

Abstract

Investigating the relationship between oral and dental health behaviors and health-related quality of life: a study based on Ardabil Persian Cohort

Introduction: The quality of life associated with oral and dental health behaviors examines the effect of these behaviors on the quality of a person's daily life. The purpose of this research is to determine the relationship between oral and dental health behaviors and health-related quality of life in the population of Ardabil.

Methods: The present study was descriptive, analytical and cross-sectional. The study sample is 345 people aged 35 to 70 who referred to the Persian Cohort Center of Ardabil in 1400, who were randomly selected using Cochran's sample size formula. SFQ questionnaire was completed to collect data related to quality of life. The checklist related to oral health behaviors included questions asked by the researcher. SPSS version 25 software was used for data analysis.

Result: 345 people participated in the present study. 44.3% were men and 55.7% were women. According to the results, 47.2% of the participants were obese and 27.2% had primary education. Most of the study participants (38.3%) had more than 25 teeth. According to the results, 68.7% of the participants brushed their teeth at least once a day and 21.4% of them used dental floss. Also, according to the results, only 1.4% of the participants used mouthwash. People with higher education reported higher quality of life ($p=0.05$, $\beta=1.515$). People who brushed their teeth daily reported a higher quality of life ($p=0.007$, $\beta=2.812$).

Conclusion: The results of the study showed that the quality of life is related to the appropriate pattern of oral and dental health behavior. It seems necessary to implement appropriate programs to improve oral and dental health and quality of life related to dental hygiene behaviors.

Keywords: oral and dental health behaviors , health-related quality of life, Persian cohort