

## **Knowledge, attitude and practice survey on the preference of people in Chennai for spending on dental treatment**

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### **ABSTRACT**

**Introduction:** Dental treatments contribute to one of the highest expenses among health services. The aims of the study were to assess dental expenditure, people's interest in spending on dentistry.

**Materials and methods:** A self accessible questionnaire consisting of 10 questions was created and a survey link was sent to participants who underwent treatment in government and private dental clinics/hospitals using an online platform. Results were statistically analysed with Chi square tests using SPSS software version 21.0 and represented in the form of pie charts and bar graphs. P value was set at 0.05.

**Results:** The present study inferred that most of the people were aware about maintaining proper oral hygiene and 62% felt dental treatment improves their overall health. 56% felt regular visits to the dentist reduces the total amount spent on treatment in the later stages. 70% of participants were willing to spend on preventive measures to reduce complications in the future. There was no significant association of gender with the knowledge and attitude of people in Chennai about oral health care (P value > 0.05).

**Conclusion:** The study concluded that people of Chennai are willing to spend on dental treatment and have a good knowledge on the importance of maintaining oral health.

**Keywords:** Oral health; oral hygiene; expenditure; survey, innovative technique.

### **INTRODUCTION**

Oral wellbeing can be characterized as the way toward keeping the mouth clean and liberated from disease. Dental cleanliness can be kept up by appropriate brushing of teeth, and cleaning between the teeth. Improper cleanliness of the oral cavity may prompt numerous infections going from dental caries to cardiovascular diseases, and furthermore causes awful breath which causes individuals to feel awkward while talking. A comprehension of the greatness of current and past sources of financing and kind of consumptions for dental consideration is required. Chennai city in the territory of Tamil Nadu is taken as the position of interest. Health expenditure is the cash spent by people, gatherings, countries, for medical services, might be identical to genuine expenses and might be divided between patients, guarantors, and managers.

Expanded medical care going through was likewise connected with lower sickness predominance and frequency (1),(2). Significant expense of dental administrations was related with less dental visits and conceding suggested treatment dental treatment uses have expanded with extraordinary spotlight on guaranteeing that it addresses treatment issues and improves generally wellbeing (1,3). This danger was more among economically backward people (4) who may forfeit different expenditures, for example, for food, material, basics (4,5). On the other hand, taking care of dental consideration costs by protection has more possibilities for individuals to visit dental facilities (6),(7).

Over many years, prosperity in India has expanded less thought, and particularly, oral prosperity is the least (8). Greater part of oral medical problems result in the light of disastrous conditions and practices. Avoidance of these oral medical problems requires a multi-factorial methodology which joins genuine checking of dietary factors and routine upkeep of oral neatness by techniques for legitimate characteristic and mechanical plaque control strategies (9). Notwithstanding the way that things to secure pleasant oral neatness ought to be open to buy, the cost of such oral tidiness are a basic tangle for the people who wish to achieve the base level of plaque control that is seen as acceptable for great oral wellbeing (10). Dominant part of the utilization in India on oral and dental thought is associated with family expansive spending plans generally focusing on sustenance, shelter, clothing, and tutoring. Variety moreover exists in prosperity spending appropriation among each family likewise (11).

The aim of this study was to assess the knowledge, attitude and practice based survey on the preference of people of Chennai for spending on dental treatment.

### MATERIALS AND METHODS

Self-administered questionnaire, based on spending on dentistry distributed among the people of Chennai city through an online survey platform GOOGLE FORMS link. The study population included 100 people from Chennai. A simple random sampling method was used. The ethical approval for the study was obtained by the Institutional review board. The participants were explained about the purpose of study in detail. The answers were marked for the corresponding questions by the participants. The data was collected and the results were statistically analysed with Chi square tests using SPSS software version 21.0 and represented in the form of pie charts and bar graphs. The level of significance was set at P Value<0.05.

**Table 1:** Questionnaire with responses.

Question	Response	Percentage(%)
1.Age 18-25 26-35 36-45 Above 45	24 15 24 37	24% 15% 24% 37%
2.Sex Male Female	67 33	67% 33%
3.Occupation Student House maker Self employed Medical/Paramedical Banking IT Others	16 29 11 12 19 13	16% 29% 11% 12% 19% 13%
4.Do you know that symptoms of many chronic diseases are first found in the oral cavity? Yes No	75 25	75% 25%
5.Are you aware that untreated minor dental problems develop into chronic problems at a later stage? Yes No	55 45	55% 45%
6.When do you spend money on dental treatment? When suffering from pain Regular checkup Tooth decay Bleeding gums Bad breath	35 27 8 9 21	35% 27% 8% 9% 21%

7.How much money are you ready to spend on dental treatment? Depending on the treatment Have a prefixed amount in mind Whatever amount is required	47 29 24	47% 29% 24%
8.Do you think it's worth to spend for a high-quality Dental treatment/procedure Yes No	65 35	65% 35%
9.Do you agree that spending money on dental treatment improves your overall health Yes No	62 38	62% 38%
10.Is spending money on enhancing your smile really worth it according to you? Yes No	59 41	59% 41%
11.Do you think that regular dental checkups will reduce the amount spent on dental treatments in later stages? Yes No Maybe	56 21 23	56% 21% 23%
12.Will you be willing to spend on preventive treatment if that will reduce the complications in the future? Yes No	70 30	70% 30%

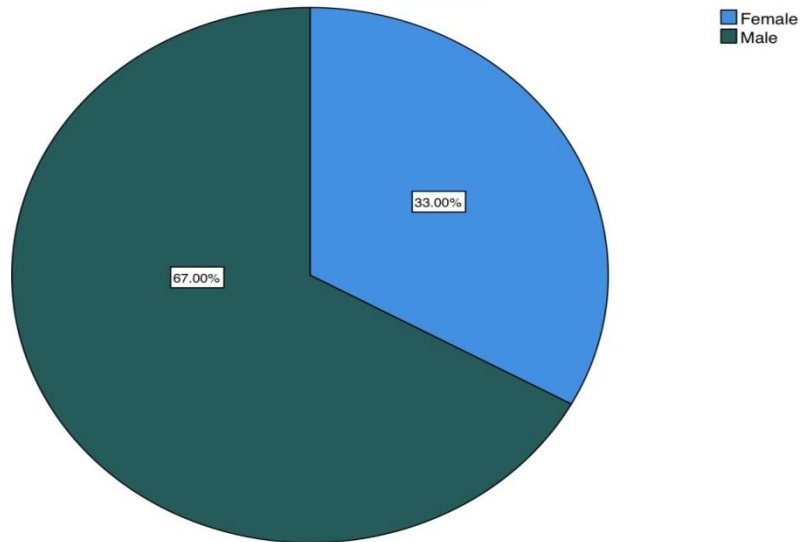


Figure 1:- Pie chart representing gender of the respondents, 67% are male (green) while 33% are female(blue).

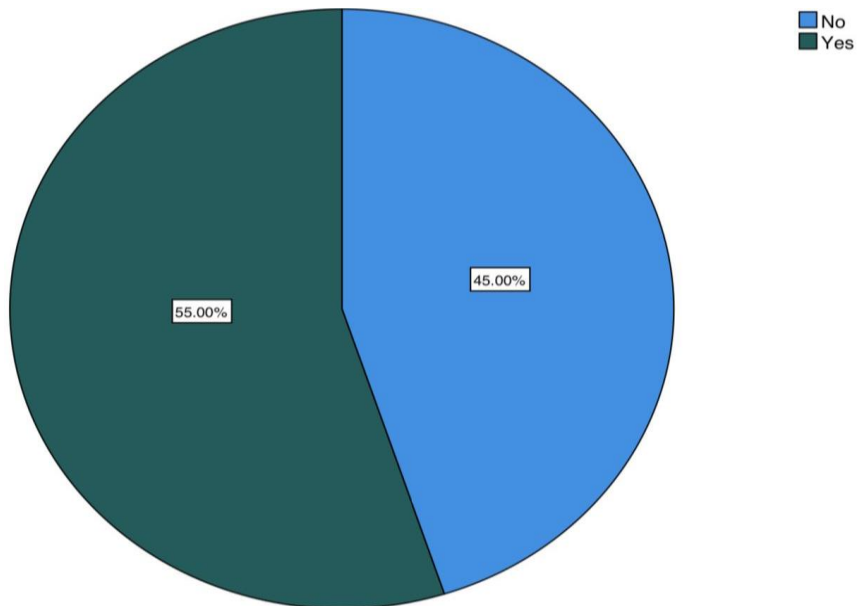


Figure 2:- Pie chart representing percentage distribution of responses to the question on whether it's important spending for high-quality dental techniques or not. 55% of the people said it's worth spending for higher quality Dental techniques(green) and 45% of the people said no(blue).

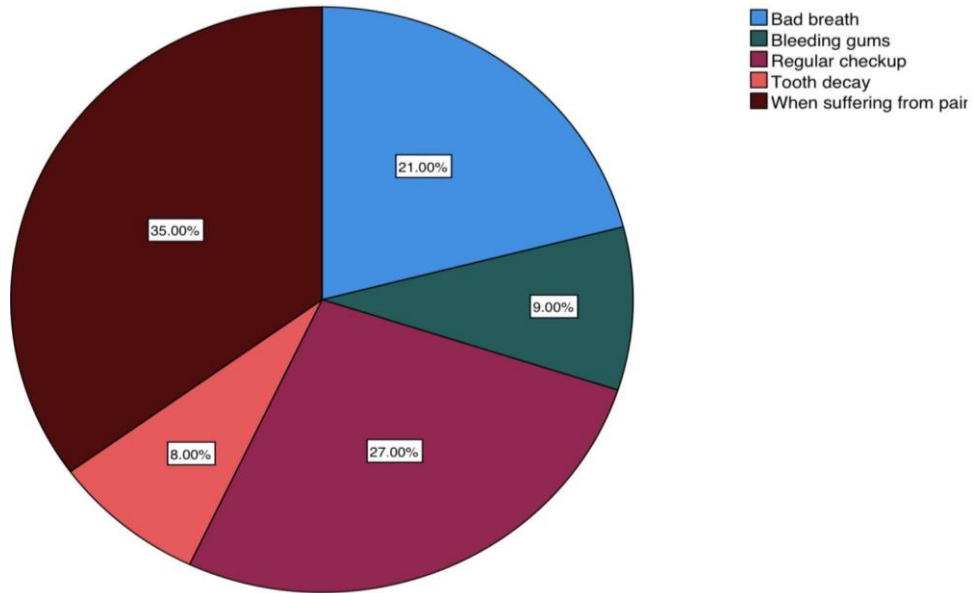


Figure 3:- Pie chart representing percentage distribution of responses to the question on when people spend their money on dental problems. 35% of the population said that they spend their money when they're suffering from pain(brown) while 27% of them said they spend it on normal checkups(maroon). 21% said that its bad breath(blue) which makes them spend money. 8% said when they have tooth decay(orange) and 9% when they have bleeding gums(green)

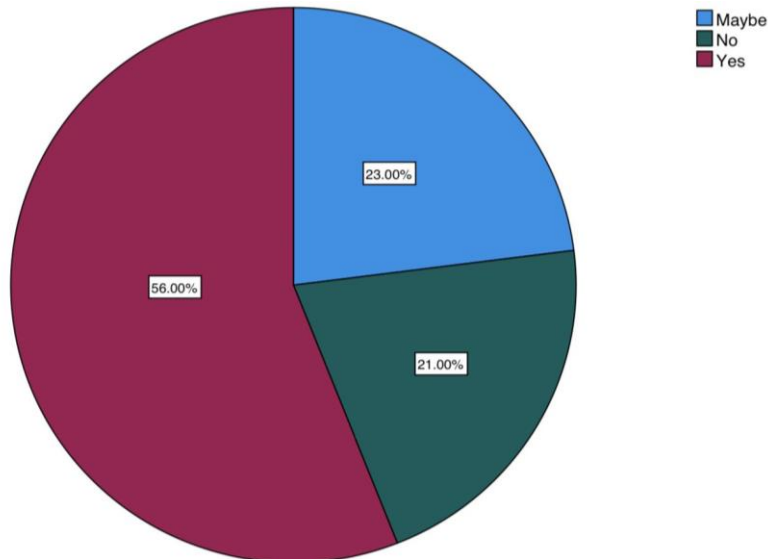


Figure 4:-Pie chart representing percentage distribution of responses to the question on people's interest to spend on regular dental checkups to avoid problems in future. 56% of them said that they're ready to spend(maroon), 23% of them said that they are not (blue) While 21% of the population said no(green).

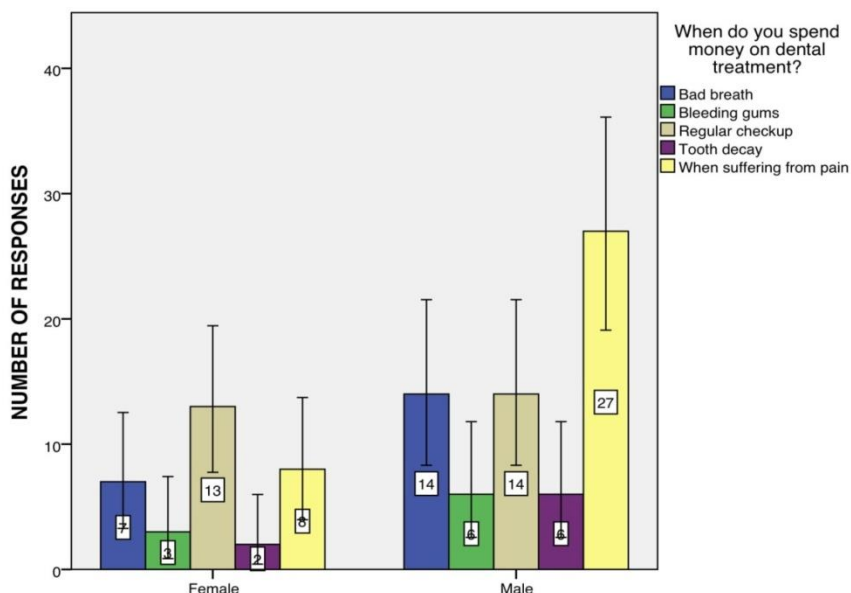


Figure 5:-The bar graph showing association between gender and reason for spending money on dental treatment . X axis showing the gender and y axis showing the number of responses. Blue denotes bad breath, Green denotes bleeding gums, Marron denotes regular checkup, orange denotes tooth decay and brown denotes pain. Majority of males visited for tooth pain while the majority of the females visited for a regular check up. However there was no significant association (Chi square test; p value=0.271>0.05 indicating statistically not significant).

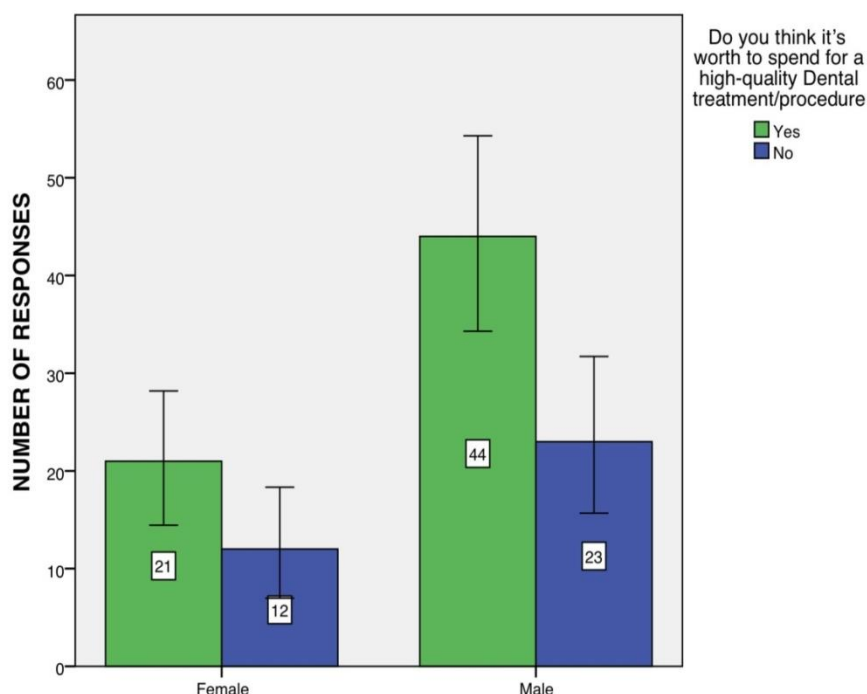


Figure 6:-The bar graph showing association between gender and attitude on spending for high quality dental treatment. X axis showing the gender and y axis showing the number of responses. Blue denotes bad breath, Green denotes yes and Blue denotes no. Both groups agreed that it is worth it to spend on high quality dental treatment However there was no significant association (Chi square test; p value=0.181>0.05 indicating statistically not significant).

## DISCUSSION

The responses gathered from the members who took the overview were assembled up and made into a graphical portrayal utilizing Excel programming. Pie outlines were utilized to address the information in a graphical structure. Our discoveries have ideas for technique and exploration. They exhibit that current instruments for financing dental consideration in low and center compensation families disregard to shield general society from the monetary results of by

and large oral consideration (12). Moving away from money based portions to prepayment and risk pooling parts to guarantee families, in any occasion for tremendous prosperity stuns, is likely going to be favorable for families and help rebalance the money related weight of social insurance costs (13). Our team has extensive knowledge and research experience that has translate into high quality publications(14–23),(24–27),(28–32)(33)

The yearly expenditure on dental treatment ran from 2500 to 7100 INR which was higher when contrasted with the expense of preventive oral hygiene measures, which made a great effect on the financial plan of people of an average family (2). Very few individuals were seen prepared for unexpected emergency dental care. Essentially, the unexpected emergency dental costs among individuals was because of absence of normal visits to dental specialists which brought about absence of mindfulness with respect to preventive and oral cleanliness helps; thus, there was an increase in illness seriousness and expanded dental expenditure(34).

In this survey we have found that almost all people are willing to spend money on dentistry when it is needed rather than as a routine check up(35). In the population, 67% are male while 33% are female (Figure 1). Majority of the people 55% said that spending money on dental problems is important while 45% of the population said No (Figure 2). 35% of the population said that they spend their money when they're suffering from pain while 27% of them said they spend on normal checkups (Figure 3). 56% of them said that they're ready to spend, 23% of them said that they are not, While 21% of the population said no (Figure 4). In the bar graph showing a chi square analysis of association of students belonging to different Genders on their knowledge on when to spend money on dental treatment, Males had more awareness (27.2%) than females but it was statistically not significant. Chi square test,  $p=0.271$ ,  $p>0.05$  indicating statistically not significant, (Figure 5). In the bar graph showing a chi square analysis of association of students belonging to different Genders on their knowledge on whether it's important to spend money on dental treatment or not, Males had more awareness (44.2%) than females but it is statistically not significant. Chi square test,  $p=0.181$ ,  $p>0.05$  indicating statistically not significant, ( Figure 6). .

59% of the population said that spending money on enhancing smiles is really worth it and 41% of the population said no. 62% of the participants said that spending money on dental treatment improves their overall health, while 38% of the participants said no. When asked about the interest to spend on regular dental checkups to avoid problems in future. 47% of the population said that they're ready to spend depending on the treatment, 24% of them said that they are ready to pay whatever the amount might be, While 29% of the population said that they are prefixed about the amount of money they are going to spend. 82% of the population said that spending on dental issues is a good proxy according to them while 18% of the population said no. 65% of the people said it's worth spending for higher quality Dental techniques and 35% of the people said no. 75% of the population said they know that symptoms of chronic diseases are first found in oral cavities while 25% of the population don't know.

Limitations of the study are: Less number of sample size, Homogeneous population, Restriction of sample to specific local regions. Our discoveries may, notwithstanding, be summed up to comparative gatherings: young population, with great view of oral wellbeing, who once in a while/never had dental problems a year ago and who have a functional dentition.

## CONCLUSION

This analysis of responses given by 100 participants from chennai city shows that payments for dental health services can put a considerable financial burden on families to the degree of preventing consumption of essential necessities rather than spending on routine checkups. Our discoveries demonstrate that most people are ready to spend when there is a problem rather than routine checkup. Elective medicinal services, financing techniques and approaches focused to improve fairness in monetary contribution are desperately required in low paid individuals.

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## CONFLICT OF INTEREST

None declared.

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