

# Dutch recruits' and students' oral health-related quality of life

Yvonne A.B. Buunk-Werkhoven, RDH, PhD<sup>1</sup> & Bart van den Heuvel, Commander, Endodontist<sup>2</sup>

## The aim of the study

To get insight into the determinants of **Oral Health-related Quality of Life (OH-QoL)** to make practical recommendations and to evaluate tailored oral health interventions.

## Methods

Recruits & Students (Dutch nationality, unmarried) completed a questionnaire, including **OH-QoL** (OHIP-14-NL,  $\alpha = .77$  &  $\alpha = .93$ ), **Expected Social Outcomes (ESO)** ( $\alpha = .79$  &  $\alpha = .83$ ), **Dental Anxiety (DAS)** ( $\alpha = .84$  &  $\alpha = .79$ ), and an index for **Oral Hygiene Behavior (OHB)**.

## Results

	Recruits	Students
Number of participants (♂)	199	80
Mean age (years, SD)	18.7 (2.2)	20 (2.4)
<b>Education:</b>		
- low / vocational training	38.7%	1.3%
- medium / advanced vocational training	55.2%	1.3%
- high / college or university training	5.5%	97.5%
OH-QoL (OHIP-14-NL log transformed)	0.87 (0.74)	1.31 (0.84)
Expected Social Outcomes (ESO)	21.2 (4.6)	23.3 (4)
Dental Anxiety (DAS)	6.4 (2.4)	7.4 (2.3)
Index for Oral Hygiene Behavior (OHB)	9.7 (2.1)	11 (2)
- tooth brushing twice a day	77%	76%
- <b>tooth brushing before breakfast *</b>	<b>53%</b>	<b>20%</b>
- <b>tooth brushing after breakfast *</b>	<b>37%</b>	<b>71%</b>
- before they go to sleep	82%	81%
- for two minutes each time	71%	65%
- <b>use interdental cleaning *</b>	<b>19%</b>	<b>49%</b>
- fluoride containing toothpaste	68%	76%
- <b>tongue cleaning: sometimes / once a day / never *</b>	<b>49% / 22% / 29%</b>	<b>43% / 44% / -</b>
Value teeth	7.4 (1.3)	7.7 (1.2)

\* p < .001

LogOHIP-14:  $F(273,1) = 18.68, p < .001$

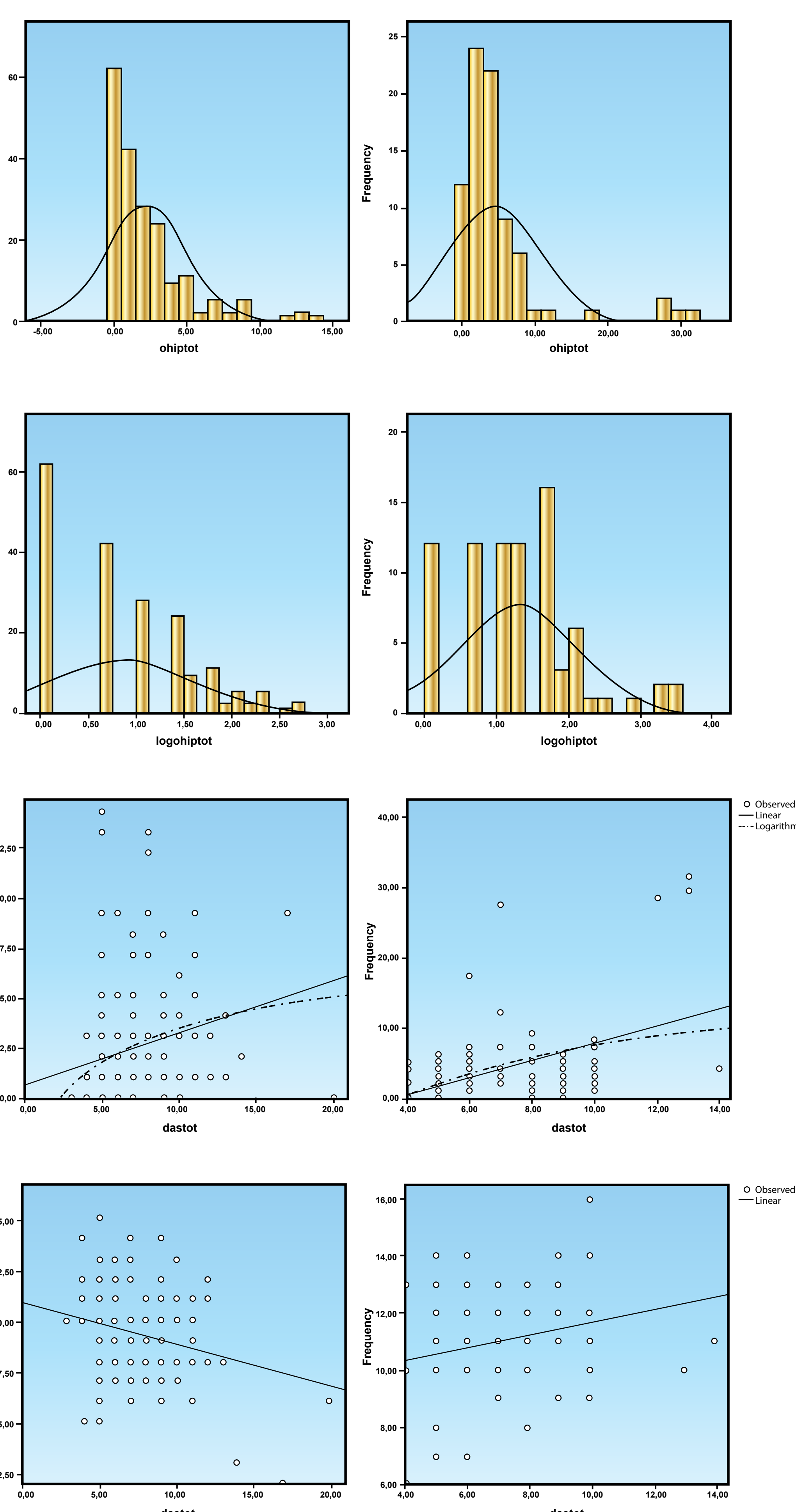
DAS:  $F(271,1) = 8.14, p < .005$

ESO:  $F(276,1) = 12.55, p < .001$

OHB:  $F(261,1) = 22.07, p < .001$

## Recruits

## Students



OH-QoL - DAS:  $r$  (recruits) = .254,  $p < .001$

OH-QoL - DAS:  $r$  (students) = .374,  $p < .001$

OHB - DAS:  $r$  (recruits) = -.239,  $p < .001$

OHB - DAS:  $r$  (students) = .237,  $p < .005$

## Conclusions

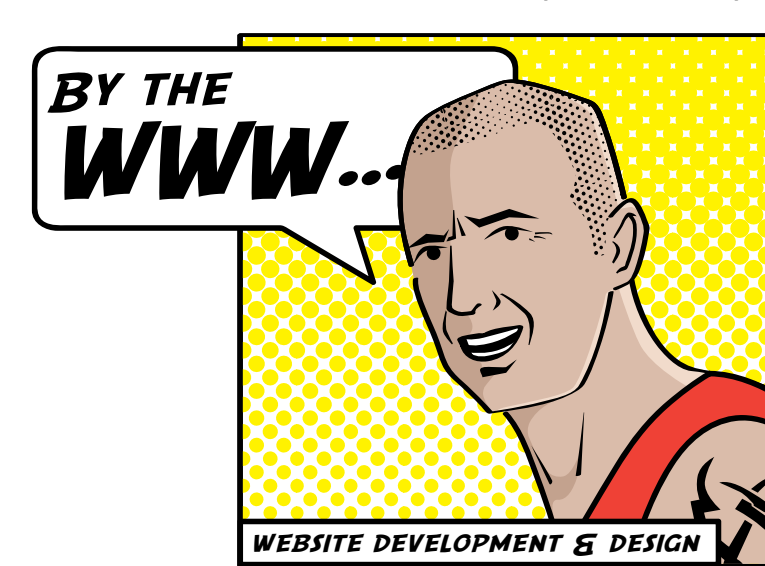
The reliability of the OHIP-14-NL is good, but the validity may be problematic. Given the skewed distribution of scores it is recommendable to use the logarithmic transformation. While in both samples **Dental Anxiety** is in the same way associated with **OH-QoL**, the direction of the relationship between **Dental Anxiety** and **Oral Hygiene Behavior** is opposite.



Ministry of Defence



Website and poster by:



<sup>1</sup> www.SPOH-ARTS.com Amsterdam, The Netherlands

<sup>2</sup> Department of Hospital Dentistry, Central Military Hospital Utrecht, The Netherlands

Dataset of recruits is based upon Buunk-Werkhoven et al. Promoting Oral Hygiene Behavior in Recruits in the Dutch Army. **Military Medicine** 2009;174,9:971-6. Dataset of students is based upon Buunk-Werkhoven et al. Oral health-quality of life predictors depend on population. **Applied Research Quality of Life** 2009;4:283-93.