



## RESEARCH ARTICLE

### BRACES GUARANTEE HAPPINESS AND SELF CONFIDENCE – A QUESTIONNAIRE BASED STUDY

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#### ABSTRACT

There are a variety of different kinds of braces that offer excellent teeth straightening solutions for the variety of unique smiles we see every day in Orthodontics. From clear braces to the traditional metal kind, there are so many benefits that come with achieving straight, perfect teeth. One of the biggest, most noticeable advantages beyond a transformed smile is overall self-confidence. It's one of the most anticipated rewards. At Smile and Shine Orthodontic care, Pune, the team looks forward to bringing beautiful smiles to patients, when a patient seeks orthodontic care, no matter what age and completes their orthodontic treatment with the patient being more than satisfied. The results are always life-changing! To verify and gauge the level of patient satisfaction, a study was conducted at smile and Shine orthodontic care, Pune, in which a questionnaire was distributed to patients with 5 questions each. A score of 1 to 5 was assigned to each question and the results were analyzed based on the questionnaire which enabled us to analyze the degree of patient satisfaction with the orthodontic treatment. Results were-

- 87% of the patients gave a score of 5, suggestive of extreme satisfaction with the treatment
- 9% of the patients gave a score of 4, suggestive of good satisfaction with the treatment but were a little reluctant about the time and duration of the prolonged orthodontic treatment
- 4% of the patients gave a score of 3, which suggested that they were neutral about the treatment, i.e. they were neither happy with the treatment nor were they apprehensive or unhappy about it.
- However, there were no patients amongst the 200, who were dissatisfied with the treatment in any aspect throughout the entire phase of orthodontic treatment.

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## INTRODUCTION

The most obvious advantage of braces is their ability to straighten teeth. Having a crooked smile can lead to dental problems, as well as esteem problems. By straightening teeth, braces make individuals feel better both physically and personally. Braces can straighten teeth in several ways. First, they can help to align crooked teeth, which may have grown in haphazardly. Second, they can help close gaps that have developed between teeth, giving them a more straightened look. Finally, they can help better space teeth that have grown too close together, preventing a clustered look. All of these are ways that teeth can be straightened by braces, and each is both an aesthetic improvement as well as a healthy one. Another advantage of braces is their ability to contribute to future dental health. There are different dental health issues associated with different needs for braces.

One such problem involves having an uneven bite. Some individuals who need braces have an uneven bite, likely as a result of misaligned teeth. This uneven bite could lead to dental issues such as overly worn teeth or chipping of teeth. Braces can not only help prevent these issues, but align the teeth as well, as previously discussed. Another health issue that braces can help to prevent is gum disease. Often a result of unflossed teeth, gum disease is likely to manifest in overcrowded teeth, where floss is difficult to use in places.

**Advantages of Braces:** Braces can help space teeth out properly, allowing for proper dental maintenance, such as flossing. Braces can also prevent future jaw weakness and muscle pain, which can result from misaligned teeth. While not strictly a dental issue, prevention of these issues is an obvious benefit of obtaining braces. Once the decision has been made to obtain braces, it is time to consider the types of braces to obtain.

This is where any aesthetic concern about the braces themselves can be addressed. There are multiple types of braces, and many looks to choose, depending on one's preference. Unlike some perceptions, braces are no longer as uncomfortable and noticeable as they were in previous decades. Stainless steel braces are by far the most common. These are made up of wires and brackets. Individuals can choose coloured braces if they desire, or they can choose something much more subtle. In addition to stainless steel braces, those looking for a less visible option can select ceramic brackets. These ceramic brackets are colored to blend in with teeth, as many false teeth, crowns, caps, and veneers are. A third option is plastic brackets, which tend to be clear. These are also less noticeable; however, plastic brackets are not as sturdy as their metal and ceramic counterparts. As a result of this, one may have to wear the braces longer to fully realign their teeth with plastic brackets. Whether you decide to choose plastic, metal, or ceramic brackets, you have made the right decision for their dental health if braces are needed. One concern about obtaining braces can be the cost. Braces can be costly; however, many dental insurance plans cover much of the costs involved, from consultations with dental professionals to the procedure to any follow up visits. It is best to check with your dental insurance provider while looking into obtaining braces. Overall, the decision to obtain braces is your own. There are many benefits, as have been listed here. They can help prevent future gum disease and damage to teeth. They can straighten teeth, close gaps in teeth, and better space out teeth, all resulting in a more confident smile. They can help prevent future discomfort and weakness due to misalignment of teeth or bite. They can also make you feel better about both your oral health and your appearance. With all these benefits, braces are a good decision for many people for whom these problems may arise.

### Signs of Possible Orthodontic Problems

- Difficulty chewing or biting
- Early or late loss of baby teeth
- Mouth breathing
- Thumb and finger sucking
- Crowding, misplaced or blocked out teeth
- Jaws that shift or make sounds
- Biting the cheek or roof of the mouth
- Teeth that meet abnormally or not at all
- Jaws and teeth that are out of proportion to the rest of the face

### Benefits Of Timely Orthodontic Treatment May Include:

- Improved access for oral hygiene to prevent the development of cavities and gum disease
- Improved speech and the ability to chew food efficiently
- Influence growth of the jaws in a positive manner
- Preserve or gain space for erupting permanent teeth
- Reduced tooth wear by reducing clenching and/or grinding
- Reduced tendency for progressive shifting of teeth
- Reduced potential for damage to jaw joints
- Reduced or eliminated need to extract permanent teeth
- Lower the risk of injury to protruded front teeth
- Correct harmful oral habits
- Improved the width of dental arches
- Reduced likelihood of impacted permanent teeth

- Guide permanent teeth into more favorable positions
- Improved lip closure and reduced lip strain
- Improved self-image and self-confidence
- Reduced appearance-consciousness during critical developmental years

**Aims:** To analyze the degree of satisfaction in 200 patients who received orthodontic treatment for a variety of reasons

### Objectives

- To assess whether if the treatment delivered to the patient actually promoted the patient satisfaction.
- To assess whether if the treatment delivered to the patient promoted the patient satisfaction, what was the degree of his/her satisfaction
- To analyze if , completion of orthodontic treatment actually made the patient happy and self confident.

### Inclusion criteria

- Orthodontic finished cases
- Both male and female patients
- Age group:- 15-40 years
- Treatment already completed
- All kind of malocclusions

### Exclusion Criteria

- Older age patients
- Patients with periodontal problems
- Patients not willing to be a part of the study
- Ongoing treatment patients

## MATERIALS AND METHODS

To analyze the patient feedback about orthodontic treatment, a sample size of 200 patients were collected from the O.P.D of Smile and Shine Orthodontic care, pune. The sample was collected by simple random sampling method by taking into consideration the inclusion and exclusion criteria enlisted above. The study included only all the patients who completed orthodontic treatment at Smile and Shine Orthodontic care. The patients were given a consent form which was to be signed if he/she agreed to be a part of the questionnaire survey. The purpose of the study was also explained to them verbally and only after the patients consent, the survey started. The questionnaire was given to the patient on the day of debonding the finished orthodontic case. After debonding was done, patient consent was procured and the questionnaire was given to the patient. The same protocol was employed on all patients and 200 patients were gathered over a period of 6 months and the patient was evaluated based on the questionnaire he/ she filled after the completion of orthodontic treatment.

### Sample participant consent form

#### Consent to Participate in a Research Study

Title of Study: "BRACES GUARANTEE HAPPINESS AND SELF CONFIDENCE – A QUESTIONNAIRE BASED STUDY"			
Investigators:			
1 <sup>st</sup> :-	Dr. Bhushan Jawale	Phone:	9850299277
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### Smile and Shine Orthodontic Care, pune

#### Introduction

- You are being asked to be in a research study of analyzing if braces provide happiness and self

confidence in patients after the end of orthodontic treatment

- You were selected as a possible participant because your orthodontic treatment procedure has come to an end.
- We ask that you read this form and ask any questions that you may have before agreeing to be in the study.

You will be given a signed and dated copy of this form to keep, along with any other printed materials deemed necessary by the study investigators.

Subject's Name (print):			
Subject's Signature:		Date:	
Investigator's Signature:		Date:	

**Purpose of Study**

The purpose of the study is

- To assess whether if the treatment delivered to the patient actually promoted the patient satisfaction.
- To assess whether if the treatment delivered to the patient promoted the patient satisfaction, what was the degree of his/her satisfaction
- To analyze if, completion of orthodontic treatment actually made the patient happy and self confident.
- Ultimately, this research may be published as a part of a journal or presented as a paper.

**Description of the Study Procedures:** If you agree to be in this study, you will be asked to do the following things:

- Fill a questionnaire form after completion of the braces treatment

**Risks/Discomforts of Being in this Study**

- There are no reasonable foreseeable (or expected) risks in this study as the study is just a questionnaire based study to access your views and feedbacks about the orthodontic treatment you have undergone.

**Confidentiality**

- This study is anonymous. We will not be collecting or retaining any information about your identity.
- Your identity will not be disclosed in the material that is published. However, you will be given the opportunity to review and approve any material that is published

**Right to Refuse or Withdraw**

- The decision to participate in this study is entirely up to you. You may refuse to take part in the study. Your decision will not result in any loss or benefits to which you are otherwise entitled. You have the right not to answer any single question, as well as to request that the interviewer not use any of your interview material.

**Right to Ask Questions and Report Concerns**

- You have the right to ask questions about this research study and to have those questions answered by me before, during or after the research .If you like, a summary of the results of the study will be sent to you.

**Consent**

- Your signature below indicates that you have decided to volunteer as a research participant for this study, and that you have read and understood the information provided above.

**Questionnaire Format**

**1.How satisfied are you after the completion of your braces treatment and how would you rate the treatment?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

**2.How far have your expectations with the treatment been met?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

**3.Does the completion of treatment make you more happy and self confident? If yes, to what degree?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

**4.Did taking orthodontic treatment benefit you and promote a better smile?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

**5.Would you encourage your family and friends to seek braces treatment if required and refer them to Smile and Shine Orthodontic Care?**

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

**DISCUSSION**

After studying 200 participants, the data was summarized and analyzed based on the questionnaire, considering the patient views and experiences about the entire experience throughout Orthodontic and each form was scored from 1-5 depending on the positive or negative feedback of each question of the 5 questions given in the questionnaire. After a comparative evaluation of 200 patients depending on the questionnaire and its score from 1-5,the study was completed and the results

were assessed. 87% of the patients gave a score of 5, suggestive of extreme satisfaction with the treatment. These patients were very cooperative throughout the treatment and also had a very positive attitude towards the treatment. They were extremely happy with the treatment and also said that braces got a new smile to their faces. These were the group of patients who were extremely satisfied and had no complaints whatsoever. Some also reported of, braces improving their self confidence and self esteem. 9% of the patients gave a score of 4, suggestive of good satisfaction with the treatment but were a little reluctant about the time and duration of the prolonged orthodontic treatment. These patients also were happy with the treatment and extremely satisfied as well. They also reported of braces changing their smile as well as improving their facial form. However these were a group of patients, who were a little unhappy and reluctant about the duration that the treatment continued for. Treatment according to them was excellent but the time taken for the same was much more than expected. 4% of the patients gave a score of 3, which suggested that they were neutral about the treatment, i.e. they were neither happy with the treatment nor were they apprehensive or unhappy about it. However the results of the treatment did not seem to bother them much. They had a neutral say. They were neither happy, nor unhappy. Some reported of the treatment time getting prolonged whereas some reported of the final results obtained not excellent.

## RESULTS

Out of 200 participants, approximately 174 participants gave a score of 5, suggestive of extreme satisfaction with the treatment. These patients were very cooperative throughout the treatment and also had a very positive attitude towards the treatment. They were extremely happy with the treatment and also said that braces got a new smile to their faces. These 174 patients had a questionnaire score of 5. 18 participants had a questionnaire score of 4, suggestive of good satisfaction with the treatment but were a little reluctant about the time and duration of the prolonged orthodontic treatment. These patients also were happy with the treatment and extremely satisfied as well. They also reported of braces changing their smile as well as improving their facial form. However these were a group of patients, who were a little unhappy and reluctant about the duration that the treatment continued for. Treatment according to them was excellent but the time taken for the same was much more than expected. 8 out of the 200 patients, produced a questionnaire score of 3, which suggested that they were neutral about the treatment, i.e. they were neither happy with the treatment nor were they apprehensive or unhappy about it. However the results of the treatment did not seem to bother them much. They had a neutral say. They were neither happy, nor unhappy.

Some reported of the treatment time getting prolonged whereas some reported of the final results obtained not excellent.

## Conclusion

Every one of us will agree that a smile definitely increases our personality and enhances our looks. It makes us feel good about ourselves. The first thing which people notice is our smile and the magnetism it radiates. There are many amongst us who want to have such a radiant smile, but are not able to, due to many reasons. Dental braces are the safest option and are less time consuming as compared to other sophisticated dental treatments. The patient should ensure that they visit the dentist regularly for checking the success of the treatment. Also, they need to make sure that simple guidelines suggested by the dentist be followed for best results. Dental braces will surely bring back the lost smile of many patients, guarantee happiness and boost their self confidence and self esteem for sure.

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