

Young adults' views on measures for oral health-related quality of life

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Background and Aims

There are currently no measures especially developed for young adults to estimate their oral health quality of life (OHRQOL).

The aim of the present study was to explore the views of Swedish young adults on the relevance of three commonly used measures of OHRQOL.

Methods

The study had a qualitative approach. Sixteen individuals (eight women and eight men) were strategically sampled with reference to age (21-25 yrs, 26-29 yrs) and education (compulsory school vs higher).

The informants' views on the Oral Health Impact Profile (OHIP), the Oral Health-Related Quality of Life-UK (OHRQoL-UK) and the Oral Impacts on Daily Performances (OIDP) were explored in oral interviews.

The data were analyzed by manifest and latent content analysis. The Regional Research Ethics Board of the Southern Region approved the study.



Results

The latent content revealed that the young adults had difficulties in recognizing their own experiences in the explored measures. Four categories related to the considered relevance of the instruments were identified (Figure 1).

The informants were concerned about their oral health and considered the measures to contain relevant and important questions, however some aspects were lacking.

Suggestions for change of the measures mainly concerned aesthetics and the dentist's role, but also more specific ones, such as pain in the teeth. Simplicity to answer would enhance the reliability of the measures, according to the informants.

Relevance of the contents of the instruments

- personal view of general HQoL
- personal view of OHRQoL
- age of the subject
- extent of own oral health problems

Figure 1. Categories related to the participants' judgement of the relevance of the instruments.

Conclusions

The contents in the analysed measures were deemed relevant by the informants.

However, aspects important to the age group such as **aesthetics, pain and the dentists' role** should be further developed and completed in the instruments, for research and in clinical practice.

