

Evaluating the effect of functional therapy on the quality of life in class II patients with mandibular deficiency

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Introduction: Quality of life is dependent on the person's satisfaction with the important aspects of his life. Oral cavity is not considered as an independent anatomic landmark anymore, its condition has been proven to be closely tied with overall health as well as quality of life. Class II malocclusion is known to be the most common orthodontic problem in children which affects social acceptance and self-esteem.

Materials and methods: 100 children of the age of 11 to 14 years participated in a quasi-experimental study. The target group included children with class II malocclusion accompanied by mandibular growth deficiency that was evaluated before treatment and at the end of it. The control group was selected among students without malocclusion from schools. Quality of life was compared with that of the control group before and after treatment.

Results: The prevalence of oral problems in the group seeking orthodontic treatment was higher than the control group. Before starting the treatment, patients' most common oral disorders were related to maintaining mental composure (71.4%) and smiling (69.4%). However, dental problems during eating were more common in the control group (34.7%). The results suggest a significant decrease in oral disorders following the completion of orthodontic treatment (P-value < 0.001). The OIDP index at the end of treatment was decreased significantly compared with that of before treatment and the control group (P-value < 0.001).

The OIDP index following orthodontic treatment significantly decreased in boys and girls; however, there was no significant relation between OIDP and gender (P-value = 0.866). There was significant relation between mothers' education and OIDP index.

Conclusion: functional therapy has positive effect on the quality of life regardless of gender.

Key words: orthodontic treatment, oral health dependent quality of life, children