

### PURPOSE

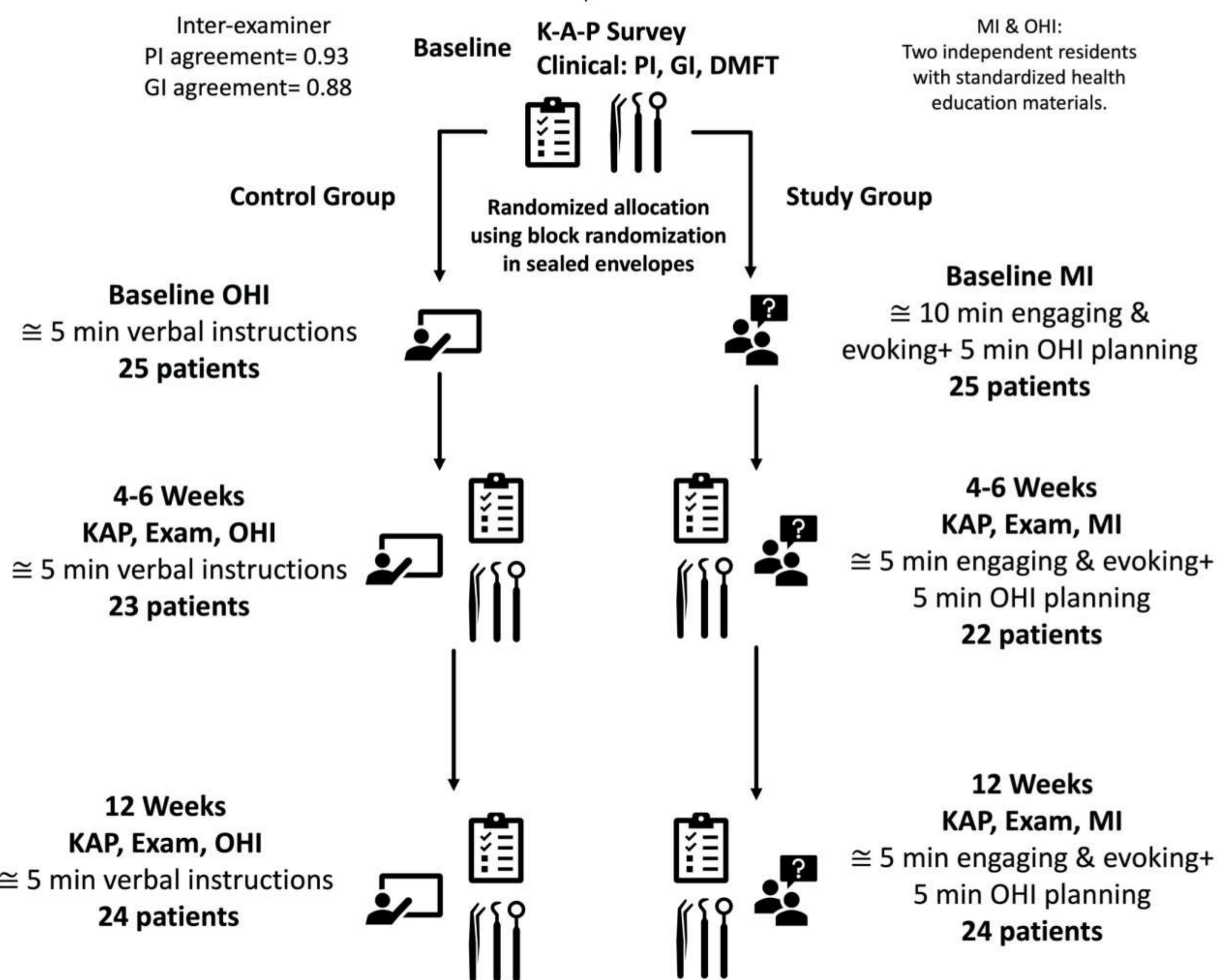
To evaluate the short-term effect of a motivational interviewing (MI)-based intervention compared with standard oral hygiene instruction (OHI) on clinical and patient-reported outcomes among adolescent patients undergoing fixed orthodontic treatment.

### METHODS

**Eligibility: Healthy, Fluent in English, Fixed Ortho, Aged 14-19**



**50 Patients**  
Parent consent and Patient assent.



• Between-group comparisons across time points were analyzed using Chi-square test while continuous outcomes were evaluated using Student t-test. In addition, the association between PI or GI and questionnaire-based outcomes was assessed at 12 weeks using Chi-square test.

• All tests were two-sided, and significance was set at  $p < 0.05$  for all comparisons.

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### RESULTS

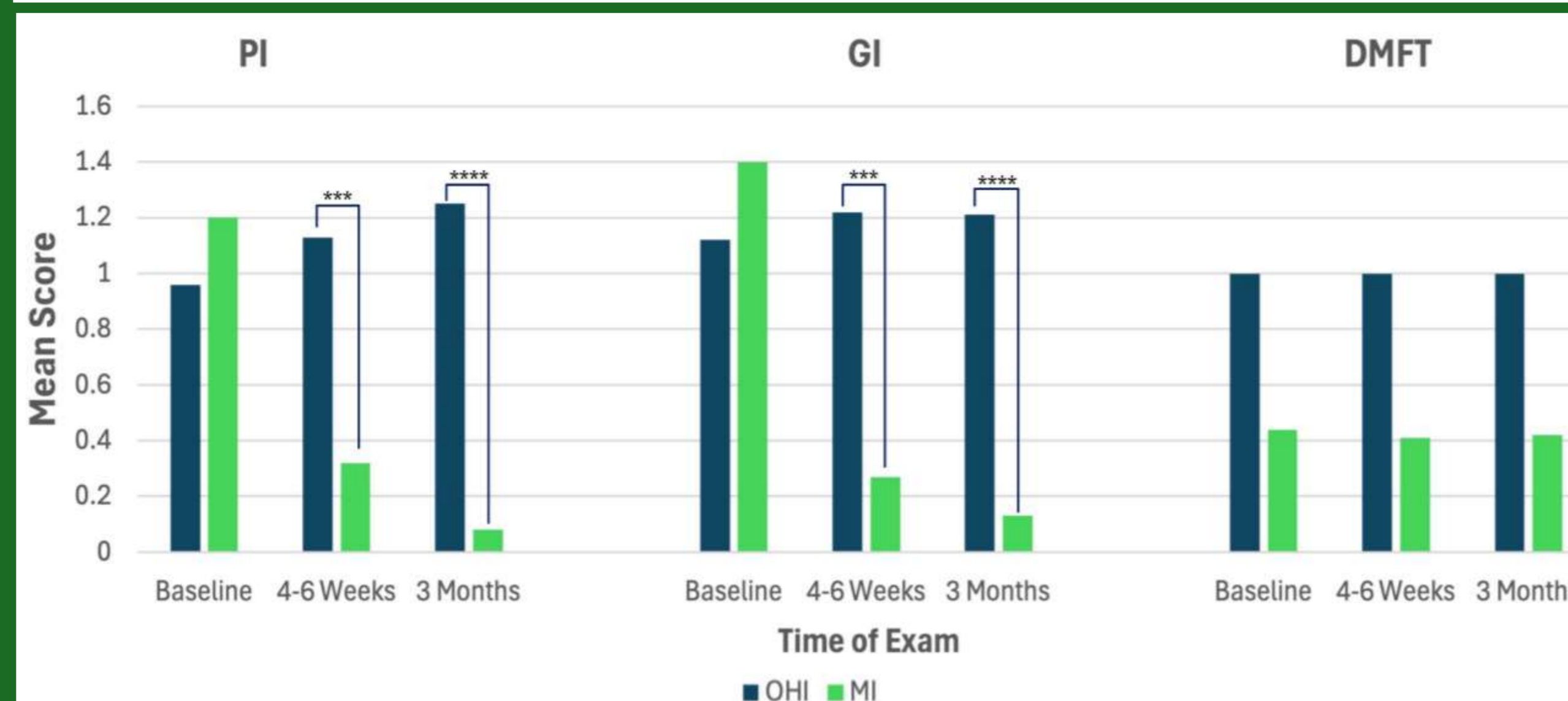


Figure 1. Clinical Outcomes of MI and OHI Groups

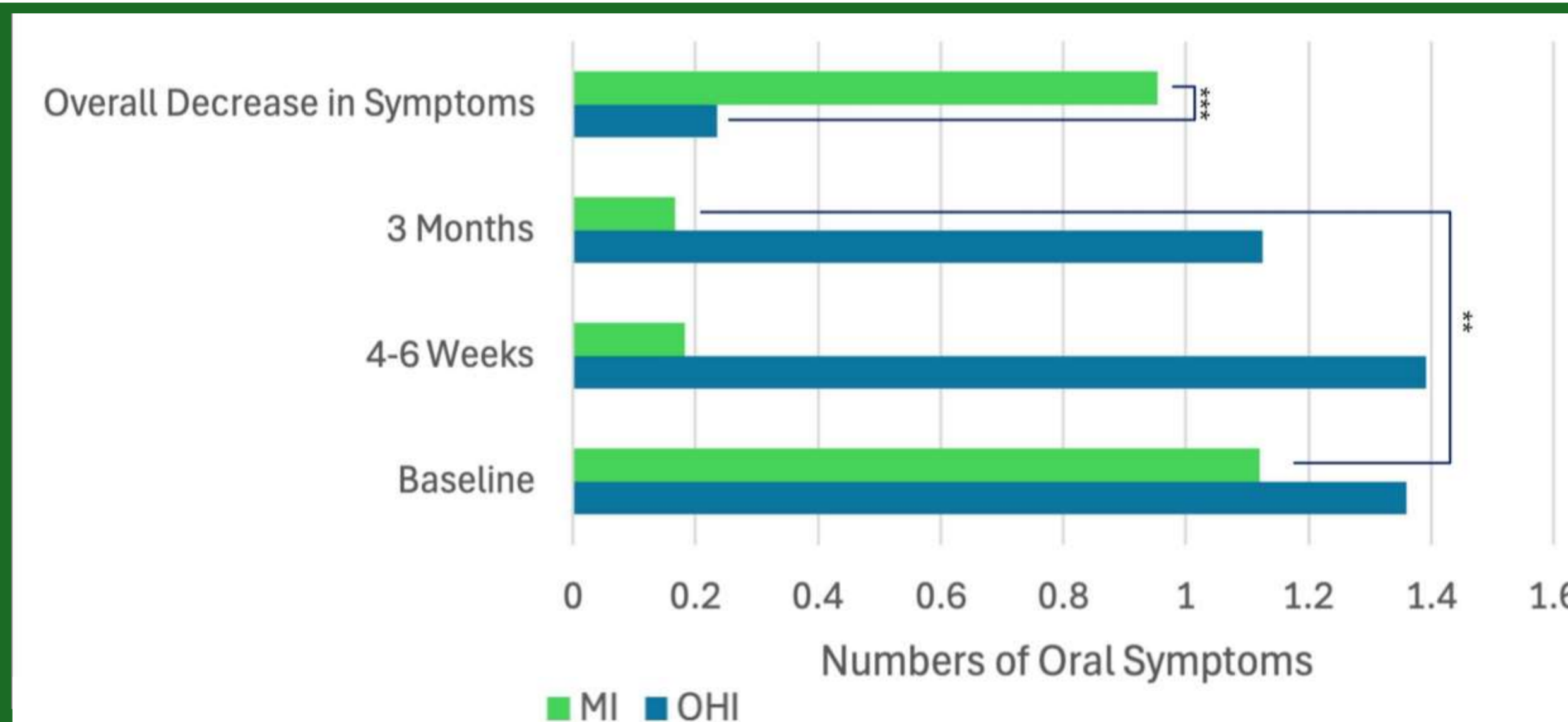


Figure 2. Numbers of Self-Reported Current Oral Symptoms of MI and OHI Groups

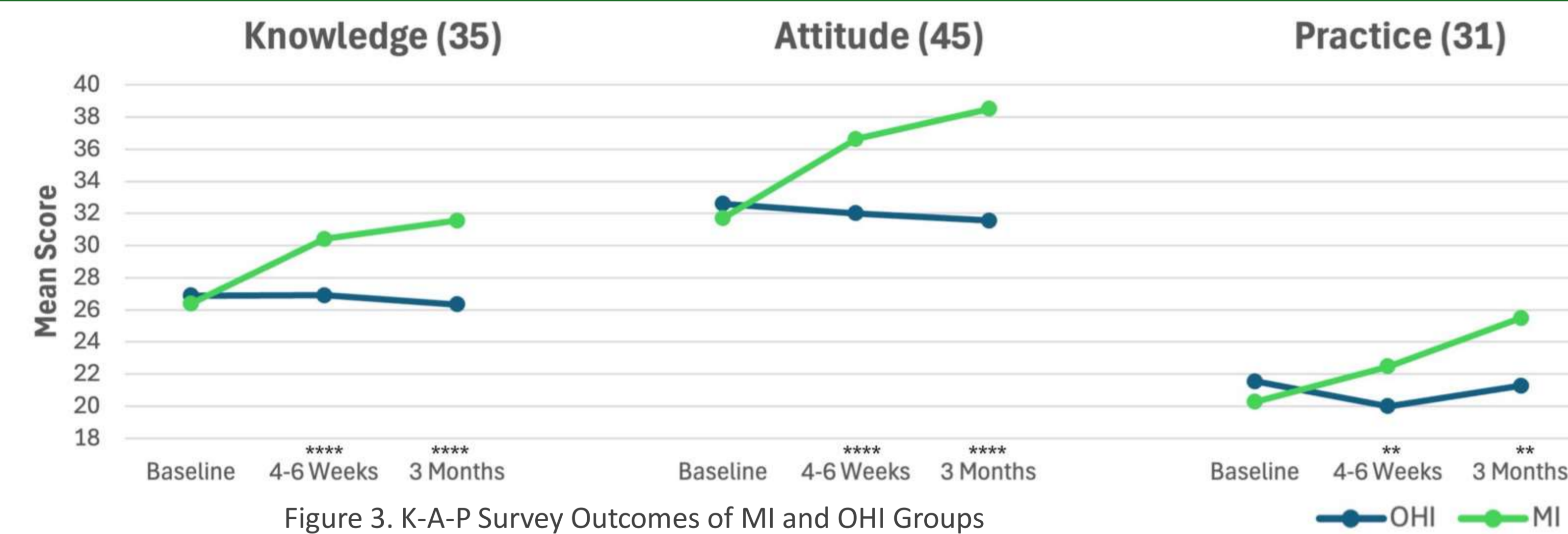


Figure 3. K-A-P Survey Outcomes of MI and OHI Groups

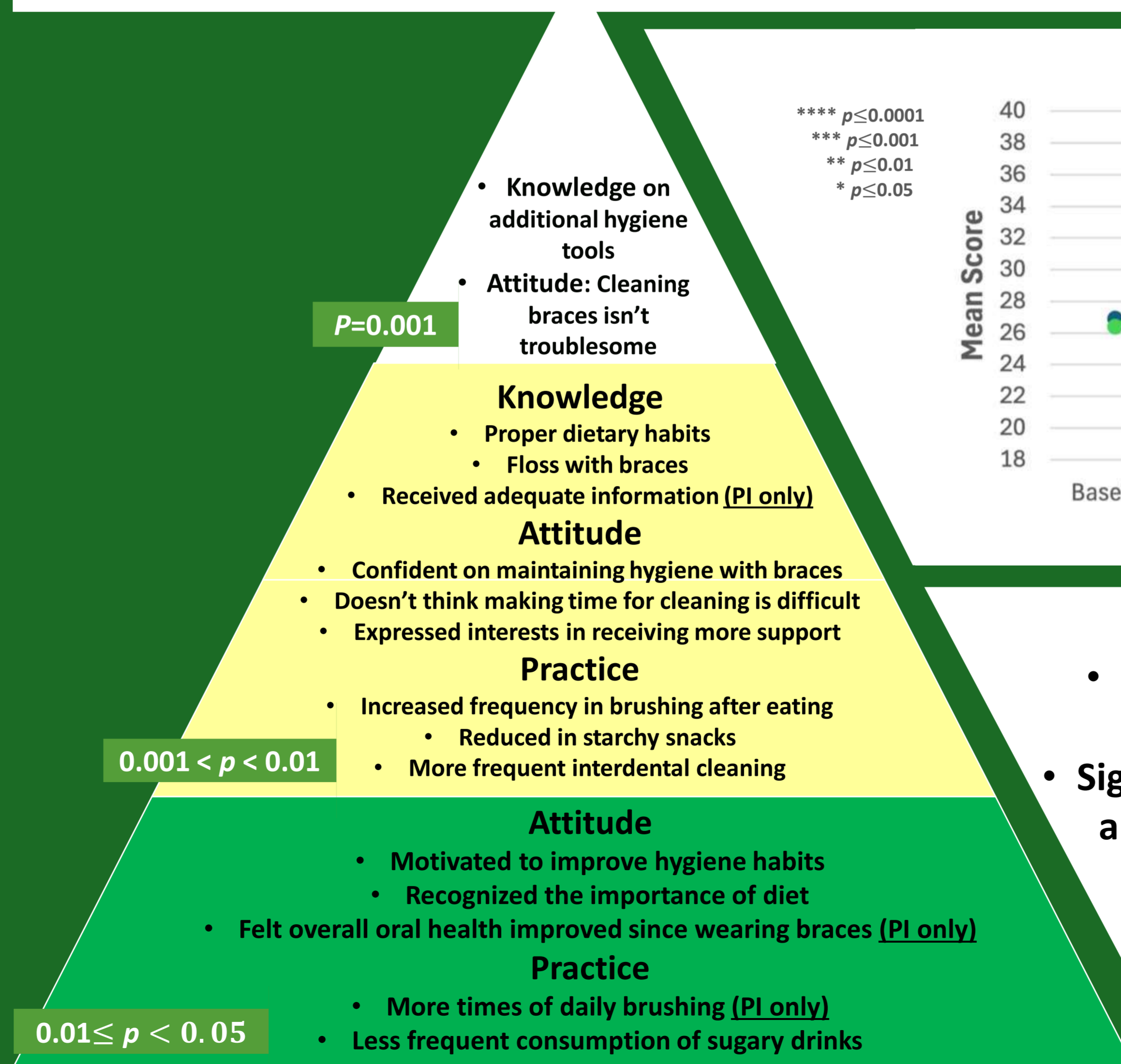


Figure 4. Factors Strongly associated with Reduced PI or GI

### CONCLUSION

- Motivational interviewing (MI) resulted in significant better plaque control and gingival health in 3 month for adolescent fixed orthodontic patients.
- Significant improved Knowledge, Attitude, Practice on oral health habits were noted and accompanied by reductions in self-reported symptoms and clinical outcomes.

### CLINICAL IMPLICATION

We hope the findings can inform clinician on the key areas of behavioral items that are associated with positive clinical outcomes.

→ A practical approach with busy clinic flow can focus on intervention prioritizing the tasks from the top of pyramid in Figure 4.

REFERENCE

