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Knowledge, Attitude, Practice and Pain Perception of Patients Towards Orthodontic Treatment Attending Orthodontic Clinic in Manipal University College Malaysia (MUCM) – A Questionnaire Survey

Carol Winnie Lobo^{1*}, Sajetha Mohendran^{2†}, Sarania Gunasekaran^{2†}, Sarinia Jaya Sangar^{2†}, Sharmin Sultana^{3†}, Htoo Htoo Kyaw Soe^{4†}

¹Department of Orthodontics, Department of Orthodontics, Faculty of Dentistry, MUCM.

²Faculty of Dentistry, MUCM.

³Department of Orthodontics, Faculty of Dentistry, MUCM.

⁴Department of Community Medicine, Faculty of Medicine, MUCM.

Orthodontic treatment outcomes are influenced not only by biomechanics but also by patient awareness and cooperation. This study aimed to evaluate the knowledge, attitude, practice, and pain perception of orthodontic patients attending the Orthodontic Clinic at MUCM and to explore gender-based differences. A cross-sectional questionnaire survey was conducted among 63 patients aged 14–45 years undergoing fixed orthodontic treatment for at least four months. Data were collected using two structured questionnaires covering knowledge, attitude, practice (15 items), and pain perception (7 items). Knowledge was assessed on a binary scale, attitude and practice on a three-point Likert scale, and pain perception on a five-point Likert scale. The findings revealed that all participants recognized the importance of oral hygiene and dietary compliance, and 98% acknowledged the necessity of retainers. While 67% were satisfied with treatment outcomes and 81% reported using special cleaning aids, more than half frequently missed appointments. In terms of pain, 16% experienced discomfort during appointments and 51% reported pain persisting for a few days afterward, though only 20% felt it affected daily activities. Statistical analysis showed no significant gender differences in knowledge, attitude, practice, or pain perception. Overall, patients demonstrated good awareness and compliance, though pain management and appointment adherence remain areas for improvement.

Keywords: Attitude, Knowledge, Orthodontic treatment, Practice, Pain perception

***Correspondence:** Carol Winnie Lobo,
carol.lobo@manipal.edu.my

†These authors have contributed equally to this work