The Impact of Dry Eye on Patient Quality of Life

Dry eye is a chronic, often painful condition that reduces quality of life.

Dry eye is uncomfortable, painful, and impacts visual function:

- Pain associated with DED can have psychological and physical impacts, and the chronic nature of the disease can affect social life1-4.
- Corneal irregularities from epithelial degradation, and an unstable tear film can introduce higher order aberrations, which decrease the quality of vision1.

Patients with dry eye experience restrictions in activities and social life,5,6 reporting up to 34% impairment in daily activities (Figure 1).7

**Figure 1: Patient-reported level of daily activity impairment with varying levels of severity of dry eye.**7

![Diagram showing severity levels of dry eye and associated impairment levels.]

Participants were asked to rate their level of daily activity impairment, for example, performing chores, shopping, exercise, child care, or studying.

The impact of dry eye on quality of life is comparable to other disabling conditions, and even mild to moderate dry eye can reduce quality of life (Figure 2).8

**Figure 2: U.S. health-related quality of life for dry eye disease compared with other health states.**8

![Diagram showing quality of life comparison.]

A recent systematic literature review identified 32 studies assessing mental health in patients with dry eye, reporting ~40% suffered from depression and anxiety. Meta-analyses revealed the odds of depression and anxiety were 1.8 and 2.3 times higher, respectively, in patients with dry eye disease compared to controls.9

Patients with dry eye were 2-3x more likely to report difficulties in daily activities than those without dry eye10.

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References: