceptical. Children are probably most at risk but short of selling blue filters to emmetropic children, not sure where you draw the line.	
30	30/03/18 11:59AM ID: 78595826	education from researchers about blue light would be more beneficial than from industry	
31	30/03/18 10:09PM ID: 78644724	More research and advice from inbependent sources would be welcome.	
32	31/03/18 8:37AM ID: 78659729	I believe that there is conflicting evidence on the issues of blue light protecting lenses?	
33	04/04/18 11:05PM ID: 79011459	Just tend to say it makes your eyes less fatigued rather than saying it can prevent AMD	
34	09/04/18 11:18AM ID: 79317911	More important with regard to sleep patterns than anything else.	

12. Would you like to enter a draw to win £100 of John Lewis vouchers?			Response Percent
1	Yes		83.61%
2	No		16.39%

Analysis						
	Mean:	1.16	Std. Deviation:	0.37	Satisfaction Rate:	16.39
	Variance:	0.14	Std. Error:	0.05		