LIGHT EXPOSURE BEHAVIOUR ASSESSMENT (LEBA): A NOVEL SELF-REPORTED INSTRUMENT TO CAPTURE LIGHT EXPOSURE-RELATED BEHAVIOUR

Mushfiqul Anwar Siraji[1], **Rafael Robert Lazar**[2, 3], Juliëtte van Duijnhoven[4, 5], Luc Schlangen[5, 6], Shamsul Haque[1], Vineetha Kalavally[7], Céline Vetter[8, 9], Gena Glickman[10], Karin Smolders[5, 6], & Manuel Spitschan[11, 12, 13, *]

[1] Monash University, Department of Psychology, Jeffrey Cheah School of Medicine and Health Sciences, Selangor, Malaysia

[2] Psychiatric Hospital of the University of Basel (UPK), Centre for Chronobiology, Basel, Switzerland

[3] University of Basel, Transfaculty Research Platform Molecular and Cognitive Neurosciences, Basel, Switzerland

[4] Eindhoven University of Technology, Department of the Built Environment, Building Lighting, Eindhoven, Netherlands

[5] Eindhoven University of Technology, Intelligent Lighting Institute, Eindhoven, Netherlands

[6] Eindhoven University of Technology, Department of Industrial Engineering and Innovation Sciences, Human-Technology Interaction, Eindhoven, Netherlands

[7] Monash University, Department of Electrical and Computer Systems Engineering, Selangor, Malaysia

[8] University of Colorado Boulder, Department of Integrative Physiology, Boulder, USA

[9] XIMES GmbH, Vienna, Austria

[10] Uniformed Services University of the Health Sciences, Department of Psychiatry, Bethesda, USA

[11] Max Planck Institute for Biological Cybernetics, Tübingen, Germany

[12] Technical University of Munich, Department of Sport and Health Sciences (TUM SG), Munich, Germany

[13] University of Oxford, Department of Experimental Psychology, Oxford, United Kingdom

Correspondence: manuel.spitschan@tuebingen.mpg.de, manuel.spitschan@tum.de

Light exposure is an important driver of health and well-being. Many aspects of light exposure are modulated by our behaviour. How these light-related behaviours can be shaped to optimise personal light exposure is currently unknown. Here, we present a novel, self-reported and psychometrically validated instrument to capture light exposure-related behaviour, the Light Exposure Behavior Assessment (LEBA).

An expert panel prepared the initial 48 item pool. Responses to these items were then collected in an online survey producing responses from an international sample (690 completed responses, 74 countries, 28 time zones). Exploratory factor analysis (EFA) on an initial subset of our sample (n=428) rendered a five-factor solution with 25 items (*Wearing blue light filters, spending time outdoors, using phone and smart-watch in bed, using light before bedtime, using light in the morning and during daytime)*. In a confirmatory factor analysis (CFA) performed on an independent subset of participants (n=262), we removed two further items to attain the best fit for the five-factor solution (CFI=0.97, TLI=0.96, RMSEA=0.05, SRMR=0.09). The internal consistency reliability coefficient for the total instrument was McDonald's ω_t=0.73. Measurement model invariance analysis between native and non-native English speakers showed our model attained the highest level of invariance (residual invariance; CFI=0.95, TLI =0.95, RMSEA=0.05). Lastly, a short form of LEBA (n=18) was developed using Item Response Theory on the complete sample (n=690).

The psychometric properties of the LEBA instrument indicate the usability to measure the light exposure-related behaviours across a variety of settings and may offer a scalable solution to characterise light exposure-related behaviours in remote samples. The LEBA instrument will be available under the open-access CC-BY-NC-ND license.

Keywords: light exposure, light-related behaviour, non-visual effects of light, psychometrics

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