

“I’d rather have the teeth
right....”

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A brief introduction

- Why me?
 - Psychologist at Bristol Dental School
 - Research interests include:
 - Communication in healthcare
 - Quality of Life for people with dental / craniofacial conditions
 - Teaching interests include:
 - Psychosocial aspects of healthcare, specifically regarding oral health
 - Appearance, anxiety, adherence, mental health



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The next 15 minutes

- The importance of mouths and teeth
- Does orthodontic treatment work?
 - What does this mean?
- How can we find out?

Why are mouths and teeth important?

- Non-verbal communication
- Faces are important – especially eyes and mouth
 - Eye movement scans
- Whether or not a face is nice.....
 - First 12 seconds



“Nice” Smiles & Teeth

- Adults:
 - More successful, higher social status
 - Nicer personality, better relationships
 - Happier
- Children:
 - Cleverer
 - More attractive, more friends
 - Friendlier

Not “Nice” Smiles & Teeth

- Less successful, less intelligent (Pithon, 2014)
- Anxious, uncomfortable, embarrassed
- Bullying – teeth are 4th most common thing to tease about
- Depression
- Withdrawal from social situations

Herein lies the rub.... Part 1

- Increasing demand for and increasing costs of healthcare
- Need for a healthy workforce and its [consequent] impact on the economy

Health: A complete state of physical, mental and social well-being and not merely the absence of disease

What is the evidence – part 1?

- “malocclusion has an effect on the everyday life and activities of young people “ (Kok, 2004; O’Brien, 2006, 2007)
- “effect of orthodontic treatment on self-esteem was accounted for by self-esteem at baseline” (Kenealy, 2007)
- “...the evidence does not support the effectiveness of orthodontic treatment in the long-term to reduce pain and discomfort, enhance function or reduce disability...” (Shaw, 2012)
- Systematic reviews (Liu, 2009; Dimberg, 2015) – a modest relationship
- Are we looking in the right place / using the right tools?

What is the evidence – part 2?

- Family impact (Locker, 2002: Canadian data)
 - Orthodontics – financial difficulties
 - Cleft – most time off work
- Oral Health Related Quality of Life (Oliveira, 2003: Brazilian data)
 - ~50% more teasing, reduced self-esteem for those requiring ortho treatment
 - Improved appearance satisfaction for those who had completed treatment
- Adults with severe malocclusion (Lazaridou, 2003)
 - more memories of being bullied
- Social and emotional well-being (Agou, 2008)
 - Improved after treatment and negative family impact reduced
- Orthodontic treatment (Seehra, 2013)
 - Bullying decreased by 78%
 - Improved OHRQoL

You can't fix what you can't define....

How many parts to an elephant?

- Family Impact Scale
 - A scale to measure family impact
- OHIP – Oral Health Impacts Profile
- Oral Impacts on Daily Performance
- CPQ – Child Perceptions Questionnaire
 -the impact of various oral and orofacial diseases and disorders
- COHQoL – Child Oral Health Quality of Life
 - ...assess the adverse impacts of oral conditions
- MOHRQoL – Michigan Oral Health Related QoL questionnaires

Herein lies the rub.... Part 2

- Increasing demand for and increasing costs of healthcare
- Need for a healthy workforce and its impact on the economy
- Interventions need to work from the perspective of the provider and the patient (and the commissioner)
- High quality care with patient input

What is important to patients?

- QoL: “...well-being that stems from satisfaction or dissatisfaction with the areas of life that are important...”

“...any report coming directly from patients about how they function or feel in relation to a health condition and its treatment, without interpretation of the patient’s responses by a clinician or anyone else”
(Cochrane PROM Group)

CCUK

- Profile
- D-A relationships
- Correlation between bullying and satisfaction with appearance?

What is a nice face?

- One that provides a “reward”
 - Interpreted in the limbic structures in the brain – the emotional bit
 - (doesn't use language)
- Symmetry is important
- Eye contact – not too much, not too little
- Nice smile
- Nice teeth – not too many, not too few
 - Not crooked
 - Don't stick out