

Quality of Life in Orthodontic Patients

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Introduction

- Orthodontic treatment greatly improves the quality of life for those seeking dental correction.
- Besides aligning teeth and correcting jaw structure, it profoundly impacts various aspects of a patient's well-being.
- Orthodontics delves into the multifaceted ways it enhances patients' lives, going beyond cosmetic improvements.
- Studies aim to thoroughly explore how orthodontic treatment affects quality of life, identifying factors that magnify these effects.
- It offers insights beyond the scope of just creating a great smile.



Methods

- Databases utilized: Ovid, Scopus, Web of Science, and PubMed.
- Search strategy involved a combination of terms: Quality of Life, Orthodontics, Outcomes, Life Quality, QoL, and Health-Related Quality of Life.
- The search strategy resulted in collecting and analyzing 285 distinct scholarly articles.
- This research poster focuses on six specific articles that examine the Quality of Life of Orthodontic patients.

	Inclusion	Exclusion
Time Period	Literature published anytime	N/A
Language	English	Non-English
Article Type	Published Peer-Reviewed Articles	Review Articles
Article Criteria	Orthodontic Patients and Quality of Life	Articles not related to orthodontic patients and quality of life

Table 1. Inclusion/Exclusion Criteria for Quality of Life in Orthodontic Patients.

Results

- Studies investigating Oral Health-Related Quality of Life (OHRQoL) in orthodontic treatments reveal nuanced impacts across demographics.
- Findings suggest potential benefits for individuals, including children with low psychological well-being and adults undergoing orthodontic treatment.
- A specific study involving 44 adults using clear aligners or fixed appliances showed that those with clear aligners reported higher OHRQoL and shorter treatment durations compared to those with fixed appliances.
- Overall, these findings collectively emphasize the positive influence of orthodontic interventions on reported OHRQoL across various age groups and treatment methods.

Study	Number of Participants	Reason for treatment	Key Findings
(Agou S. et al., 2011)	118 adolescent	aesthetics, function, pain	This suggests that children with low psychological well-being can benefit from orthodontic treatment.
(Alfawal et al., 2022)	44 adults	Crowding (function)	Patients treated with clear aligners reported higher OHRQoL and shorter treatment duration as compared to those treated with fixed appliances.
(Anweigi et al., 2013)	82 participants	Hypodontia (aesthetics, function)	Hypodontia has a significant impact on oral health related quality of life. Provision of resin bonded bridges has a positive impact on oral health related quality of life of patients with hypodontia.
(Ao et al., 2020)	427 adolescent	labial orthodontic treatment (aesthetics)	This study indicates that dental aesthetics, social reinforcement and dental appearance comparison are reliable predictors of psychosocial dimension of OHRQoL among adolescent orthodontic patients
(Baidas et al., 2020)	42 patients	Patients seeking orthodontic care	Age, gender, educational level, and socioeconomic status had no effect on the OHRQoL. The definite treatment need had a marked negative effect on the OHRQoL.
(Chapman et al., 2018)	60 patients	severe skeletal discrepancies (function)	Although both groups showed similar improvements in OHRQoL following orthodontic treatment, the non-cleft group had significantly greater improvement in their PAR outcome.

Table 2. Analyzing six different research studies examining the impact of OHRQoL on patients after undergoing orthodontic treatment.

Future Directions

- Prioritize future research on the long-term impact of orthodontic treatments on patient quality of life.
- Conduct post-treatment tracking to comprehensively assess enduring effects across different facets of patients' lives.
- Investigate the evolving landscape of technology and treatment modalities in orthodontics.
- Continually assess emerging technologies like clear aligners and digital planning systems to gauge their influence on patient experiences and quality of life during and after treatment.



BEFORE & AFTER: BRACES



Conclusion

- Various studies on Oral Health-Related Quality of Life (OHRQoL) in orthodontic treatments provide a comprehensive understanding of impacts on patients' lives.
- Highlights include benefits for individuals with low psychological well-being undergoing orthodontic treatment.
- Clear aligners show higher reported OHRQoL and shorter treatment durations compared to fixed appliances.
- Factors like hypodontia, dental aesthetics, and socio-cultural influences significantly affect OHRQoL dimensions.
- Demographic factors have minimal impact on OHRQoL, but treatment necessity has a notable negative effect.
- Both cleft and non-cleft groups experience improved OHRQoL post-treatment, with the non-cleft group showing greater improvement in clinical outcomes.
- These insights stress the need for tailored, holistic approaches in orthodontic care, considering individual needs and psychological aspects for optimizing patient experiences and overall quality of life.