



## A Survey on Awareness of Orthodontic Treatment among Male Population Reporting to Dental Clinic

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### Abstract

**Aim:** *The aim of this study is to determine the awareness about the status of orthodontic treatment among the male population.*

**Objectives:** *A cross sectional questionnaire study was conducted to determine the awareness towards orthodontic treatment among male patients reporting to dental clinic.*

**Materials And Method:** *60 male patients reporting to the dental clinic were requested to complete a questionnaire to evaluate their awareness to orthodontic treatment. A structured questionnaire, comprising of multiple choice questions, was given to the patient to assess their knowledge and attitude towards orthodontic treatment. On the basis of the responses received through the questionnaire the data obtained were tabulated and analysed.*

**Conclusion:** *Male population exhibited a moderate level of awareness about the dentist and the orthodontist and less knowledge about irregular teeth. Male population had less awareness about orthodontic treatment.*

### INTRODUCTION

Oral health can affect the general health, well-being, education and development of children. Facial appearance plays a major role in all stages of human life and this has a great impact during pre-adolescent and adolescent phases. This is because they develop increased self-consciousness to their appearance. They harbour the belief that others are as concerned with their looks. This increased self-awareness causes them to be more concerned about their health<sup>[1]</sup>. In many countries, large number of parents and children are unaware of the cause, occurrence and prevention of most of the common oral diseases. One of the most common dental problems in mankind along with dental caries, gingival disease, and dental fluorosis is malocclusion<sup>[2]</sup>. Malocclusion can be defined as an occlusion in which there is mal-relationship between the arches in any of the planes or there are anomalies in tooth position beyond the normal limits. The etiology of malocclusion can be genetic or environmental or a combination of both along with various local factors such as oral habits, tooth anomalies etc. The malocclusion has been shown to affect oral health, increase the prevalence of caries and can cause temporomandibular disorders. The benefits of orthodontic treatment are prevention of tissue damage, improvement in aesthetics and physical function. The need for orthodontic treatment is influenced by the desire to look attractive, greater self-esteem and self-

perception of the dental appearance<sup>[3]</sup>. In every country, there is a need to identify the awareness levels with respect to oral health and orthodontic treatment. Pre-adolescents and adolescents would benefit from the knowledge of orthodontic treatment since early orthodontic treatment could be advantageous in preventing further complications. Furthermore, knowledge about age related patient concerns may guide and assist the orthodontist in educating patients and their parents.

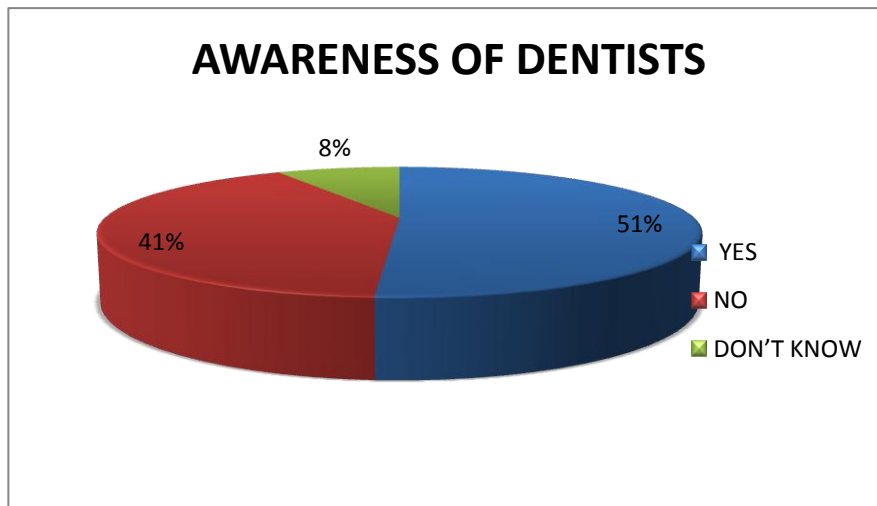
## MATERIAL AND METHOD

The present study was an observational, descriptive, cross-sectional survey and was conducted with 60 male patients reporting to the outpatient clinic of the College. A pre-structured questionnaire consisting of 15 questions with multiple answers were given to the male population after a clinical examination to assess their knowledge and attitude [awareness] towards orthodontic treatment (Table:1). The responses of the male population to the questions were recorded on a 3 point scale [a. yes, b. no, c. don't know]. On the basis of the responses received through the questionnaire, the data obtained were analysed.

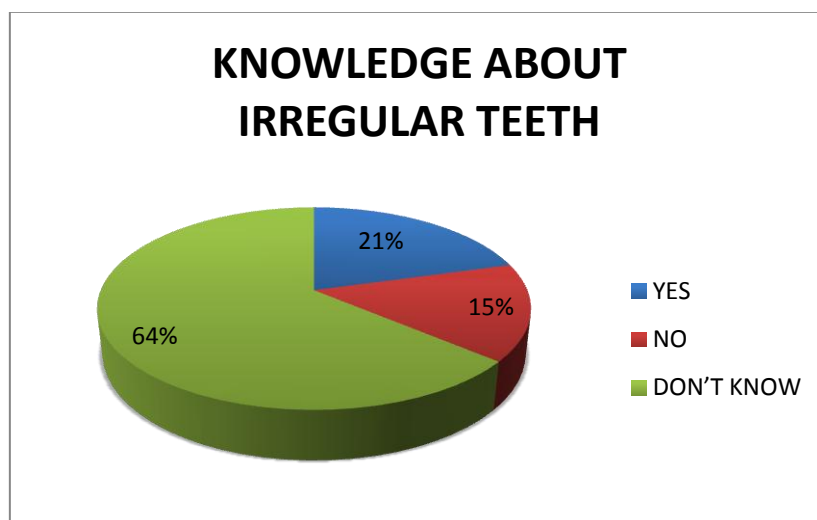
**TABLE :1** Questionnaire to analyze the Awareness of male population towards orthodontic treatment

Awareness about Dentist/ Orthodontist	Are you aware of a dentist? Have you visited a dentist before? Have you heard of an Orthodontist? Are you aware that they align your teeth?	a. Yes b. No c. Don't know
Knowledge about irregular teeth	Have you noticed people having irregular teeth? Do you believe teeth should be properly aligned for a better facial appearance? Do you know crooked teeth have ill effects? Are you aware that few teeth may have to be removed for aligning irregular teeth? Does thumb sucking has an effect on the front teeth alignment?	a. Yes b. No c. Don't know
Knowledge about Orthodontic treatment	Did you know taking braces treatment at an earlier age would improve facial appearance? Do you know the duration for braces treatment is longer than other dental procedures? Do you know that orthodontic treatment is costly.	a. Yes b. No c. Don't know
Awareness about braces/ Orthodontic treatment	Have you seen people wearing braces? Have you ever felt the need to wear braces? Has anyone advised you to get your teeth aligned?	a. Yes b. No c. Don't know

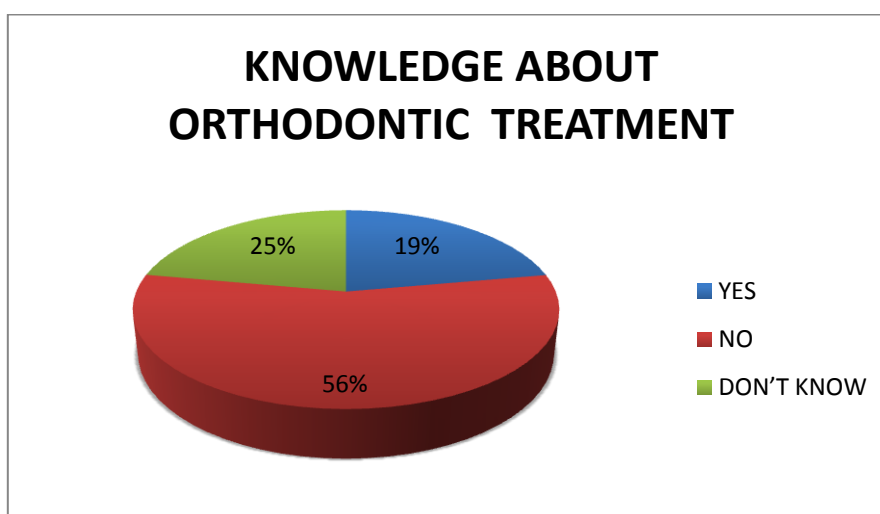
RESULT



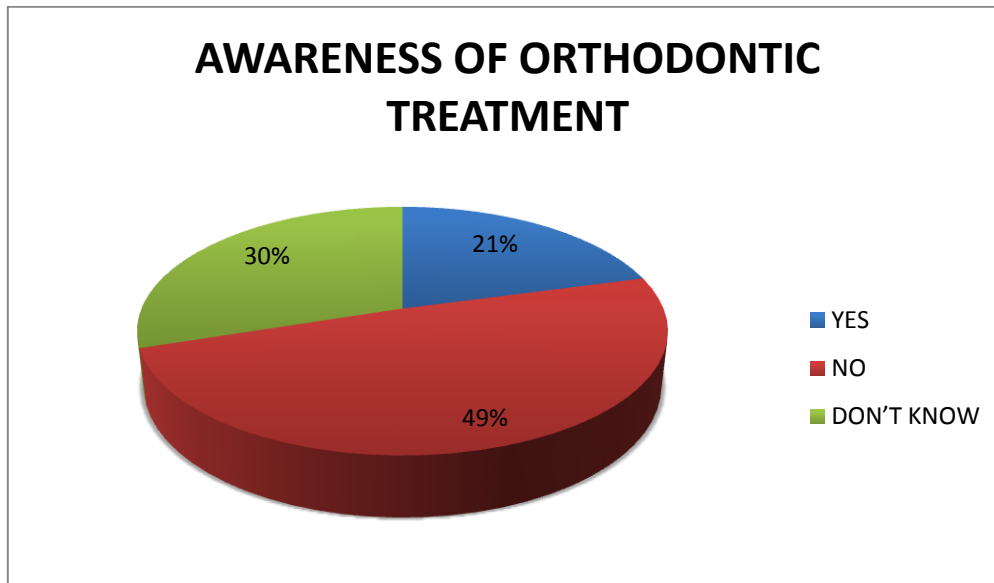
**Fig: 1** shows Awareness about dentists :51%of the population were familiar with a dentist and 41%of the population said no and 8%of the population don't know about the dentist.



**Fig: 2** shows knowledge about irregular teeth:64%of the population said they did not have any knowledge about irregular teeth ,21%of the population said yes and 15%of the population said no.



**Fig:3** showed that was 56% of the population had no knowledge of orthodontic treatment say no ,19%said yes and 25%of the population say they don't know about orthodontic treatment .



**Fig: 4** showed that awareness of orthodontic was 49% of the population was not aware of orthodontic treatment ,30% of the population said they did not know and 21% of the population said that there were aware about orthodontic treatment.

**TABLE: 2**

Question	Yes%	No %	Don't know%
1	83.3	16.7	0
2	41.7	50	8.3
3	41.7	8.3	8.3
4	75	18.3	6.7
5	53.3	10	36.7
6	38.3	28.3	33.3
7	33.3	41.7	25
8	16.7	65	18.3
9	5	70	25
10	25	58.3	33.3
11	6.7	33.3	60
12	16.7	68.3	15
13	25	33.3	41.7
14	13.3	50	36.7
15	50	33.3	16.7

**TABLE:3**

QUESTIONS	AWARENESS OF DENTIST	KNOWLEDGE ABOUT IRREGULAR TEETH	KNOWLEDGE ABOUT ORTHO TREATMENT	AWARENESS OF BRACES TREATMENT
YES	51%	21%	19%	21%
NO	41%	15%	56%	49%
DON'T KNOW	8%	64%	25%	30%

## DISCUSSION

Self-awareness is a dynamic process, not a static phenomenon<sup>[4]</sup>. Although; imparting oral health education begins with creating and assessment of its awareness.<sup>[5]</sup> Attitude and perception towards dental appearance differ among populations and among individuals<sup>[6]</sup>. Age-related changes in malocclusion ideally should be studied longitudinally because with the progress in age, the awareness to malocclusion increases. The level of dental health knowledge, positive dental health attitude and dental health behaviour are interlinked and associated with the level of education and income as demonstrated by studies in the past. In a developing country like India, malocclusion is still not considered to be a dental problem. Malocclusion cases may still not be treated properly due to ignorance of patients, parents, inadequacy of resources, lack of knowledge about malocclusion and other influencing factors like literacy rate and socio-economic status. Several research have established a correlation between the dental health knowledge, positive dental health attitude and dental health behaviour,<sup>[7,8,9,10,11,12]</sup>. Li Jing et al<sup>[13]</sup> in his study stated that the orthodontic awareness level was unsatisfactory and the correlation between the awareness level and malocclusion problems was poor. This was similar to our study which showed a low level of awareness among male population toward dental awareness.

## CONCLUSION

The following were the conclusions drawn from the survey:

1. Male population exhibited a moderate level of awareness about the dentist and orthodontist and less knowledge about irregular teeth.
2. Male population had less awareness about Orthodontic treatment
3. Male population shows less levels of awareness regarding orthodontic treatment.

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