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Determinants of Oral Health Behaviors among Adolescents in Jerusalem

Suburbs: an Application of the Theory of Planned Behavior

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**Determinants of Oral Health Behaviors among Adolescents in Jerusalem Suburbs: an
Application of the Theory of Planned Behavior**

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DEDICATION

I would like to dedicate this humble study to all of them, to the spirit of my father, to my tender mother, to my beloved husband, To my precious sons, to my dear sisters and brothers and to my lovely friends Muna, Isra'a, May and Najwan

Heba Mohammed Al-Kafrwe

Declaration

I certify that this thesis submitted for the degree of masters in public health is the result of my own research, except where otherwise acknowledged, and this thesis (on any part of the same) has not been submitted for a higher degree to any other university or institution

Signed:

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ABSTRACT

Background

Dental caries is a major oral health problem in most developing countries including Palestine, and its prevalence is increasing over time. Very few studies were done in Palestine to evaluate the adolescent oral health behavior and its determinants. This study was designed to measure the prevalence of dental caries, to evaluate the adolescents' level of knowledge regarding oral health, and to investigate the determinants of tooth brushing behavior among adolescents in Jerusalem suburbs based on the theory of planned behavior (TPB).

Methods

A cross-sectional design was used in this study. The sample included 206 Palestinian students of both sexes, 101 male and 105 female from governmental schools in Jerusalem suburbs. A two stage cluster random sample design of schools and classrooms within schools of both sexes were used to obtain the required sample size. Data about knowledge, behavior and determinants of oral health were obtained by using a self-administered questionnaire. Components of the Theory of Planned Behavior, including intentions, attitudes, subjective norms and perceptions of behavioral control of tooth brushing behavior were also measured in the questionnaire. Furthermore, oral examinations were carried out in the classrooms under daylight according to the WHO criteria to measure the prevalence of dental caries. Linear regression analysis was used to measure the predictor variables of the theory of planned behavior.

Results

The prevalence of dental caries among the study participants was 87.9 and the mean DMFT score (number of decayed, missed or filled teeth) in the study participants was 4.7. Females had a higher DMFT score than males. An overall poor level of knowledge regarding oral health behavior in study participant's was indicated. Only one third of participants reported tooth brushing twice daily, 23% of study participant floss their teeth and 70% reported that dental pain is the primary reason of dental attendance.

Regression analysis revealed that the theory of planned behavior variables predicted 57% of the variance in intention and 21% of the variance in behavior. Attitudes and subjective

norms were good predictors of intention for tooth brushing. Furthermore, attitude was the strongest predictor of intention for this behavior. On the other hand, although Perceived behavioral control was not significantly associated with the intention to perform tooth brushing, it was significantly associated with tooth brushing behavior.

Conclusions

This is the first study in Palestine that focus mainly on oral health behavior and its determinants. The findings indicate that the mean DMFT score is higher than the standard goal of WHO (less than < 3). The study participants report low frequency of tooth brushing , dental flossing and other protective oral health behavior. Although, the study participants had a positive attitude and perceived control over tooth brushing. Their overall knowledge about oral health was poor. Therefore, future health promotion programs should focus on increasing the knowledge for adolescents regarding oral health

دراسة حول العوامل المحددة للسلوك الصحي الفموي لدى الشباب في عمر 15 في مديرية ضواحي القدس

اسم الطالب: هبة الكفراوي

اسم المشرف: د.لينا الخيري

ملخص الدراسة:

تسوس الأسنان من أهم المشكلات الصحية في معظم البلدان النامية بما فيها فلسطين، وانتشاره يتزايد مع مرور الوقت. ولا يعرف إذا أجريت دراسات في فلسطين لتقييم ودراسة سلوك صحة الفم والأسنان ومحدداته لدى المراهقين. تهدف هذه الدراسة إلى قياس مدى انتشار التسوس وإلى تقييم سلوك صحة الفم والأسنان ومحدداته بين المراهقين في ضواحي القدس بناء على أساس نظرية التخطيط في تطبيق السلوك (Theory of Planned Behavior)، ولتقييم مستوى معلومات المراهقين فيما يتعلق بصحة الفم والأسنان.

أجريت دراسة وصفية مقطعية لدراسة محددات السلوك الصحي الفموي لدى الشباب في مديرية ضواحي القدس. اشتملت العينة على 206 طالب وطالبة من المدارس الحكومية وقد تم اختيار العينة بطريقة عشوائية على مرحلتين من المدارس الحكومية لكلا الجنسين ومن الصفوف داخل المدارس. وقد تم جمع المعلومات من خلال استبانة ذاتية قام الطالب بتعبئتها والتي تتضمن أسئلة عن وضع الطلاب الاجتماعي. وحول عادات تنظيف الفم والأسنان والمعلومات المتعلقة بالصحة الفموية والعوامل المحددة لسلوكهم بناء على نظرية التخطيط في تطبيق السلوك (Theory of Planned Behavior) والتي تشمل قياس توجهاتهم وأرائهم والمعايير الشخصية لدى الآخرين وقياس قدرتهم على التحكم في تنظيف أسنانهم. كما تم إجراء فحص طبي للعينة المختارة لتحديد مدى انتشار نسبة التسوس ولتحديد عدد الأسنان المتسوسة والمفقودة والمرممة من قبل طبيبة أسنان وباستعمال مرآة الأسنان وتحت ضوء النهار حسب معايير منظمة الصحة العالمية.

النتائج

كان معدل انتشار التسوس بين المشاركين في الدراسة هو 87.9% بينما كان متوسط عدد الأسنان المتسوسة والمفقودة والمرممة 4.7 وكان متوسط عدد الأسنان المتسوسة والمفقودة والمرممة لدى الفتيات اعلي منه عند الشباب. أظهرت نتائج هذه الدراسة تدنى مستوى المعلومات المتعلقة بصحة الفم والأسنان لدى المشاركين. كما أشارت نتائج هذه الدراسة أن ثلث المشاركين فقط ينظفون أسنانهم مرتين يوميا ، و23% من الطلاب يستخدمون الخيط الطبي ، و70% من الطلاب يذكرون أن ألم الأسنان هو السبب الرئيسي من زيارة طبيب الأسنان.

أشارت التحليلات الإحصائية المستخدمة في هذه الدراسة أن نظرية التخطيط في تطبيق السلوك (TBP) قد تنبأت بأن 57% من الاختلاف في تطبيق السلوك يعود إلى اختلاف نوايا الشباب في تطبيق السلوك في حين أن 21% من الاختلاف يعود إلى اختلافهم في تطبيق السلوك نفسه.

كان انطباع الشباب هو العامل الأكثر تأثيراً في نواياهم في تطبيق السلوك في حين أن قدرتهم على التحكم في تطبيق السلوك نفسه هو العامل المباشر في تطبيق السلوك.

هذه هي الدراسة الأولى في فلسطين التي تركز بشكل رئيسي على دراسة العوامل التي تحدد سلوك الشباب اتجاه تنظيف أسنانهم باستخدام الفرشاة والمعجون. وتشير النتائج إلى ارتفاع معدل انتشار التسوس وارتفاع متوسط عدد الأسنان المتسوسة والمقلوعة والمرممة لدى المشاركين وهو أعلى من مقياس منظمة الصحة العالمية (أقل من 3). كما أشارت الدراسة إلى تدنى مستوى معلومات الطلاب بما يتعلق في صحة الفم والأسنان. وقد أظهرت الدراسة أن نسبة قليلة من الطلاب ينظفون أسنانهم بانتظام ويستخدمون الخيط الطبي. ولذلك ينبغي ان تركز برامج تعزيز الصحة على تعزيز وتطوير المعلومات المتعلقة بصحة الفم والأسنان

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