



PREFERENCE OF DIFFERENT ORTHODONTIC APPLIANCES IN PATIENTS REPORTING FOR ORTHODONTIC TREATMENT

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Article History: Received: 15.02.2022 Revised: 14.03.2022 Accepted: 13.04.2022

Abstract: Background: There has been an increase in the level of self-consciousness among individuals with regard to aesthetics. This has resulted in an increased demand for orthodontic treatment in recent years. There are several types of orthodontic treatment depending on the type of malocclusion. Each person may opt for a different appliance system to bring about orthodontic correction based on their preferences and esthetic needs. Hence this study was done to assess the patient's preference for the use of orthodontic appliances. **Aim:** This study aims in analysing the preference of the patient to the different orthodontic appliance systems. **Materials and method:** This study included an examination of patients visiting our institution. The clinical data of patients aged 10 years to 50 years was collected from the digital archives of our institution. Data like the preference for undergoing orthodontic treatment, the type of orthodontic appliance system that they are willing to undergo was then computed in excel format. The data was then processed and transferred to SPSS software where statistical analysis was done. **Results:** In the current study, about 53% of the patients preferred to undergo orthodontic treatment. 20.3% of the patients preferred fixed metallic appliances, 22.2% preferred fixed ceramic appliances, 9% preferred removable appliances, 16.6% preferred self-ligating appliances, 19% preferred lingual appliances and 23.8% preferred clear aligners. The use of these appliances by male and female patients did not show any statistically significance for all the appliances that were evaluated as part of the study. **Conclusion:** Within the limits of the study, there was a positive approach to orthodontic treatment and clear aligner was more preferred among the patients.

Keywords: orthodontics; preference; type of orthodontic treatment; aesthetics, new insight.

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DOI: 10.31838/ecb/2022.11.02.003

INTRODUCTION

Facial appearance and attractive smile have a positive impact on psychosocial well-being as it increases personal confidence and self-esteem (Alansari *et al.*, 2019). Children who are teased about their teeth expressed dissatisfaction with their dental appearance and that eventually increases their desire for orthodontic treatment. The demand for orthodontic treatment has increased in recent years (Rosvall *et al.*, 2009). This is due to the high consciousness of aesthetics by the individuals themselves. The esthetic paradigm shift in orthodontics has shown the urgency of incorporating esthetics into the functional goals of orthodontic treatment, leading to an increase in the demand for more inconspicuous orthodontic appliances and more

acceptable orthodontic treatment (Miguel *et al.*, 2010). There are many modalities for orthodontic treatment that are available for the patient. The appliance choice is a dynamic process that depends on a myriad of factors. Studies have shown that the aesthetic appearance of the orthodontic appliance influences how others judge the intelligence, attractiveness, and the social competence of the patient wearing the appliance. Non-visible tooth-coloured and transparent appliances have been shown to be more attractive than other appliances (Russell, 2005). A tremendous effort goes into developing attractive appliances that are both therapeutically efficient and aesthetically acceptable by the patient. Technological advances over the last decades have enabled the evolution of the orthodontic appliance with reduced visibility and increased acceptability. Plastic and ceramic brackets, lingual brackets, white-coated wires, and transparent aligner trays were introduced to the market to overcome the aesthetic disadvantages of the metal brackets (Krishnan, Pandian and Kumar S, 2015). Long treatment duration and non-aesthetic appearance of metal brackets are the main reasons discouraging adult patients to start orthodontic treatment (Sivamurthy and Sundari, 2016). Therefore, clear aligners, lingual, and ceramic brackets are most commonly used in adult patients (Vikram *et al.*, 2017). A study revealed that a third of Swedish adults who want to fix their malocclusion were unwilling to wear visible orthodontic appliances. A study conducted on adults from the central United States showed that clear aligners and lingual brackets were the most acceptable appliances with 90% acceptance rates, followed by ceramic brackets. On the other hand, the acceptability rates of traditional and self-ligating metal brackets were only at 55% and 58%, respectively. Another study looking into the acceptability,

attractiveness, and value of different orthodontic appliances in the Iranian population found that lingual brackets had the lowest acceptability despite high attractiveness ratings. This may be related to concerns that the appliance may cause oral discomfort. Proper diagnosis (Viswanath *et al.*, 2015) and treatment planning is vital to effective orthodontic treatment (Felicita, 2017b)^[15]. Effective orthodontic treatment depends on several factors such as bonding and bracket failure, type of adhesive (Jain, Kumar and Manjula, 2014), the method of recycling brackets (Kumar *et al.*, 2011), tooth movement (Felicita, 2017a), the biomechanics involved and medications (Felicita, Chandrasekar and Shanthasundari, 2012)

The socioeconomic and cultural factors are also at play. The cost of the appliance and patient willingness to pay also determine the particular choice made by the patient. Previous studies suggest that parents are willing to pay more for their child's orthodontic treatment (Dinesh *et al.*, 2013). The aforementioned factors (attractiveness, acceptability, patient preference, and monetary value attributed to various orthodontic appliances) may vary across different cultures and populations. This will in turn affect the treatment planning for the patient and to be in a position to be ready for the chosen orthodontic appliances by the patient. Previously our team has a rich experience in working on various research projects across multiple disciplines (Ramesh Kumar *et al.*, 2011; Jain, Kumar and Manjula, 2014; Krishnan, Pandian and Kumar S, 2015; Keerthana and Thenmozhi, 2016; Sivamurthy and Sundari, 2016; Felicita, 2017a, 2017b; Kumar, 2017; Sekar *et al.*, 2019; Johnson *et al.*, 2020) Now the growing trend in this area motivated us to pursue this project. This study aims in analysing the willingness of patients for orthodontic treatment and their preference on which specific orthodontic treatment they like to undergo to correct their malocclusion.

MATERIALS AND METHODS

Patients reporting our institution were screened for any malocclusion. The patients included in the study had an age range of 10-50 years of age. The various data such as the preference for orthodontic treatment, type of malocclusion, type of orthodontic appliance system that they are willing to undergo was collected. It was computed in excel format and was processed. The processed data were then analyzed statistically. In the current study, IBM SPSS statistical software was used to analyze the data statistically and compare between different groups.

RESULTS AND DISCUSSION

The study primarily aimed at analyzing the preference of patients for orthodontic treatment. Accordingly in the current study 100 patients were examined, of which only 53 patients were willing for orthodontic treatment (table 1). Of these 53 patients 23 were female patients and 30 were male patients (table 2). About 53% of the patients had a positive preference for orthodontic treatment. Males preference for fixed metallic appliances was more than that of females with a P-value of 0.057 and it was not statistically significant (graph 1, table 3). The preference for fixed ceramic appliances was more preferred by females and its preference was low in males with a P value of 0.196 which was non-significant (graph 2, table 4). The removable appliance was more preferred by females than males with a P-value of 0.373 which was not significant (graph 3, table 5). The self ligated

appliance system was more preferred by males than females with a P value of 0.387 and was not significant (graph 4, table 6). The lingual appliance system was more preferred by females when compared to the preference of males with a P value of 0.349 and this was not significant (graph 5, table 7). The clear aligner system was more preferred by males than females with a P value of 1.0 and this was not significant (graph 6, table 8).

A study found the least visible appliance like a clear aligner tray was more preferred by the patients than the metallic appliances (Rosvall *et al.*, 2009). In another study, the ceramic bracket system was more preferred among Saudi adults where the lingual bracket system was least preferred (N. A. Bindayel, 2018). Similarly, another author was able to find more preference for clear aligners and lingual appliances (Alansari *et al.*, 2019).

In the current study, the patient's preference was more on clear aligner followed by fixed ceramic and fixed metallic appliances, followed by the lingual appliance and self-ligated appliance with the least preference for the removable appliance. Although the current study result is almost similar to the previous studies it has some limitations. The sample size was small involving only one geographic area when compared to previous studies. In young patients, the parent preference was considered as it will be one done and not actually child preference. In some cases, this would end in a positive response where the other was an inverse. Our institution is passionate about high quality evidence based research and has excelled in various fields (Pc, Marimuthu and Devadoss, 2018; Ramesh *et al.*, 2018; Ezhilarasan, Apoorva and Ashok Vardhan, 2019; Ramadurai *et al.*, 2019; Sridharan *et al.*, 2019; Vijayashree Priyadharsini, 2019; Mathew *et al.*, 2020). We hope this study adds to this rich legacy

CONCLUSION

In the current study, we were able to find 53% of the patients had preferred to undergo orthodontic treatment. The clear aligner was preferred most followed by fixed ceramic, fixed metallic system, lingual and self-ligated appliance and the least was a removable appliance.

Acknowledgement: The authors are thankful to the Director of Saveetha Dental College and Hospital, Chennai.

AUTHOR CONTRIBUTION

Ajrish George S has contributed to data collection, study design, data analysis, results, tables, and manuscript preparation.

Dr. Sumathi Felicita has contributed to the manuscript preparation, proofreading of the manuscript, and reviewing the manuscript.

Dr. Nashra Kareem has contributed in reviewing and formatting the manuscript.

CONFLICT OF INTEREST: There is no conflict of interest

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TABLES AND GRAPHS

Table 1. showing the preference of the patients to orthodontic treatment

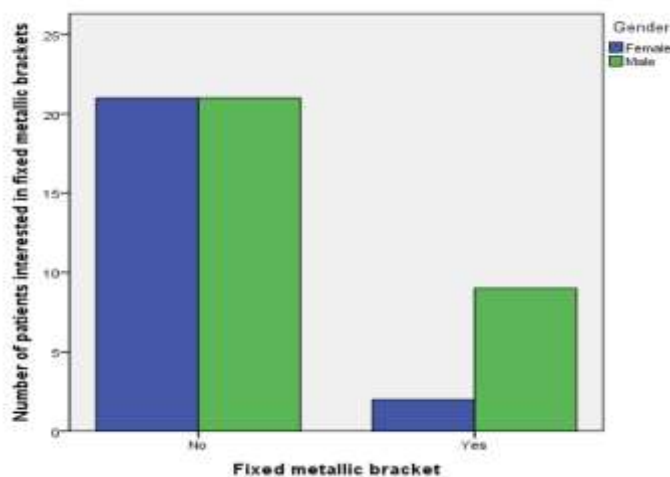
| | | Preference for orthodontic treatment |
|-------|-----|--------------------------------------|
| N | Yes | 53 |
| | No | 47 |
| Total | | 100 |

Table 2. showing gender distribution among the patient willing for orthodontic treatment

| | | Frequency | Percent |
|-------|--------|-----------|---------|
| Valid | Female | 23 | 43.4 |
| | Male | 30 | 56.6 |
| | Total | 53 | 100.0 |

Table 3. showing the association between fixed metallic bracket and Gender among patients willing for orthodontic treatment

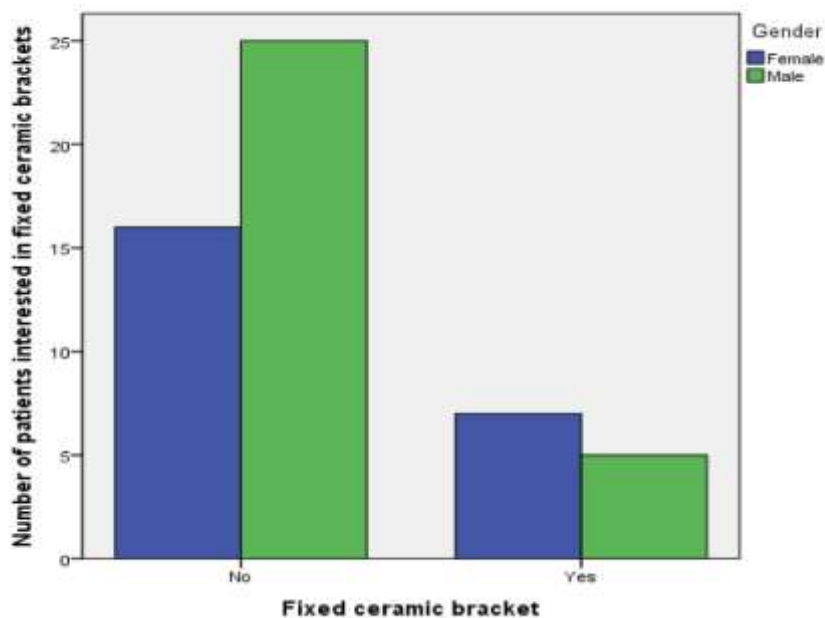
| | | | Gender | | Total | Exact Sig. (1-sided) |
|------------------------|-------------------------------------|-------------------------------------|--------|--------|--------|----------------------|
| | | | Female | Male | | |
| Fixed metallic bracket | No | Count | 21 | 21 | 42 | .057 |
| | | % within the Fixed metallic bracket | 50.0% | 50.0% | 100.0% | |
| | | % within Gender | 91.3% | 70.0% | 79.2% | |
| | Yes | Count | 2 | 9 | 11 | |
| | | % within the Fixed metallic bracket | 18.2% | 81.8% | 100.0% | |
| | | % within Gender | 8.7% | 30.0% | 20.8% | |
| Total | Count | | 23 | 30 | 53 | |
| | % within the Fixed metallic bracket | | 43.4% | 56.6% | 100.0% | |
| | % within Gender | | 100.0% | 100.0% | 100.0% | |



Graph 1. showing the association between fixed metallic bracket and Gender. The X-axis shows a preference for a fixed metallic appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value: 0.057- significant

Table 4. showing the association between fixed ceramic bracket and gender

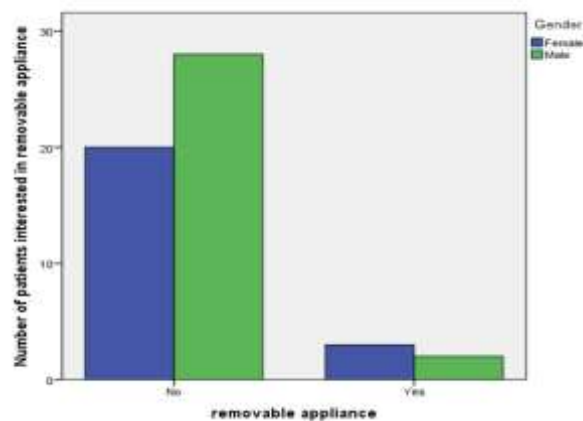
| | | | Gender | | Total | Exact Sig. (1-sided) |
|-----------------------|-----|------------------------------------|--------|--------|--------|----------------------|
| | | | Female | Male | | |
| Fixed ceramic bracket | No | Count | 16 | 25 | 41 | |
| | | % within the Fixed ceramic bracket | 39.0% | 61.0% | 100.0% | .196 |
| | | % within Gender | 69.6% | 83.3% | 77.4% | |
| | Yes | Count | 7 | 5 | 12 | |
| | | % within the Fixed ceramic bracket | 58.3% | 41.7% | 100.0% | |
| | | % within Gender | 30.4% | 16.7% | 22.6% | |
| Total | | Count | 23 | 30 | 53 | |
| | | % within the Fixed ceramic bracket | 43.4% | 56.6% | 100.0% | |
| | | % within Gender | 100.0% | 100.0% | 100.0% | |



Graph 2. showing the association between fixed ceramic bracket and gender. The X-axis shows a preference for a fixed ceramic appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value 0.196 - non-significant

Table 5. showing the association between removable appliance and gender

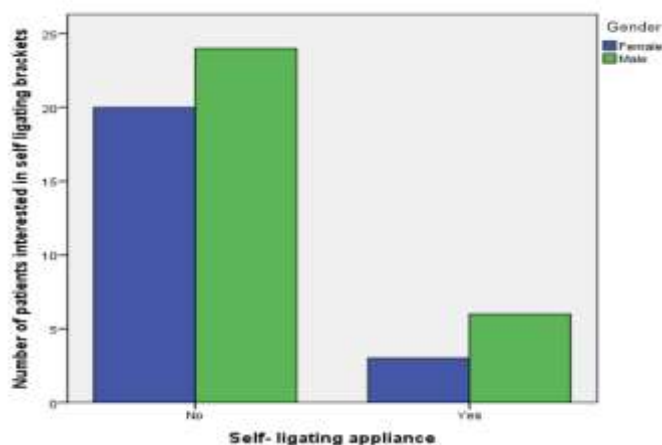
| | | | Gender | | Total | Exact Sig. (1-sided) |
|---------------------|-----|----------------------------------|--------|--------|--------|----------------------|
| | | | Female | Male | | |
| removable appliance | No | Count | 20 | 28 | 48 | |
| | | % within the removable appliance | 41.7% | 58.3% | 100.0% | .373 |
| | | % within Gender | 87.0% | 93.3% | 90.6% | |
| | Yes | Count | 3 | 2 | 5 | |
| | | % within the removable appliance | 60.0% | 40.0% | 100.0% | |
| | | % within Gender | 13.0% | 6.7% | 9.4% | |
| Total | | Count | 23 | 30 | 53 | |
| | | % within the removable appliance | 43.4% | 56.6% | 100.0% | |
| | | % within Gender | 100.0% | 100.0% | 100.0% | |



Graph 3. showing the association between removable appliance and gender. The X-axis shows a preference for a removable appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value: 0.373 - non-significant

Table 6. showing the association between self ligated appliance and gender

| | | | Gender | | Total | Exact Sig. (1-sided) |
|-------------------------|-----|----------------------------------|--------|--------|--------|----------------------|
| | | | Female | Male | | |
| Self- ligated appliance | No | Count | 20 | 24 | 44 | |
| | | % within Self- ligated appliance | 45.5% | 54.5% | 100.0% | .387 |
| | | % within Gender | 87.0% | 80.0% | 83.0% | |
| | Yes | Count | 3 | 6 | 9 | |
| | | % within Self- ligated appliance | 33.3% | 66.7% | 100.0% | |
| | | % within Gender | 13.0% | 20.0% | 17.0% | |
| Total | | Count | 23 | 30 | 53 | |
| | | % within Self- ligated appliance | 43.4% | 56.6% | 100.0% | |
| | | % within Gender | 100.0% | 100.0% | 100.0% | |

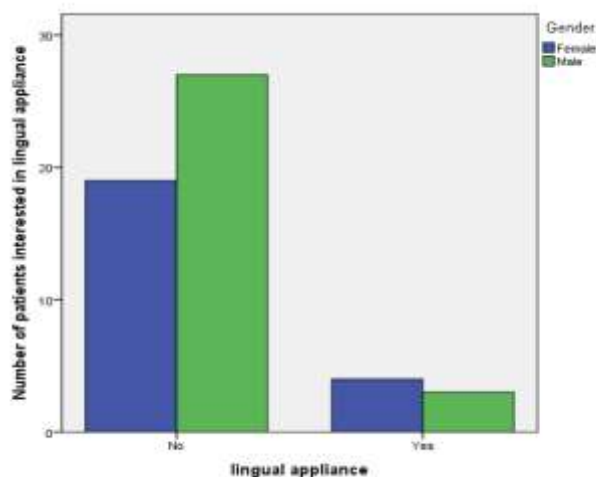


Graph 4. showing the association between self ligated appliance and gender. The X-axis shows a preference for a self ligated appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value: 0.387 - non-significant

Table 7. showing the association between lingual appliance and gender

| | | | Gender | | Total | Exact Sig. (1-sided) |
|-------------------|-----|--------------------------------|--------|-------|--------|----------------------|
| | | | Female | Male | | |
| lingual appliance | No | Count | 19 | 27 | 46 | |
| | | % within the lingual appliance | 41.3% | 58.7% | 100.0% | .349 |
| | | % within Gender | 82.6% | 90.0% | 86.8% | |
| | Yes | Count | 4 | 3 | 7 | |
| | | % within Gender | 17.4% | 10.0% | 13.2% | |

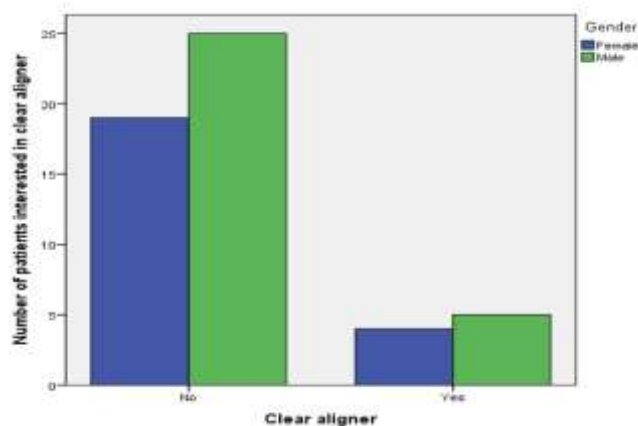
| | | | | | | |
|-------|--|--------------------------------|--------|--------|--------|--|
| | | % within the lingual appliance | 57.1% | 42.9% | 100.0% | |
| | | % within Gender | 17.4% | 10.0% | 13.2% | |
| Total | | Count | 23 | 30 | 53 | |
| | | % within the lingual appliance | 43.4% | 56.6% | 100.0% | |
| | | % within Gender | 100.0% | 100.0% | 100.0% | |



Graph 5. showing the association between lingual appliance and gender. The X-axis shows a preference for the lingual appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value: 0.349 - non-significant

Table 8. showing the association between clear aligner and gender

| | | | Gender | | Total | Exact Sig. (2-sided) |
|---------------|-----|------------------------|--------|--------|--------|----------------------|
| | | | Female | Male | | |
| Clear aligner | No | Count | 19 | 25 | 44 | |
| | | % within Clear aligner | 43.2% | 56.8% | 100.0% | |
| | | % within Gender | 82.6% | 83.3% | 83.0% | 1.000 |
| | Yes | Count | 4 | 5 | 9 | |
| | | % within Clear aligner | 44.4% | 55.6% | 100.0% | |
| | | % within Gender | 17.4% | 16.7% | 17.0% | |
| Total | | Count | 23 | 30 | 53 | |
| | | % within Clear aligner | 43.4% | 56.6% | 100.0% | |
| | | % within Gender | 100.0% | 100.0% | 100.0% | |



Graph 6. showing the association between clear aligner and gender. The X-axis shows a preference for a clear aligner appliance system and the Y-axis shows the number of persons in each gender. The blue bar denotes female and the green bar denotes males. Chi-square test p-value: 1.000 - non-significant