APPENDIX 1: Questionnaire for the Prevention and Control of Myopia

This questionnaire is only for investigating the prevalence of myopia and associated factors among middle school students in different regions in Anhui. Thanks for your participation, thank you !

1. Name (optional): _____

2. Age: _____

3. Gender:

    A. male   B. female

4. Grade:

    A. grade 7   B. grade 8   C. grade 9

5. City: _____

6. District/County: _____ _____

7. School(optional): _____

8. Myopia or not.

    A. yes   B. no   C. don't know

9. How long do you do your homework per day? (Monday to Friday)

    A. more than 3 hours   B. 2–3 hours

    C. 1–2 hours   D. less than 1 hour

10. How long do you use electronic products per day?

    A. more than 4 hours   B. 3–4 hours   C. 2–3 hours

    D. 1–2 hours   E. less than 1 hour   F. none

11. How often do you take a break during working nearly including studying and using electronic products?

    A. less than 1 hour   B. 1–2 hours

    C. more than 2 hours   D. none

12. How many core subjects do you have per week in school?

    A. 36–40 classes   B. 31–35 classes

13. What time do you usually go to sleep per day? (Monday to Friday)

  A. before 9:00 o'clock   B. 9:00–10:00 o'clock

  C. 10:00–11:00 o'clock   D. after 11:00 o'clock

14. How many hours do you sleep on average every night? (Monday to Friday)

  A. less than 6 hours   B. 6–8 hours

  C. 8–10 hours   D. more than 10 hours

15. How many physical education classes do you attend in your school per week?

  A. more than 4 classes   B. 3–4 classes   C. 1–2 classes

16. How long do you spend outdoors on average per day except physical education classes? (Daily hours of outdoor activity was calculated as the total from Monday to Sunday divided by 7. And time outdoors is total time outdoors during daylight hours.)

  A. more than 3 hours   B. 2–3 hours   C. 1–2 hours

  D. less than 1 hours   E. none

17. How many times do you exercise per week except physical education classes?

  A. more than 4 times   B. 3–4 times

  C. 1–2 times   D. none

18. Usually, do you prefer outdoor exercise or indoor exercise?

  A. outdoor   B. indoor   C. no exercise