

## Results of study after third OH education lesson

### "Youth Community-based Oral Health Learning Model" in Bucharest (Retest 3)

#### B2. Results from questionnaire regarding oral health knowledge and behavior

#### AUTOPERCEPTION OF ORAL HEALTH

In the 13-14 years old group from Bucharest, 6,9% from subjects considered their oral health excellent, 13,8% respectively 34,5% considered it very good and good. 10,3% say their oral health is satisfying.

##### Autoperception of Oral Health retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	2	6.9	10.5	10.5
	Very good	4	13.8	21.1	31.6
	Good	10	34.5	52.6	84.2
	Satisfying	3	10.3	15.8	100.0
	Missing	10	34.5		
Total		29	100.0		

In the 15-16 years old group from Bucharest, 10,3% considered their oral health to be excellent, 44,8% very good, 13,8% said it is good, and only 10,3% said it is satisfying.

##### Autoperception of Oral Health retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Excellent	3	10.3	13.0	13.0
	Very good	13	44.8	56.5	69.6
	Good	4	13.8	17.4	87.0
	Satisfying	3	10.3	13.0	100.0
	Missing	6	20.7		
Total		29	100.0		

#### FREQUENCY OF TOOTHBRUSHING

In the 13-14 year-old group from Bucharest, 80% of children have a proper behavior, they toothbrush 2 or more times/day, another 15.8% of the subjects brush their teeth only once

a day, behavior which is not sufficient. Inadequate behavior that consists in toothbrushing only a few times/ week was present for 4,2% of the children.

Frequency of toothbrushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/ day	27	80	80	80
	Once a day	5	15.8	15.8	95.8
	Several times/week	1	4.2	4.2	100.0
	2-3 times/month	0	0	0	
	Total	33	100.0	100.0	

In the 15-16 year-old group from Bucharest, it can be ascertained that 88.5% of the subjects declared brushing more than 2 times/day, which is a higher result than the previous lesson had. Still, there were 4 subjects (11.5%) that professed brushing only once a day.

Frequency of toothbrushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/ day	29	88.5	88.5	88.5
	Once a day	4	11.5	11.5	100.0
	Total	33	100.0	100.0	

### **THE TOOTH BRUSHING TECHNIQUE**

In the 13-14 yrs old group 16.7% used horizontal, back and forth brushing movements, 17.5% used vertical, up and down brushing movements, 20.8% circular brushing movements and a high proportion of 45% of the subjects declared using rolling movements, which is a proper technique.

Tooth brushing technique retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rolling	15	45	45	45
	Circular	7	20.8	20.8	65.8
	Vertical	6	17.5	17.5	83.3
	Horizontal	5	16.7	16.7	100.0
	Total	33	100.0	100.0	

In the 15-16 yrs group were improved results, as following: 43.8% use the rolling technique, 15,6% use circular movements, 18.8% use up and down, vertical movements and only 12.5% still use the horizontal technique – proportion lower than the previous test.

<b>Tooth brushing technique retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rolling	15	43.8	43.8	43.8
	Circular	5	15.6	15.6	59.4
	Vertical	6	18.8	18.8	78.2
	Horizontal	4	12.5	12.5	90.7
	Missing	3	9.4	9.4	100.0
	Total	33	100.0	100.0	

### **BRUSHING TIME**

In the 13-14 years old group from Bucharest, 31% claim that their brushing time is of 2 minutes, 34,5% consider they brush for 1 minute.

#### **Brushing time retest 3**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Minimum 2 minutes	9	31.0	47.4	47.4
	1 minute	10	34.5	52.6	100.0
	Missing	10	34.5		
Total		29	100.0		

In the 15-16 years old group from Bucharest, 51,7% claimed their brushing time is about 2 minutes, 20,7% for one minute and only 6,9% said it is under one minute, for about 30 seconds.

#### **Brushing Time retest 3**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Minimum 2 minutes	15	51.7	65.2	65.2
	1 minute	6	20.7	26.1	91.3

	30 seconds	2	6.9	8.7	100.0
	Missing	6	20.7		
<b>Total</b>		29	100.0		

### USE OF ADDITIONAL ORAL HEALTH CARE PRODUCTS

In the 13-14 years old group from Bucharest, 20,7% said they use mouth wash and 17,2% floss. On the other side, 13,7% use both mouth wash and floss, 3,4% use mouth wash, floss and sugarfree chewing gum and 6,8% said they don't use any additional oral health care products.

#### Use of additional oral health products retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
	missing	10	34.5	34.5
	Mouth wash	6	20.7	55.2
	Floss	5	17.2	72.4
	Floss, mouth wash	4	13.7	86.1
<b>Valid</b>	Floss, mouth wash, sugarfree chewing gum	1	3.4	89.5
	Yes	1	3.4	92.9
	Nothing	2	6.8	100.0
	<b>Total</b>	29	100.0	100.0

In the 15-16 yrs old group from Bucharest, 17.2% say they use mouthwash, 17.2% use mouthwash and floss, 3.4% cited using mouthwash and sugar free chewing gum. 13.8% declared using just floss and 3.4% use buccal shower, interdental brushing and mouthwash. On the other hand, 3,4% declared they do not use any additional product.

#### Use of additional oral health products retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
	Missing	12	41.4	41.4
	Mouthwash	5	17.2	58.6
	Mouthwash, floss	5	17.2	75.8
<b>Valid</b>	Mouthwash, sugar free chewing gum	1	3.4	79.2
	Floss	4	13.8	93

Buccal shower, interdental brush, mouthwash	1	3.4	3.4	96.6
Nothing	1	3.4	3.4	100.0
Total	29	100.0	100.0	

### **FREQUENCY OF CONSUMPTION OF CARIOGENIC FOOD**

In the 13-14 years old group from Bucharest, 17,2% said they consum cariogenic food a few times a day, 37,9% only once a day and 6,9% said they consum 2-3 times a week.

#### **Frequency of consumption of cariogenic food retest 3**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	5	17.2	27.8
	Once a day	11	37.9	61.1
	2-3 times a week	2	6.9	11.1
	Missing	11	37.9	
Total	29	100.0		

In the 13-14 years old group from Bucharest, 6,9% said they consum citrus a few times a day, 17,2% once a day, 34,5% a few times a week and 6,9% only once a week.

#### **Frequency of citrus consumption retest 3**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	2	6.9	10.5
	Once a day	5	17.2	26.3
	2-3 times a week	10	34.5	52.6
	Once a week	2	6.9	10.5
	Missing	10	34.5	
Total	29	100.0		

In the 13-14 years old group from Bucharest, 13,8% said they eat cookies and cakes a few times a day, 20,7% once a day, 17,2% 2-3 times a week and a small proportion of 10,3% say they consume once a week. On the other hand, 3,4% said they never consume.

#### **Frequency of cookies/cakes consumption retest 3**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	4	13.8	21.1
	Once a day	6	20.7	31.6
	2-3 times a week	5	17.2	26.3

Once a week	3	10.3	15.8	94.7
Never	1	3.4	5.3	100.0
missing	10	34.5		
<b>Total</b>	<b>29</b>	<b>100.0</b>		

In this part of the test we can also see better results as it was retrieved that only 11.8% of the subjects in the 13-14 yrs old group eat chocolate or toffee more than 2 times/day, 17.6% consume this kind of snack once a day. On the other hand, 26.5% of the children declared consuming chocolate several times a week and only 2.9% of them once a week. A proportion of 2.9% declared that they never eat chocolate or toffee.

<b>Frequency of consumption of chocolate/ toffee retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	4	11.8	11.8	11.8
	Once a day	6	17.6	17.6	29.4
	Several times a week	9	26.5	26.5	55.9
	Once a week	1	2.9	2.9	58.8
	Never	1	2.9	2.9	61.7
	Missing	12	38.2	38.2	100.0
	<b>Total</b>	<b>33</b>	<b>100.0</b>		

In the 15-16 yrs old group from Bucharest, 6.9% eat fruit a few times a day and 24.1% once a day. 37.9% eat fruit 2-3 times a week and 6.9% only once a week.

<b>Frequency of consumption of fruit retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	2	6.9	9.1	9.1
	Once a day	7	24.1	31.8	40.9
	2-3 times a week	11	37.9	50.0	90.9
	Once a week	2	6.9	9.1	100.0
	Missing	7	24.1		
<b>Total</b>		<b>29</b>	<b>100.0</b>		

In the 15-16 yrs old group from Bucharest, 10.3% eat citrus a few times a day and 13.8% once a day. 37.9% eat citrus 2-3 times a week and 13.8% only once a week. 3.4% say they never eat citrus.

### Frequency of consumption of citrus retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	3	10.3	13.0	13.0
	Once a day	4	13.8	17.4	30.4
	2-3 times a week	11	37.9	47.8	78.3
	Once a week	4	13.8	17.4	95.7
	Never	1	3.4	4.3	100.0
	Missing	6	20.7		
Total		29	100.0	100.0	

In the 15-16 yrs old group, 19.7% eat cookies a few times a day, 18.2% once a day and 21.2% consume it a few times a week. On the other hand, 15.2% consume it once a week and only 1.5% never eat it.

### Frequency of consumption of biscuits/ cookies retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A few times a day	5	17.2	21.7	21.7
	Once a day	4	13.8	17.4	39.1
	2-3 times a week	8	27.6	34.8	73.9
	Once a week	6	20.7	26.1	100.0
	Never	6	20.7		
Total		29	100.0		

In the 15-16 years old group from Bucharest the results revealed that 12.5% of them consume chocolate or toffee more than 2 times/day and, on the other hand, 18.8% have this snack once a day. Chocolate and toffee are consumed several times a week by 21.9% of the subjects and 2-3 times a month by 9.4% of the group. 6.3% of the children declared never consuming chocolate or toffee.

### Frequency of consumption of chocolate/ toffee retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	4	12.5	12.5	12.5
	Once a day	6	18.8	18.8	31.3
	Several times a week	7	21.9	21.9	53.2
	2-3 times/month	3	9.4	9.4	62.6
	Never	2	6.3	6.3	68.9

Missing	11	31.3	31.3	100.0
Total	33	100.0		

### **FREQUENCY OF CONSUMPTION OF SWEETENED TEA/ MILK**

In the 13-14 year old group from Bucharest, the results revealed that 5.9% of the subjects consume sweetened tea or milk more than twice a day and 23.5% only once a day. On the other hand, 11,8% declared consuming sweetened drinks several times a week, 17.6% drink sweetened tea or milk 2-3 a month while 11.8% never consume it.

<b>Frequency of consumption of sweetened tea/ milk retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	2	5.9	5.9	5.9
	Once a day	7	23.5	23.5	29.4
	Several times a week	4	11.8	11.8	41.2
	2-3 times/month	6	17.6	17.6	58.8
	Never	4	11.8	11.8	70.6
	Missing	10	29.4	29.4	100.0
	Total	33	100.0		

In the 15-16 years old group results concluded that 9.4% of the subjects drink sweetened tea or milk more than twice a day, 34.4% only once a day. 21.9% consume it several times a week and 15,6% several times a month. 9.4% of the children declared never consuming sweetened tea or milk.

<b>Frequency of consumption of sweetened tea/ milk retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	3	9.4	9.4	9.4
	Once a day	12	34.4	34.4	43.8
	Several times a week	7	21.9	21.9	65.7
	2-3 times/month	5	15.6	15.6	81.3
	Never	3	9.4	9.4	90.7
	Missing	3	9.4	9.4	100.0
	Total	33	100.0		



### FREQUENCY OF CONSUMPTION OF CARBONATED BEVERAGES

In the 13-14 year-old group from Bucharest, 5.9% use to drink carbonated beverages several times a day and 11.8% of children only drink it once a day. Equal proportions of 23.5% were revealed for consuming this kind of beverages several times a week and several times a month. 5.9% of this category do not use to drink carbonated beverages.

<b>Frequency of consumption of carbonated beverages retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	2	5.9	5.9	5.9
	Once a day	4	11.8	11.8	17.7
	Several times a week	8	23.5	23.5	41.2
	2-3 times/month	8	23.5	23.5	64.7
	Never	2	5.9	5.9	70.6
	Missing	9	29.4	29.4	100.0
	Total	33	100.0		

In the 15-16 year-old group from Bucharest, 6.3% use to drink carbonated beverages 2-3 times daily and 3.1% of children once a day. Beverages are consumed several times a week by 18.8% of the participants and a few times a month by 25% of them. An improved proportion of 25% of this category don't use to drink carbonated beverages.

<b>Frequency of consumption of carbonated beverages retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	≥2 times/day	2	6.3	6.3	6.3
	Once a day	1	3.1	3.1	9.4
	Several times a week	6	18.8	18.8	28.2
	2-3 times/month	9	25	25	53.2
	Never	9	25	25	78.2
	Missing	7	21.9	21.9	100.0
	Total	33	100.0	100.0	

### **CONSUMPTION OF FOOD AND BEVERAGES AFTER THE TOOTHBRUSHING**

For the 13-14 year-old group, 55.9% of the children use to drink plain water after the toothbrushing. Thus, 8.8% of the children use to eat snacks and 2.9% drink carbonated beverages.

<b>Consumption of food after brushing retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Plain water	19	55.9	55.9	55.9
	Snacks	3	8.8	8.8	64.7
	Mineral water	0	0	0	64.7
	Beverages	1	2.9	2.9	67.6
	Tea/milk	0	0	0	67.6
	Sweets	0	0	0	67.6
	Missing	10	32.4	32.4	100.0
	Total	33	100.0		

Children in 15-16 years old group are more aware of the situation. Therefore, 71.9% of the teenagers use to drink plain water only and only 3.1% drink carbonated beverages. 6.3% of the subjects use to drink mineral water.

<b>Consumption of food after brushing retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Plain water	24	71.9	71.9	71.9
	Snacks	0	0	0	71.9
	Mineral water	2	6.3	6.3	78.2
	Beverages	1	3.1	3.1	81.3
	Sweets	0	0	0	81.3
	Missing	6	18.7	18.7	100.0
	Total	33	100.0	100.0	

### **ADDRESSABILITY TO THE DENTIST**

In 13-14 year-old group from Bucharest, 41, 54% of the children address to the dentist only in case of a dental problem. 7,69% of the subject address to the dentist one time/year, 16,92% two times/ year and 29,23% more than 2 times/year.

Frequency of addressability to the dentist retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than twice a year	9	26.5	26.5	26.5
	Twice a year	4	11.8	11.8	38.3
	Once a year	4	11.8	11.8	50.1
	For a dental problem	7	20.6	20.6	70.7
	Never	9	29.4	29.4	100.0
	Total	33	100.0	100.0	

In 15-16 year-old group from Bucharest, 25% of the children address to the dentist only in case of a dental problem. 15.6% of the subject address to the dentist one time/year, 25% two times/ year and 12.5% more than 2 times/year.

Frequency of addressability to the dentist retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	More than twice a year	4	12.5	12.5	12.5
	Twice a year	8	25	25	37.5
	Once a year	5	15.6	15.6	53.1
	For a dental problem	8	25	25	78.1
	Never	0	0	0	78.1
	Missing	8	21.9	21.9	100.0
Total	33	100.0	100.0		

### MOTIVES FOR THE LAST VISIT TO THE DENTIST

In the 13-14 years old group from Bucharest, 17,2% said the reason for the last visit tot the dentist was the presence of cavities, 24,1% went for control, 6,8% for pain and 6,8% for orthodontic measures. On the other hand, 3,4% presented for sealings.

#### Motives for the last visit to the dentist retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	11	37.9	37.9	37.9
	Cavity	5	17.2	17.2	55.1
	Control	7	24.1	24.1	79.2

Pain	2	6.8	6.8	86
Ortodonthics	2	6.8	6.8	92.8
No	1	3.4	3.4	96.2
Sealing	1	3.4	3.4	100.0
Total	29	100.0	100.0	

In the 15-16 years old group from Bucharest, 37,9% said the reason for their last visit to the dentist was periodical inspection, 10,3% went for the presence of cavities, 6,9% for orthodontic measures and 3,4% for professional brushing. On the other hand 3,4% went for scaling, the same percentage had their teeth filled and 3,4% did not know how to answer.

### Motives for the last visit to the dentist retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
Missing	9	31.0	31.0	31.0
Orthodontics	2	6.9	6.9	37.9
Cavities	3	10.3	10.3	48.3
Control	11	37.9	37.9	86.2
Scaling	1	3.4	3.4	89.7
Do not know	1	3.4	3.4	93.1
Professional brushing	1	3.4	3.4	96.6
Fillings	1	3.4	3.4	100.0
Total	29	100.0	100.0	

### GINGIVAL PROBLEMS OBSERVED BY THE DENTIST

In the 13-14 years old group from Bucharest, 62,1% were gingival problems free and 3,4% were found to have gingival problems.

### Gingival problems observed by the dentist retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid No	18	62.1	94.7	94.7
Yes	1	3.4	5.3	100.0
Missing	10	34.5		
Total	29	100.0		

In the 15-16 years old group from Bucharest, 69% did not indicate gingival problems, only 3,4% did and 3,4% did not know how to answer.

### Gingival problems observed by the dentist retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Do not know	1	3.4	4.5	4.5
	No	20	69.0	90.9	95.5
	Yes	1	3.4	4.5	100.0
	Missing	7	24.1		
Total		29	100.0		

### PERIODONTAL TREATMENT

In the 13-14 years old group from Bucharest, 48,3% mentioned they had periodontal treatment, 3,4% did not and 10,3% did not know.

#### Periodontal treatment retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Do not know	3	10.3	16.7	16.7
	No	14	48.3	77.8	94.4
	Yes	1	3.4	5.6	100.0
	Missing	11	37.9		
Total		29	100.0		

In the 15-16 years old group from Bucharest, 58,6% mentioned they had periodontal treatment and 17,2% did not.

#### Periodontal treatment retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	5	17.2	22.7	22.7
	Yes	17	58.6	77.3	100.0
	Missing	7	24.1		
Total		29	100.0		

### ORAL HEALTH EDUCATION RECEIVED FROM THE DENTIST

In the 13-14 years old group from Bucharest, 20,7% said their dentist informed them very often, 10,3% often enough, 27,6% are informed occasionally and 3,4% claimed they are never informed.

### Oral health education received from the dentist retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Do not know	1	3.4	5.3	5.3
	Very often	6	20.7	31.6	36.8
	Often	3	10.3	15.8	52.6
	Occasionally	8	27.6	42.1	94.7
	Never	1	3.4	5.3	100.0
	Missing	10	34.5		
Total		29	100.0		

In the 15-16 years old group from Bucharest, 10,3% said they receive oral health education from the dentist very often, 31% receive it often and 20,7% occasionally. On the other side, the percentage of 3,4% receive oral health education rare and 6,9% never.

### Oral health education received from the dentist retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Very often	3	10.3	14.3	14.3
	Often	9	31.0	42.9	57.1
	Occasionally	6	20.7	28.6	85.7
	Rare	1	3.4	4.8	90.5
	Never	2	6.9	9.5	100.0
	Missing	8	27.6		
Total		29	100.0		

## SOURCES FOR OH EDUCATION

In the 13-14 years old group from Bucharest 15.9% of the subjects admitted being informed about oral health throughout this project. They admitted receiving information from the dentist in a proportion of 8.8%, family provided information in a proportion of 26.5%. Both family and dentists were cited by 10.5% and dentist, parents and school were cited together in a proportion of 5.8%.

### Sources of oral health education retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dentist	3	8.8	8.8	8.8
	Dentist, parents, school	2	5.8	5.8	14.6
	Family	9	26.5	26.5	41.1

Family, dentist	3	10.5	10.5	51.6
Family, books	0	0	0	51.6
Dentist, school	0	0	0	51.6
School, parents, dentist, this project	0	0	0	51.6
This project	5	15.9	15.9	67.5
TV, internet		0	0	
Total	22	67.5	67.5	

The children group of 15-16 yrs old from Bucharest cited the sourcing of education as following: the dentist occupies the first place with 18.7%, it is followed by family and dentist with 15.1% and 13.1% declared they are provided with information from family and this project. 3.1% of the children identified their source of education to be dentist, school and media and family alone was mentioned by 9.4% out of them. Family and internet had 3.1% and family and school also 3.1%.

Sources of oral health education retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Dentist	6	18.7	18.7	18.7
	Dentist, mass-media	0	0	0	18.7
	Dentist, school, media	1	3.1	3.1	21.8
	School, dentist	0	0	0	21.8
	Family	3	9.4	9.4	31.2
	Family, project	4	13.1	13.1	44.3
	Family, dentist	5	15.1	15.1	59.4
	Family, internet	1	3.1	3.1	62.5
	Family, school	1	3.1	3.1	65.6
	Total	21	65.6	65.6	

### **KNOWLEDGE ABOUT THE IMPORTANCE OF FLUORIDE IN TOOTHPASTE**

In the 13-14 years old group 61.8% answered correctly regarding the role of fluoride in toothpaste and only 5.9% did not answer right.

#### **Role of fluoride in toothpaste retest 3**



**Karolinska  
Institutet**



**AFRA**



		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	20	61.8	61.8	61.8
	No	2	5.9	5.9	67.7
	Missing	11	32.4	32.4	100.0
	Total	33	100.0	100.0	

In the 15-16 years old group was found a unanimous response that proved the entire group knows correctly the role of fluoride in toothpaste.

<b>Role of fluoride in toothpaste retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	33	100.0	100.0	100.0
	No	0	0	0	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT CARIES ETIOLOGY

The 13-14 yrs old from Bucharest cited various causes of etiology. 35.3% mentioned diet, 23.5% incriminated hygiene. Both hygiene and diet were cited by 25.9% of the children and other diseases are considered to cause tooth decay in 2.9% of the cases. Also, 12.4% said they did not know.

<b>Etiology of tooth decay retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing/ I do not know	4	12.4	12.4	12.4
	Diet	11	35.3	35.3	47.7
	Bacteria	0	0	0	47.7
	Hygiene	8	23.5	23.5	71.2
	Hygiene, diet	9	25.9	25.9	97.1
	Other diseases	1	2.9	2.9	100.0
	Total	33	100.0	100.0	



In the 15-16 years old group were found numerous reasons for appearance of tooth decay: diet – 25.6%, hygiene 28.8% and both hygiene and diet 22.5%. Hygiene, diet and smoking were mentioned by 6.2% of the children. Demineralization and lifestyle each had 3.1% of their opinions. Nevertheless, 10.6% of the children admitted they did not know the answer.

Etiology of tooth decay retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	3	10.6	10.6	10.6
	Diet	9	25.6	25.6	36.2
	Hygiene	10	28.8	28.8	65.0
	Hygiene, diet	7	22.5	22.5	87.5
	Hygiene, diet, genetics	0	0	0	87.5
	Hygiene, diet, smoking	2	6.2	6.2	93.7
	Demineralization	1	3.1	3.1	96.8
	Lifestyle	1	3.1	3.1	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT GINGIVITIS ETIOLOGY

13-14 yrs old cited the following as etiology for gingivitis: 2.9% bacteria and caries, 8.7% poor hygiene, 11.6% inflammation of gums. An impressive proportion of 73.5% of the children admitted not to know what causes gingivitis.

Etiology of gingivitis retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Caries, bacteria	1	2.9	2.9	2.9
	Gum inflammation, incorrect tooth brushing	0	0	0	2.9
	Gum inflammation	4	11.6	11.6	14.5
	Weak gums	0	0	0	14.5
	I do not know	24	73.5	73.5	88.0

Poor hygiene	3	8.7	8.7	96.7
Scatches from harsh food	0	0	0	
Total	32	96.7	96.7	

The 15-16yrs old incriminated incorrect hygiene in a proportion of 15.6%. Gum inflammation occupies 9.4% and gum trauma only 3.1%. 3.1% of the children think gingivitis is caused by predisposition of the teeth. Also an impressive proportion of 68.8% did not know the answer.

Etiology of gingivitis retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Different conditions of the gums	0	0	0	0
	Diet, smoking	0	0	0	0
	Diet	0	0	0	0
	Incorrect hygiene	5	15.6	15.6	15.6
	Gum inflammation	3	9.4	9.4	25.0
	Gum trauma	1	3.1	3.1	28.1
	I do not know	23	68.8	68.8	96.9
	Predisposition of the teeth	1	3.1	3.1	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT PERSONAL PREVENTIVE MEASURES

13-14yrs old think in a proportion of 26.4% that hygiene would help prevention. Both hygiene and diet were mentioned by 5.9% of the group. Check-ups and diet each were cited by 8.8% of the children and treatment itself had 5.8% out of their opinions. 41.2% of the children admitted not to know any preventive measures.

Personal preventive measures retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Check-up, diet	0	0	0	0
	Check-up	3	8.8	8.8	8.8
	Diet	3	8.8	8.8	17.6

Sugar free chewing gum	0	0	0	17.6
Hygiene	9	26.4	26.4	44.0
Check-up, hygiene	0	0	0	44.0
Hygiene, diet	2	5.9	5.9	49.9
Treatment	2	5.8	5.8	55.7
I do not know	13	41.2	41.2	96.9
Total	32	96.9	96.9	

15-16yrs old cited numerous preventive measures, in their order: plaque removal occupies first place as a preventive measure with 37.5%, hygiene and diet are not far behind with 18.8%. Hygiene and periodical inspection were mentioned by 6.2% of the children and hygiene, diet together with no smoking or drinking were cited by 3.1% of the group. 34.4% of the 15-16 yrs old group did not know how to answer.

<b>Personal preventive measures retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Diet	0	0	0	0
	Plaque removal	12	37.5	37.5	37.5
	Hygiene, periodical inspection	2	6.2	6.2	43.7
	Hygiene, diet, check up	0	0	0	43.7
	Hygiene, diet	6	18.8	18.8	62.5
	Fluoride toothpaste, floss	0	0	0	62.5
	Check-up	0	0	0	62.5
	Hygiene, diet, no alcohol and smoking	1	3.1	3.1	65.6
	I do not know	12	34.4	34.4	100.0
	Total	33	100.0	100.0	

### **KNOWLEDGE ABOUT NEGATIVE EFFECTS OF BEVERAGES ON ORAL HEALTH**

In the 13-14 years old group 26.5% mentioned caries as an effect of consumption of carbonated beverages. 14,6% thought it may affect enamel and cause gastro esophageal

reflux. 2.9% know that demineralization is caused by carbonated beverages and there is also an equal proportion for coloration. 47% out of the group did not know how to answer.

Effects of carbonated beverages retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Caries	9	26.5	26.5	26.5
	Tooth loss	0	0	0	26.5
	Affects enamel, gastro esophageal reflux	5	14.6	14.6	41.1
	Demineralization	1	2.9	2.9	44.0
	I do not know	15	47.0	47.0	91.0
	Coloration	1	2.9	2.9	93.9
	Calculus	0	0	0	
	Total	31	93.9	93.9	

15-16yrs old children from Bucharest mentioned various effects of carbonated beverages: 6.1% coloration, affected enamel; 18.7% caries, 3.1% both caries and sensitivity and 34.7% demineralization. A lower proportion than the other group, 37,4% admitted not knowing the answer.

Effects of carbonated beverages retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Coloration, affected enamel	2	6.1	6.1	6.1
	Coloration, calculus	0	0	0	6.1
	Caries	6	18.7	18.7	24.8
	Caries, sensitivity	1	3.1	3.1	27.9
	Demineralization	11	34.7	34.7	62.6
	I do not know	13	37.4	37.4	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT DENTAL FLOSS ROLE

26.4% out of the 13-14 yrs old group from Bucharest knew flossing removes food debris and 35.3% mentioned that flossing good for interdental hygiene. On the other hand, 38.2% did not know how to answer.

<b>Role of dental floss retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing/ I do not know	13	38.2	38.2	38.2
	Removes food debris	9	26.4	26.4	64.6
	Removes food scraps + caries prevention	0	0	0	64.6
	Interdental hygiene	11	35.3	35.3	100.0
	Total	33	100.0	100.0	

21.9% out of the 13-14 yrs old group from Bucharest knew flossing removes food debris and 40.6% mentioned that flossing good for interdental hygiene – higher proportion in comparison with the previous group. On the other hand, 37.5% did not know how to answer.

<b>Role of dental floss retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing/ I do not know	12	37.5	37.5	37.5
	Removes food debris	7	21.9	21.9	59.4
	Removes food scraps + caries prevention	0	0	0	59.4
	Interdental hygiene	14	40.6	40.6	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT THE IMPORTANCE OF TOOTH BRUSHING

In the 13-14yrs old group, 61.5% find tooth brushing useful for a proper hygiene and 38.5% declared tooth brushing helps to maintain oral health and to prevent.

Role of tooth brushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Aesthetics, fresh breath	0	0	0	0
	Hygiene	20	61.5	61.5	61.5
	Maintains oral health, prevention	13	38.5	38.5	100.0
	I do not know	0	0	0	100.0
	Total	33	100.0	100.0	

In the 15-16 years old group from Bucharest, 37.4% declared that tooth brushing helps oral hygiene and 34.1% included maintenance of oral health and prevention in their answer. On the other hand, 25.4% denied knowing the role of tooth brushing and only 3.1% found tooth brushing useful for aesthetics and fresh breath.

Role of tooth brushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Aesthetics, fresh breath	1	3.1	3.1	3.1
	Hygiene	12	37.4	37.4	40.5
	Maintains oral health, prevention	11	34.1	34.1	74.6
	I do not know	9	25.4	25.4	100.0
	Total	33	100.0	100.0	

### SMOKING HABBITS

In the 13-14 years old group from Bucharest, 62,1% mentioned they do not smoke and 3,4% occasionally.

Smoking habits retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	18	62.1	94.7	94.7
	Occasionally	1	3.4	5.3	100.0
	Missing	10	34.5		
Total		29	100.0		

In the 15-16 years old group from Bucharest, 51.7% mentioned they do not smoke and 13.8% occasionally. 13.8% declared smoking between 1-10 cigarettes/day

### Smoking habits retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	15	51.7	65.2	65.2
	Occasionally	4	13.8	17.4	82.6
	1-10 /day	4	13.8	17.4	100.0
	Missing	6	20.7		
Total		29	100.0		

### ALTERNATIVES FOR SMOKING

In the 13-14 years old group from Bucharest, 3,4% said sugarfree gum could be useful, also 3,4% mentioned painting or other relaxing hobby, sports was mentioned by 3,4%, walks and educational activities for 3,4%. Another 3,4% mentioned sports, reading, movie series and eating. On the other hand, 13,8% did not know.

### Alternative for smoking retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	missing	19	65.5	65.5	65.5
	Sugarfree chewing gum	1	3.4	3.4	69.0
	A lot	1	3.4	3.4	72.4
	Do not know	4	13.8	13.8	86.2
	Painting, relaxing hobby	1	3.4	3.4	89.7
	Walks,educational activities	1	3.4	3.4	93.1
	Sports	1	3.4	3.4	96.6
	Sports, reading, movie series, eating	1	3.4	3.4	100.0
	Total	29	100.0	100.0	

In the 15-16 years old group from Bucharest, as an alternative for smoking, 3,4% considered tea helping, the same percentage found sports to be useful and 3,4% said knitting would be a good alternative.

### Alternative for smoking retest 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Missing	26	89.7	89.7	89.7

Tea	1	3.4	3.4	93.1
Sports	1	3.4	3.4	96.6
Knitting	1	3.4	3.4	100.0
Total	29	100.0	100.0	

### EFFECTS OF SMOKING

In the 13-14 years old group from Bucharest, 17,2% incriminated pulmonary cancer and respiratory problems, 3,4% mentioned cancer and cavities, another 3,4% said cancer, caries, discolorations and bad breathing, 10,2% answered with cancer, tartar and low effort resistance. 10,2% thought about dental and pulmonary problems and 6,8% was the percentage for loss of teeth, but also the same percentage for tartar.

#### Smoking effects retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
missing	13	44.8	44.8	44.8
Teeth loss	2	6.8	6.8	51.6
Pulmonary cancer, respiratory problems	2	17.2	17.2	68.8
cancer, cavities	1	3.4	3.4	72.2
cancer, cavities, discoloration, bad breath	1	3.4	3.4	75.6
cancer, tartar, low effort resistance	3	10.2	10.2	85.8
Teeth, pulmonary issues	3	10.2	10.2	96.0
Tatar	2	6.8	6.8	100.0
Total	29	100.0	100.0	

In the 15-16 years old group from Bucharest, 23,8% said the main effects of smoking would be pulmonary cancer, oral cancer and losing teeth, 17,1% considered lungs, heart, oral problems and cancer to be the effects, 3,4% mentioned cancer and discolorations and the same percentage considered only teeth problems.

#### Smoking effects retest 3

	Frequency	Percent	Valid Percent	Cumulative Percent
Missing	15	51.7	51.7	51.7
Lungs, heart, oral problems, cancer	5	17.1	17.1	68.8



Pulmonary cancer, oral cancer,teeth loss	7	23.8	23.8	92.6
Cancer, discolorations	1	3.4	3.4	96.0
Teeth problems	1	3.4	3.4	100.0
Total	29	100.0	100.0	

### **KNOWLEDGE ABOUT BENEFITS OF REGULAR VISITS TO DENTIST**

13-14 yrs old mentioned prevention as a benefit of regular visits to the dentist in a proportion of 50% and receiving treatment in a proportion of 5.9%.

<b>Benefits of regular visits to the dentist retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	I do not know	0	0	0	0
	Prevention	16	50.0	50.0	50.0
	Treatment	2	5.9	5.9	55.9
	Missing	15	44.1	44.1	100.0
	Total	33	100.0	100.0	

15-16 years old had more complex answers. They cited maintaining oral health in a proportion of 18.7%. 31.3% mentioned prevention and 12.5% check-ups. On the other hand, 37.5% out of the group admitted not to know the answer.

<b>Benefits of regular visits to the dentist retest 3</b>					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maintaining OH	1	18.7	18.7	18.7
	Information	1	0	0	18.7
	Prevention	20	31.3	31.3	50.0
	Prevention, hygiene	2	0	0	50.0
	Prevention, information	2	0	0	50.0
	Treatment	1	0	0	50.0
	Check-ups	6	12.5	12.5	62.5

	I do not know		37.5	37.5	100.0
	Total	33	100.0	100.0	

### KNOWLEDGE ABOUT TOOTH BRUSHING PHASES

In the 13-14 yrs old group from Bucharest the results were slightly improved since the previous lesson, as following: 64.7% managed to relate correctly the steps of tooth brushing and 35.3% did not know the phases in their order.

Steps of tooth brushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Incorrect	12	35.3	35.3	35.3
	Correct	21	64.7	64.7	100.0
	Total	33	100.0	100.0	

In the 15-16 years old group from Bucharest the results are impressive in their evolution: 72.7% managed to explain correctly the phases of tooth brushing and only 27.8% did not succeed to relate correctly.

Steps of tooth brushing retest 3					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Incorrect	9	27.8	27.8	27.8
	Correct	24	72.2	72.2	100.0
	Total	33	100.0	100.0	