INTRODUCTION
In recent years, the prevalence of myopia among children and adolescents in China has been high. Interventions that can effectively prevent and control myopia are particularly important. As one of the school health prevention and control policies promulgated by the country, eye exercise has been a mandatory measure to prevent myopia for school-age children since 1963 and has been promoted for more than 50 years. However, there is still no consistent evidence on the effectiveness of eye exercise in preventing and controlling myopia. Due to the differences in the design of research, the selection of experimental subjects, the selection of observation indexes and the criteria for judging the curative effect in various clinical studies, there are some differences in the results of the studies.

PURPOSE
- analyze the effect of eye exercise on myopia in Chinese adolescents and children by using the meta-analysis method
- provide a reference for the prevention and control of myopia

METHODS

RESULTS

CONCLUSION
The overall findings suggested that eye exercise had some effect, but might not as effective as other interventions in improving myopia. In the future, more myopia interventions that are easy to promote can be explored for adolescents and children. However, due to the limitations of the type and quantity of included studies, more high-quality studies are needed to verify the conclusions.