

# **The Relationship of Parental Involvement and Confidence in Adolescent Orthodontic Patient Compliance**

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Patient compliance has been documented as a major clinical concern in relation to successful dental care. Dental professionals are obligated to entrust their patients with high levels of responsibilities, which can influence the level of successful treatment outcomes. The primary aim of this research was to investigate compliance issues stemming from orthodontic treatment requests for oral hygiene, elastic utilization, and retainer maintenance in adolescent orthodontic patients.

183 adolescent orthodontic patients and parents/guardians were recruited. Each adolescent patient completed the Orthodontic Health Habits Questionnaire, which involved 15 questions concerning regime compliance, confidence and desire for braces. The parent/guardian completed a similar questionnaire regarding their child. The patient's Student-dentist/orthodontic resident completed a 4 item rating of oral health and compliance.

Results demonstrated that a higher level of parental involvement with their child's orthodontic care can lead to better oral hygiene and compliance to dental instructions. Data has also demonstrated that parents and patients with higher levels of confidence in their ability to follow instructions can better predict compliance to oral home care. The data suggests that educating parents to be constructively involved with their child's orthodontic care can lead to better treatment results. As treatment progresses, it would be beneficial for the dental practitioner to intervene with discouraged patients to increase patient confidence. Increasing patient compliance could potentially lead to increased adherence to oral health instructions, reduced treatment complications, and time and financial savings to both patients and dental providers.