

**Republic of Iraq  
Ministry of Higher Education  
and Scientific Research  
University of Baghdad  
College of Dentistry**



**Evaluation of an Oral Health Education Program  
(OHEP) by a Dentist, Teachers and Mothers for  
Adolescents in Schools of Diyala Governorate/Iraq**

A Thesis

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## Abstract

**Background:** Oral health education is an important issue that should be given to adolescents who characterized by rapid change, allowing the acquisition of correct oral health behaviours for later life.

**Aim:** Evaluating oral health outcomes of a school-based oral health education program on adolescents by a dentist, teachers and mothers.

**Materials and Methods:** The study was randomized controlled trial carried out in seven schools of Diyala governorate. It has involved sample of 160 healthy Iraqi adolescents of both genders in the age group of 12 years. The sample was divided into four groups: three studied groups supervised by a dentist, teachers, and mothers respectively and one is the control group, forty adolescents for each group. Oral health behaviours were assessed by questioning adolescents about various issues. Oral hygiene, gingival health and oral malodour were assessed using plaque, gingival indices and halitosis scores respectively. The researcher instructed teachers and mothers in the use of oral health education program for enabling them to conduct oral health education to the students, a three days training workshop was organized for them. The educational materials included posters, videotapes, macromodels, puppet theatre, and coloring drawings. Eight dental examinations were carried out by the researcher to evaluate oral health education program including: baseline examination performed before implementation the program and the other examinations were performed each two weeks.

**Results:** Plaque, gingival and halitosis scores reductions were highly significant. Results recorded the lowest plaque index, gingival index, and halitosis scores were among the dentist-led group followed by the teacher-led group, then the mother-led group statistically high significant difference ( $P < 0.01$ ) were found between the groups.

**Conclusions:** The oral health education program was more effective in dentist-led group than teacher-led group and mother-led group in improving oral health practices, oral hygiene status, gingival health and oral malodour of schooladolescents.