



An Survey on Awareness of Orthodontic Treatment Among Female Population Reporting to Dental Clinic

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ABSTRACT

AIM: *The aim of study is to determine the level of awareness to orthodontic treatment among female population.*

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

MATERIALS AND METHOD: *60 female patients reporting to the dental clinic were requested to complete the questions based on which the status of awareness of orthodontic treatment was evaluated. A structured questionnaire comprising of multiple choice questions, was self-administered to assess their knowledge and attitude towards orthodontic treatment. The responses received through these questionnaires were tabulated and the data obtained were analyzed by using statistical data.*

RESULT: *This study will be helpful in creating awareness about orthodontic treatment among female patients in the population.*

INTRODUCTION

Facial appearance plays a major role in all stages of human life and has a great impact during pre-adolescent and adolescent phases due to an increased self-consciousness about their appearance. This increased self-awareness leads to a greater concern about their oral health. Oral health is multifactorial and is an inseparable part of general health ^[1,2]. Oral health knowledge and awareness are considered to be an essential prerequisite for health-related behaviour ^[3]. Awareness is the state or ability to perceive, to feel or to be conscious. In many of the countries, large number of parents and children are unaware and lack knowledge about 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 ^[4]. 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 and/ 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 prevalence of caries and can cause temporo-

mandibular 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 [5].

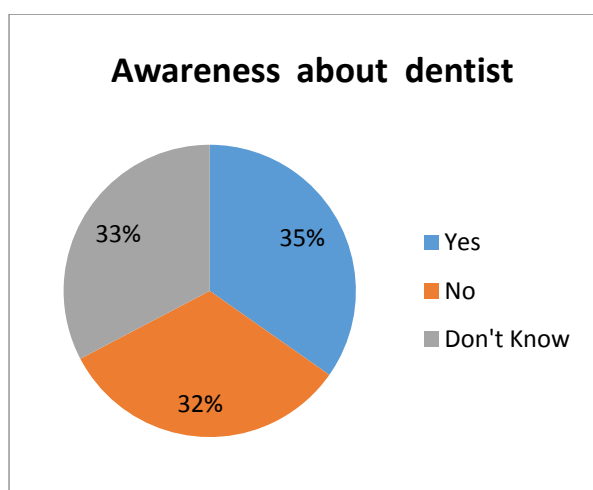
Therefore the aim of this study is to assess the awareness of orthodontic treatment among the female population.

MATERIALS AND METHOD

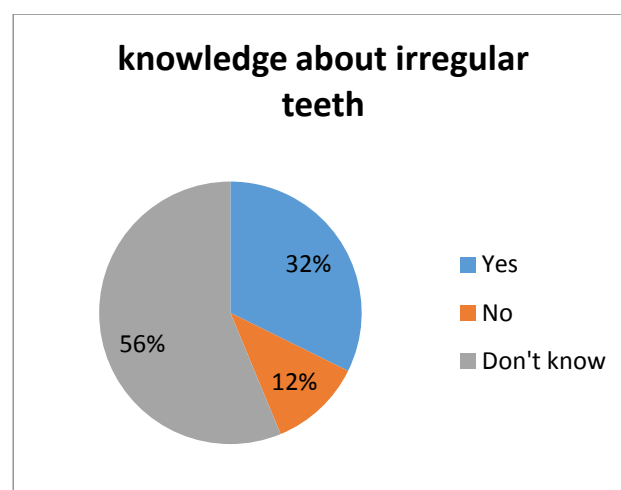
For this study, female patients reporting to dental clinic were requested to complete a questionnaire. About 60 female patients were randomly selected. The following questions are,

TABLE 1:

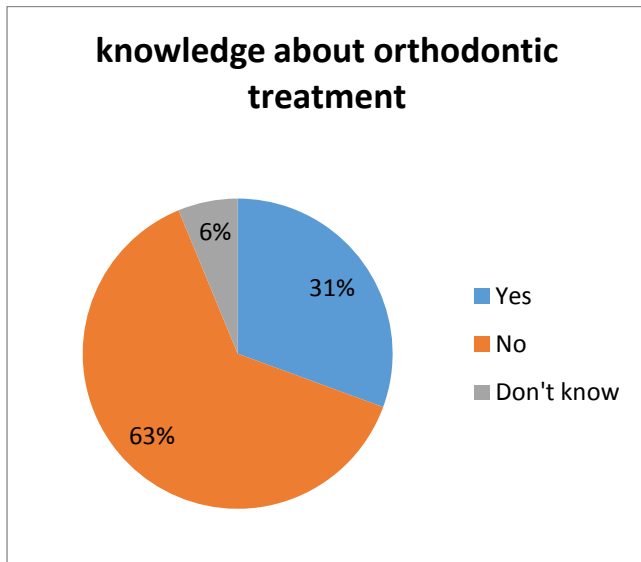
| | | |
|---|--|----------------------------------|
| Awareness about Dentist/ Orthodontist | <ul style="list-style-type: none"> • Are you aware of a dentist? • Have you visited a dentist before? • Have you heard of an Orthodontist? • Are you aware that they align your teeth? | a. Yes b. No c. Don't know |
| Knowledge about irregular teeth | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 |



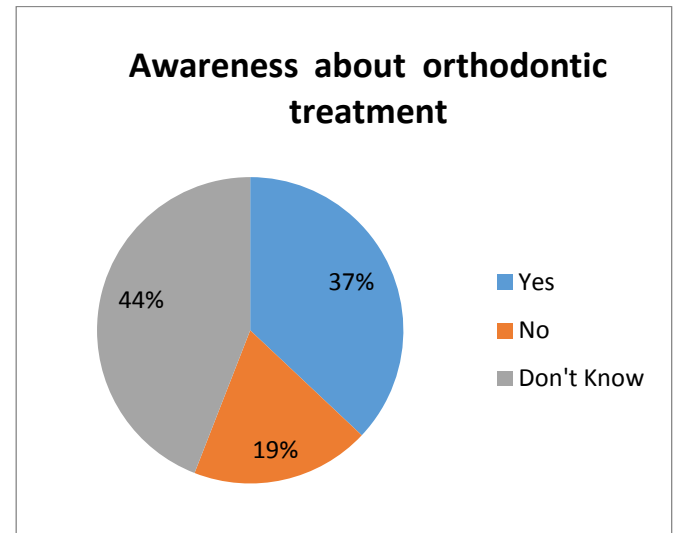
GRAPH 1: The general awareness about dentist and orthodontist among female population is about 35%



GRAPH 2: The knowledge about irregular teeth among female population is about 32%.



GRAPH 3: The knowledge about orthodontic treatment among female population is about 31%



GRAPH 4: The awareness about orthodontic treatment among female population is about 37%

TABLE 2

| QUESTIONS | YES % | NO % | DON'T KNOW % |
|-----------|-------|------|--------------|
| 1 | 67 | 33.3 | 0 |
| 2 | 23.3 | 53.3 | 23.3 |
| 3 | 5 | 3 | 67 |
| 4 | 80 | 17 | 3.3 |
| 5 | 58.3 | 8.3 | 33.3 |
| 6 | 0 | 13.3 | 87 |
| 7 | 30 | 62 | 8.3 |
| 8 | 37 | 57 | 7 |
| 9 | 25 | 72 | 3.3 |
| 10 | 13.3 | 7 | 80 |
| 11 | 22 | 13.3 | 65 |
| 12 | 35 | 18.3 | 47 |
| 13 | 72 | 3.3 | 25 |
| 14 | 32 | 22 | 47 |
| 15 | 38.3 | 32 | 30 |

TABLE 3:

| QUESTIONS | AWARENESS ABOUT DENTIST | KNOWLEDGE ABOUT IRREGULAR TEETH | KNOWLEDGE ABOUT ORTHODONTIC TREATMENT | AWARENESS ABOUT ORTHODONTIC TREATMENT |
|------------|-------------------------|---------------------------------|---------------------------------------|---------------------------------------|
| YES | 35% | 32% | 31% | 37% |
| NO | 32% | 12% | 63% | 19% |
| DON'T KNOW | 33% | 56% | 6% | 44% |

DISCUSSION

Malocclusion is still not considered to be a dental problem because more priority is given to treatment of dental caries and periodontal diseases due to pain associated with it. Most malocclusion cases are still not 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. 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 [6,7,8,9,10,11]. Attitudes and perceptions towards dental appearance differ among populations and among individuals [12].

RESULTS

The general awareness about dentist and orthodontist among female population is about 35% and the negative result is almost equal to positive one and is about 32 %.(graph 1).The knowledge about irregular teeth is about 32% (graph 2). The knowledge about orthodontic treatment is about 31% and the negative result is about 63%(graph 3) ,this is mainly due to lack of awareness .The knowledge about braces is about 37%(graph 4).In our study the negative results are comparatively higher than the positive one this indicates the lack of awareness about malocclusion and orthodontic treatment .

CONCLUSION

The following were the conclusions drawn from the survey.

The female patients exhibit a moderate level of awareness about Dentist , Orthodontist and knowledge about irregular teeth. They have less awareness about Orthodontic treatment Malocclusion has an impact on the social and the psychological behavior of an individual, hence knowledge on how individuals perceive and react to malocclusion in a community is necessary for effective orthodontic treatment and care.

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