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## Risk factors for myopia in Inner Mongolia medical students in China

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### ABSTRACT

**Objective:** The aim of the study was to investigate myopia and related factors in Inner Mongolia Medical Students, China. **Methods:** The survey employed a self-administered questionnaire. All medical students from the Inner Mongolia Medical University campus and those living and learning on campus were eligible. The questionnaire consisted of three sections: students' basic information, attitude on myopia behavior, and myopia status of students. 6047 medical students completed the questionnaire. **Results:** A total of 6040 (90.5%) students aged 16 to 28 years (mean  $21 \pm 1.5$  years) completed the questionnaire, of which 1772 (29.3%) were male and 4268 (70.6%) were female. The Mongolia of medical students had the lowest rate (64.3%) of myopia. The prevalence of myopia in Han nationality was highest (72.8%). Myopia occurred more frequently among students living in the city than in the rural. 76.4% urban and 66.6% rural students had myopia ( $p < 0.001$ ). For myopia students it was established that 85.5% had begun to wear spectacles in middle school. **Conclusion:** A high myopia prevalence was demonstrated among medical students in the Inner Mongolia area of China. Our study's findings could help health care professionals develop targeted myopia control policies for the population of students in Inner Mongolia of China and ensure the policies are more rational, useful, and effective.

### KEYWORDS

Medical Students; Myopia; Prevalence; Ethnicity; Area

### Cite this paper

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