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RESEARCH ARTICLE

WHY ORTHODONTIC TREATMENT? A QUESTIONNAIRE STUDY

Satish B. Baralay and *Sandesh S. Baralay

Sinhgad Dental College, India

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ABSTRACT

Aim and Objectives: To determine the reasons/factors forgetting orthodontic treatment done and the expectations of the rural Maharashtra population who are undergoing orthodontic treatment.

Materials and Method: A structured questionnaire was used for this study. 90 randomly selected patients were recruited. The questionnaire comprised of 10 questions related to reasons and awareness for seeking orthodontic treatment and the patients' expectations. The data was collected on an excel sheet and presented in graphical form.

Results: Facial and dental aesthetics is a significant determinant in the decision to undergo orthodontic treatment. Thus it is essential to understand subjective motives for undergoing orthodontic therapy and thereby set treatment goals.

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INTRODUCTION

Malocclusion is the misalignment of teeth which affects the facial appearance and psychosocial status of the patient (Sharma *et al.*, 2013). Malocclusion can be of varying degrees and severities. The objective of orthodontic treatment is to achieve a good functioning and aesthetically pleasing dentition. Apart from the above objectives, problems such as temporomandibular joint pain, traumatic occlusion, periodontal disease, cares due to crowding, etc (Muthu Laakshmi *et al.*, 2016) can also be corrected. Social and psychological impact of malocclusion can either be noticed by the patient himself or by other people resulting in low self-esteem. Any teasing experiences, and dissatisfaction of appearance may motivate a patient to seek orthodontic treatment (Al Fawzan, 2013). The reason behind the increasing desire for orthodontic treatment should not be underestimated. People who are dissatisfied with their dental appearance may have psychological problems which may impact their social behavior. Self-confidence and higher self-esteem are expressed by people who are satisfied with their teeth (Jayachandar and Saravana Dinesh, 2016). Hence, the desire for orthodontic treatment can be considered as a way to improve dentofacial appearance and also gain self-confidence (Xiao-Ting *et al.*, 2010). Various reasons and factors, which influence patients in seeking orthodontic treatment, had been reported in a number of previously published studies (Tayer, 1991; Lew, 1993; Shaw, 1981; Gosney, 1986; Abdullah *et al.*, 2001).

This study was conducted so as to further dwell into the reasons/factors for getting orthodontic treatment done in rural Maharashtra population.

MATERIALS AND METHODS

This cross-sectional study was conducted using a structured questionnaire. 90 Patients who were undergoing orthodontic treatment at that moment were randomly selected. The questionnaire consisted of 10 questions which explored the psychosocial aspects including reasons, motivations and expectations of the orthodontic treatment. The data obtained from these patients was collected on an excel sheet and presented using graphs.

Questionnaire

- 1) Were you aware of your dental anomalies?
 - a) yes
 - b) no
- 2) Who was the first person to talk to you about your dental malocclusion?
 - a) self
 - b) mother
 - c) father
 - d) dentist
 - e) others

*Corresponding author: Sandesh Baralay,
Sinhgad Dental College, India.

- 3) Who suggested orthodontic treatment to you?
- parents
 - relatives/friends
 - self
 - dentist
 - others wearing appliance
- 4) What was the main reason for seeking orthodontic treatment?
- Aesthetic concern
 - Teasing experience
 - Functional reason
 - Suggestion of Relatives/friends
 - Any other Reason
- 5) Do you expect enhancement of your facial and dental appearance?
- yes
 - no
- 6) Do you expect an improvement in your dental health after orthodontic treatment?
- yes
 - no
- 7) Do you expect your self-confidence to enhance after orthodontic treatment?
- yes
 - no
- 8) Do you expect your biting/chewing/speech to improve after orthodontic treatment?
- yes
 - no
- 9) Are you expecting good social interaction after your orthodontic treatment?
- yes
 - no
- 10) Do you think that the dental malocclusions are associated with lowered social attractiveness?
- yes
 - no

RESULTS

90 patients participated in the study. The gender of the patient was not considered. These 90 patients were selected randomly. Each of the patient filled the questionnaire satisfactorily. It was found that aesthetics is the major concern for seeking orthodontic treatment. About 79% of the patients were aware of their malocclusions or were made aware of it majorly by their family and friends. About 70 % of the patients stated aesthetics as their major reason for seeking orthodontic treatment. Suggestions or coarsement from friends/relatives and functional reasons were other factors for choosing orthodontic treatment which comprised of 12 % and 10 % respectively. The remaining patients described teasing and other reasons as their motivation for the treatment. The questionnaire also assessed the expectations of the patients from the ongoing orthodontic treatment. The results have been summarized in Figure 2. They showed that 90 % of the patients expected their dental and facial appearance to improve. 70 % of the patients expected enhancement in their self-confidence.

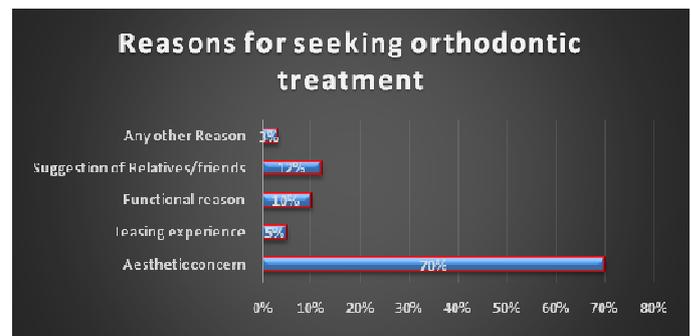


Fig. 1. Reasons for seeking orthodontic treatment

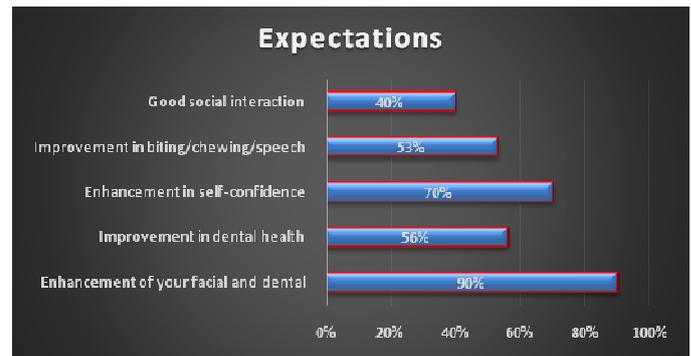


Fig. 2. Expectations from the orthodontic treatment

Furthermore about 92 % of the patients believed that dental malocclusions are associated with lowered social attractiveness.

DISCUSSION

The results of this study revealed that dentofacial esthetics is the major factor that determines the patient's desire for orthodontic treatment. This conclusion was similar to the results achieved by Abdullah et al.¹¹ and Danalakshmi et al.¹². Patients' expectations are an important aspect of the orthodontic treatment as it would eventually decide the patient's satisfaction after treatment. An enhancement in the facial and dental aesthetics was expected by a majority of the patients. This can help the orthodontist to achieve better patient satisfaction by focusing more on the aesthetics along with other aspects of the treatment and also set goals accordingly.

Conclusion

The study concluded that most of the people were aware of their malocclusion and dissatisfaction with their appearance is the major reason for seeking orthodontic treatment. Thus, it is essential to understand subjective motives for undergoing orthodontic therapy and thereby set treatment goals. Their expectations were reasonable and can lead to better patient satisfaction and compliance at the end of the treatment.

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