

Evaluation of the effects of malocclusion on self-esteem in a Saudi adolescent population

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Introduction: In a socially competitive world, an improved dental appearance is important to patients. Malocclusion has a well-known detrimental effect on the overall facial esthetics, confidence and self-esteem, especially in girls. Patients seeking orthodontic treatment have the assumption of having pleasant facial and dental appearance at the end of treatment. Adolescence is known as a period of developmental & psychological instability, it is also the stage of self-esteem formation.

Aim of the study: The aim of this study is to evaluate 1) Psychological effect of malocclusion and to determine the association between malocclusion severity and self-esteem 2) Determine influence of age, gender and social class of people with malocclusion on their psychological status 3) Evaluate the treatment need on self-perception and self-esteem using Index of Treatment Need (IOTN)

Materials & Methods: This study was conducted in Jeddah, Kingdom of Saudi Arabia. The sample is consisted of 886 Saudi adolescent students aged 12-19 years randomly selected from 4 private and 2 governmental schools. The subjects had no craniofacial anomalies, after they completed the self-esteem questionnaire they were examined by research staff for the degree of malocclusion using the index of orthodontic treatment need (IOTN)- The answers of the self-esteem questionnaire were categorized into high, moderate and low self-esteem.

Questionnaire: The questionnaire was consisting of mainly 3 parts: 1) Demographic data, 2) fourteen questions of self-esteem measure, 3) seven questions of perceived impact of malocclusion on social acceptance. Malocclusion assessment and self-perceived aesthetics: Index of Orthodontic Treatment Need (IOTN) is composing of 2 parts the Dental Health Component (DHC) and the Aesthetic Component (AC).

Conclusions: More than two third (74.2%) of the sample showed good to moderate self-esteem, males have better self-esteem than females. As age increases the subjects have better self-esteem in both sexes. Social status has no effect on the degree of self-esteem. Subjects with low self-esteem have higher IOTN indicating that malocclusion affects self-esteem in adolescents and it is more seen in females than males. Student Esthetic Component (SEC) and Examiner Esthetic Component (EEC) ratings are in moderate agreement but not in full agreement (51.2% in agreement).

Biography

Fadia Al-Hummayani is an Assistant Professor and Consultant Orthodontist. She teaches both the undergraduate, Saudi board and Master dental students at King Abdulaziz University/ College of Dentistry. She completed her Master's and Clinical Certificate in Orthodontics from King Saud University/Dental School, Riyadh, Saudi Arabia in 1999. She got the Assistance Professor position through research and publications in reputed journals in 2006. She won the Aesthetic Dentistry MENA Award 2010.

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