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ドライアイ疾患に伴う不定愁訴重症度・頻度インデックススコアによるドライアイ診断の検討

調査票

医療機関名	
記載医師	
調査日	２００　　年　　月　　日

別紙3

あなたは臨床医よりドライアイと診断されたことはありますか？

①はい　　②いいえ

ドライアイ不定愁訴重症度・頻度インデックス

		いつも	よくある	時々	たまに	全然ない
1)	乾燥感（涙が出ない、潤いがないなど）を感じますか？	4	3	2	1	0
2)	目の違和感を感じますか？	4	3	2	1	0
3)	目の異物感を感じますか？	4	3	2	1	0
4)	目の痛み（ちくちくする、ひりひりするなど）を感じますか？	4	3	2	1	0
5)	目の疲れを感じますか？	4	3	2	1	0
6)	目の不快感を感じますか？	4	3	2	1	0
7)	目が充血しますか？	4	3	2	1	0
8)	目がかゆいことありますか？	4	3	2	1	0
9)	目が開けにくいことはありますか？	4	3	2	1	0
10)	目がショボショボしますか？	4	3	2	1	0
11)	目が重たい感じがしますか？	4	3	2	1	0
12)	その他の症状があれば具体的に記入し、その頻度に○をつけて下さい。（　　）	4	3	2	1	0
		1)～12）で回答した質問スコアの合計			（　　）・・・A	

視機能障害不定愁訴重症度・頻度インデックス

		いつも	よくある	時々	たまに	全然ない
13)	ものが霞んで見える（ぼやっとする）	4	3	2	1	0
14)	光がまぶしい	4	3	2	1	0
15)	読書時はドライアイ症状が悪化し、長く続けられない	4	3	2	1	0
16)	運転時はドライアイ症状が悪化し、運転し辛くなる	4	3	2	1	0
17)	パソコン使用時、ゲームする時に症状が悪化し、長くできない	4	3	2	1	0
18)	テレビや映画を観賞すると自覚症状が悪化し、見辛くなる	4	3	2	1	0
19)	残像が残る	4	3	2	1	0
20)	瞬きが見え方に影響していると思いますか？	4	3	2	1	0

		全くできない	難しい	ままできる	よく出来る	全く問題ない
21)	あなたは10秒以上に瞬きをせずに目を開いていられますか？	4	3	2	1	0
		13)～21）で回答した質問スコアの合計			（　　）・・・B	

環境因子重症度・頻度インデックス

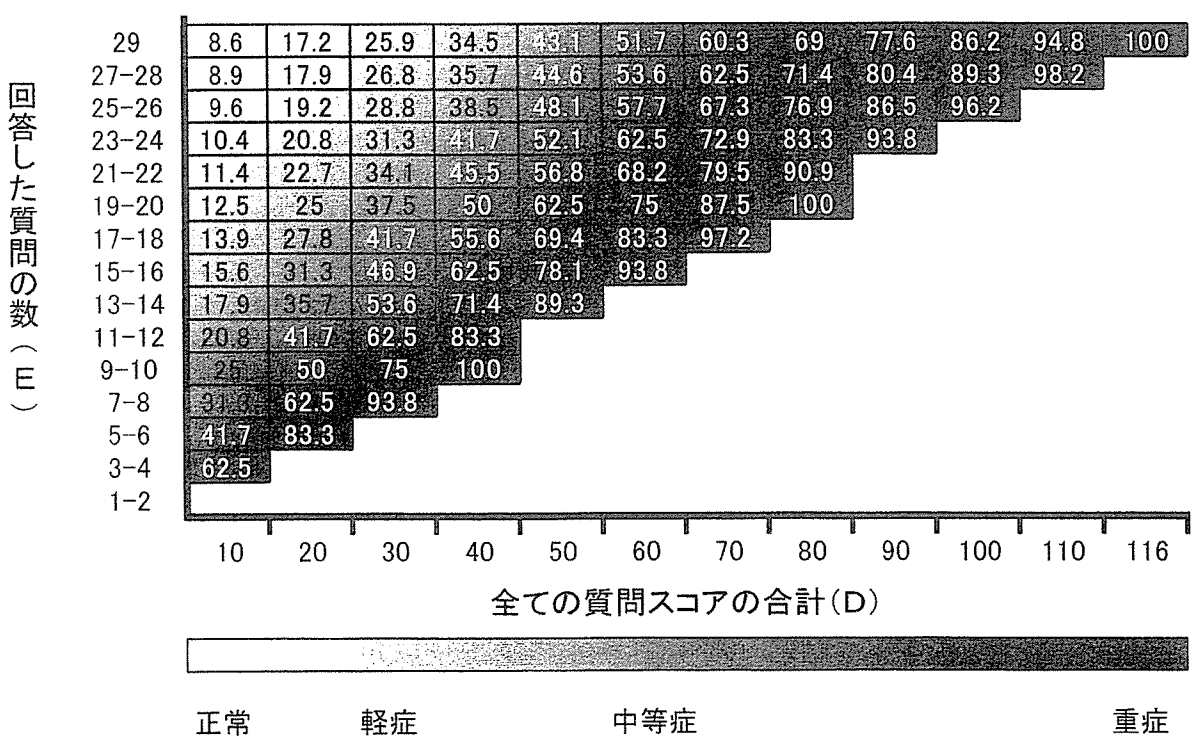
前ページで記入したドライアイならびに視機能にかんする自覚症状は、以下に示すような時に悪化しますか？

		いつも	よくある	時々	たまに	全然ない
22)	風の強いとき	4	3	2	1	0
23)	冬や夏の乾燥している時	4	3	2	1	0
24)	冷房や暖房が入っている時	4	3	2	1	0
25)	飛行中	4	3	2	1	0
26)	日常でストレスを感じる時	4	3	2	1	0
27)	飲酒時やその翌日	4	3	2	1	0
28)	喫煙した時や隣で喫煙された時	4	3	2	1	0
29)	コンタクトレンズを装用した時	4	3	2	1	0
		22)～29) で回答した質問スコアの合計			（　　）・・・C	

1)～29) で回答した質問スコアの合計（A＋B＋C）　：＿＿＿＿＿＿・・・D

1)～29) で回答した質問の数　：＿＿＿＿＿＿・・・E

スコアによるドライアイ診断



①涙液検査

シルマー試験　　R＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿mm

L＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿mm

涙膜破壊時間（ＢＵＴ）　　R＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿秒

L＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿秒

②角結膜上皮検査

フルオレセインスコア　　R＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

L＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

ローズベンガルスコア　　R＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

L＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿＿

Table 2. Prevalence of Clinically Diagnosed Dry Eye and Severe Symptoms of Dry Eye

	Number of DES*	Prevalence	
		Estimates	95% Confidence Interval
Clinically Diagnosed Dry Eye			
Men	123/2848	4.3%	
Women	47/585	8.0%	
Severe Symptoms of Dry Eye			
Men	599/2848	21.0%	
Women	143/585	24.4%	

*:DES indicates Dry Eye Syndrome.

別紙4

Table 3. Logistic Regression Model of Predictors of the Prevalence of Clinically Diagnosed Dry Eye Syndrome in MEN

Variable	Number of Subjects (n=2,848)	Number with DES (n=123)	Univariate Crude Odds Ratio (95%CI)	*P*-value	Multivariate Adjusted Odds Ratio (95%CI)
Contact lens					
No	1,844	39 (2.1%)	1.00		1.00
SCL	971	81 (8.3%)	4.21 (2.85 - 6.22)	<0.001	4.16 (2.81 - 6.17)
HCL	33	3 (9.1%)	4.63 (1.36 - 15.81)	<0.001	4.44 (1.28 - 15.36)
Itchy sensation					
Never	208	5 (2.4%)	1.00		1.00
Sometimes	1,274	37 (2.9%)	1.21 (0.47 - 3.13)	0.687	1.01 (0.39 - 2.63)
Often	1,241	67 (5.4%)	2.32 (0.92 - 5.82)	0.074	1.79 (0.69 - 4.61)
Always	125	14 (11.2%)	5.12 (1.80 - 14.59)	<0.001	3.64 (1.22 - 10.88)
Trend test(per level increase)				<0.001	
Pollenosis					
No	1,588	54 (3.4%)	1.00		1.00
Yes	1,260	69 (5.5%)	1.65 (1.14 - 2.37)	0.007	1.30 (0.88 - 1.93)

Adjusted odds ratios were obtained by multiple logistic regression model with best-subset variables selection method.

CI denotes confidence interval.

Table 3. Logistic Regression Model of Predictors of the Prevalence of Clinically Diagnosed Dry Eye Syndrome in WOMEN

Variable	Number of Subjects (n=585)	Number with DES (n=47)	Univariate Crude Odds Ratio (95%CI)	*P*-value	Multivariate Adjusted Odds Ratio (95%CI)
Contact lens					
No	291	9 (3.1%)	1.00		1.00
SCL	267	36 (13.5%)	4.88 (2.31 - 10.35)	<0.001	4.88 (2.31 - 10.35)
HCL	27	2 (7.4%)	2.51 (0.51 - 12.24)	<0.001	2.51 (0.51 - 12.24)
Itchy sensation					
Never	40	3 (7.5%)	1.00		1.00
Sometimes	269	25 (9.3%)	2.80 (0.36 - 21.55)	0.170	2.80 (0.36 - 21.55)
Often	261	18 (6.9%)	4.13 (0.54 - 31.37)	0.058	4.13 (0.54 - 31.37)
Always	15	1 (6.7%)	9.75 (0.93 - 102.63)	<0.001	9.75 (0.93 - 102.63)
Trend test(per level increase)				<0.001	
Pollenosis					
No	338	24 (7.1%)	1.00		
Yes	247	23 (9.3%)	1.34 (0.74 - 2.44)	0.333	1.30 (0.88 - 1.93)

Adjusted odds ratios were obtained by multiple logistic regression model with best-subset variables selection method.

CI denotes confidence interval.

Table 3. Logistic Regression Model of Predictors of the Prevalence of Severe Symptoms Dry Eye Syndrome in MEN

Variable	Number of Subjects (n=2,848)	Number with DES (n=599)	Univariate Crude Odds Ratio (95%CI)	*P*-value	Multivariate Adjusted Odds Ratio (95%CI)
Contact lens					
No	1,844	230 (12.5%)	1.00		1.00
SCL	971	360 (37.1%)	4.14 (3.42 - 5.00)	<0.001	4.63 (3.77 - 5.68)
HCL	33	9 (27.3%)	2.63 (1.21 - 5.73)	0.015	2.55 (1.10 - 5.92)
Itchy sensation					
Never	208	11 (5.3%)	1.00		1.00
Sometimes	1,274	134 (10.5%)	2.11 (1.12 - 3.97)	0.007	1.88 (0.99 - 3.58)
Often	1,241	387 (31.2%)	8.12 (4.37 - 15.07)	<0.001	8.02 (4.24 - 15.17)
Always	125	67 (53.6%)	20.69 (10.26 - 41.73)	<0.001	21.82 (10.44 - 45.64)
Trend test(per level increase)				<0.001	
Pollenosis					
No	1,588	274 (17.3%)	1.00		
Yes	1,260	325 (25.8%)	1.67 (1.39 - 2.00)	<0.001	1.02 (0.82 - 1.25)

Adjusted odds ratios were obtained by multiple logistic regression model with best-subset variables selection method.

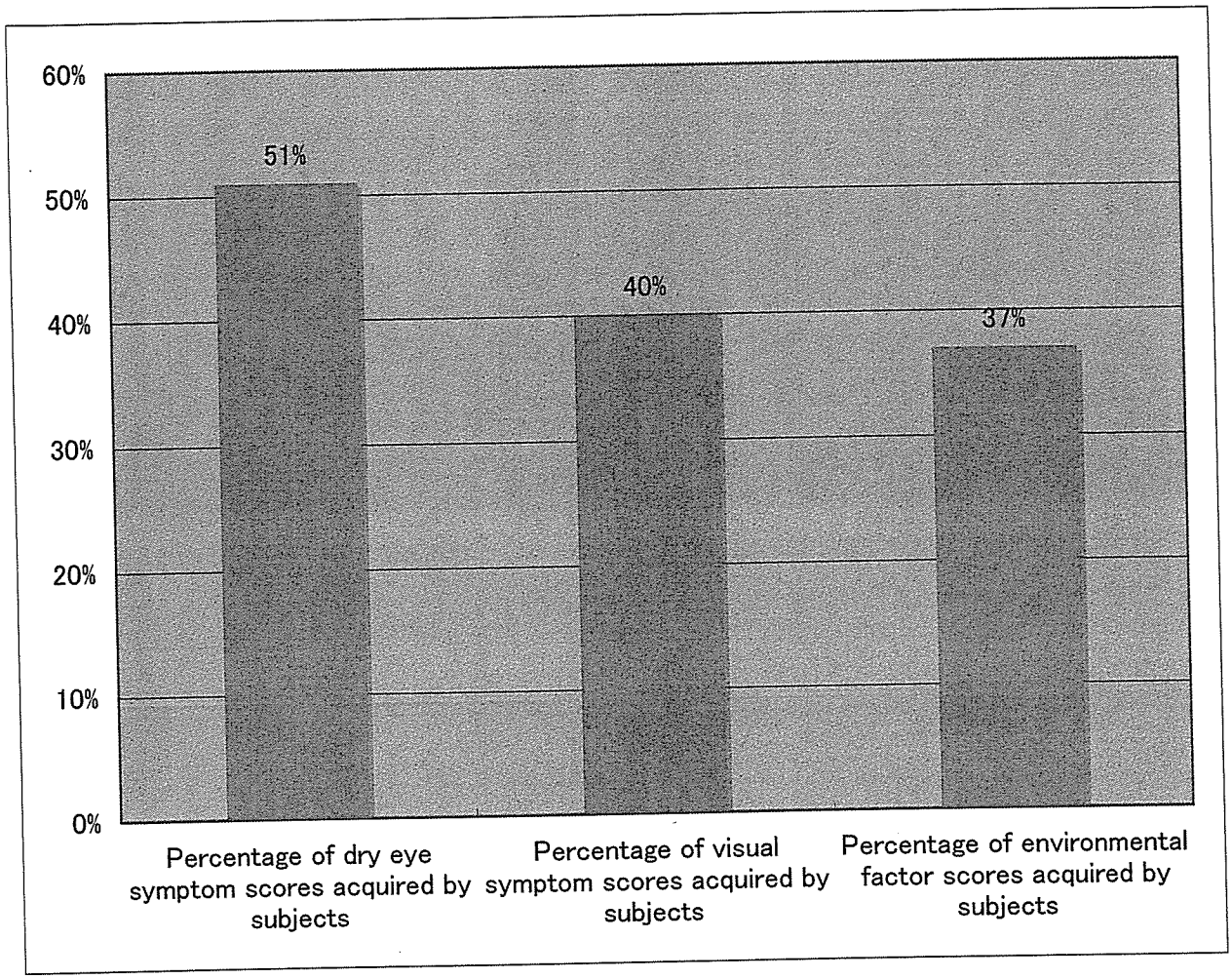
CI denotes confidence interval.

Table 3. Logistic Regression Model of Predictors of the Prevalence of Severe Symptoms Dry Eye Syndrome in WOMEN

Variable	Number of Subjects (n=585)	Number with DES (n=143)	Univariate Crude Odds Ratio (95%CI)	*P*-value	Multivariate Adjusted Odds Ratio (95%CI)
Contact lens					
No	291	33 (11.3%)	1.00		1.00
SCL	267	100 (37.5%)	4.68 (3.02 - 7.26)	<0.001	5.77 (3.58 - 9.31)
HCL	27	10 (37.0%)	4.60 (1.94 - 10.88)	<0.001	5.45 (2.17 - 13.71)
Itchy sensation					
Never	40	4 (10.0%)	1.00		1.00
Sometimes	269	35 (13.0%)	1.35 (0.45 - 4.01)	0.594	1.44 (0.47 - 4.41)
Often	261	94 (36.0%)	5.06 (1.75 - 14.67)	0.003	5.98 (1.98 - 18.10)
Always	15	10 (66.7%)	17.99 (0.45 - 79.78)	<0.001	33.40 (6.76 - 165.02)
Trend test(per level increase)				<0.001	
Pollenosis					
No	338	71 (21.0%)	1.00		
Yes	247	72 (29.1%)	1.55 (1.06 - 2.26)	<0.001	1.04 (0.68 - 1.61)

Adjusted odds ratios were obtained by multiple logistic regression model with best-subset variables selection method.

CI denotes confidence interval.


60%
50%
40%
30%
20%
10%
0%
51%
40%
37%
Percentage of dry eye symptom scores acquired by subjects
Percentage of visual symptom scores acquired by subjects
Percentage of environmental factor scores acquired by subjects

別紙5