

# Teeth and dentists: what do you think?

## The project

I wanted to find out what it was like for children who have holes in their teeth. I made some questions from what I was told. Answers from these questions will help dentists find out whether the treatment they do helps.

5 groups helped me to do this project. They are described below.



20

20 children told me what it was like to have holes in their teeth. I wrote down all the things they told me that had happened because of their teeth. We call these things "impacts". This helped me understand the words children used to explain what had happened to them.



22

22 children told me which of the impacts had happened to them. This meant I could make the most important ones into questions.



10

10 children helped me design the questions and how they should be answered.



29

29 children checked that the questions made sense and that nothing important had been missed out



202

202 children answered the questions the first time they came to our dental clinic. 45 children answered the questions after they had finished their treatment.

## What did children tell me about the holes in their teeth?

### Having pain

Pain made it difficult to eat and sleep and do their work at school

### Avoiding pain

Eating differently, avoiding some foods and taking medicine were things some children did to avoid pain

### Feelings

Children felt annoyed and cross about their teeth. They had also cried and felt tired because of their teeth

### How teeth looked

Children had noticed their teeth looked brown or black and that there were gaps

Pain was the worst thing that had happened

Getting food stuck in the holes was what happened the most



## Suggestions about design and questions



The instructions were changed to put an extra box around them to make them stand out

Circling the answer was preferred to ticking answers as it was easier to read

"A bit" and "a lot" were used as these were the words children used most often with friends

Questions were made shorter and words changed to make them easier to understand

1. Hurting

My teeth do not hurt ☐

My teeth hurt a bit ☒

My teeth hurt a lot ☐

Please circle one answer for each question.

1. How much do your teeth hurt you?

Not at all ☐ A bit ☐ A lot

Coloured paper was suggested to make it look more fun!

The instructions "Please circle one answer for each question" were added to each page as a reminder

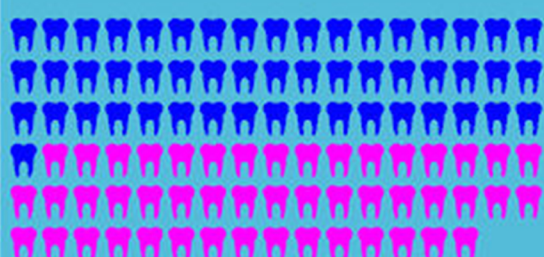
## Children who filled in the questionnaire

8 Average age of children who answered the questions

6 Average number of teeth with holes in them

14 Maximum number of teeth with holes in them

## Who filled in the questions



■ Males (52%) ■ Females (48%)



Percentage of children who thought their teeth were better after treatment



79%



Children with large holes and more holes answered that they had experienced most impacts



After treatment, children had fewer impacts related to pain and how they felt about their teeth



Now we know the questions work, we hope to use the questions with other children to find out what dental treatments help children most

Thanks to all those who helped, I couldn't have done it without them!