

Reasons for Seeking Orthodontic Treatment among South Indian Population-A Questionnaire Study

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Abstract

Aim:

Aim is to find reasons for seeking orthodontic treatment among South Indian population Who were undergoing orthodontic treatment.

Objective:

The objective of the study is to determine the reasons and factors motivating patients to seek orthodontic treatment.

Background:

Orthodontic treatment is done to improve dental occlusion which could result in a good functioning and aesthetically pleasing dentition. social and psychological impact of malocclusion may be noticed by the patient or by other people such as low self-esteem and dissatisfaction to appearance may develop the desire for orthodontic treatment. The reasons for undergoing orthodontic treatment varies from person to person.

Materials and Method:

A survey is conducted using a structured questionnaire. It is distributed among 50 patients. The questionnaire consists of 13 questions related to dental awareness and reasons for seeking orthodontic treatment.

Reason:

Facial aesthetics is a significant determinant of self and social perceptions many factors motivate patient in their decision to undergo orthodontic treatment. Thus it is essential to understand subjective motives for undergoing orthodontic therapy and thereby set treatment goals.

Keywords: orthodontic treatment, dentition, dental anomalies.

INTRODUCTION:

The objective of orthodontic treatment is to improve dental occlusion, which, could result in a good functioning and aesthetically pleasing dentition in harmony with the face. Many studies have shown that problems associated with malocclusion such as traumatic occlusion, temporomandibular joint pain, periodontal disease and caries might resolve after orthodontic therapy. Various reasons and factors, which influence patients in seeking orthodontic treatment, had been reported in a number of previously published studies(1). Social and psychological impact of malocclusion whether noticed by the patient himself or by other people such as low self-esteem, frequent teasing experiences and dissatisfaction to appearance may develop the desire for orthodontic treatment.(2) Selfconcept, self-image, status, pride, discomfort and concern for future oral health care are some reasons for a person to seek orthodontic treatment to increase chances of mutually satisfying result for both the orthodontist and the patient. This survey was conducted to determine the reasons and the factors which motivate patients to seek orthodontic treatment in South Indian population.(3)

MATERIALS AND METHOD:

The survey was conducted using a structured questionnaire. Out patients who came for general dental checkup participated in the study after being the orthodontic treatment is suggested to them for correction of their dental anomalies. The questionnaire consists of 13 questions involving psychosocial aspects of patients including dental awareness, dental satisfaction, effect of dental anomalies, factors which influence patients in seeking treatment, main reason for seeking treatment and expected social changes once orthodontic therapy is completed. The questionnaire was distributed among 50 patients for the study. The data was analyzed using SPSS 16 program for descriptive statistics.

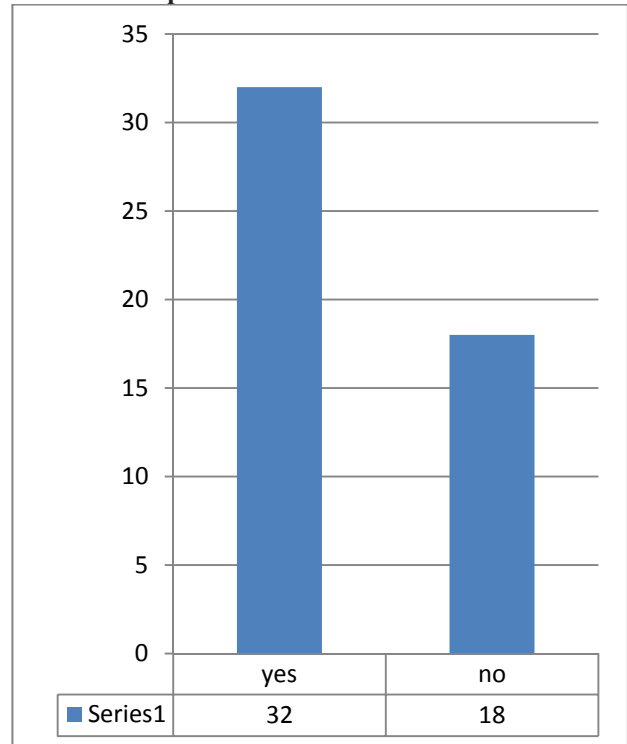
QUESTIONNAIRE:

- 1) Are you aware of dental malocclusion?
a)yes b)no
- 2) Are you satisfied with your teeth arrangement?
a)yes b)no
- 3) Who is the first person to notice your dental malocclusion?
a)self
b)mother
c)father
d)dentist
e) others

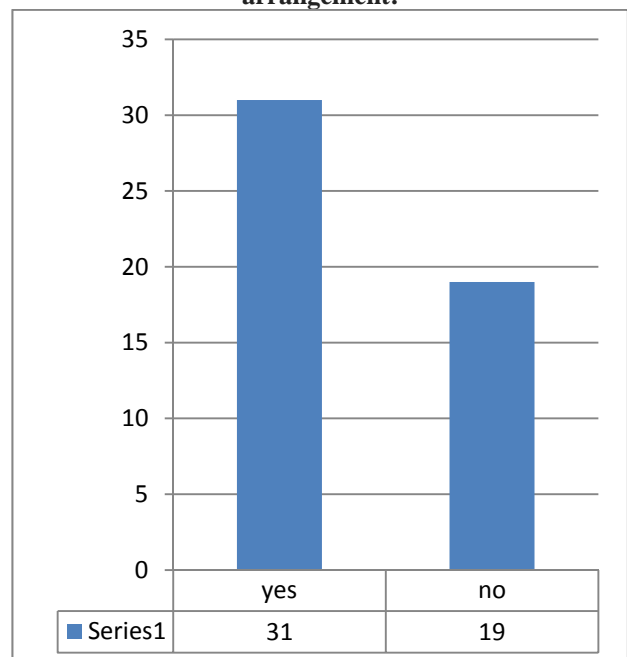
- 4)Who is the first person to suggest orthodontic treatment?
 - a)parents
 - b)relatives/friends
 - c)self
 - d)dentist
 - e)others wearing appliance
- 5)Do you think your facial and dental appearance will Improve after orthodontic treatment?
 - a)yes
 - b)no
- 6)Do you think your dental health will Improve after orthodontic treatment?
 - a)yes
 - b)no
- 7)Do you think your self confidence will Improve after orthodontic treatment?
 - a)yes
 - b)no
- 8)Do you think your biting and chewing will Improve after orthodontic treatment?
 - a)yes
 - b)no
- 9)Are you expecting good career opportunities after your orthodontic treatment?
 - a)yes
 - b)no
 - c)not sure
- 10)Are you expecting good social interaction after your orthodontic treatment?
 - a)yes
 - b)no
 - c)not sure
- 11)Do you have any problem while speaking?
 - a)yes
 - b)no
- 12)Do you have any pain/clicking sound around your ears(at the temporomandibular joint)
 - a)yes
 - b)no
- 13)Do you think that the dental malocclusion are associated with lowered social attractiveness?
 - a)yes
 - b)no

orthodontic treatment.17 patients have problem while speaking.21 patients have pain/clicking sound around their ears.28 patients think that dental malocclusion is associated with lowered social attractiveness.

Number of patients aware of dental malocclusion:



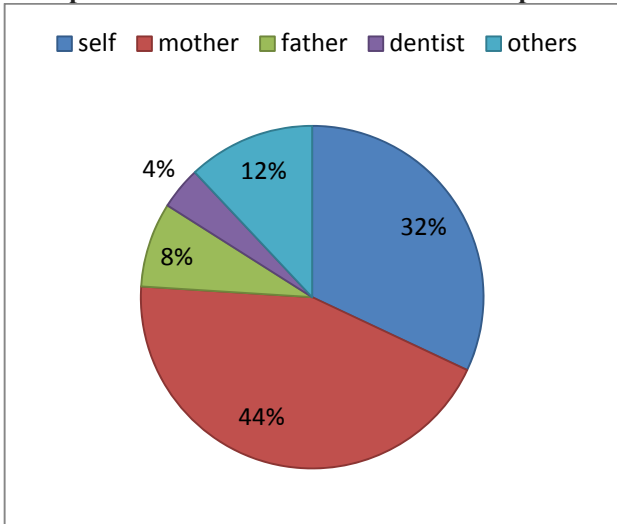
Number of patients satisfied with their teeth arrangement:



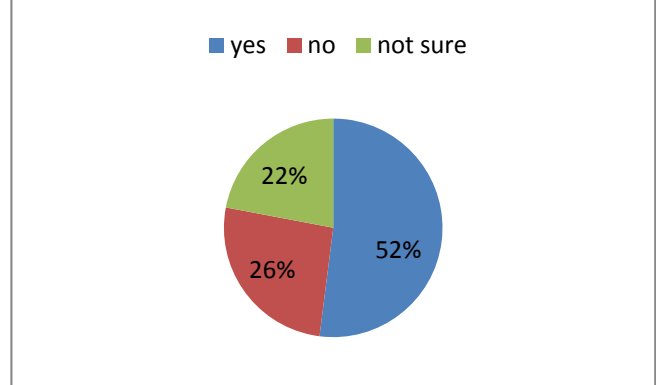
RESULTS:

A total of 50 completed questionnaires were included in the analysis. In this study 32 patients were aware of dental malocclusion.31 patients were satisfied with there teeth arrangements.In 22 patients mother is the first person to notice dental malocclusion. In 21 patients ,relatives and friends were the first person to suggest orthodontic treatment.Most of the patients [29]felt that their facial and dental appearance would increase after orthodontic treatment.17 patients felt that their dental health will increase after orthodontic treatment.27 patients felt that their self confidence will increase after orthodontic treatment.29 patients felt that their biting and chewing will increase after orthodontic treatment.23 patients were expecting good career opportunities after their orthodontic treatment.26 patients were expecting good social interaction after their

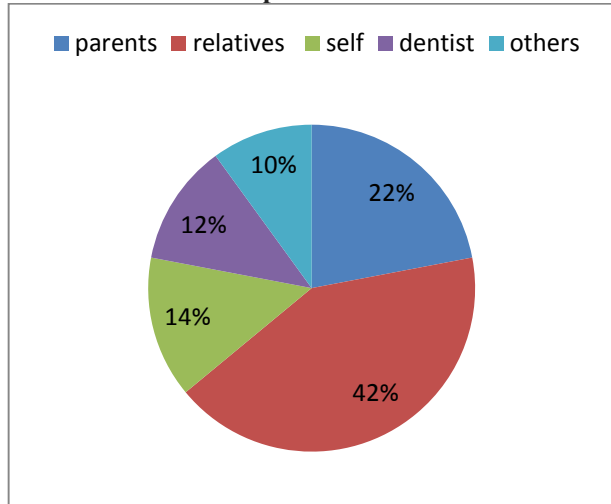
First person to notice dental malocclusion in patients:



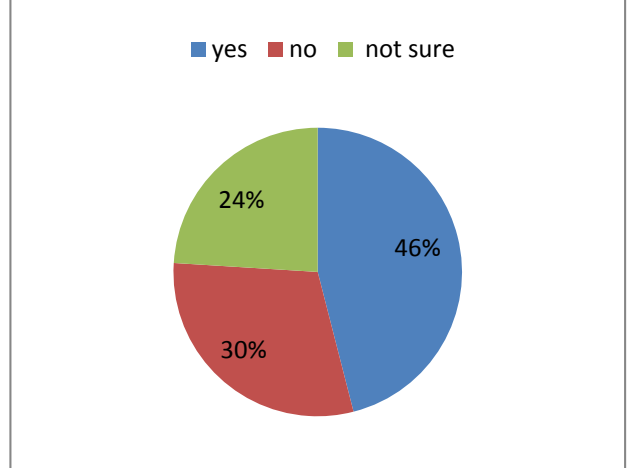
Expectations on good career oppurtunities



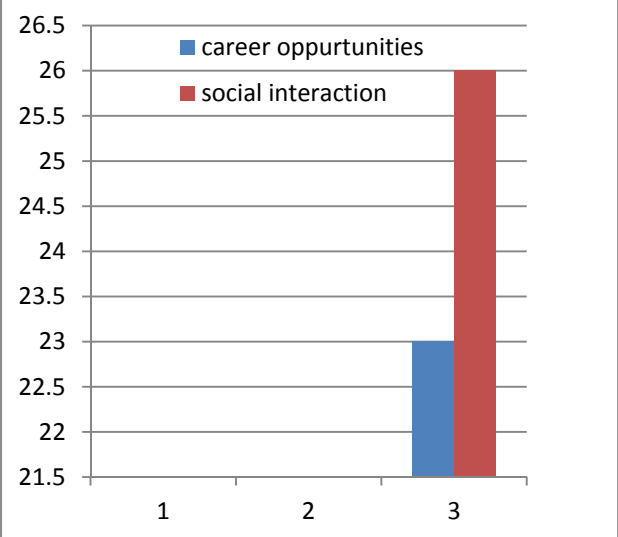
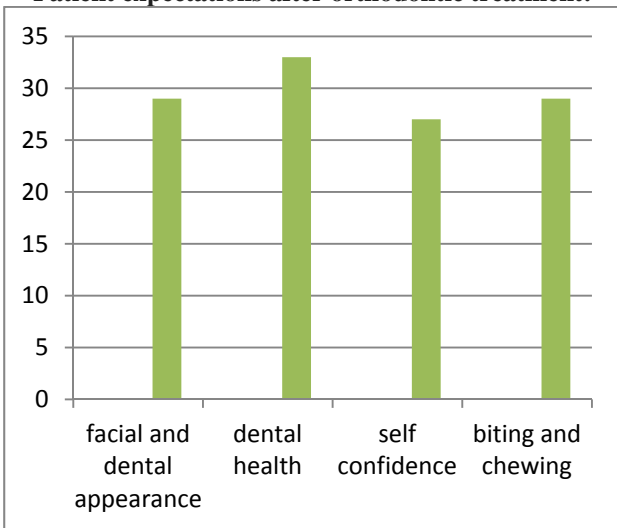
First person to suggest orthodontic treatment to patients:



Expectation on good social interaction



Patient expectations after orthodontic treatment:



DISCUSSION:

Ingervall & Hedegard (1974) found that awareness and desire to receive orthodontic treatment might vary with age(16). Shaw (1981) stated that decrease in satisfaction with dental appearance is associated with increasing age (4). In the study under discussion, since the majority of patients were adolescents aged 15-25 years, the high demand for enhancement in facial esthetics may be associated with the psychological changes experienced by teenagers(13). At this age adolescents are very much concerned about physical attractiveness to gain social acceptability. Therefore, the desire to have an improved facial appearance by orthodontic treatment was found to be high in the study group(5). It is interesting to note that Shaw (1981) in his study found that irregular routine dental attendance pattern was associated with more dissatisfaction with dental appearance thus leading to higher demand for orthodontic treatment (6). On the contrary most of the patients surveyed in the study under discussion sought orthodontic treatment at the advice of relatives and friends with only a few seeking treatment through the recommendation of dentists .(15)The differences may be due to the irregular dental attendance pattern of South Indian patients(7). In most patients the mother was the first to notice dental anomalies . An improvement in social life and self-confidence following orthodontic treatment was expected by most of the patients in the sample while an increase in career opportunities as a result of the treatment had been lower down the list of patients expectations(8). This may be due to the fact that most of the patients in this survey were adolescents, making it difficult for them to visualize the long term benefits of orthodontic treatment.(14) This has also been a finding of some previous studies on adolescents showing that adolescents are mostly concerned about getting immediate gratification rather than looking for health gains in the long run(9) . Positive changes in social life and self-confidence expected by the majority of respondents in the study as an outcome of orthodontic therapy has also been the finding of a study by Abdullah et al (2001) that showed that the positive response to changes in career opportunities after orthodontic treatment was lower compared to social life and self-confidence(10). The results of the present study showed that improvement in facial and dental appearance was undoubtedly the most desire to improve their dental appearance via orthodontic treatment.(11) This was consistent with the findings of Lew (1992) who also found the enhancement of dental appearance to be the most significant factor in seeking orthodontic care amongst a sample of Singaporean patients .(12)

CONCLUSION:

The study highlighted the need to consider patient's esthetic concerns in planning orthodontic treatment. From the responses of different types of expectations, it was concluded that patients are now well aware of every aspect of orthodontic treatment and their expectations can be easily met leading to more patient satisfaction.

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