**Supplementary Table 1**

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| --- | --- | --- | --- | --- |
| Name | Number of items | Description | Relevant items | Scale type |
| Visual Light Sensitivity Questionnaire-8 (Verriotto et al., 2017) | Eight-item | To assess the presence and severity of photosensitivity symptoms | None | 5-point Likert scale |
| Office Light Survey (Eklund & Boyce, 1996) | 30-item | To assess electrical lighting environment in office | Item 29 | Mixed response format |
| Harvard Light Exposure Assessment Questionnaire (Bajaj et al., 2011) | One-item | To assess … | None | Semi-quantitative |
| Hospital Lighting Survey (Dianat et al., 2013) | 23-item | To assess light environment in a hospital | Item 16,17 | 5-point Likert scale |
| Morningness-Eveningness Questionnaire (Horne & Ostberg, 1976) | 19-item | To ….. | item 1,2,8,13,14 | Mixed response format |
| Munich Chronotype Questionnaire (Roenneberg et al., 2003) | 17-item | To understand individuals phase of entrainment | Time spent outdoors | Mixed response format |
| Sleep Practices and Attitudes Questionnaire (Grandner et al., 2014) | 16-subscale | To assess practice, behaviour and attitude related to sleep | Activities in bed and sleep environment subscales | 5-point Likert scale |
| The Pittsburgh Sleep Quality Index  (Buysse et al., 1989) | Nine-item | To assess sleep quality and sleeping pattern | item 1-4 | Mixed response format |
| Self-Rating of Biological Rhythm Disorder for Disorder for Adolescents (Xie et al., 2022) | 29-item | To assess four dimensions of biological rhythm disorder in adolescents | Item 3,6,22-25 and 29 | 5-point Likert scale |
| Photosensitivity Assessment Questionnaire (PAQ) (Bossini et al., 2006) | 16-tem | To assess "photophobia" and "photophilia" | All items | Binary response option |

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