

SATISFACTION OF JORDANIAN POPULATION ABOUT THEIR GENERAL DENTAL AESTHETIC

¹SARAH S ALSROUR, ²WASIM W ALKHZOUZ, ³ALAA H KHULUQI, ⁴MAIS Z AHARAM, ⁵SAMA M ALTA'AMNEH

ABSTRACT

Nowadays Jordanian patients visiting dental clinics are seeking not only treatment for dental caries, root canal treatment or for gum disease, but also demanding that their dental appearance must be improved. So understanding their esthetic complaint and knowing their expectation and how to make them satisfied are important factors to give them satisfied esthetic result. In this study we asked the patient about their general dental satisfaction such as color of the teeth, shape and alignment of the teeth. Therefore, it was necessary to understand their esthetic desires and to take appropriate measures. An observational study was carried out.

This cross sectional study was conducted on a group of Jordanian adults visiting dental clinics at King Hussein Medical Center in Amman from January to June 2020.

A written questionnaire was given to each and every patient after gaining their verbal consent. Questions were explained to them and a researcher was available in case help was needed for clarification. A total of 590 questionnaires were delivered. Five hundred seventy were filled out (280 females and 290 males) with a response rate of 96.6%. Results were analyzed and studied by researchers using SPSS statistical analysis.

Only 38.4% of the present study samples were found satisfied with their dental appearance. Gender difference was not statistically significant.

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INTRODUCTION

Beautiful attractive features have always been admired by people since ancient history. Greeks for example considered beauty being of super natural origin. Some other nations believed it is a kind of blessing while others related attractive features to devil and evil spirits.

During fourteenth, fifteenth and sixteenth century Interest in beauty was expressed through renaissance arts where hundreds of paintings, statues, sculptures, poems and music pieces were made, and still present till to day.¹

Nowadays aesthetics has turned into a science that helps people physically and psychologically, making

them feel good about the way they look, raise their self-esteem, social skills, acceptance and opportunities.

Dentistry for example at the first place was considered to restore functional problems but high demand on cosmetic dental procedures especially in the last two decades made it number one motivating factor for seeking dental treatment.

These changes resulted in slowly shifting dental practice toward aesthetics and made cosmetic considerations very important.²⁻⁵ Dental aesthetics did improve patients quality of life physically and psychologically.^{6,7} Many people are being judged by their physical appearance. Adults suffering from dental problem are less willing to seek jobs and children having good looking teeth made them attractive, and more preferred as friends.⁸

Satisfaction in general was defined by Kotter as a person's degree of happiness or content when comparing a subject outcome with expectations previously made

¹Sarah S Alsrour, Periodontist

²Wasim W Alkhzouz, Conservative dentistry

³Alaa H Khuluqi, Conservative dentistry

⁴Mais Z Ahram, Conservative dentistry

⁵Sama M Alta'amneh, Paedodontist

(All authors are from Jordanian Royal Medical Services).

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by him/her.⁹

To understand dental self-satisfaction we have to keep in mind that colour, shape, size and alignment of teeth all can positively influence ones smile, whether acting separately (each on its own) or by creating a state of balanced harmony with each other.¹⁰

Jordanian patients now a days are more concerned about their dental esthetics particularly the females.

MATERIALS AND METHODS

This observational study was conducted on a group of Jordanian adults visiting dental clinics at King Hussein Medical Center in Amman from January to June 2020.

Ethical approval from Royal Medical Services ethical committee was obtained through a formal letter explaining study aim and method used.

Patients with history of trauma, orthodontic treatment or restoration, crowns and veneers of anterior teeth were excluded. A written questionnaire was

given to each and every patient after gaining their verbal consent. Questions were explained to them and a researcher was available in case needed for inquiries or clarification. A total of 590 questionnaire were delivered. Five hundred seventy were returned back (280 females and 290 males) with a response rate of 96.6%.

Results were analyzed and studied by researchers using SPSS statistical analysis. (For details see table 1-3).

RESULTS

DISCUSSION

Esthetics did not get much attention in dental practice compared to function until lately, where clinicians used to set their goals only to restore biology, structure and function even if this may sometimes compromise the esthetic. Nowadays, things have changed placing esthetics right on top of the objectives list of any treatment plan.²

Only 38.4% of this study samples were satisfied with their dental appearance, which is less than found among

TABLE 1: GENERAL ANALYSIS

| | Yes | No | Indifferent |
|-------------------------------|-------|-------|-------------|
| General satisfaction | 24.9% | 53.7% | 21.4% |
| Desire for esthetic treatment | 54.7% | 45.3 | |
| Color | 21.4% | 39.6% | 38.9% |
| Alignment | 29.5% | 34.4% | 36.1% |
| Shape | 35.1% | 36.5% | 34% |

TABLE 2: ANALYSIS FOR FEMALES

| | Yes | No | indifferent |
|-------------------------------|-------|-------|-------------|
| General satisfaction | 22% | 55% | 23% |
| Desire for esthetic treatment | 59.3% | 40.7% | |
| Color | 17% | 40% | 43% |
| Alignment | 24% | 35% | 41% |
| Shape | 32% | 29% | 39% |

TABLE 3: ANALYSIS FOR MALES

| | Yes | No | Indifferent |
|-------------------------------|-------|-------|-------------|
| General satisfaction | 29% | 54% | 21% |
| Desire for esthetic treatment | 50.3% | 49.7% | |
| Color | 26% | 39% | 35% |
| Alignment | 25% | 50% | 25% |
| Shape | 38% | 32% | 30% |

patients at dental school in Ankara (57.3%), UK adults (74%), Malaysia (76%), and 48.2% of adults attending dental clinics at Riyadh University (55%).^{5,10-12}

Previous studies revealed that evaluation of dental appearance was subjective and varied not only among cultures and societies but also between individuals in the same community, and kept on changing with age. In other words people had variable sensitivity levels to esthetics.^{3,11-15}

Tin-Oo et al conducted a study in Eastern Finland and stated that satisfaction of dental appearance was less among females compared to males.^{10,16} Gender difference was present in present study; on the other hand some studies showed no gender differences.^{5,11,16}

Comparing different age groups younger adults were found to be more satisfied with their dental appearance than older ones which coincides with the results found in Saudi study.^{5,10,12} This can be explained by the effect of mass media; TV, cinema, commercials and other social media applications through which men and women of all ages appear having beautiful attractive teeth, and agrees with studies conducted in Sweden and Germany which claimed that older adults do believe dental appearance is important.^{18,19} Other studies claimed that older age groups showed higher satisfaction with their dental appearance.^{5,12}

Females in this study showed higher desire in getting dental treatment that could enhance their smile beauty. This agrees with the fact that females are more judgmental, critical and interested in maintaining an aesthetically attractive general and dental appearance than males.^{16,19}

Tooth colour believed to be the main reason affecting the satisfaction.^{2,10,17} The way tooth colour is perceived vary among societies for it is not as simple as it may appear; but difficult and multifactorial where transparency, opacity, scattering, glossiness can affect the way it is perceived besides the role of individual's previous experience and affected by multiple factors such as light, tooth itself and personal judgement.²⁰

In current study 21.4% were satisfied with their tooth color which was less than in the studies done in Turkey, North America, China and Saudi Arabia scoring 55.1%, 31.6%, 34%, 52.6% and 33.5% respectively.^{5,10,21} This can be related to the fact that most of this study group were young adults who preferred whiter tooth shades.¹⁶ Some studies stated that color satisfaction is not age related.^{10,11} Other studies revealed that societies vary perceiving teeth criteria.

Females usually are less satisfied with their teeth color in comparison with males, which can be explained by the fact that women are more meticulous regarding

their appearance.

Only 30.2% were unhappy with the shape of their teeth with no significant difference between males and females. Other countries like Serbia scored 15.6%.²¹ This can be related to the fact that tooth shape can affect dental satisfaction degree but not to a significant level.³ Maxillary anterior teeth mainly incisors are key determinant when measuring the effect of shape on smile perception; it was found that incisors with rounded edges are more aesthetically pleasing.³

Teeth alignment in the dental arches also proved to influence degree of dental satisfaction among surveyed patients, especially in the upper maxillary region where it is noticeable and easy to locate when if present can compromise general dental appearance. 34.3% of this study sample believed having poorly aligned teeth which is similar to results recorded in Saudi Arabia 34%¹¹ and Serbia 37.8%.²¹

CONCLUSION

Patients' satisfaction with their dental appearance has been of a major concern for the dentists, as it is the key for success for any treatment plan especially when it includes the esthetic region. Many factors may affect patients' satisfaction with the beauty of their teeth. Colour, shape and alignment play important role. A high percentage of patients were not satisfied with their general dental esthetic.

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CONTRIBUTIONS BY AUTHORS
All authors contributed substantially