



Dear Participant,

Research Study Title: Effect of low-level red-light therapy on eyes

Researchers at UNSW are conducting a project about assessing how low-level red-light therapy impacts your eyes. Low-level red-light therapy has been approved by the TGA for use in children aged 3-16 years of age for controlling short-sightedness (myopia). Little is known about how low-level red-light impacts the eye health of the adult population. The research aims to assess the health of the back of the eye (retina and choroid) of the healthy adult population using non-invasive eye imaging devices.

The research study is looking recruit people who meet the following criteria:

- 18 - 50 years old
- Refractive error (glasses prescription) no greater than +/- 6.00D spherical equivalent and no greater than +/- 3.00D cylinder.
- Good vision (VA at least 6/6 right and left)

Participants meeting the following criteria will be excluded from the study:

- Previous retinal surgery, trauma or retinal disease
- Cataract, fixation difficulties (unable to focus on a single spot) or allergy to eye drops
- History of photosensitivity, light-induced epilepsy or previous use of red-light therapy
- Any current eye infection or inflammation
- Currently pregnant or breastfeeding

Participants will be asked to complete the following research activities if they agree to participate:

- Three visits (45min) to the UNSW School of Optometry and Vision Science to perform eye testing such as reading a letter chart, spotting light on a computer screen and having photos taken of the eye. No glasses or contact lenses are worn when looking through the device.
- Using the Eyerising device twice a day for 3 mins (5 days per week for 3 weeks).

A full description of all research activities, including any risks, harms or discomforts that you may experience while participating in this research is included in the attached Participant Information Statement and Consent Form. In the absence of a response to the initial contact, a reminder will be sent via email or letter on no more than two occasions with a method of opting out of receiving further reminders. If the recipient responds with 'I would like to stop receiving email reminders,' their contact will be promptly removed from the mailing list.

Please contact the following person via email or phone to register your interest in taking part in the research: **Research Team**

Contact Details

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If you have questions about the research and would like contact the Chief Investigator please contact the following person:

Chief Investigator

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