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EFFECT OF THREE DIFFERENT EDUCATIONAL METHODS ON FLOSSING HABIT DEVELOPMENT- A CLUSTER RANDOMISED STUDY.

By

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ABSTRACT

BACKGROUND AND OBJECTIVE: Main dental aids used regarding maintenance of oral hygiene are Tooth brush and tooth paste. But Bristles of Toothbrush cannot reach all the interdental areas of the oral cavity. More than two-third population in India, are not having flossing habit, thus this needs to be inculcated as a routine habit. Hence this study evaluates the effect of three different educational methods on flossing habit development and thereby plaque reduction in each group.

METHOD: This is a cluster randomized three arm parallel study conducted on 105 volunteers, age of 18-25 years followed up for a duration of 3months. Three Methods used in this study were Health education, App based Reminder, Tiny habit. Oral health education was delivered to three groups followed by additional intervention. Reminder group were asked to set reminders for flossing in their mobile phones, Tiny habit group was asked to floss in increments that is quadrant-wise, Health education group was not given any additional intervention like reminders or Tiny habit. Plaque score was recorded by TURESKY-GILMORE-GLICKMAN MODIFICATION OF THE QUIGLEY-HEIN PLAQUE INDEX at baseline and 1st and 2nd follow-up and habit formation was assessed by SRHI at 1st and 2nd follow-up.

RESULTS: Statistical analysis like Repeated measures ANOVA,,ANCOVA,T-test was done to compare between three group at the end of the study. It was noted that there was significant plaque reduction was observed in Reminder group and Tiny Habit. Plaque reduction in Reminder group was more than Tiny habit group. Although there was no significant difference between the three groups for SRHI-habit formation. Habit automaticity score at the end of the study was more in Reminder group followed by Tiny habit.

INTERPRETATION & CONCLUSION: Reminder method proved to be better in habit automaticity scores and plaque reduction and this can be easily incorporated into routine by use of setting reminders in mobile phones. Tiny habit method also found to be effective in habit development.

Keywords: Dental Floss;Health Education;[Oral Hygiene](#)