



## Blue light-filtering intraocular lenses and post-operative mood: a pilot clinical study

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### Résumé en anglais

The purpose of the study was to determine if implantation of blue-filtering intraocular lenses (IOLs) affects post-operative mood, inducing more depression, compared to patients undergoing implantation with conventional IOLs. The study was conducted at the Angers University Hospital, France. This was a prospective with a lowercase pilot study, including consecutive patients planned to undergo cataract surgery in both eyes within 1 week. The same type of IOL was used in both eyes of each patient. The choice of IOL was not randomized but driven by the habits and experience of each participating surgeon. Cognitively healthy patients (an MMSE score higher than 25) were assessed before and after surgery, using the 30-item geriatric depression scale (GDS) to seek symptoms of depression. Univariate and multiple logistic regressions were used to examine the association between the type of IOL and the 30-item GDS score improvement during the 3 months after lens implantation, while adjusting for participants' characteristics (age, visual acuity). Blue-filtering IOLs were used in 16 patients (mean +/- standard deviation, 75.6 +/- 7.5 years; 75 % female), and untinted IOLs in 18 patients (77.3 +/- 6.9 years; 77.8 %female). Pre-operatively visual acuity and GDS scores were comparable in the two groups. The post-operative GDS score was improved by 1.91 +/- 3.10 points in the whole sample ( $P = 0.002$ ), as well as in each subgroup of patients. Three months after surgery, the mean change in GDS score did not differ between groups ( $P = 0.365$ ), nor did the mean visual acuity ( $P = 0.198$ ).

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### Liens

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