

Studio delle relazioni fra astenopia ed alcuni parametri oftalmologici, neuropsicologici e muscolo-scheletrici in lavoratori addetti al VDT

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KEY WORDS

Health surveillance; video terminal units; asthenopia; ergonomic

SUMMARY

«Study on the relationship between asthenopia and ophthalmic, neuropsychological and ergonomic parameters in VDU operators». **Background:** *Since the use of video display units (VDU) has become widespread in the work-place, more and more research has been conducted to evaluate the possible onset of adverse effects.* **Objectives:** *We carried out a multidisciplinary investigation on a group of 660 VDU operators working for a service agency, aimed at analysing the relationship between ophthalmological, musculoskeletal and neuropsychological parameters and asthenopia.* **Methods:** *In this study we propose a method for a qualitative and quantitative evaluation of the asthenopic syndrome based on data collected with an easy semi-structured questionnaire.* **Results and conclusions:** *No relationship between asthenopia and refractive alteration was noted, whereas a significant association was observed between a lengthened convergence near point and the average time of daily VDU exposure. A significant relationship was also shown between asthenopia, cervical and lumbar disorders, and neuropsychological symptoms. The method for evaluation of asthenopia and the results of this study suggest useful implications in health surveillance programs. After an appropriate validation procedure, this method could represent a useful screening tool and a valid support for preventive interventions. The use of this instrument in longitudinal studies will also provide the opportunity of verifying the existence of long-term effects due to VDU exposure.*

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