

**ASSESSMENT OF INFORMATION CONTENT IN THE PREVENTION  
OF DENTAL DISEASES AMONG THE POPULATION**

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**ABSTRACT:** *The study of the characteristics of a person's psychological properties that influence his motivation to maintain his health is important and relevant. A clinical examination of patients, a questionnaire including questions about behavioral habits, self-assessment of the condition of periodontal tissues, and a psychological questionnaire were conducted.*

*Patients with a high level of perfectionism have a low assessment of their oral health due to high demands on themselves, fear of not meeting high internal standards, and the desire to be better than others. They strive for perfection, and therefore carry out their work carefully, while they may not pay attention to health status and oral hygiene.*

**Keywords:** *Psychological status, attitude to health, multidimensional scale perfectionism, motivation, prevention of dental diseases.*

The study of the characteristics of a person's psychological properties that influence his motivation to maintain his health is important and relevant. A clinical examination of patients, a questionnaire including questions about behavioral habits, self-assessment of the condition of periodontal tissues, and a psychological questionnaire were conducted. Patients with a high level of perfectionism rate their oral cavity condition low due to high demands on themselves, fear of not meeting high internal standards, and the desire to be better than others. They strive for perfection, and therefore carefully perform their work, while they may not pay attention to the state of health and oral hygiene.

Periodontal pathology occupies one of the leading places among the urgent problems of modern dentistry. Despite the active introduction of innovative technologies in the diagnosis and treatment of oral diseases, the prevalence of caries (95-98%) and periodontal diseases (90-100%) remain extremely high, with no downward trend. Mass morbidity entails the need for active implementation of preventive measures. The inertia of the population in relation to individual oral hygiene requires the creation of effective techniques that can enhance patients' commitment to the prevention of dental diseases.

The study of the peculiarities of human psychological properties that influence the increase in the level of his knowledge and motivation in relation to his health is undoubtedly important and relevant.

In modern psychology, such a complex phenomenon as perfectionism and its role in patients' adherence to treatment are actively studied. The classical definition of this term is the desire of an individual to make very high demands on himself and follow the highest standards. And currently, many scientists are convinced that compulsive striving for perfection is associated with a high risk of both decreased productivity and the development of diseases. Few studies have proven a close relationship between perfectionism and depression, anxiety disorders, and eating disorders.

**The purpose of the study.** To identify the relationship between the level of perfectionism and behavioral characteristics of people in relation to dental health.

**Materials and methods.** Our study involved 160 medical university students aged 19 to 26 years, 102 of them women and 58 men. All respondents filled out questionnaires, including a question about their attitude to oral hygiene, gave a subjective assessment of the condition of the oral organs, and indicated the reason for visiting the dentist. An objective study was conducted using the hygiene index (OHI-S), an assessment of the intensity of caries (KPU) and the severity of gingivitis (PMA index modified by Parma). After preliminary familiarization with the instructions and informed voluntary consent to conduct

the study, all participants filled out the questionnaire on their own, without discussing the answers with other people.

To identify the relationship between indicators of perfectionism and characteristics of attitudes towards dental health, a Spearman correlation analysis was carried out.

**Results and discussion.** The study revealed that the majority of respondents are aware of the need for personal oral hygiene (more than 91.5%), but only half of the respondents regularly brush their teeth. For the purpose of preventive examination, only half of the participants visited the dentist, of whom they were more often women (72.2%) than men (47.2%). Half of the respondents went to a dentist for the purpose of treating or relieving acute pain, but they assessed the condition of the oral organs as ideal or good.

At the same time, an objective survey of respondents revealed a high level of caries prevalence for this age group: the CPI index was 9.46. On average, there were 3 untreated carious teeth per respondent. The condition of periodontal tissues on the basis of a subjective assessment was noted as ideal or good, at the same time, the inflammatory process in them was noted in 28.5% of cases, and a good level of hygiene — only in 36% of respondents.

During the correlation analysis, both positive and negative relationships were found. Positive differences were noted between the frequency of visits to the dentist and the variables "overestimated claims and demands on oneself" ( $r=0.3$  at  $p<0.05$ ), "high standards of activity with orientation to the pole of the "most successful"" ( $r=0.21$  at  $p<0.05$ ), "general level of perfectionism" ( $r=0.25$  at  $p<0.05$ ), as well as between the hygiene index and the variables "perception of other people as delegating high expectations (with constant comparison of oneself with others)" ( $r=0.44$  at  $p<0.05$ ), "overestimated claims and demands on oneself" ( $r=0.28$  at  $p<0.05$ ), "high standards of activity when focusing on the pole of the "most successful"" ( $r=0.41$  at  $p<0.05$ ), "selecting information about one's own failures and mistakes" ( $r=0.47$  at  $p<0.05$ ), "polarized all-or-nothing

thinking" ( $r=0.35$  at  $p<0.05$ ), "the general level perfectionism" ( $r= 0.5$  at  $p<0.05$ ).

Negative relationships have been established between the frequency of brushing teeth and the variables "perception of other people as delegating high expectations (with constant comparison of oneself with others)" ( $r=-0.36$ ;  $p<0.05$ ), "overestimated claims and demands on oneself" ( $r=-0.12$ ;  $p<0.05$ ), "high standards of orientation activities to the pole of the "most successful"" ( $r=-0.31$ ;  $p<0.05$ ), "selecting information about one's own failures and mistakes" ( $r=-0.33$ ;  $p<0.05$ ), "polarized all-or-nothing thinking" ( $r=-0.16$ ;  $p<0.05$ ), "general level of perfectionism" ( $r=-0.35$ ;  $p<0.05$ ).

Connections were found between self-assessment of dental condition and the variables "perception of other people as delegating high expectations (with constant comparison of oneself with others)" ( $r=-0.35$ ;  $p<0.05$ ), "overestimated claims and demands on oneself" ( $r=- 0.25$ ;  $p<0.05$ ), "selection of information about one's own failures and mistakes" ( $r=-0.34$ ;  $p<0.05$ ), "polarized all-or-nothing thinking" ( $r=-0.35$ ;  $p<0.05$ ), "general level of perfectionism" ( $r=-0.34$ ;  $p<0.05$ ).

Correlations were found between the number of sealed teeth and the variables "high standards of activity when targeting the pole of the "most successful"" ( $r=-0.22$ ;  $p<0.05$ ), "general level of perfectionism" ( $r=-0.2$ ;  $p<0.05$ ), as well as the hygiene index OHI-s and "perception of other people as delegating high expectations (while constantly comparing themselves to others)" ( $r= 0.44$ ;  $p<0.05$ ), "high standards of activity when focusing on the pole of the "most successful"" ( $r= 0.41$ ;  $p<0.05$ ), "excessive claims and demands on oneself" ( $r= 0.28$ ;  $p<0.05$ ), "selecting information about one's own failures and mistakes" ( $r= 0.47$ ;  $p<0.05$ ), "polarized all-or-nothing thinking" ( $r=0.35$ ;  $p<0.05$ ), "general level of perfectionism" ( $r=0.50$ ;  $p<0.05$ ).

Negative correlations between the frequency of brushing teeth and the perfectionism scales may indicate that the higher the level of perfectionism on individual scales and the overall level of perfectionism, the less often patients

brushed their teeth. Thus, patients who set high demands on themselves and others, focused on high achievements in the professional field, achieving maximum results in their activities, did not care about the state of periodontal health. Based on the data obtained, we can conclude that these respondents lacked motivation to maintain dental health.

Correlations between the frequency of visits to the dentist and the scales "high standards of activity while focusing on the pole of the "most successful"", "overestimated claims and self-demands" indicate that patients with personality traits such as self-demanding, a tendency to set difficult tasks and goals, comparing themselves were more likely to visit the dentist with others, dissatisfaction with oneself, including one's appearance.

### **Conclusion.**

The revealed correlations indicate that respondents with a high level of perfectionism rate their oral cavity condition low (due to making high demands on themselves, fear of not meeting high internal standards, and the desire to be better than others). Such people strive for excellence in their business, while they may not pay attention to other aspects of life, for example, their state of health, oral hygiene, etc. Despite frequent visits to the dentist, respondents with high rates of perfectionism have an objectively unsatisfactory oral cavity condition (high indicators according to the OHI-s hygiene index).

Most of the respondents are aware of the need personal oral hygiene, however, half of them do not follow hygienic measures. One third of the respondents had an overestimated self-assessment of the oral cavity condition in relation to objective data. The relationship between perfectionist personality characteristics and stereotypes of young people's behavior in relation to dental health has been revealed.

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