

Supplementary Tables

Table 1: Axial length and choroidal thickness changes post-illumination and post-recovery period for test and control eye and choroidal thickness changes of the illuminated and non-illuminated zone for the test eye post-illumination period. Results are shown in micrometer and mean \pm standard error.

| Post-illumination period | | | | |
|---|--|-----------------------------|----------------------------|--------------------|
| Illumination conditions | Axial length | | Choroidal thickness | |
| | Test eye | Control eye | Test eye | Control eye |
| Short wavelength | +7.4 \pm 2.2 | +3.5 \pm 2.7 | +1.1 \pm 2.3 | +0.6 \pm 1.8 |
| Long wavelength | +4.8 \pm 1.7 | +2.9 \pm 3.3 | -5.7 \pm 2.2 | -0.9 \pm 1.9 |
| Broadband | +5.1 \pm 3.5 | +5.6 \pm 4.3 | +2.0 \pm 2.6 | -2.2 \pm 2.8 |
| Post-recovery period | | | | |
| Illumination conditions | Axial length | | Choroidal thickness | |
| | Test eye | Control eye | Test eye | Control eye |
| Short wavelength | +6.5 \pm 3.3 | +5.4 \pm 2.7 | -1.6 \pm 2.3 | +1.8 \pm 2.7 |
| Long wavelength | +3.6 \pm 2.1 | +5.2 \pm 2.1 | -3.7 \pm 2.3 | +0.6 \pm 2 |
| Broadband | +3.6 \pm 4.3 | +2.9 \pm 4.9 | +8.2 \pm 2.7 | -3.4 \pm 4 |
| Illuminated and non-illuminated zone choroidal thickness | | | | |
| Illumination conditions | Test eye (post-illumination period) | | | |
| | Illuminated zone | Non-illuminated zone | | |
| Short wavelength | +1.1 \pm 2.3 | -1.1 \pm 1.8 | | |
| Long wavelength | -5.7 \pm 2.2 | -3.5 \pm 1.7 | | |
| Broadband | +2.0 \pm 2.6 | -3.0 \pm 2.1 | | |

Table 2: choroidal thickness changes post-illumination period for test eye in four quadrants of illuminated and non-illuminated zone.

| Choroidal thickness changes post-illumination (test eye) | | | | | |
|---|------------------------|-----------------|-----------------|--------------|-----------------|
| | | Superior | Inferior | Nasal | Temporal |
| Short wavelength | illuminated | +0.3 ± 2.4 | +2.1 ± 4.0 | +2.1 ± 3.8 | -0.3 ± 2.1 |
| | Non-illuminated | +0.2 ± 2.1 | -1.1 ± 2.4 | -2.5 ± 3.3 | -2.1 ± 2.0 |
| Long wavelength | illuminated | -8.1 ± 3.4 | -5.5 ± 2.1 | -5.7 ± 3.5 | -3.7 ± 2.2 |
| | Non-illuminated | -5.3 ± 2.9 | +0.8 ± 2.1 | -6.1 ± 3.5 | -3.6 ± 1.6 |
| Broadband | illuminated | -0.4 ± 3.7 | +9.8 ± 6.4 | -2.2 ± 5.6 | +0.7 ± 4.7 |
| | Non-illuminated | -3.3 ± 4.9 | -2.0 ± 2.1 | -10.0 ± 5.5 | +2.9 ± 3.1 |

Table 3: choroidal thickness changes post-illumination period for the control eye in four quadrants of the central 12-degree zone.

| Choroidal thickness changes in the central zone post-illumination (control eye) | | | | |
|--|---------------------------|-----------------|--------------|-----------------|
| | Central 12 degrees | | | |
| | Superior | Inferior | Nasal | Temporal |
| Short wavelength | -2.0 ± 3.0 | +5.5 ± 3.3 | +0.9 ± 3.1 | -2.2 ± 3.5 |
| Long wavelength | -1.6 ± 2.2 | -1.5 ± 2.3 | +1.2 ± 1.6 | -1.9 ± 4.2 |
| Broadband | +1.8 ± 3.8 | -7.0 ± 3.8 | -1.9 ± 3.6 | -1.7 ± 2.1 |

On analysing the four different quadrants, no significant difference was observed for any of the conditions (all $p > 0.05$).