

Appendix 3

Transcripts of the Interviews

19/5/99

A: If you can remember back to when you first had a session, what was that like?

No. 7: I thought it was really interesting, just generally learning, I thought it was interesting the whole psychology aspect of it - about actually why psychologically I could be myopic, and how I got bored, which fascinated me because an awful lot of it was true. And being a vision science student I just found it generally interesting. Just actually being able to see an improvement in my vision from doing the palming because I *was* able to see better. So, I came away really encouraged.

A: So that was in the first session you saw an improvement?

No. 7: Yes

A: And did that last?

No. 7: Hmm....No, it seemed to be temporary, but ..if I kept palming....generally after palming for a while there is an improvement in vision.

A: Were you asked to do any home exercises?

No. 7: Basically at the start it was just palming and I was to try and do that as much as I could.

A: How often was that?

No. 7: I try to do at least 10 minutes every day. When I was studying I would take a break and just put the music on and palm. I did one half hour stint but I never reached half hourly, I wouldn't do half an hour regularly. So I don't know whether that would have had an effect. But I couldn't have the time for the rest of it, I was just trying to get as much work done as possible, and the rest of it.

And then I was trying to do Shifting exercises to see which plane I could see more clearly in whether it was the horizontal or the vertical. Just to keep running my eye up and down it to see if I could make it clearer and later on...

A: How was that?

No. 7: That was actually interesting because I'd never noticed it before, that one line was actually clearer.

A: So what was clearer?

No. 7: The horizontal was clearer and I tried to get the vertical as clear which worked sometimes and it didn't sometimes, I don't know whether that was when I was tired or not. And then later on I was doing the stuff with the peripheral vision which I'd never noticed before either.

A: So what did you notice with your peripheral vision?

No. 7: I noticed that....I became more aware of it, that things were actually starting to become clearer, which I'd never, never seen before.

A: So are you saying that becoming aware of your peripheral vision made all of your vision clearer?

No. 7: Yes, but it was a lot harder to do because if you put something in your peripheral vision you just want to look at it straight away and it was hard to keep the awareness on the peripheral vision and look straight ahead and keep that in focus, and to get that in focus. But yeah it was really weird how the chart did become so much clearer.

A: So when you became aware of the periphery you could actually read further down the chart?

No. 7: Yes, well, it didn't like, all of a sudden the letters all became clear, it was very much they came into focus and out of focus a lot more, whereas before it was just all out of focus.

A: So there was more variability?

No. 7: Yes

A: So you've talked about palming, shifting...are there any other exercises that you have done?

No. 7: Well I was a bit worried about the binocular vision and I was encouraged to do the magic eye pictures to try and get them and I found they were so much harder to do with the reduced prescription at first. And it was harder without my glasses too and I hadn't noticed this before either and I was getting scared. "Oh no I've noticed so little about my eyes" But whenever I had my full prescription and I had full binocularity I could do them no problem but it was really difficult, but it was really challenging and my eyes felt really worked after trying to do them for a while.

A: So when you say your eyes felt worked, can you describe that more?

No. 7: It's like whenever you do any exercise with any muscle, your muscle feels really stretched and almost toned. So it was like the muscles in my eyeball were getting worked out and it was really bizarre. It wasn't the same feeling like after you've been studying for a while, it was different, because your eyes get tired after studying but it was very much as though my muscles felt like they had been pulled in every direction which was strange.

A: would you say it was a nice feeling or not a nice feeling?

No. 7: Well.....I just thought it was like another exercise except it was my eyes because at the start exercise can be a real annoyance, yes it's sore to start but it feels more natural as it goes on and you feel like your eyes are actually doing something.

A: So did you tell anybody about what you were doing?

No. 7: Oh yeah.

A: What was the reaction?

No. 7: Well, 3 of my flatmates wear glasses anyway and so they were actually quite interested. The whole psychology thing had me completely fascinated. I was like, wow, because I got bored in secondary school I had to get glasses. And just talking to them and when they started wearing glasses, oh yes, the same hypothesis...very bizarre. And yes just telling them about the palming. A couple of them thought it was really bizarre though, they thought it was really funny that I was doing it. I was called a guinea pig for scientific research. A couple of the lecturers knew about it as well.

A: You mentioned that you have experienced changes in your vision. Can you describe those? First of all when do they happen?

No. 7: Whenever I'm not tired. They occur more frequently whenever I'm not tired. Definitely. I would have said that with the exams at the minute I wouldn't have noticed that much change in my vision because I have been studying so hard. So my vision hasn't been experiencing anything new.

A: What about during the vision therapy sessions?

No. 7: Those were really good. It was amazing. Putting what looked like a screen with lots of pinholes in it in front of the eye. That was really interesting because at the start I was like "why am I doing this?" because, honestly at the start I saw no improvement. I thought, there's nothing, the chart's still all blurred, but within about 10 minutes the chart, well I was reading almost to the 6/6 line and it was really weird to see such a change, to have it happen so fast. And doing things with the dominance of my eyes. I was throwing a bean bag with my left hand and I kept on dropping it and it was really bizarre to see how if I did that, how it affected the chart, and how it became clear, and unclear, clear and unclear whenever I threw it up. And I was like, "woah, what is this bean bag doing." So I was doing that and that was really interesting and I hadn't noticed just how little one of my eyes worked. Whenever I was seeing things...I did this thing with a thread to see how far...it was so obvious, one of the lines was hardly there.

A: The beads on the string?

No. 7: Yes, it crosses and one of the lines was just so faint and it really struck me how little one of my eyes worked. So then it was encouraging whenever I worked the other eye by throwing this beanbag. The chart started to have more variability and like the session with the peripheral vision. There was a pink spot put on the wall and because it was so bright your eyes couldn't fail to notice it.

A: So that's some of the changes you have noticed during the sessions. What about by yourself?

No. 7: Well I tried not to wear my glasses as much (the full prescription) and I generally wore the reduced prescription all the time. When I first got the reduced prescription, when I put them on I felt physically sick. I really did, it was such a change. I honestly felt really ill. I had to put the other glasses back on because I really did not feel like I could do anything at all. But I increased the time that I put them on and within a couple of days I'd got used to them and that really struck me as well how quickly I got used to them. At first I thought "oh no what have I let myself in for " because I really could not believe how ill I felt and I really didn't think my eyes could affect me that much, I was like "what's going on?" I walk into uni, and I walk down Great Western Road and there's so much to look at that I hadn't noticed before, especially things like the spires and chimneys and stuff and because I had done the things with vertical lines I was trying to shift up and down them as I was walking. That was really interesting to see how it did actually become clearer. I don't know if it was because I had had my glasses on and I knew what it was meant to look like or if in my brain I knew it was meant to be a straight line or whether it was actually becoming clearer.

A: So, you're wearing your reduced prescription and walking around. Do you see things changing, moving from blur to clear as you are moving around? Or is it a steady blur? How would you describe it?

No. 7: Some things I could see in focus and some things I could see not in focus. When I'm walking I'm not staring at something for a particularly long length of time. Various things at different distances were coming in and out of focus. I was looking at something, a chimney which would be a certain distance away and it would be in focus and then I'd walk further down and it would be the same distance away but it wouldn't be in focus. So things like that were really bizarre. I know that whenever I started wearing my reduced prescription I really thought that one of my eyes wasn't working as well as the other one.

A: So which prescription do you prefer wearing now?

No. 7: It depends. If my eyes are tired then I probably wear my full prescription. When you're tired you don't want to do any exercise and it's the same philosophy. When I study I don't wear my glasses at all because I find that I get a really bad headache if I do wear my glasses.

A: Is that a change from before?

No. 7: No I've always had really bad headaches when I study and wear my glasses. But if it was just for general use I would prefer to wear my reduced prescription because ..well it's interesting.

A: What does it feel like when you have been wearing your reduced prescription and then you put your full prescription on?

No. 7: Sometimes it feels like giving my eyes a big rest, and other times I don't really feel much of a change, it just depends how much work my eyes have actually done.

A: Would you recommend vision therapy to people?

No. 7: Yes, it has been interesting and it has made me a lot more aware of things I hadn't even thought about, things with my eyes. The whole periphery thing really got me, and the horizontal /vertical and the psychology aspect, because a lot of it did ring true, so yes I would.

A: Do you plan to carry on working with your vision? Now that the study is up what's your plan for your eyes?

No. 7: I think I'll try and keep palming, I'll carry on with it because I think it has been beneficial for myself. I think because when I wear my glasses, I know when I drive with

glasses you're not so much aware of your periphery. When you wear glasses you have to turn your whole head around. whereas with contacts you're much more aware of your periphery. Because I've never worn contacts, maybe that's had an affect on my peripheral vision. To actually become more aware of that has been really interesting and yeah, just to see things in a different light. It's turned things on it's head a wee bit.

20/5/99

A: It's a year ago you first had a vision therapy session. What were your impressions of it then? How did the first session go?

No. 1: I was a wee bit sceptical in the beginning, Not quite sure what to make of it all. I thought I was going to be more active, physically doing things. But as the time progressed(I haven't actually seen Aileen that many times.) The first time I really wasn't sure but I thought "well I'll give it a go anyway" I think I only really settled into it the second time I saw Aileen. I felt a lot more comfortable and I started to believe that you know I was noticing changes with my eyesight.

A: Were you asked to do anything at home?

No. 1: I was. ..My palming..which I thought was.. I took it to be a wee bit..."what's all this about" but again I was willing to give it a go and I have to admit that I was good in the beginning but laterly...

A: When you say you were good what do you mean?

No. 1: Well She would say to me if you can do it x amount of time.

A: How much time?

No. 1: Right, She was saying to me, I think, it was about half an hour every day.

A: And did you do that?

No. 1: Yes I was doing that, I was actually doing a bit more. And then when it would come up to the period of exams and stuff it completely went out the window and laterly I have not been doing it as much although when I did speak to you that time I was actually starting to do it again. I've actually been noticing I've been getting really bad eyestrain in the last four or five weeks so it's the first time I've really noticed that so I started doing it again {palming} and I do generally notice that it does help.

A: When you say it helps what do you mean? It helps with eyestrain, or vision?

No. 1: The main thing I find is my vision. I find that it's just sharper again. That's one thing I have noticed over the last year. ...I find that I go through periods...I mean that's one thing that I have noticed over the last year..when you or Aileen said..."you would notice" I really ..the first day that I noticed that my eyesight was really sharp... I noticed...I mean I continued to do the palming.

A: Is there anything else you were asked to do?

No. 1: The last time I saw Ailenn...which to be absolutely honest I have done nothing about. I had to do...it was to do with my dominant eye. I had to cover my dominant eye and learn to use the other eye and I found it so uncomfortable. And I've just not been doing it at all. I found it very hard to tolerate the spheres that I was given, the change in prescription so this was her saying that I should try to wear them a wee bit more and she gave me these little exercises to do but I really didn't enjoy doing them at all. That I really did not stick to.

A: Did you tell people about what you were doing?

No. 1: I did yeah.

A: What sort of reactions did you get?

No. 1: Some people just laughed at it. Other people actually wanted to know more about it and the biggest thing for a lot of people was the fact that people who knew me to wear my glasses al the time. I wasn't wearing my glasses anymore. I went to a wedding in January

and that was a big shock, I didn't have my glasses on. So those people that saw....and then there were some people who said there is no way that something like that could improve your vision.

A: You were saying that you experienced changes in your vision. Can you describe that?

No. 1: Well I'd go through periods of..mm..sometimes I.. I remember the first time that I actually really recognised it. My vision was really really really sharp but then maybe sometime later it was like totally blurred and I noticed going through these sort of stages of being, you know, everything was really really sharp and at other times it was just totally, mmm...

A: Did you ever experience something like that during the sessions with Aileen?

No. 1: She would make me palm. "Make me" That sound terrible. I would be palming and then I would notice. She would then give me an exercise to do, whether it was to read letters or whatever and I would know. I would notice at the time that there was a difference. I didn't in the beginning but certainly half way through, over the summer last year that's when I really really noticed a difference.

A: You were given a reduced prescription. Have you ever worn that?

No. 1: No not really

A: So what do you generally wear?

No. 1: Generally I don't wear my glasses but I still need my glasses for driving and during lectures. So for that I have gone back to my old prescription.

A: And how has that changed from before you started with the project?

No. 1: Before I was wearing my glasses the whole time. They would go on in the morning and come off at night. Whereas now as I said I only wear them when I absolutely feel that I have to.

A: And how do you feel about that change?

No. 1: Good. Although the thing is now I actually don't like wearing my glasses because it feels like this big heavy weight on my face and I don't actually like wearing them now.

A: Would you recommend vision therapy to people?

No. 1: I definitely would. In the beginning I was really sceptical but because it has definitely helped me. But it's saying to people that they've actually got to work with it if you know what I mean. It's up to them. It's very much up to them how much they do. But there's some people who I don't think would be suited to it at all. But definitely for some people it would be of benefit.

A: What are you planning to do now that the project is over?

No. 1: Well I'm actually a wee bit confused about it all. At the end of the day I still don't know... I believe that I should have a prescription. I don't know what to do, you know, I don't know where I am. Not because, hmm. that I'll have to wear my glasses every day or anything but I feel for driving. I'm not really sure how much it has actually changed from that point of view but I have got no intentions of going back to wearing my glasses. I wouldn't feel comfortable going back to wearing them full time but I'm just not sure.

A: How does it feel when you first put your glasses on?

No. 1: It just feels really really strong. So I don't know whether...

A: When you say really strong..?

No. 1: It's like putting on the glasses of someone who is double the prescription that you are it just... Not that it's that much but it just.. It's just really so sharp and so small.

A: If given the opportunity for more vision therapy sessions would you take them?

No. 1: Yes I would, I'd never go back to wearing my specs full time. But in the last few weeks I was getting really bad eyestrain and doing the palming really helped a lot.

27/5/99

A: If you can remember back to your first session. What was that like?

No. 2: The first session she asked me to not wear my spectacles most of the time, I started to do that. You know on a good day you could see better, on a bad day it would be as if...sometimes it would be better in the morning and worse at night time. So you have good days and bad days

A: What were your first impressions of actually working with your vision?

No. 2: I was quite keen to start with, I wanted to make it work, see what would happen.

A: Had you heard about it before?

No. 1: I'd heard about it before. Some of the lecturers here thought it was pretty bad.

A: Were you asked to do anything at home?

No. 2: Yes, palming

A: And did you do that?

No. 2: Yes to start with.

A: How much were you asked to do?

No. 2: As much as possible, it started off quite well.

A: About how long?

No. 2: Every day if possible

A: For how long each day?

No. 2: It wasn't specific

A: Just as much as you wanted?

No. 2: Yes. Originally it was good going but after a while it got boring.

A: And what did you do then?

No. 2: I stopped doing it.

A: Did you explain to people what you were doing?

No. 2: No, nobody asked. They're not interested really.

A: Have you experienced any changes in your vision?

No. 2: Well I am wearing the lenses that you gave me and my vision is fine now. Initially when I put them on ..the vision you know was...quite comfortable. The only thing I noticed was when I went for the bus. In the distance I couldn't make out what the buses were. Now I don't have a problem with the buses. I don't know if it is because my vision has improved or if I am just learning to distinguish which bus. I don't have a problem with buses now.

A: So do you ever see blur and clear? Or something like that?

No. 2: With or without my specs?

A: Anytime either during some of the sessions or by yourself outside.

No. 2: In the sessions there was an instant improvement. You'd sit there with Aileen and you know she would ask you to do things and all of a sudden it would be clear. You notice the difference between before you've done the exercise and after you have done the exercise. Outside as well on a sunny day my vision is a lot better. I notice the difference. On a cloudy day, you know, it's not as good. Before I didn't notice things like that because I used to wear my spectacles all the time anyway.

A: So there's changes now that you notice that you didn't before?

No. 2: Yes, that's right.

A: What activities make a difference to your vision? When you say that it goes clear, what are the things that makes it go clear if there is anything specific?

No. 2: If I relax it tends to go clear. Apart from that...

A: What about the palming?

No. 2: Palming makes a difference as well.

A: You've got a reduced prescription.

No. 2: Yes and I wear it all the time. I don't wear my other spectacles now. When I do wear them when I can't find these ones what happens is the vision is too sharp, it's sore on the eyes.

A: So you prefer your reduced prescription glasses?

No. 2: I prefer these ones yes.

A: How do these feel compared to the other ones?

No. 2: The objects seem to be better defined slightly although there is not much of a difference but it really doesn't feel right.
A: So which ones don't feel right?
No. 2: The old ones.
A: So what is better about these ones.
No. 2: Everything looks normal.
A: But how do they feel?
No. 2: They feel comfortable.
A: Now you know what is involved in something like this would you do it again?
No. 2: Yes I'd do it again but I'm one of these people who loses interest fairly quickly.
A: And would you recommend it to family and friends? Would you recommend working like this?
No. 2: To reduce the prescription?
A: Yes
No. 2: To me it seems to have worked. My prescriptions gone down about 0.75 of a dioptre. My eyesight's not that bad but for somebody with thick spectacles they might want to reduce them to make the spectacles thinner. It seems like a good idea.
A: Do you plan to carry on trying to work with your vision?
No. 2: I don't know to be honest with you.
A: If you were offered more time with Aileen would you take it?
No. 2: If I was offered more time, yes I probably would take it because it is interesting to see what's happening.

2/6/99

A: If you can remember back to your first vision therapy session. What was that like?
No. 24: Well, it was all very informative and I didn't expect there to be any radical change in my eyesight but from start to finish I felt as though what I was doing was worthwhile and I felt that there was, if not a measureable, tangible improvement, I felt that what I learned, if I stick with it will, I think improve my eyesight. It made me think about my eyes in a different way. It made me regard them as a set of muscles that I had woefully underutilised for 30 odd years.
A: And so initially going into the first session what was that like?
No. 24: Well I had no idea what to expect but...I actually can't remember too many details of the first session with Aileen, I can't remember. It was all instructive, informative.
A: Where you asked to do anything at home?
No. 24: Yes I was asked not to wear my glasses at home and do palming, and do one or two exercises. At one point relatively early on I began to do some exercises but thereafter they never came back again. I don't know what happened to them.
A: What do you mean by never came back?
No. 24: Well I was never told to do them again - the exercise sort of allowing your eye to wander along the edge of the ceiling. That happened really briefly in one session and then never came back again.
A: So did you do any of the other things??
No. 24: I did the palming but not enough. I walked around outside walking the dog without my glasses on and I've got the half strength glasses of course which I've worn at work but not as often as I should have done.
A: How much palming do you do?
No. 24: I've never really done more than probably on average about 15 or 10 minute session a week because I just found it difficult to establish a routine. My life's got certain routines but perhaps not as many as there should be.
A: Did you explain to people what you were doing?

No. 24: Yeah.

A: And what was the reaction?

No. 24: Generally positive. You saw a light bulb go over peoples' heads when you say "the eyes are a set of muscles so therefore you can exercise them".

A: Have you experienced any changes in your vision?

No. 24: No, none that are really measurable. I experienced the temporary change that you get through palming.

A: That's what I mean, I just mean any changes at all.

No. 24: The temporary palming change.

A: Can you describe that?

No. 24: It just became clearer for a brief spell, not momentary but a spell.

A: So was that during some of the sessions or was that by yourself?

No. 24: It was during the sessions because I spent longer palming during sessions than I did on my own.

A: And what did that look like?

No. 24: Well it was closer to what my vision is like with glasses.

A: So were there any other activities apart from palming which made a difference?

No. 24: I enjoyed walking about outside without my glasses on. I walk the dog at night and as I was doing it through the winter, I don't know if it was because there were cold winds at night but it tended to make my eyes stream which I felt improved them.

A: And you've got a reduced prescription. Which prescription do you prefer wearing?

No. 24: I suppose to be honest I prefer the full strength prescription. The half strength one, I feel that it is a beneficial thing to do, I am convinced of that.

A: What does it feel like with the reduced prescription?

No. 24: It feels blurry but I feel that doing those makes my eyes do more work as a set of muscles within the body.

A: How is your vision in the reduced prescription?

No. 24: Blurry but acceptable for what I use it for which is sitting in front of a computer monitor.

A: Have there been any changes with your vision when you are wearing your reduced prescription?

No. 24: No

A: Now that you know what is involved in the project would you do it again?

No. 24: Yeah

A: And would you recommend working with vision?

No. 24: To other people? Oh yeah, I'd recommend it to anybody.

A: Do you plan to continue working with your vision.

No. 24: I do and I have been.

A: So what is it that's making you come back?

No. 24: I don't know. The belief that I have I don't know how many years of life left in my eyes and for a very long period I've not really thought about my eyes as being a kind of organic part of me, of my body. I've just regarded them as my eyes unconnected to everything else. And just by doing a few simple things I can rest them, if not actually improve them or I can certainly not contribute to their steady decline.

2/6/99

A: Can you remember the first time you saw Aileen?

No. 11: Vaguely, it's so long ago now.

A: Can you tell me a bit about it?

No. 11: No, I can't remember anything about it. I remember a big rectangular bit of foam and I remember her telling me when we did the palming that I wasn't doing it right. She moved me all about getting me up, putting my feet on the floor, getting the weight going right through the back of my back, stretching my neck up and allsorts of things like that. It's all a haze, I couldn't put it in any order.

A: Were you asked to do anything at home?

No. 11: Yes

A: What?

No. 11: I was asked to do the palming. I was asked to get a big bit of foam and I duly went down and got a big bit of foam, it was about £3.84 which seemingly is quite cheap I was asked to do palming for up to an hour which I tried to do. Sometimes finding an hour's a wee bit hard. I can't remember if it was the first one or the second one when we did also another exercise which I have. It involves standing and moving about from side to side following colours. I only did that..and then dropped it by the wayside due to..well we did it over the next couple but over Christmas I sort of stopped doing it.

A: Did you do it at home?

No. 11: I did do it at home up until Christmas.

A: So how often were you palming?

No. 11: Well at the start I was trying to do it every day and not managing.

A: Did you do it every day?

No. 11: Oh God No.

A: So when you say you didn't do it every day..?

No. 11: I was probably doing a half hour five days. Leading up to Christmas I consciously did try to get it up to like an hour a day and I was making it an hour a day but Christmas. After Christmas I started it again. I've been quite good at it since Christmas and also I've probably been a bit more relaxed since Christmas personally, in some ways. Work is about to go hectic again but I think that I have been making the time more. I find it easier to make the time just through the fact that I have been doing it but it was hard finding the time.

A: Did you explain to people what you were doing?

No. 11: Not really, one or two. On the whole I just said that I was going to the eye clinic. After I explained it to the first couple, not embarrassment or anything I just got bored telling them about it. The first couple I was really excited about it, "oh yeah listen to this, listen to this" and they went yeah, right okay so then I just said "eye clinic appointment."

A: Have you experienced any changes in your vision?

No. 11: I think so. I think I have noticed a slight improvement.

A: Can you describe that? When is it that you notice? What is it that you notice?

No. 11: I can get by without my glasses on...Not 100% but previously I would not have my glasses on and I would be totally blind whereas now if I'm walking along without my glasses on I sort of take my time and I look and I can sort of concentrate on things and focus in inverted commas. I just don't stumble about. It's like trying to see past that oh it's a bit blurred I can't see it, oh it's a bit blurred concentrate on it.

A: And what about during some of the sessions?

No. 11: Oh God I mean like in the actual sessions itself, I mean it was very noticeable the fact that I would come in, I'd have rushed up the road, I'd be like "aw no, I can't see, I can't see, I can't see" and then come the end of it Aileen would be like "right so have a look at that does it look clear" and I would be like "good grief there's a computer there, I couldn't see it before" sort of thing. I could actually see things in the room which I couldn't see before. I don't think that it was due to just becoming adjusted to the room, I think it felt like I'd relaxed, I was concentrating, and I was actually....I just felt that I was..

A: Was that with the chart or objects?

No. 11: It was mainly objects. The times that we did charts, I mean yeah I could notice it more because. It's not because I knew what the letters on it were or anything but I really

didn't have to struggle to get the next line. When the chart was stuck up at first I was like "oh no I can't get it" but then later on it's like well I mean it was still blurred but I can make it out as opposed to not being able to make it out.

A: So what activities make a difference?

No. 11: Doing a lot of stuff with like....looking round the room...following coloured balls and stuff and that was the kind of thing that made me do it.

A: And you've got a reduced prescription?

No. 11: Yes

A: And which prescription do you prefer?

No. 11: Well it's a bit of a pain because these {the reduced ones} don't have astigmatism and that's quite difficult. But I think in terms of strength I prefer these. I can just see the same. I know these aren't as strong and I can see the same with these as I can with the other ones. So obviously there must be something "wrong". The other ones are possibly too strong. And I just feel that perhaps all along your just getting strong prescriptions and strong prescriptions and it's just making your eyes lazy.

A: So what do you where now?

No. 11: I'm wearing these

A: That's your reduced prescription. And do you wear those all the time?

No. 11: Yeah, well all the time that I am wearing glasses I wear them.

A: So what about your full prescription?

No. 11: I never wear them now. I mean I've not had them on since before Christmas.

A: Now you know what's involved in the project would you do it again?

No. 11: yeah

A: And would you recommend it?

No. 11: Oh yeah. I got the Bates method book, I would loan it out to friends.

A: Why would you do that?

No. 11: Because there's a big sort of bit of regret that I might not be as blind as i've been led to believe. over all the years and Aileen actually explained astigmatism to me and I knew what it meant but I'd never really known that when I was sitting down watching the chart in the optician that the I couldn't make out the letters because ..you were seeing more images. They were never really explaining the difference between the blur and the astigmatism and possibly to not need such coca cola type glasses. I just think I may never have needed glasses. My eyes have become used to them over the years. I don't remember having anything wrong with my vision and then I got told I needed glasses. Back at the turn of the century people got locked up for no reason maybe it's just progressed to something that's sor t of smaller and more insignificant as glasses

A: Do you plan to continue working with your vision?

No. 11: Yes I do want to follow it up and do someting, yes, I don't know what yet.

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A: Can you remember your first session?

No. 22: Yes

A: What were your impressions of that?

No. 22: I went along with an open mind and I thought it was a bit weird. It wasn't what I expected. There was one thing that she said which was really weird. I was sitting with one leg crossed and she said "No, no, no you've got to put both feet on the floor to let the power in" or something and I was like "oh dear". I think that was the weirdest thing she said to me, I didn't wanted to get into why I need the power to come up my trouser legs to get me to see. I drew back at that point. But other that that there was nothing too untoward.

A: Were you asked to do anything at home?

No. 22: Yes, I was asked to not wear my glasses as often as I could. And also when I didn't have my glasses on to look rather than just glance and to do palming exercises.

A: And did you?

No. 22: Some of the time. I've got to admit doing it in the office was very difficult with my colleagues. The idea of them coming in and finding me with my hands over my eyes they'd be like ""what's wrong?" and I'd say "nothing go away". So it was difficult from a social standpoint and at home with a small baby is not a great environment for doing it. You need a desk as well, I mean I have a desk at home but it's always full of junk.

A: So about how much did you do?

No. 22: I started reasonably sort of keenly and it tapered off quite badly. I mean it's quite a nice thing to do. I didn't feel any immediate benefits so I suppose...I think you get this feeling that there's no immediate returns so you...

A: Did you explain to people what you were doing?

No. 22: Yes, yeah, they thought I was weird. One guy couldn't believe it, he was really funny, he said "why do you want to get rid of your myopia, you'll be thankful of it when you are a little bit older". Other people, yes they were quite dismissive.

A: Have you experienced any changes in your own vision?

No. 22: No I don't think I have.

A: Either at home or during some of the sessions?

No. 22: No, Not at all, I didn't, if I was to be honest. I suppose there is an element of wanting to please the therapist, and I tried my best not to fall into that. I think Aileen found it irritating when I would use fixed points. She'd put a vision chart up to illustrate some point and then got me to look around the room. I would have remembered to what line I could see on the chart so that after I had done something I could then use that as my reference point and she would be like "oh no no no don't look at that, just generally how do you see" and I suppose it's a difference. It might just be the analytical, you're looking for the right answer, rather than some nebulous general impression of what your vision is like.

A: You've got a reduced prescription.

No. 22: Yes, I have it with me.

A: Do you ever wear it?

No. 22: Yes, I actually wear it at the desk, that's the commonest place I wear it. I can see my computer through it. To begin with it was very unbalanced, but now they're quite balanced. The computer screen if I sit at normal reading distance I can manage it okay.

A: Which prescription do you prefer?

No. 22: I prefer the one I can see through. I could do this work quite easily now with the reduced prescription. The problem is if I look out of the window or decide to go along the corridor to get a printout and there is someone at the end of the corridor waving at me and I'm like "who is it, is it someone I know or someone I don't know". That was actually really one of the most embarrassing things, not being able to read peoples' faces. I mean at home it's less of a problem. You can tell someone's upset with you because they're shouting at you but in a social setting, looking around the room it's like..well you really on your vision to decide what's going on and if you are going to speak to them or if you are Not going to speak to them. It was awkward so I stopped doing it. Even if I had been wearing my reduced prescription at my desk I would put the other ones on if I was going out.

A: Do you feel a difference between the two prescriptions?

No. 22: Oh yeah, you can't see through these.

A: What about how they feel, is there a difference?

No. 22: Well for close work it's fine. Different in what way?

A: Anyway. It's an open question in case you had noticed any difference. I mean sensation or comfort or...

No. 22: I think that it is less stressful to wear glasses you can see through than the reduced prescription. I mean you end up screwing your eyes up.

A: Now you know what's involved in the project would you do it again?

No. 22: I suppose because I don't feel that my vision has improved. I really came to it quite excited. I knew absolutely nothing about vision therapy and I've never really wanted

anything like LASIK or PRK because I knew the disadvantages...I suppose in retrospect...

A: So is that a no?

No. 22: I suppose it is. Well maybe, I don't know. I'd maybe give it another crack.

A: Would you recommend it to anybody?

No. 22: Uh..that's a harder question I mean because I didn't feel any benefit then it's harder to recommend.

A: Do you plan to keep working with your vision?

No. 22: I more than likely will and I don't know why, it's illogical isn't it. I'll keep using these reduced prescription specs and I suppose rationally I couldn't say why.....and I suppose you do see your prescription getting stronger and stronger and stronger.