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# *Abstract Book*

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# I-CReST 2025:187-147 – Evaluation of Quality of Life Impact of Refractive Correction among Myopes in Kelantan

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## ABSTRACT

Uncorrected refractive errors, particularly myopia, can significantly affect an individual's vision-related quality of life (VRQoL). While refractive correction with spectacles or contact lenses is common, its actual impact on patients' functional and emotional well-being remains underexplored. This study aimed to evaluate the VRQoL of myopic individuals using their current refractive correction. A cross-sectional study was conducted at six private optometry premises in urban and suburban areas of Kelantan, Malaysia. A total of 54 myopic participants aged 18 to 39 years were recruited through convenience sampling. Participants completed the validated Malay version of the Quality of Life Impact of Refractive Correction (QIRC) questionnaire. Functional and emotional VRQoL scores were derived and analyzed using descriptive statistics and independent *t*-tests via SPSS Version 20. Results showed that the magnitude of myopia significantly influenced functional VRQoL, with participants having moderate-to-high myopia (SER ≥ 3.00 D) reporting higher scores than those with low myopia ($p < .01$). Emotional VRQoL was significantly influenced by age and gender, where younger participants and females reported better emotional well-being ($p < .05$). No significant differences were found for residential location, employment status, or correction type. In conclusion, both functional and emotional aspects of VRQoL are impacted by specific demographic and clinical variables. These findings underscore the need for personalized optometric care and support systems that address not only visual correction but also psychological well-being in myopic patients.

**Keywords:** Myopia; Quality of life; Refractive correction; Spectacles; Vision-related quality of life