



PUBLIC POLL FINDINGS AND METHODOLOGY

Parents try to limit children's screen time as it increases during pandemic

New Global Myopia Awareness Coalition (GMAC) study finds children's screen time has doubled since before the pandemic, and most parents agree it is harmful to eye health

Topline Findings

Washington, DC, July 8, 2020 -- A new poll on behalf of The Global Myopia Awareness Coalition (GMAC) finds that children's screen time has doubled since the COVID-19 outbreak began. Most parents are aware of the risks this poses to their child's eye health and are trying to find outdoor activities to do with their child. Regarding myopia, or nearsightedness, less than a quarter of parents say their child is affected by it, but nearly two thirds are familiar with it and think it is a serious problem for their child. Most parents are correct in answering a series of true/false statements about nearsightedness, but just half are aware that it occurs due to environmental factors.

Detailed Findings

1. Screen time for both parents and children has increased since the start of the COVID-19 outbreak.
 - Seven in ten parents of a child under 18 years old say their child is spending more time using the television, with more than half saying the same for tablets (58%), smartphones (58%), laptops (57%), and video games (53%).
 - At least three in five parents say their child is spending more time watching online movies or shows (69%), participating in remote or e-learning (67%), and video chatting or FaceTiming (61%).
 - Significantly more parents say they are spending more than four hours a day using electronic devices (59% since the pandemic began, up from 36% prior to the pandemic) or playing video games (22%, up from 12%) since the pandemic began.
 - Meanwhile, children spending more than four hours a day using electronic devices (44%, compared to 21%) or playing video games (28%, from 13%) has more than doubled from before the pandemic began. Parents with a child 14-17 are most likely to say their child is using electronic devices or playing video games for more than four hours on an average day.
2. Most parents agree that prolonged screen time is detrimental to their child's eye health and are actively trying to limit their screen time.
 - Seventy-eight percent of parents agree that prolonged screen time is harmful to their child(ren)'s eye health, with 62% agreeing that video gaming is harmful.
 - Around three quarters are looking for ways to help limit their child's screen time (76%), and 81% are trying to find outdoor activities to do with their child. Parents with a child between 14 and 17 years old are less likely to say they are looking for ways to limit screen time (63%) or outdoor activities (75%).
 - Although most say their child is spending a long period of time viewing a screen without stopping (69%), parents also agree that it is hard to find activities for their child that does not include screens (60%). Parents of young children under five years old, though, are less likely to say they struggle to find activities without screens (51%).





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- Just half are comfortable with the amount of time their child spends on electronic devices (52%), but eight in ten parents expect their family's screen time to decrease after COVID-19 restrictions are lifted.
 - More parents say that their child in the last three months has expressed discomfort in his or her eyes after viewing a screen for a prolonged period of time (31%) than before the coronavirus outbreak began (26%).
3. Most Americans are knowledgeable about myopia, with the exception of the influence of environmental factors. After heredity, various types of screen time are perceived as the biggest contributing factors.
- Among all parents, 62% believe myopia to be a very or somewhat serious problem for their child, including 73% of parents whose child has myopia.
 - When asked a series of knowledge questions about myopia, 60% or more of parents are correctly able to discern whether four out of five are true or false. However, parents are split on whether it is true (49%) or false (51%) that myopia occurs due to environmental factors (true).
 - As many acknowledge that childhood-onset myopia is more common than it used to be (62%), a majority of parents are concerned that their child's screen time will either worsen their myopia (74% of parents whose child is myopic) or cause myopia (56% of parents without a myopic child).
 - More than half (53%) believe hereditary factors are one of the largest contributors to myopia. This is followed by three screen-related issues: too much time staring at small screens (43%), watching too much TV (31%) and video games (27%).

These are the findings of an Ipsos poll conducted between May 29 – June 2, 2020, on behalf of The Global Myopia Awareness Coalition (GMAC). For this survey, a sample of 2,007 parents of a child under 18 years old from the continental U.S., Alaska, and Hawaii was interviewed online in English. The poll has a credibility interval of plus or minus 2.5 percentage points for all respondents.

For full results, please refer to the following annotated questionnaire:



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Full Annotated Questionnaire

1. Since the coronavirus (COVID-19) outbreak began in early March, has your child spent more or less time using each of the following?

Total More Time Summary

	Total (N=2,007)	Child 0-4 (N=470)	Child 5-10 (N=603)	Child 11-13 (N=339)	Child 14-17 (N=595)
Television	70%	65%	75%	73%	67%
Tablet/iPad	58%	47%	72%	60%	47%
Smartphone	58%	36%	55%	72%	74%
Laptop/Desktop PC	57%	26%	63%	72%	68%
Video game consoles	53%	23%	61%	63%	63%
Radio/Stereo	30%	24%	33%	32%	29%
Cameras/Camcorders	20%	18%	25%	23%	12%
VR headset	15%	9%	18%	20%	14%

a. Tablet/iPad

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	32%	24%	41%	33%	24%
A little more time	26%	23%	31%	27%	23%
About the same time	18%	17%	14%	20%	20%
A little less time	3%	5%	4%	2%	3%
Much less time	2%	2%	2%	2%	2%
Not applicable/My child does not use this	19%	29%	9%	16%	27%
<i>More time (Net)</i>	58%	47%	72%	60%	47%
<i>Less time (Net)</i>	5%	6%	5%	4%	5%

b. Smartphone

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	36%	18%	31%	52%	49%
A little more time	22%	18%	24%	20%	25%
About the same time	18%	15%	18%	18%	20%
A little less time	3%	6%	4%	3%	1%
Much less time	2%	2%	3%	1%	1%
Not applicable/My child does not use this	19%	40%	21%	7%	4%
<i>More time (Net)</i>	58%	36%	55%	72%	74%
<i>Less time (Net)</i>	5%	8%	6%	3%	2%



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c. Laptop/Desktop PC

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	32%	9%	35%	44%	39%
A little more time	25%	16%	28%	28%	28%
About the same time	18%	17%	17%	17%	21%
A little less time	4%	4%	4%	4%	4%
Much less time	1%	1%	1%	1%	1%
Not applicable/My child does not use this	20%	53%	14%	6%	7%
<i>More time (Net)</i>	<i>57%</i>	<i>26%</i>	<i>63%</i>	<i>72%</i>	<i>68%</i>
<i>Less time (Net)</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>

d. Television

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	37%	35%	42%	39%	33%
A little more time	33%	30%	34%	34%	34%
About the same time	21%	22%	17%	21%	26%
A little less time	4%	3%	5%	4%	3%
Much less time	2%	2%	2%	2%	1%
Not applicable/My child does not use this	3%	9%	1%	*	3%
<i>More time (Net)</i>	<i>70%</i>	<i>65%</i>	<i>75%</i>	<i>73%</i>	<i>67%</i>
<i>Less time (Net)</i>	<i>5%</i>	<i>4%</i>	<i>6%</i>	<i>6%</i>	<i>4%</i>

e. Video game consoles (including handheld gaming systems)

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	30%	12%	34%	40%	35%
A little more time	23%	12%	27%	23%	28%
About the same time	19%	18%	18%	23%	17%
A little less time	4%	2%	4%	4%	4%
Much less time	2%	2%	2%	1%	1%
Not applicable/My child does not use this	23%	54%	15%	10%	15%
<i>More time (Net)</i>	<i>53%</i>	<i>23%</i>	<i>61%</i>	<i>63%</i>	<i>63%</i>
<i>Less time (Net)</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>	<i>5%</i>

f. VR headset

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	6%	3%	6%	8%	7%
A little more time	9%	6%	12%	11%	7%
About the same time	15%	14%	16%	16%	16%
A little less time	4%	5%	6%	3%	2%
Much less time	3%	3%	5%	5%	2%
Not applicable/My child does not use this	61%	70%	55%	57%	66%
<i>More time (Net)</i>	<i>15%</i>	<i>9%</i>	<i>18%</i>	<i>20%</i>	<i>14%</i>
<i>Less time (Net)</i>	<i>8%</i>	<i>8%</i>	<i>10%</i>	<i>8%</i>	<i>4%</i>



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g. Radio/Stereo

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	9%	7%	10%	12%	8%
A little more time	21%	17%	24%	20%	22%
About the same time	32%	24%	29%	35%	42%
A little less time	6%	4%	8%	8%	4%
Much less time	4%	3%	6%	3%	3%
Not applicable/My child does not use this	28%	45%	24%	23%	22%
<i>More time (Net)</i>	<i>30%</i>	<i>24%</i>	<i>33%</i>	<i>32%</i>	<i>29%</i>
<i>Less time (Net)</i>	<i>10%</i>	<i>7%</i>	<i>14%</i>	<i>10%</i>	<i>7%</i>

h. Cameras/Camcorders

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	6%	4%	8%	10%	4%
A little more time	13%	14%	17%	13%	8%
About the same time	27%	17%	27%	29%	34%
A little less time	6%	4%	7%	4%	6%
Much less time	3%	3%	4%	4%	3%
Not applicable/My child does not use this	44%	58%	37%	39%	46%
<i>More time (Net)</i>	<i>20%</i>	<i>18%</i>	<i>25%</i>	<i>23%</i>	<i>12%</i>
<i>Less time (Net)</i>	<i>9%</i>	<i>7%</i>	<i>11%</i>	<i>8%</i>	<i>9%</i>

2. Compared to before the coronavirus (COVID-19) outbreak began in early March, has your child spent more or less time doing each of the following?

Total More Time Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Watching online movies/shows	69%	61%	75%	72%	66%
Participating in remote or e-learning	67%	33%	75%	80%	79%
Video chatting/FaceTiming	61%	50%	66%	63%	64%
Playing video/online games	57%	29%	64%	71%	65%
Texting/messaging	47%	18%	42%	65%	67%
Using social media	41%	15%	38%	49%	64%

a. Watching online movies/shows

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	36%	29%	40%	41%	33%
A little more time	33%	32%	35%	31%	33%
About the same time	20%	17%	18%	21%	26%
A little less time	2%	2%	2%	3%	2%
Much less time	1%	1%	2%	1%	*
Not applicable/My child does not do this	7%	18%	3%	3%	6%
<i>More time (Net)</i>	<i>69%</i>	<i>61%</i>	<i>75%</i>	<i>72%</i>	<i>66%</i>
<i>Less time (Net)</i>	<i>4%</i>	<i>3%</i>	<i>4%</i>	<i>4%</i>	<i>3%</i>



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b. Participating in remote or e-learning

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	48%	17%	54%	63%	59%
A little more time	19%	16%	21%	17%	20%
About the same time	12%	14%	12%	11%	12%
A little less time	4%	5%	5%	3%	3%
Much less time	2%	1%	2%	2%	1%
Not applicable/My child does not do this	15%	47%	6%	4%	5%
<i>More time (Net)</i>	67%	33%	75%	80%	79%
<i>Less time (Net)</i>	6%	7%	7%	5%	4%

c. Texting/messaging

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	22%	7%	19%	30%	34%
A little more time	25%	11%	24%	35%	33%
About the same time	19%	11%	20%	18%	26%
A little less time	2%	1%	3%	2%	3%
Much less time	2%	2%	1%	3%	1%
Not applicable/My child does not do this	30%	69%	34%	12%	3%
<i>More time (Net)</i>	47%	18%	42%	65%	67%
<i>Less time (Net)</i>	4%	2%	4%	5%	4%

d. Playing video/online games

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	33%	13%	37%	43%	38%
A little more time	25%	16%	27%	28%	27%
About the same time	17%	13%	18%	18%	20%
A little less time	2%	2%	3%	1%	3%
Much less time	1%	1%	2%	1%	1%
Not applicable/My child does not do this	22%	55%	14%	9%	11%
<i>More time (Net)</i>	57%	29%	64%	71%	65%
<i>Less time (Net)</i>	3%	3%	4%	2%	4%

e. Using social media

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	23%	7%	19%	30%	37%
A little more time	18%	8%	19%	19%	27%
About the same time	17%	11%	14%	21%	26%
A little less time	3%	3%	4%	2%	2%
Much less time	1%	1%	2%	2%	1%
Not applicable/My child does not do this	37%	69%	43%	26%	8%
<i>More time (Net)</i>	41%	15%	38%	49%	64%
<i>Less time (Net)</i>	4%	5%	6%	3%	3%

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f. Video chatting/FaceTiming

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Much more time	28%	22%	31%	30%	30%
A little more time	33%	29%	36%	33%	34%
About the same time	19%	16%	16%	20%	25%
A little less time	4%	5%	4%	3%	3%
Much less time	1%	*	2%	1%	*
Not applicable/My child does not do this	15%	28%	11%	12%	8%
<i>More time (Net)</i>	61%	50%	66%	63%	64%
<i>Less time (Net)</i>	5%	5%	6%	4%	3%

3. On average, how much time per day have you spent using electronic devices (tablet/iPad, smartphones, etc.)...

Total More than Four Hours Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Prior to the COVID-19 outbreak	36%	35%	34%	36%	36%
Since the COVID-19 outbreak	59%	56%	59%	60%	61%

a. Prior to the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	7%	7%	7%	7%	6%
1-2 hours	23%	24%	23%	24%	20%
2-3 hours	33%	31%	34%	31%	36%
4-5 hours	20%	21%	19%	19%	20%
6+ hours	16%	14%	15%	17%	16%
Not applicable/Don't know	2%	3%	1%	1%	2%
<i>Less than 4 hours (Net)</i>	63%	62%	64%	62%	62%
<i>More than 4 hours (Net)</i>	36%	35%	34%	36%	36%

b. Since the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	3%	3%	4%	3%	3%
1-2 hours	13%	15%	11%	15%	12%
2-3 hours	23%	25%	25%	21%	23%
4-5 hours	29%	27%	30%	30%	29%
6+ hours	30%	29%	29%	30%	32%
Not applicable/Don't know	1%	2%	1%	1%	1%
<i>Less than 4 hours (Net)</i>	39%	43%	40%	39%	38%
<i>More than 4 hours (Net)</i>	59%	56%	59%	60%	61%

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4. On average, how much time per day have you spent playing video or online games...

Total More than Four Hours Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Prior to the COVID-19 outbreak	12%	10%	15%	12%	11%
Since the COVID-19 outbreak	22%	19%	24%	26%	18%

a. Prior to the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	28%	28%	28%	30%	26%
1-2 hours	24%	19%	26%	28%	25%
2-3 hours	16%	17%	18%	15%	13%
4-5 hours	7%	6%	9%	6%	7%
6+ hours	5%	4%	6%	6%	4%
Not applicable/Don't know	19%	26%	14%	15%	25%
<i>Less than 4 hours (Net)</i>	<i>68%</i>	<i>64%</i>	<i>72%</i>	<i>73%</i>	<i>64%</i>
<i>More than 4 hours (Net)</i>	<i>12%</i>	<i>10%</i>	<i>15%</i>	<i>12%</i>	<i>11%</i>

b. Since the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	17%	14%	16%	19%	17%
1-2 hours	22%	22%	23%	22%	22%
2-3 hours	21%	20%	23%	19%	19%
4-5 hours	14%	13%	15%	18%	10%
6+ hours	8%	6%	9%	8%	8%
Not applicable/Don't know	19%	26%	13%	14%	24%
<i>Less than 4 hours (Net)</i>	<i>60%</i>	<i>56%</i>	<i>62%</i>	<i>60%</i>	<i>58%</i>
<i>More than 4 hours (Net)</i>	<i>22%</i>	<i>19%</i>	<i>24%</i>	<i>26%</i>	<i>18%</i>

5. On average, how much time per day has your child spent using electronic devices (tablet/iPad, smartphones, etc.)...

Total More than Four Hours Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Prior to the COVID-19 outbreak	21%	13%	17%	23%	32%
Since the COVID-19 outbreak	44%	26%	44%	47%	62%

a. Prior to the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	15%	24%	16%	11%	7%
1-2 hours	31%	24%	37%	36%	28%
2-3 hours	26%	17%	27%	27%	30%
4-5 hours	13%	9%	12%	11%	18%
6+ hours	8%	4%	5%	12%	14%
Not applicable/Don't know	7%	22%	3%	2%	3%
<i>Less than 4 hours (Net)</i>	<i>72%</i>	<i>65%</i>	<i>80%</i>	<i>74%</i>	<i>65%</i>
<i>More than 4 hours (Net)</i>	<i>21%</i>	<i>13%</i>	<i>17%</i>	<i>23%</i>	<i>32%</i>



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b. Since the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	5%	10%	4%	3%	3%
1-2 hours	18%	23%	19%	17%	12%
2-3 hours	26%	22%	29%	31%	21%
4-5 hours	24%	16%	28%	20%	30%
6+ hours	20%	7%	16%	28%	32%
Not applicable/Don't know	7%	22%	3%	2%	3%
<i>Less than 4 hours (Net)</i>	<i>49%</i>	<i>55%</i>	<i>52%</i>	<i>51%</i>	<i>36%</i>
<i>More than 4 hours (Net)</i>	<i>44%</i>	<i>26%</i>	<i>44%</i>	<i>47%</i>	<i>62%</i>

6. On average, how much time per day has your child spent playing video/online games...

Total More than Four Hours Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Prior to the COVID-19 outbreak	13%	8%	13%	16%	15%
Since the COVID-19 outbreak	28%	14%	30%	36%	36%

a. Prior to the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	22%	17%	26%	21%	22%
1-2 hours	26%	16%	27%	31%	30%
2-3 hours	18%	9%	21%	22%	20%
4-5 hours	9%	6%	9%	11%	11%
6+ hours	4%	2%	4%	5%	4%
Not applicable/Don't know	21%	50%	13%	11%	13%
<i>Less than 4 hours (Net)</i>	<i>66%</i>	<i>42%</i>	<i>74%</i>	<i>74%</i>	<i>72%</i>
<i>More than 4 hours (Net)</i>	<i>13%</i>	<i>8%</i>	<i>13%</i>	<i>16%</i>	<i>15%</i>

b. Since the COVID-19 outbreak

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Less than 1 hour	9%	10%	10%	8%	8%
1-2 hours	21%	14%	23%	23%	22%
2-3 hours	21%	12%	25%	22%	21%
4-5 hours	18%	10%	20%	22%	21%
6+ hours	10%	4%	10%	14%	15%
Not applicable/Don't know	20%	50%	12%	10%	13%
<i>Less than 4 hours (Net)</i>	<i>51%</i>	<i>36%</i>	<i>58%</i>	<i>53%</i>	<i>51%</i>
<i>More than 4 hours (Net)</i>	<i>28%</i>	<i>14%</i>	<i>30%</i>	<i>36%</i>	<i>36%</i>



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7. Please indicate how strongly you agree or disagree with the following statements:

Total Agree Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
I have been trying to find outdoor activities to do with my child	81%	85%	83%	80%	75%
I expect my family's screen time to decrease after COVID-19 restrictions are lifted	80%	75%	81%	81%	84%
Prolonged screen time is harmful to my child(ren)'s eye health	78%	76%	82%	77%	75%
I am actively looking for ways to help limit my child's screen time	76%	75%	83%	79%	63%
My family has gotten creative with activities to do throughout the day	72%	69%	81%	70%	62%
I am spending longer periods of time viewing a screen without stopping	71%	70%	73%	73%	70%
My child is spending a long period of time viewing a screen without stopping	69%	54%	72%	71%	75%
Video gaming is harmful to my child's eye health	62%	58%	68%	60%	58%
It's hard to find activities for my child that do not use screens	60%	51%	63%	66%	62%
I'm comfortable with the amount of time my child spends on an electronic device viewing a screen	52%	51%	56%	49%	48%
As a family we have been bonding over playing video games	48%	38%	63%	51%	37%
In the last three months since the coronavirus outbreak began, my child has expressed discomfort in his/her eyes after viewing a screen for extended periods of time	31%	29%	37%	28%	25%
Before the coronavirus (COVID-19) outbreak, my child expressed discomfort in his/her eyes after viewing a screen for extended periods of time	26%	21%	31%	29%	23%

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a. My child is spending a long period of time viewing a screen without stopping

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	25%	20%	27%	25%	28%
Somewhat agree	43%	34%	45%	46%	47%
Somewhat disagree	17%	18%	19%	16%	16%
Strongly disagree	10%	17%	6%	10%	7%
Don't know/Not applicable	4%	10%	2%	3%	3%
<i>Agree (Net)</i>	<i>69%</i>	<i>54%</i>	<i>72%</i>	<i>71%</i>	<i>75%</i>
<i>Disagree (Net)</i>	<i>27%</i>	<i>36%</i>	<i>25%</i>	<i>26%</i>	<i>23%</i>

b. It's hard to find activities for my child that do not use screens

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	20%	16%	22%	25%	20%
Somewhat agree	40%	35%	41%	41%	42%
Somewhat disagree	23%	21%	24%	19%	26%
Strongly disagree	14%	21%	12%	12%	10%
Don't know/Not applicable	3%	7%	2%	3%	2%
<i>Agree (Net)</i>	<i>60%</i>	<i>51%</i>	<i>63%</i>	<i>66%</i>	<i>62%</i>
<i>Disagree (Net)</i>	<i>36%</i>	<i>43%</i>	<i>35%</i>	<i>31%</i>	<i>36%</i>

c. I am spending longer periods of time viewing a screen without stopping

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	27%	27%	30%	25%	24%
Somewhat agree	44%	42%	42%	48%	46%
Somewhat disagree	19%	17%	18%	18%	21%
Strongly disagree	7%	8%	6%	6%	7%
Don't know/Not applicable	3%	5%	3%	3%	2%
<i>Agree (Net)</i>	<i>71%</i>	<i>70%</i>	<i>73%</i>	<i>73%</i>	<i>70%</i>
<i>Disagree (Net)</i>	<i>25%</i>	<i>25%</i>	<i>24%</i>	<i>25%</i>	<i>28%</i>

d. Before the coronavirus (COVID-19) outbreak, my child expressed discomfort in his/her eyes after viewing a screen for extended periods of time

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	10%	10%	13%	11%	4%
Somewhat agree	17%	11%	18%	18%	19%
Somewhat disagree	24%	15%	25%	25%	28%
Strongly disagree	39%	40%	37%	38%	40%
Don't know/Not applicable	11%	24%	7%	7%	9%
<i>Agree (Net)</i>	<i>26%</i>	<i>21%</i>	<i>31%</i>	<i>29%</i>	<i>23%</i>
<i>Disagree (Net)</i>	<i>62%</i>	<i>55%</i>	<i>62%</i>	<i>64%</i>	<i>68%</i>



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- e. In the last three months since the coronavirus outbreak began, my child has expressed discomfort in his/her eyes after viewing a screen for extended periods of time

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	10%	9%	14%	10%	7%
Somewhat agree	20%	20%	22%	18%	19%
Somewhat disagree	23%	16%	24%	28%	26%
Strongly disagree	36%	37%	34%	37%	37%
Don't know/Not applicable	10%	18%	5%	8%	11%
<i>Agree (Net)</i>	<i>31%</i>	<i>29%</i>	<i>37%</i>	<i>28%</i>	<i>25%</i>
<i>Disagree (Net)</i>	<i>60%</i>	<i>53%</i>	<i>59%</i>	<i>64%</i>	<i>63%</i>

- f. Prolonged screen time is harmful to my child(ren)'s eye health

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	32%	35%	37%	28%	24%
Somewhat agree	46%	40%	45%	49%	51%
Somewhat disagree	11%	11%	10%	14%	11%
Strongly disagree	3%	2%	4%	2%	4%
Don't know/Not applicable	8%	12%	4%	7%	10%
<i>Agree (Net)</i>	<i>78%</i>	<i>76%</i>	<i>82%</i>	<i>77%</i>	<i>75%</i>
<i>Disagree (Net)</i>	<i>14%</i>	<i>13%</i>	<i>14%</i>	<i>17%</i>	<i>15%</i>

- g. I'm comfortable with the amount of time my child spends on an electronic device viewing a screen

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	16%	16%	19%	18%	9%
Somewhat agree	36%	36%	37%	32%	38%
Somewhat disagree	32%	28%	31%	34%	38%
Strongly disagree	12%	10%	12%	14%	13%
Don't know/Not applicable	4%	11%	2%	2%	2%
<i>Agree (Net)</i>	<i>52%</i>	<i>51%</i>	<i>56%</i>	<i>49%</i>	<i>48%</i>
<i>Disagree (Net)</i>	<i>44%</i>	<i>38%</i>	<i>42%</i>	<i>48%</i>	<i>51%</i>

- h. I have been trying to find outdoor activities to do with my child

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	35%	40%	42%	33%	24%
Somewhat agree	45%	45%	40%	48%	51%
Somewhat disagree	12%	9%	11%	12%	15%
Strongly disagree	4%	3%	3%	5%	6%
Don't know/Not applicable	4%	4%	3%	3%	5%
<i>Agree (Net)</i>	<i>81%</i>	<i>85%</i>	<i>83%</i>	<i>80%</i>	<i>75%</i>
<i>Disagree (Net)</i>	<i>16%</i>	<i>12%</i>	<i>14%</i>	<i>17%</i>	<i>21%</i>

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i. My family has gotten creative with activities to do throughout the day

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	24%	24%	31%	25%	12%
Somewhat agree	48%	46%	49%	45%	51%
Somewhat disagree	18%	19%	12%	18%	27%
Strongly disagree	6%	4%	6%	9%	7%
Don't know/Not applicable	4%	7%	1%	4%	4%
Agree (Net)	72%	69%	81%	70%	62%
Disagree (Net)	25%	23%	18%	27%	34%

j. I am actively looking for ways to help limit my child's screen time

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	30%	31%	38%	30%	16%
Somewhat agree	46%	43%	44%	50%	47%
Somewhat disagree	16%	12%	11%	13%	27%
Strongly disagree	4%	4%	3%	4%	6%
Don't know/Not applicable	4%	9%	3%	3%	3%
Agree (Net)	76%	75%	83%	79%	63%
Disagree (Net)	20%	16%	14%	17%	33%

k. I expect my family's screen time to decrease after COVID-19 restrictions are lifted

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	36%	34%	41%	37%	31%
Somewhat agree	44%	41%	40%	44%	53%
Somewhat disagree	10%	10%	10%	10%	10%
Strongly disagree	4%	5%	5%	5%	2%
Don't know/Not applicable	5%	11%	4%	4%	3%
Agree (Net)	80%	75%	81%	81%	84%
Disagree (Net)	14%	15%	15%	15%	13%

l. As a family we have been bonding over playing video games

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	16%	12%	20%	21%	10%
Somewhat agree	33%	26%	43%	30%	27%
Somewhat disagree	20%	17%	18%	22%	26%
Strongly disagree	18%	19%	12%	16%	26%
Don't know/Not applicable	13%	25%	8%	10%	12%
Agree (Net)	48%	38%	63%	51%	37%
Disagree (Net)	38%	37%	29%	39%	52%

m. Video gaming is harmful to my child's eye health

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	21%	22%	26%	22%	13%
Somewhat agree	40%	36%	42%	37%	45%
Somewhat disagree	18%	17%	17%	22%	19%
Strongly disagree	7%	6%	6%	9%	7%
Don't know/Not applicable	13%	19%	8%	10%	16%
Agree (Net)	62%	58%	68%	60%	58%
Disagree (Net)	25%	23%	23%	31%	27%

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8. How familiar are you with myopia (nearsightedness)?

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Very familiar	32%	25%	35%	33%	33%
Somewhat familiar	34%	36%	34%	33%	35%
Not very familiar	18%	20%	16%	14%	20%
Not familiar at all	16%	19%	15%	20%	12%
<i>Familiar (Net)</i>	66%	61%	69%	66%	68%
<i>Not familiar (Net)</i>	34%	39%	31%	34%	32%

9. Does your child have myopia (nearsightedness)? As a reminder, please think about your [INSERT AGE] year old [SON/DAUGHTER] as you answer these questions.

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Yes	22%	10%	21%	28%	32%
No	76%	88%	78%	70%	68%
Prefer not to say	1%	2%	1%	1%	1%

10. Regardless of whether your child has myopia (nearsightedness), how serious of a problem do you believe it to be for them?

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Very serious	20%	23%	25%	17%	13%
Somewhat serious	42%	37%	40%	43%	48%
Not very serious	25%	23%	25%	26%	24%
Not serious at all	13%	16%	9%	14%	15%
<i>Serious (Net)</i>	62%	60%	65%	60%	61%
<i>Not serious (Net)</i>	38%	40%	35%	40%	39%

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11. Based on what you may know or believe, what do you think are the largest factors that contribute to myopia (nearsightedness)? You may select up to three.

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Hereditary factors	53%	52%	50%	48%	63%
Too much time staring at small screens (phones, tablets, etc.)	43%	47%	45%	42%	38%
Watching too much TV	31%	34%	33%	35%	22%
Video games	27%	25%	31%	31%	22%
Age	20%	18%	18%	20%	22%
Nutrition deficiency	16%	20%	19%	10%	12%
Reading books too closely	12%	9%	12%	10%	14%
Environmental factors	11%	13%	13%	9%	9%
Lack of time outside	7%	7%	8%	7%	5%
Gender	5%	3%	6%	7%	5%
Race	5%	5%	6%	4%	3%
Other	1%	1%	*	1%	1%
None of the above	6%	7%	4%	7%	7%

12. To the best of your knowledge, are the following statements about myopia (nearsightedness) true or false?

Correct Answer Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Myopia (nearsightedness) is a hereditary condition - True	75%	76%	73%	74%	76%
There is no way to slow down myopia (nearsightedness) – False	63%	64%	61%	63%	66%
Myopia (nearsightedness) can lead to other eye diseases – True	63%	63%	67%	66%	57%
Glasses are the only solution to myopia (nearsightedness) – False	60%	63%	54%	58%	65%
Myopia (nearsightedness) occurs due to environmental factors – True	49%	51%	53%	48%	44%

a. Myopia (nearsightedness) occurs due to environmental factors

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
True	49%	51%	53%	48%	44%
False	51%	49%	47%	52%	56%

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b. Myopia (nearsightedness) is a hereditary condition

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
True	75%	76%	73%	74%	76%
False	25%	24%	27%	26%	24%

c. Glasses are the only solution to myopia (nearsightedness)

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
True	40%	37%	46%	42%	35%
False	60%	63%	54%	58%	65%

d. There is no way to slow down myopia (nearsightedness)

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
True	37%	36%	39%	37%	34%
False	63%	64%	61%	63%	66%

e. Myopia (nearsightedness) can lead to other eye diseases

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
True	63%	63%	67%	66%	57%
False	37%	37%	33%	34%	43%

13. Please indicate how strongly you agree or disagree with the following statements.

Total Agree Summary

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
I'm worried my child's screen use may worsen their myopia (nearsightedness)	(N=486) 72%	(N=63) 66%	(N=133) 77%	(N=96) 79%	(N=194) 64%
Childhood-onset myopia (nearsightedness) is more common than it used to be	62%	58%	65%	62%	63%
I'm worried my child's screen use may cause myopia (nearsightedness)	(N=1,547) 56%	(N=416) 52%	(N=477) 62%	(N=248) 53%	(N=406) 53%
I am concerned that my child will develop myopia (nearsightedness)	(N=1,547) 55%	(N=416) 51%	(N=477) 57%	(N=248) 55%	(N=406) 56%
We can control whether or not our children develop myopia (nearsightedness)	48%	48%	54%	47%	40%
The chances of my child having myopia (nearsightedness) are low	(N=1,547) 45%	(N=416) 45%	(N=477) 48%	(N=248) 42%	(N=406) 42%

a. [If selected "No" or "Prefer not to say" in Q9] I am concerned that my child will develop myopia (nearsightedness)

	Total (N=1,547)	Child 0-4 (N=416)	Child 5-10 (N=477)	Child 11-13 (N=248)	Child 14-17 (N=406)
Strongly agree	13%	13%	16%	14%	9%
Somewhat agree	41%	38%	41%	40%	47%
Somewhat disagree	23%	23%	23%	24%	24%
Strongly disagree	12%	13%	11%	11%	11%
Don't know/Not applicable	10%	13%	9%	10%	9%
<i>Agree (Net)</i>	<i>55%</i>	<i>51%</i>	<i>57%</i>	<i>55%</i>	<i>56%</i>
<i>Disagree (Net)</i>	<i>35%</i>	<i>36%</i>	<i>34%</i>	<i>35%</i>	<i>35%</i>



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b. **[If selected “No” or “Prefer not to say” in Q9]** The chances of my child having myopia (nearsightedness) are low

	Total (N=1,547)	Child 0-4 (N=416)	Child 5-10 (N=477)	Child 11-13 (N=248)	Child 14-17 (N=406)
Strongly agree	13%	12%	15%	13%	9%
Somewhat agree	33%	33%	33%	30%	33%
Somewhat disagree	30%	25%	30%	31%	34%
Strongly disagree	9%	10%	8%	9%	9%
Don't know/Not applicable	17%	19%	14%	18%	15%
<i>Agree (Net)</i>	45%	45%	48%	42%	42%
<i>Disagree (Net)</i>	38%	35%	38%	40%	42%

c. Childhood-onset myopia (nearsightedness) is more common than it used to be

	Total (N=1,547)	Child 0-4 (N=416)	Child 5-10 (N=477)	Child 11-13 (N=248)	Child 14-17 (N=406)
Strongly agree	21%	20%	22%	23%	20%
Somewhat agree	41%	39%	44%	39%	43%
Somewhat disagree	11%	12%	12%	9%	13%
Strongly disagree	3%	3%	3%	3%	3%
Don't know/Not applicable	23%	27%	19%	26%	22%
<i>Agree (Net)</i>	62%	58%	65%	62%	63%
<i>Disagree (Net)</i>	15%	15%	15%	12%	15%

d. **[If selected “No” or “Prefer not to say” in Q9]** I'm worried my child's screen use may cause myopia (nearsightedness)

	Total (N=1,547)	Child 0-4 (N=416)	Child 5-10 (N=477)	Child 11-13 (N=248)	Child 14-17 (N=406)
Strongly agree	14%	15%	16%	14%	9%
Somewhat agree	42%	37%	45%	39%	44%
Somewhat disagree	24%	22%	21%	24%	28%
Strongly disagree	11%	11%	11%	9%	11%
Don't know/Not applicable	10%	14%	7%	14%	8%
<i>Agree (Net)</i>	56%	52%	62%	53%	53%
<i>Disagree (Net)</i>	34%	34%	32%	33%	39%

e. **[If selected “Yes” in Q9]** I'm worried my child's screen use may worsen their myopia (nearsightedness)

	Total (N=486)	Child 0-4 (N=63)	Child 5-10 (N=133)	Child 11-13 (N=96)	Child 14-17 (N=194)
Strongly agree	30%	31%	40%	29%	22%
Somewhat agree	42%	36%	37%	50%	42%
Somewhat disagree	16%	15%	14%	15%	20%
Strongly disagree	7%	11%	6%	3%	8%
Don't know/Not applicable	5%	8%	2%	3%	8%
<i>Agree (Net)</i>	72%	66%	77%	79%	64%
<i>Disagree (Net)</i>	23%	26%	20%	18%	28%

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f. We can control whether or not our children develop myopia (nearsightedness)

	Total	Child 0-4	Child 5-10	Child 11-13	Child 14-17
Strongly agree	13%	14%	15%	15%	9%
Somewhat agree	35%	34%	39%	32%	31%
Somewhat disagree	27%	23%	24%	25%	35%
Strongly disagree	11%	11%	9%	11%	14%
Don't know/Not applicable	14%	19%	13%	16%	11%
<i>Agree (Net)</i>	<i>48%</i>	<i>48%</i>	<i>54%</i>	<i>47%</i>	<i>40%</i>
<i>Disagree (Net)</i>	<i>38%</i>	<i>33%</i>	<i>34%</i>	<i>37%</i>	<i>49%</i>

14. [If did not select “Not applicable/Don’t know” in Q4] Which of the following devices do you currently use to play video games? Select all that apply.

	Total (N=1,631)	Child 0-4 (N=359)	Child 5-10 (N=526)	Child 11-13 (N=284)	Child 14-17 (N=462)
Smartphone	72%	69%	72%	72%	73%
Tablet/iPad	43%	44%	49%	38%	36%
Computer	40%	33%	44%	43%	37%
PlayStation	36%	37%	38%	39%	31%
Xbox	32%	34%	30%	33%	33%
Nintendo Switch	21%	23%	21%	28%	12%
VR headset	9%	8%	9%	12%	8%
Other	3%	2%	2%	3%	4%
None of these	3%	4%	2%	4%	5%

15. If did not select “Not applicable/Don’t know” in Q6] Which of the following devices does your child currently use to play video games? Select all that apply.

	Total (N=1,604)	Child 0-4 (N=239)	Child 5-10 (N=535)	Child 11-13 (N=310)	Child 14-17 (N=520)
Smartphone	55%	44%	48%	63%	65%
Tablet/iPad	49%	56%	59%	50%	31%
Computer	37%	26%	36%	44%	38%
PlayStation	36%	24%	35%	43%	38%
Xbox	33%	24%	29%	35%	40%
Nintendo Switch	23%	19%	24%	31%	16%
VR headset	8%	5%	8%	12%	7%
Other	2%	3%	1%	1%	3%
None of these	2%	7%	1%	1%	1%



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About the Study

These are some of the findings of an Ipsos poll conducted between May 29 – June 2, 2020, on behalf of The Global Myopia Awareness Coalition (GMAC). For this survey, a sample of 2,007 parents with a child under 18 years old from the continental U.S., Alaska, and Hawaii was interviewed online in English. The sample includes 470 parents with a child less than 5 years old, 603 parents with a child 5-10 years old, 339 parents with a child 11-13 years old, and 595 parents with a child 14-17 years old.

The sample for this study was randomly drawn from Ipsos' online panel (see link below for more info on "Access Panels and Recruitment"), partner online panel sources, and "river" sampling (see link below for more info on the Ipsos "Ampario Overview" sample method) and does not rely on a population frame in the traditional sense. Ipsos uses fixed sample targets, unique to each study, in drawing a sample. After a sample has been obtained from the Ipsos panel, Ipsos calibrates respondent characteristics to be representative of the U.S. Population using standard procedures such as raking-ratio adjustments. The source of these population targets is U.S. Census 2016 American Community Survey data. The sample drawn for this study reflects fixed sample targets on demographics. Posthoc weights were made to the population characteristics on gender, age, race/ethnicity, region, and education.

Statistical margins of error are not applicable to online non-probability polls. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error and measurement error. Where figures do not sum to 100, this is due to the effects of rounding. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll has a credibility interval of plus or minus 2.5 percentage points for all respondents. Ipsos calculates a design effect (DEFF) for each study based on the variation of the weights, following the formula of Kish (1965). This study had a credibility interval adjusted for design effect of the following ($n=2,007$, $DEFF=1.5$, adjusted Confidence Interval= ± 4.0 percentage points).

The poll also has a credibility interval of plus or minus 5.2 percentage points among parents with a child less than 5 years old, 4.6 percentage points among parents with a child 5-10 years old, 6.1 percentage points among parents with a child 11-13 years old, and 4.6 percentage points among parents with a child 14-17 years old.

For more information on this news release, please contact:

Mallory Newall
Director, US
Public Affairs
+1 202 420-2014
mallory.newall@ipsos.com

Kate Silverstein
Media Relations Specialist, US
Public Affairs
+1 718 755-8829
kate.silverstein@ipsos.com





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About Ipsos

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