Title: Inter-dental cleaning behavior and its relationship with psychological constructs based on the Transtheoretical model

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Abstract: Introduction: The common, preventable risk factors of oral health diseases are linked to oral health-related self-efficacy, attitudes and behaviors. The aim of this study was to test the applicability of the Transtheoretical model (TTM) to gain an understanding of inter-dental cleaning behavior change in senior high school students (12th Grade) in Iran.

Materials and Methods: Multistage cluster sampling was employed to recruit 361 senior high school students from 8 schools in Yazd City, Iran. This cross-sectional study took place from November 2008 to March 2009. Appropriate instruments were used to identify the stages of inter-dental cleaning behavior and psychological attributes including inter-dental cleaning behavior decisional balance and self-efficacy. The statistical analysis of the data included descriptive statistics, t test and ANOVA.

Results: Of the 361 students, nearly 12.5% were in the maintenance stage, while 49.6% were in the pre-contemplation stage, with the rest distributed among the other stages of inter-dental cleaning behavior change. There was a statistically significant difference in the stages of inter-dental cleaning behavior change by gender. Self-efficacy and decisional balance differed significantly across the stages of inter-dental cleaning behavior change.

Conclusion: The TTM was found to be useful in determining the stages of inter-dental cleaning behavior change among students. This study suggests the development of theory-based and empirically supported intervention strategies and programs to improve inter-dental cleaning behavior directed toward students in the school health care and school nursing areas.

Transtheoretical model, Inter-dental cleaning behaviors, Self-efficacy, Decisional balance, Students

Presentation: Poster