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1 **Axial length changes during accommodation in myopes and emmetropes**

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25 **Abstract:**

26 **Purpose:** To investigate the influence of accommodation upon axial length (and a  
27 comprehensive range of ocular biometric parameters), in populations of young adult myopic and  
28 emmetropic subjects.

29 **Methods:** Forty young adult subjects had ocular biometry measured utilizing a non-contact  
30 optical biometer (Lenstar LS 900) based upon the principle of optical low coherence  
31 reflectometry, under three different accommodation demands (0 D, 3 D and 6 D). Subjects  
32 were classified as emmetropes (n=19) or myopes (n=21) based upon their spherical equivalent  
33 refraction (mean emmetropic refraction  $-0.05 \pm 0.27$ DS and mean myopic refraction  $-1.82 \pm 0.84$   
34 DS).

35 **Results:** Axial length changed significantly with accommodation, with a mean increase of  $11.9$   
36  $\pm 12.3$   $\mu\text{m}$  and  $24.1 \pm 22.7$   $\mu\text{m}$  for the 3 D and 6 D accommodation stimuli respectively. A  
37 significant axial elongation associated with accommodation was still evident even following  
38 correction of the axial length data for potential error due to lens thickness change. The mean  
39 'corrected' increase in axial length was  $5.2 \pm 11.2$   $\mu\text{m}$ , and  $7.4 \pm 18.9$   $\mu\text{m}$  for the 3 D and 6 D  
40 stimuli respectively. There was no significant difference between the myopic and emmetropic  
41 populations in terms of the magnitude of change in axial length with accommodation, regardless  
42 of whether the data were corrected or not. A number of other ocular biometric parameters, such  
43 as anterior chamber depth, lens thickness and vitreous chamber depth also exhibited significant  
44 change with accommodation. The myopic and emmetropic populations also exhibited no  
45 significant difference in the magnitude of change in these parameters with accommodation.

46 **Conclusions:** The eye undergoes a significant axial elongation associated with a brief period  
47 of accommodation, and the magnitude of this change in eye length increases for larger  
48 accommodation demands, however there is no significant difference in the magnitude of eye  
49 elongation in myopic and emmetropic subjects.

50

51 **Keywords:** myopia, accommodation, axial length, eye biometrics

52

53

54 **Introduction:**

55 Near work has previously been found by a number of investigators to be one environmental  
56 factor associated with the development, presence and progression of myopia.<sup>1-4</sup> Whilst the  
57 association between myopia and near work has been established by a number of authors, the  
58 exact reason underlying this association is still unclear, and there is some debate over the  
59 causal nature of these associations.<sup>5</sup> Attempts to establish a causative mechanism linking  
60 myopia and near work have been one motivating factor behind previous research investigating  
61 ocular changes associated with accommodation.

62

63 When the eye accommodates to focus on near objects the dimensions of the anterior eye  
64 undergo a number of changes. Accommodation is known to lead to a steepening of the  
65 curvature of the anterior and posterior crystalline lens surfaces, an increase in crystalline lens  
66 thickness, an anterior movement of the anterior lens surface, and a posterior movement of the  
67 posterior lens surface.<sup>6-11</sup> These changes in crystalline lens dimensions lead to a concomitant  
68 shallowing of the anterior chamber, and an increase in the anterior segment length (distance  
69 from the cornea to the posterior lens surface).<sup>7,10,11</sup> These biometric changes in the crystalline  
70 lens have also been shown to be linearly related to the ocular refractive changes associated  
71 with accommodation.<sup>10,11</sup>

72

73 Whilst changes in the crystalline lens and anterior eye dimensions are the most prominent  
74 consequence of accommodation, changes in structures posterior to the crystalline lens have  
75 also been found to occur. Moses<sup>12</sup> reported that a stretching of the peripheral retina  
76 accompanied accommodation, with 0.05mm anterior movement of the ora serrata noted per  
77 dioptre of accommodation. There have also been reports of significant spatial distortions in  
78 vision,<sup>13-15</sup> and alterations in the Stiles Crawford function accompanying marked

79 accommodation,<sup>16</sup> which also implies that stretching/distortion of more central retinal elements  
80 may also be associated with accommodation, although recent findings suggest changes in the  
81 Stiles Crawford effect with lesser amounts of accommodation are small.<sup>17</sup> The introduction of  
82 highly precise non-contact, partial coherence interferometric (PCI) methods for assessing axial  
83 length has also revealed that small, transient changes in eye length accompany  
84 accommodation. Drexler et al<sup>18</sup> reported an increase in axial length of mean magnitude ~5-12  
85  $\mu\text{m}$  associated with accommodation (mean accommodation level of 4-5D) in young adults that  
86 was noted to be of larger magnitude in emmetropes compared to myopes. More recently,  
87 Mallen et al<sup>19</sup> also reported an accommodative induced elongation of the eye to occur in young  
88 adults, but the magnitude of elongation was larger (mean magnitude of ~48  $\mu\text{m}$  change for a 6D  
89 accommodation stimulus) and myopes were reported to exhibit significantly greater elongation  
90 than emmetropes.

91

92 There have been only a relatively limited number of studies examining the influence of  
93 accommodation on eye length, and whilst these studies have consistently found eye elongation  
94 to accompany accommodation, there are inconsistencies between studies in terms of the  
95 reported magnitude of eye length change, and the relative differences in eye elongation  
96 between myopes and emmetropes. We therefore aimed in this study to further examine the  
97 influence of accommodation on eye length in young adult emmetropic and myopic subjects,  
98 utilizing a newly introduced biometer based on the principle of optical low coherence  
99 reflectometry (OLCR) that is capable of measuring a comprehensive range of ocular biometric  
100 parameters.

101

102 **Methods:**

103 Forty young adult subjects aged between 18 and 33 years of age (mean age  $25 \pm 4$  years)  
104 participated in this study. Subjects were recruited primarily from the students and staff of our  
105 university. All subjects were free of any ocular or systemic disease and no subject reported any  
106 history of significant ocular trauma or surgery. Approval from the university human research  
107 ethics committee was obtained prior to the commencement of the study and all subjects  
108 provided written informed consent to participate. All subjects were treated in accordance with  
109 the declaration of Helsinki.

110

111 Prior to the study, each subject underwent an eye examination to ensure good ocular health,  
112 determine their refractive status and to confirm they exhibited monocular amplitude of  
113 accommodation of  $\geq 7D$  (as measured with the push-up method). All subjects exhibited normal  
114 visual acuity of logMAR 0.00 or better and no subject exhibited a cylindrical refraction of  $>1.00$   
115 DC. Subjects were classified as either emmetropes or myopes, based upon their best sphere  
116 subjective spectacle refraction, with the emmetropes exhibiting best sphere refraction between  
117  $+0.50DS$  and  $-0.50 DS$ , and the myopes exhibiting best sphere refraction of  $\leq -0.75 DS$ .  
118 Nineteen of the 40 subjects were emmetropes (mean spherical equivalent refraction  $-0.05 \pm$   
119  $0.27 DS$ , mean cylindrical refraction  $-0.17 \pm 0.16 DC$ ), and 21 were myopes (mean best sphere  
120 refraction  $-1.82 \pm 0.84 DS$ , mean cylindrical refraction  $-0.48 \pm 0.27 DC$ ). The mean age of both  
121 the emmetropic and myopic populations was  $25 \pm 4$  years. The gender balance between the  
122 two populations was well matched, with the emmetropic population consisting of 57% and the  
123 myopic population 58% female subjects. The two populations were also well matched for ethnic  
124 background with subjects having either Caucasian (15 emmetropes, 16 myopes), East Asian (2  
125 emmetropes, 3 myopes), or Indian (2 emmetropes, 2 myopes) ethnic backgrounds.

126 Following these preliminary ocular measurements, each subject then underwent ocular  
127 biometric measures, under three different levels of accommodation. All biometric  
128 measurements were carried out on the right eye only (the left eye was occluded for all  
129 measurements), using the Lenstar LS 900 instrument (Haag Streit AG, Koeniz, Switzerland).  
130 This instrument is a non-contact optical biometer, based upon the principle of optical low  
131 coherence reflectometry that provides a range of ocular axial biometric measurements (i.e.  
132 corneal thickness, anterior chamber depth, lens thickness and axial length) simultaneously in a  
133 single measurement procedure. The ocular biometric measurements from the Lenstar  
134 instrument have been shown to be reliable, highly precise and comparable with previously  
135 validated instruments.<sup>20-23</sup>

136

137 To allow biometry to be performed whilst subjects were accommodating to different  
138 accommodative stimuli, we used a similar experimental setup to that of Mallen et al,<sup>19</sup> consisting  
139 of a high contrast Maltese cross target viewed through a beamsplitter and a +10 D Badal lens  
140 mounted in front of the Lenstar instrument (Figure 1). The plate beamsplitter used exhibited  
141 82% transmittance for the Lenstar's 840nm wavelength. Prior to data collection, we confirmed  
142 that introducing a beamsplitter in front of the instrument did not lead to any significant change in  
143 biometric measures on the Lenstar test eye or on five human subjects. The mean corneal  
144 thickness ( $531 \pm 23 \mu\text{m}$  without beamsplitter, and  $531 \pm 23 \mu\text{m}$  with beamsplitter), anterior  
145 chamber depth ( $3.05 \pm 0.34$  without and  $3.03 \pm 0.36$  with beamsplitter), lens thickness ( $3.66 \pm$   
146  $0.28$  without and  $3.68 \pm 0.29$  with beamsplitter) and axial length ( $24.05 \pm 0.75$  without and  $24.05$   
147  $\pm 0.75$  with beamsplitter) all showed no significant change when the measurements were taken  
148 through the beamsplitter. We performed measurements on five subjects with the Canon R-1  
149 Autorefractor and our Badal system and found mean accommodative responses of  $2.4 \pm 0.3$  D

150 and  $5.3 \pm 0.3$  D for the 3 D and 6 D accommodation demand respectively (findings consistent  
151 with a small lag of accommodation).

152

153 Prior to biometric measurements being carried out on each subject, care was taken to align the  
154 centre of the Maltese cross target as viewed through the beam splitter to be adjacent with the  
155 instrument's measurement beam. Subjects were instructed to attain and maintain clear focus  
156 upon the Maltese cross target throughout the measurement protocol. Once subjects reported  
157 the target to be clear, biometric measurements were carried out. A total of 5 repeated biometric  
158 measurements were carried out for each subject for each of three different accommodative  
159 stimuli (0 D, 3 D and 6 D). A 2 minute break, during which time the subjects fixated in the  
160 distance, was given in between each accommodative task.

161

#### 162 **Analysis:**

163 The mean of each of the following ocular biometric measurements at 0 D, 3 D and 6 D  
164 accommodation demand for each subject were derived from the Lenstar's data output: central  
165 corneal thickness (CCT, the distance from the anterior to the posterior corneal surfaces),  
166 anterior chamber depth (ACD, the distance from the posterior corneal surface to the anterior  
167 lens surface), lens thickness (LT, the distance from the anterior lens surface to the posterior  
168 lens surface), anterior segment length (ASL, the distance from the anterior corneal surface to  
169 the posterior lens surface), vitreous chamber depth (VCD, the distance from the posterior lens  
170 surface to the retinal pigment epithelium) and axial length (Axl, the distance from the anterior  
171 corneal surface to the retinal pigment epithelium). All results are presented as the mean  $\pm$   
172 standard deviation (SD). For each of the considered ocular parameters, a repeated measures  
173 ANOVA with one within subject factor (i.e. accommodation level) and one between subject



174 factor (i.e. refractive error group), was carried out to investigate the change in each of the  
175 parameters with accommodation and to determine any differences between the myopic and  
176 emmetropic populations.

177

178 The exact method and refractive index used by the Lenstar instrument to calculate axial length  
179 is proprietary information, however personal communication with Haag Streit revealed that the  
180 instrument, in a similar fashion to the IOLMaster instrument, does use an 'average ocular  
181 refractive index' to convert from optical length to geometric length in the axial length  
182 calculations. There is potential as suggested by Atchison and Smith<sup>24</sup> that measurements  
183 collected with the instrument during accommodation may overestimate axial length, because the  
184 biometric changes associated with accommodation (i.e. thickening of the crystalline lens)  
185 effectively lead to an increase in the eye's average refractive index (as the higher refractive  
186 index crystalline lens takes up a relatively larger proportion of the eye during accommodation).  
187 However, as the Lenstar also provides the individual ocular component dimensions for each  
188 measurement, a reasonable approximation of the potential error associated with the  
189 measurements taken during accommodation can be made for each individual subject. We used  
190 the formulae and methods outlined by Atchison and Smith,<sup>24</sup> substituting each subjects'  
191 individual ocular component dimensions to provide an indication of the potential error  
192 associated with the change in axial length during the 3 D and 6 D accommodation demands for  
193 each subject. These values were then used to calculate a 'corrected' change in axial length  
194 during accommodation for each subject. It should be noted that as the exact refractive index  
195 used by the instrument is not known, this 'corrected' change in axial length is an approximation.  
196 For this reason we present both the measured axial length changes and corrected changes in  
197 the results.

198 **Results:**

199 Accommodation led to a significant change in most of the ocular biometric parameters  
200 measured. Table 1 displays the mean biometric parameters for the 3 different levels of  
201 accommodation for the myopic and emmetropic populations, and the p-values from the  
202 repeated measures ANOVA investigating for significant change in each parameter. All  
203 parameters, except for corneal thickness were found to exhibit a significant change with  
204 accommodation.

205

206 The measured axial length (AxL) was found to undergo a small, but highly statistically significant  
207 increase with accommodation ( $p < 0.001$ ). A mean  $\pm$  SD eye elongation of  $11.9 \pm 12.3 \mu\text{m}$  (mean  
208 myopic elongation of  $11.2 \pm 12.2 \mu\text{m}$ , mean emmetropic elongation of  $12.6 \pm 12.8 \mu\text{m}$ ) was  
209 observed for the 3 D accommodation stimulus and  $24.1 \pm 19.2 \mu\text{m}$  (mean myopic elongation  
210  $23.1 \pm 22.7$ , mean emmetropic elongation  $25.2 \pm 15.0$ ) for the 6 D stimulus. The magnitude of  
211 eye elongation was significantly greater for the 6 D stimulus ( $p < 0.001$ ). There was a significant  
212 difference in the average AxL between the two populations of subjects with the myopic subjects  
213 exhibiting significantly longer eyes on average (mean myopic axial length  $24.40 \pm 0.60$  mm and  
214 mean emmetropic axial length  $23.71 \pm 0.73$ ,  $p = 0.003$ ) however, there was no significant  
215 difference found in the magnitude of axial elongation occurring with accommodation between  
216 the myopic and emmetropic groups at either of the accommodative demands ( $p > 0.05$ ). Figure 2  
217 illustrates the mean change in axial length with accommodation in the two populations of  
218 subjects.

219

220 Analysis to estimate the potential measurement error associated with axial length calculations  
221 during accommodation due to relative changes in each subject's ocular components revealed a

222 mean error of  $6.7 \pm 4.5 \mu\text{m}$  for the 3 D and  $16.8 \pm 5.6 \mu\text{m}$  for the 6 D accommodation stimulus.  
223 The average change in axial length, accounting for each subject's individual estimated  
224 measurement error was  $5.2 \pm 11.2 \mu\text{m}$  for the 3 D, and  $7.4 \pm 18.9 \mu\text{m}$  for the 6 D  
225 accommodation stimulus. Repeated measures ANOVA revealed that the change axial  
226 elongation (corrected for measurement error due to ocular component change) due to  
227 accommodation was still statistically significant ( $p=0.007$ ). Similar to the measured values, the  
228 'corrected' axial length changes also demonstrated no significant difference in the magnitude of  
229 axial elongation between the myopic and emmetropic groups ( $p>0.05$ ). Figure 3 illustrates the  
230 average change in eye length as measured by the instrument, and the change in axial length  
231 corrected for the ocular component error.

232

233 The majority of the biometric parameters associated with the anterior segment also showed  
234 significant change with accommodation (Table 1). Figure 4 provides an overview of the  
235 changes observed in each of the considered anterior segment biometric parameters with  
236 accommodation. The crystalline lens thickness (LT) increased significantly in all subjects with  
237 accommodation ( $p<0.001$ ), with a mean increase in LT of  $143 \pm 97\mu\text{m}$  (myopes  $156 \pm 93 \mu\text{m}$ ,  
238 emmetropes  $128 \pm 102 \mu\text{m}$ ) for the 3D accommodation stimulus and a mean increase of  $356 \pm$   
239  $118 \mu\text{m}$  (myopes  $346 \pm 118 \mu\text{m}$ , emmetropes  $367 \pm 120 \mu\text{m}$ ) for the 6 D stimulus. These  
240 changes in crystalline lens thickness led to a significant shallowing of the anterior chamber  
241 depth (ACD) and a significant increase in the anterior segment length (ASL) with  
242 accommodation ( $p<0.001$ ). A mean change in ACD of  $-121 \pm 102 \mu\text{m}$  (mean myopic change -  
243  $139 \pm 112 \mu\text{m}$ , mean emmetropic change  $-102 \pm 90 \mu\text{m}$ ) and  $-292 \pm 136 \mu\text{m}$  (mean myopic  
244 change  $-285 \pm 138 \mu\text{m}$ , mean emmetropic change  $-300 \pm 138\mu\text{m}$ ) was found for the 3D and 6 D  
245 accommodative stimuli respectively. The ASL increased on average by  $22 \pm 51 \mu\text{m}$  (mean  
246 myopic change  $16 \pm 55 \mu\text{m}$ , mean emmetropic change  $27 \pm 46 \mu\text{m}$ ) and  $64 \pm 83 \mu\text{m}$  (mean

247 myopic change  $61 \pm 68 \mu\text{m}$  and mean emmetropic change  $68 \pm 100\mu\text{m}$ ) for the 3D and 6D  
248 accommodative stimuli respectively. The change in ASL is indicative of a small backward  
249 movement of the posterior lens surface with accommodation. This posterior movement of the  
250 posterior lens surface also led to a significant shallowing of the vitreous chamber depth (VCD).  
251 The mean change in VCD was  $-9.6 \pm 52 \mu\text{m}$  (mean myopic change  $-5 \pm 57 \mu\text{m}$ , mean  
252 emmetropic change  $-15 \pm 47\mu\text{m}$ ) for the 3 D stimulus and  $-40 \pm 85 \mu\text{m}$  (mean myopic change -  
253  $38 \pm 68 \mu\text{m}$  and mean emmetropic change  $-43 \pm 103 \mu\text{m}$ ) for the 6 D stimulus. Whilst all of  
254 these ocular biometric parameters changed significantly with accommodation, the magnitude of  
255 change in each of the parameters with accommodation was not significantly different between  
256 the myopic and emmetropic populations for each parameter ( $p>0.05$ ). Central corneal thickness  
257 did not change significantly with accommodation ( $p=0.65$ ), with the mean change in CCT being  
258 less than 1 micron for both the 3D and 6D accommodative stimuli.

259

## 260 **Discussion:**

261 We have demonstrated that a number of ocular biometric parameters associated with both the  
262 anterior and posterior segment undergo significant change with accommodation in a population  
263 of young adult subjects. Our findings of a significant eye elongation with accommodation that  
264 increases for higher levels of accommodation, are in general agreement with the results of  
265 Drexler et al<sup>18</sup> and Mallen et al,<sup>19</sup> who also observed increases in axial length associated with  
266 accommodation in young adult subjects using instruments based upon partial coherence  
267 interferometry, however there are some differences in the magnitude of axial length change and  
268 the relative differences between emmetropes and myopes between our study and these  
269 previous reports. Whilst there is a potential for the instrument we used to overestimate the

270 change in axial length occurring during accommodation, we found significant axial elongation to  
271 be associated with accommodation, even after accounting for this error in our analysis.

272

273 Our mean 'corrected' change in axial length (~ 5  $\mu\text{m}$  and ~7  $\mu\text{m}$  for the 3 D and 6 D stimulus  
274 respectively), is of similar magnitude to that reported by Drexler and colleagues<sup>18</sup> (~5-12  $\mu\text{m}$   
275 change for 4-5 D of accommodation), and is substantially smaller than that reported by Mallen  
276 et al<sup>18</sup> (mean axial length change ~48  $\mu\text{m}$  for a 6D stimulus). Mallen et al<sup>18</sup> used the  
277 commercially available IOLMaster instrument for axial length measurements, and as this  
278 instrument does not provide lens thickness estimates were not able to correct for the potential  
279 error associated with lens thickness change during accommodation highlighted by Atchison and  
280 Smith.<sup>24</sup> Drexler et al<sup>18</sup> on the other hand used a PCI instrument that used individual refractive  
281 indices to calculate eye length, and reported significant axial length changes that approximate  
282 our reported 'corrected' values closely.

283

284 We found no significant difference in the magnitude of change in axial length (or in the change  
285 in the other measured ocular biometric parameters) with accommodation between our myopic  
286 and emmetropic populations, whereas Drexler et al<sup>18</sup> reported a greater change in axial length  
287 with accommodation in emmetropes compared with myopes. It should be noted however, that  
288 Drexler et al<sup>18</sup> measured the change in axial length associated with accommodation to each of  
289 their subject's near point, which lead to slightly unequal accommodation between the two  
290 refractive error groups (on average the myopic subjects were accommodating by ~1D less),  
291 which may account for some of the difference noted in their study. In our current study, the use  
292 of a Badal system allowed equal accommodation demands to be provided to all subjects.  
293 Furthermore, the fact that the change in anterior eye parameters (i.e. lens thickness and

294 anterior chamber depth), also exhibited no significant difference between emmetropes and  
295 myopes suggests that both populations of subjects were accommodating to the same level for  
296 each of the different accommodative demands.

297

298 In contrast to our findings, and those of Drexler et al<sup>18</sup>, Mallen et al<sup>19</sup> reported a significantly  
299 greater eye elongation in their myopic subjects compared to their emmetropic subjects. The  
300 difference between our results and Mallen's findings may reflect the characteristics of the  
301 specific populations of myopes tested in the two studies. The myopic subjects used in Mallen's  
302 study were all early onset myopes (i.e. reported onset of myopia prior to fifteen years of age),  
303 whereas our subjects were a mixture of early onset (n=9) and late onset myopes (n=12), which  
304 suggests that EOM's may exhibit a larger eye elongation with accommodation. However, when  
305 we stratified our subjects according to age of onset of myopia we found no evidence of the early  
306 onset myopes exhibiting a significantly greater axial elongation with accommodation than the  
307 late onset myopes (mean elongation for the 6 D stimulus was  $24 \pm 14 \mu\text{m}$  for our early onset  
308 myopes and  $23 \pm 28 \mu\text{m}$  for our late onset myopes, which was not a statistically significant  
309 difference). Additionally, Mallen et al's<sup>19</sup> myopic population exhibited substantially greater  
310 amounts of myopia compared to our myopic population (mean best sphere refraction from our  
311 myopic population was  $-1.8 \pm 0.8 \text{ DS}$  versus  $-3.59 \pm 0.75 \text{ DS}$  from Mallen et al<sup>19</sup>), which leaves  
312 open the possibility that higher amounts of myopia are associated with a greater  
313 accommodation induced eye elongation. This suggests that structural ocular changes  
314 associated with higher amounts of myopia (e.g. changes in scleral biomechanical properties<sup>24</sup>)  
315 may also be associated with the eye being more susceptible to accommodation induced  
316 transient axial elongation.

317

318 The transient increases in eye length accompanying accommodation could potentially provide a  
319 link between near work and longer term axial elongation of the eye, and it has been suggested  
320 that these changes may therefore be important in the development of refractive error.<sup>18,19</sup> We  
321 found consistent eye elongation associated with accommodation across our young adult  
322 subjects tested. Whilst the emmetropic and myopic populations examined in our current study  
323 did not demonstrate significant differences in the magnitude of change in axial length with  
324 accommodation, this does not necessarily preclude the involvement of accommodative induced  
325 eye elongation in longer term eye growth in myopia. If these axial length changes are involved  
326 in myopia development, then larger amounts of near-work, performed at closer working  
327 distances, might potentially be expected to lead to prolonged short term eye length changes of  
328 greater magnitude which could potentially predispose a patient to greater amounts of eye  
329 elongation in the longer term. It should also be noted, that our findings (and those of others)  
330 relate to the change in eye length occurring during a relatively short duration accommodation  
331 task. The influence of longer periods of accommodation upon eye length and the time-course of  
332 recovery from these accommodation induced eye length changes, and the relative differences in  
333 these characteristics between myopic and emmetropic subjects, are areas of research that have  
334 not been explored and may help to shed further light upon the potential importance of these  
335 axial length changes in refractive error development.

336

337 In addition to the changes in axial length, we also found a number of significant changes in  
338 anterior segment ocular biometric parameters with accommodation. The changes that we have  
339 found in anterior chamber depth, lens thickness and anterior segment length parallel those of  
340 previous investigators.<sup>10,11</sup> The use of high resolution measurement techniques has allowed us  
341 to confirm the relatively recently established finding that a small backward movement of the

342 posterior lens surface occurs with accommodation.<sup>10,11</sup> We also confirm our previous finding  
343 that no significant change occurs in central corneal thickness with accommodation.<sup>26</sup>

344

345 In conclusion, this study confirms that significant change in eye length accompanies  
346 accommodation in young adults. No significant difference was noted in the magnitude of  
347 change in eye length (or the change in biometric parameters associated with the anterior eye),  
348 between emmetropes and myopes. Further research investigating the characteristics of these  
349 eye length changes associated with near work in more detail may shed light on longer term eye  
350 growth and refractive error development.

351

352

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357

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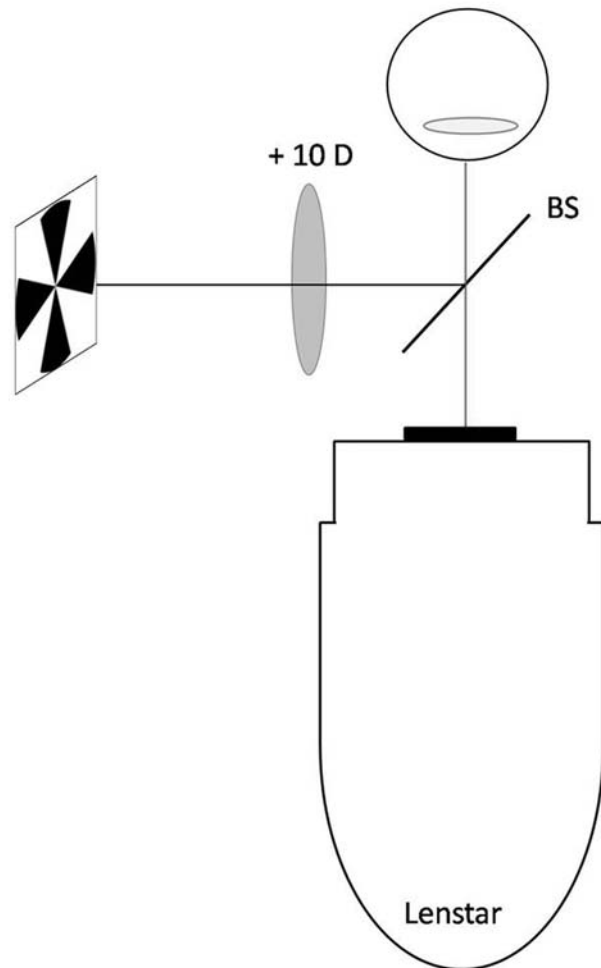
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434 **FIGURES & TABLES:**



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436 **Figure 1:** Illustration of experimental setup utilising a maltese cross target viewed through a  
437 beam splitter (BS) and a +10 D Badal lens, to allow ocular biometry to be carried out with the  
438 Lenstar instrument with different accommodation stimuli. Maltese cross target can be moved  
439 toward or away from the +10D lens to alter the stimulus to accommodation required to view the  
440 target.

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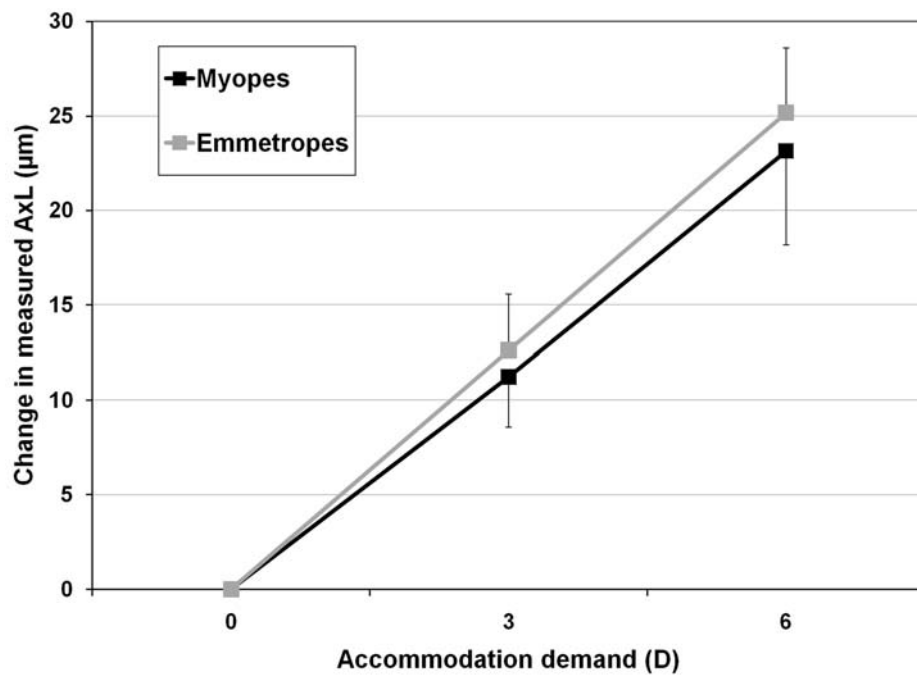
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448 **Figure 2:** Mean change in measured axial length with accommodation for emmetropes (n=19)  
449 and myopes (n=21). Error bars represent the standard error of the mean. Repeated measures  
450 ANOVA revealed the change in axial length with accommodation was statistically significant  
451 ( $p < 0.001$ ), but there was no significant difference between the emmetropic and myopic subjects  
452 in terms of the magnitude of change in eye length with accommodation ( $p > 0.05$ ).

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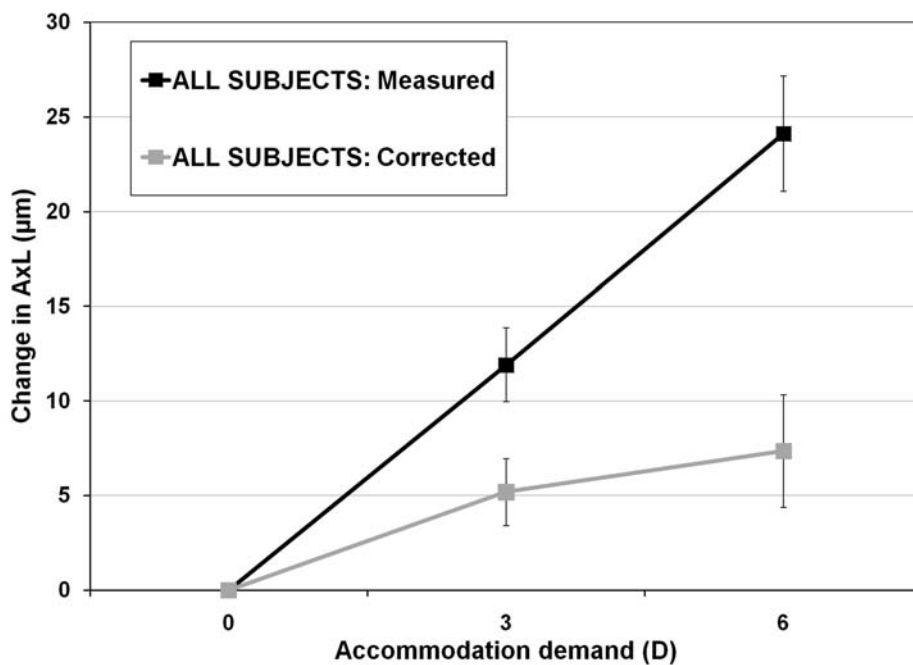
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464 **Figure 3:** Mean change in measured and corrected axial length with accommodation for all  
465 subjects (n= 40). Corrected measures represent the change in axial length with  
466 accommodation, accounting for potential measurement error due to changes in lens thickness.  
467 Repeated measures ANOVA revealed a significant effect of accommodation for both ‘measured’  
468 and ‘corrected’ axial length measures ( $p<0.05$ ). Error bars represent the standard error of the  
469 mean.

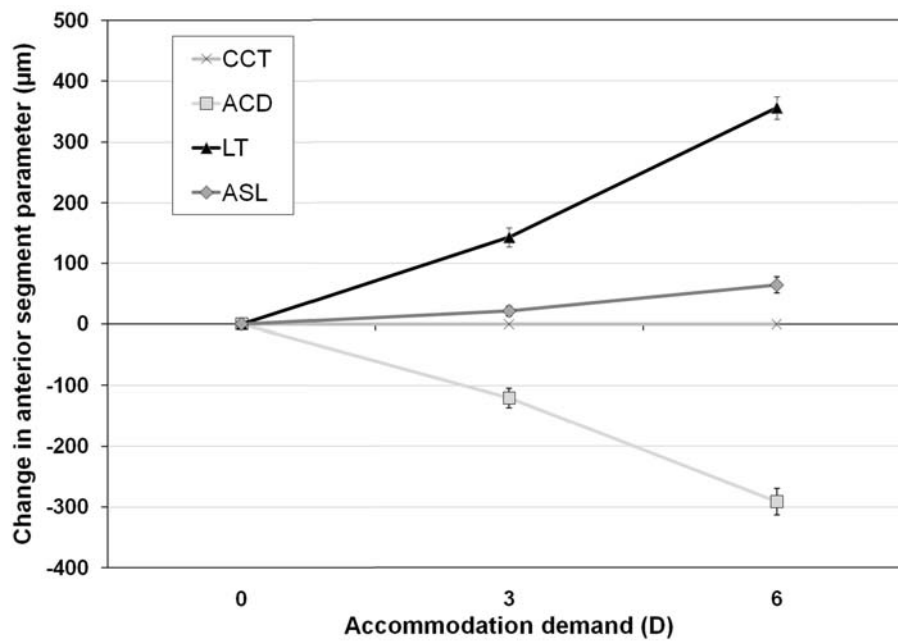
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477 **Figure 4:** Mean change in anterior segment biometric parameters with accommodation for all  
478 subjects tested (n=40). Repeated measures ANOVA revealed all parameters except central  
479 corneal thickness (CCT) exhibited significant change with accommodation ( $p<0.05$ ). Error bars  
480 represent standard error of the mean. CCT= central corneal thickness (the distance from the  
481 anterior to the posterior corneal surfaces), ACD= anterior chamber depth (the distance from the  
482 posterior corneal surface to the anterior lens surface), LT= lens thickness (the distance from the  
483 anterior lens surface to the posterior lens surface), ASL= anterior segment length (the distance  
484 from the anterior corneal surface to the posterior lens surface).

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**Table 1:** Mean ocular biometric parameters for the 3 different accommodation demands for the emmetropic (n=19) and myopic (n=21) populations. P-values from repeated measures ANOVA for within subjects effect of accommodation level and between subjects effect of refractive error group are also shown for each parameter.

Biometric Parameter*	Refractive error group	Mean $\pm$ SD Biometric parameter (mm)			P-value		
		0 D	3 D	6 D	Accommodation	Accommodation* Refraction	Refraction
CCT	Myopes	0.533 $\pm$ 0.025	0.532 $\pm$ 0.025	0.533 $\pm$ 0.025	0.65	0.01	0.40
	Emmetropes	0.539 $\pm$ 0.029	0.540 $\pm$ 0.029	0.540 $\pm$ 0.029			
ACD	Myopes	3.32 $\pm$ 0.31	3.18 $\pm$ 0.30	3.03 $\pm$ 0.28	<0.001	0.40	0.07
	Emmetropes	3.13 $\pm$ 0.34	3.03 $\pm$ 0.32	2.83 $\pm$ 0.33			
LT	Myopes	3.52 $\pm$ 0.21	3.68 $\pm$ 0.19	3.87 $\pm$ 0.19	<0.001	0.41	0.40
	Emmetropes	3.57 $\pm$ 0.20	3.70 $\pm$ 0.24	3.94 $\pm$ 0.18			
ASL	Myopes	7.37 $\pm$ 0.28	7.38 $\pm$ 0.29	7.43 $\pm$ 0.27	<0.001	0.84	0.18
	Emmetropes	7.24 $\pm$ 0.28	7.27 $\pm$ 0.27	7.31 $\pm$ 0.29			
VCD	Myopes	17.02 $\pm$ 0.63	17.02 $\pm$ 0.63	16.99 $\pm$ 0.64	0.007	0.87	0.01
	Emmetropes	16.46 $\pm$ 0.77	16.44 $\pm$ 0.77	16.41 $\pm$ 0.74			
AxL "Measured"	Myopes	24.39 $\pm$ 0.62	24.40 $\pm$ 0.61	24.41 $\pm$ 0.61	<0.001	0.88	0.003
	Emmetropes	23.70 $\pm$ 0.75	23.71 $\pm$ 0.75	23.72 $\pm$ 0.75			
AxL	Myopes	24.39 $\pm$ 0.62	24.39 $\pm$ 0.62	24.40 $\pm$ 0.61	0.007	0.71	0.003

	Emmetropes	23.70 ± 0.75	23.70 ± 0.75	23.71 ± 0.75			
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\*CCT= Central corneal thickness (the distance from the anterior to the posterior corneal surfaces), ACD= anterior chamber depth (the distance from the posterior corneal surface to the anterior lens surface), LT=lens thickness (the distance from the anterior lens surface to the posterior lens surface), ASL= anterior segment length (the distance from the anterior corneal surface to the posterior lens surface), VCD= vitreous chamber depth (the distance from the posterior lens surface to the retinal pigment epithelium) and AxL= axial length (the distance from the anterior corneal surface to the retinal pigment epithelium).

