

Light Exposure Behaviour Assessment (LEBA):: Short Form

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Disclaimer: This is a non-public version of Light Exposure Behaviour Assessment (LEBA): Short Form (dated March 1, 2022) and still a work in progress.

LEBA captures light exposure-related behaviours on a 5 point Likert type scale ranging from 1 to 5 (1 = never; 2 = rarely; 3 = sometimes; 4 = often; 5 = always). The score of each factor is calculated by the summation of scores of items belonging to the corresponding factor.

Instruction:

“Please indicate how often you performed the following behaviours in the **past 4 weeks.**”

Table 1

LEBA Short Form (18 Items)

Items	Never	Rarely	Sometimes	Often	Always
01. I wear blue-filtering, orange-tinted, and/or red-tinted glasses indoors during the day.					
02. I wear blue-filtering, orange-tinted, and/or red-tinted glasses outdoors during the day.					
03. I wear blue-filtering, orange-tinted, and/or red-tinted glasses within 1 hour before attempting to fall asleep.					
04. I spend 30 minutes or less per day (in total) outside.					
05. I spend between 30 minutes and 1 hour per day (in total) outside.					
06. I spend between 1 and 3 hours per day (in total) outside.					
07. I spend more than 3 hours per day (in total) outside.					
08. I spend as much time outside as possible.					
09. I go for a walk or exercise outside within 2 hours after waking up.					
10. I use my mobile phone within 1 hour before attempting to fall asleep.					
11. I look at my mobile phone screen immediately after waking up.					
12. I check my phone when I wake up at night.					
13. I dim my mobile phone screen within 1 hour before attempting to fall asleep.					
14. I use a blue-filter app on my computer screen within 1 hour before attempting to fall asleep.					
15. I dim my computer screen within 1 hour before attempting to fall asleep.					
16. I use tunable lights to create a healthy light environment.					
17. I use LEDs to create a healthy light environment.					
18. I use an alarm with a dawn simulation light.					

Table 2

LEBA Short Form (18 Items): Latent Structure

Factor names	Items
F1: Wearing blue light filters	01-03
F2: Spending time outdoors	04-08
F3: Using phone and smartwatch in bed	09-11
F4: Using light before bedtime	12-14
F5: Using light in the morning and during daytime	15-18

Note. Item 4 is reversed

Citation:

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