

3rd International Conference on **General Practice & Primary Care**
&
24th International Conference on **Dental Public Health & Dental Hygiene**

August 16-17, 2018 Madrid, Spain

The association between oral health behavior reports and clinical measurement among Iranian adolescents

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One of the most common studies in oral health is evaluating the oral hygiene behaviors including daily self-care. Although the best way for assessing oral hygiene is measuring plaque and calculus indices, many studies are based on individual reports. In current study, the relation between the common self-care behaviors and plaque index plus diagnostic values of self-reported tool are evaluated. For this cross-sectional study, we examined 260 students 13 to 15 year-old of Isfahan female's high school, by two-stage randomized sampling. The common tool for oral health behavior was disseminated among both students and their parents. Thereafter a calibrated-examiner assessed dental plaque by 'Sillness and Loe' index. After transformation the responses to binary variables, sensitivity and specificity of self-reported tools was measured in according to the clinical plaque index. The association between 'plaque index' and self-reported brushing frequency was significant ($P=0.017$). Mean 'plaque index' has a significant difference in various groups of parents report on brushing and flossing (P respectively: 0.001, 0.005). Sensitivity and specificity of students and parents reports about brushing were about 35% and 83%. Moderate PPV (71%) and low NPV (52%) was achieved. Parents report on flossing was highly sensitive (85%) and low specific (26%). Findings of this study showed unfavorable self and parent reports about brushing is highly presenting weak plaque index. Also whenever the parents report good flossing habits, it is reliable as good plaque index.

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