

**Title:** The Association between Vision Loss and Poor Mental Health Days

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**Purpose:** Vision is a vital part of daily life and may be related to growing mental health issues. The current study examines the association between frequent poor mental health days and serious vision loss.

**Methods:** Responses from 408,981 adults in 2021 Behavioral Risk Factor Surveillance System data were used to examine the associations of age and vision problems to poor mental health days.

**Data:** The logistic regression model was statistically significant,  $\chi^2(DF = 6, N = 408,981) = 31.14$ ,  $p < 0.001$ . Those with vision difficulties were 1.98 times more likely to report higher poor mental health days. Older adults, ages 65+ reported fewer poor mental health days than working age adults (ages 25 to 44 years) and emerging adults (ages 18 to 24 years).

**Conclusion:** There is a strong association between mental health and vision loss with people experiencing serious vision loss. Additional research should examine the reciprocal relations between vision loss and poor mental health across various age groups.