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Original Research Article

Dentistry

Assessment of Knowledge and Attitude of Yemeni Mothers Toward Their Children's Oral Health Status

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Abstract

Aim of the study: To assess the attitude and knowledge among Yemeni parents toward their child's oral health practice and habits with associated factors. *Subjects and methods:* This study was carried out using three hundred self-administered structured questionnaires for parents or guardians. Demographic variables, knowledge of dental health, oral health, and dietary practices concerning dental care, and attitudes toward oral health were assessed. The correlation between sociodemographic status and oral health knowledge and practice was evaluated. *Result:* results showed that the mean caregiver's level of knowledge is 53.9%. Most mothers have good knowledge about the age of primary teeth eruption 71.9% and exfoliation 64.9%, the significance of primary teeth 78.4%, what causes the most common dental disease affects teeth 91.8%, and the importance of cleaning teeth 85.4%. 68.4% Cleaned their teeth, and most of them 78.4% remained to encourage their children to clean their teeth. Mothers have bad knowledge about the time to start brushing their children's teeth 46.8% and the role of fluoride in preventing dental caries 32.2%. There was a statistically significant correlation between the level of knowledge and the mother's education level and occupation. *Conclusion:* Yemeni mothers have average knowledge of their children's oral health status. There was a statistically significant relation between the mother's education level group (Professional) ranked first with a knowledge level (73%).

Keywords: Oral health awareness, Knowledge, Education level, Mothers, Parents, Yemeni population.

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INTRODUCTION

Dental caries is a common disease in children and is considered a major public health problem worldwide [1]. According to the WHO Global Oral Health Status Report (2022) oral diseases affect close to 3.5 billion people worldwide, with 3 out of 4 people living in middle-income countries. Globally, an estimated 2 billion people suffer from caries of permanent teeth and 514 million children suffer from caries of primary teeth [2].

Dental caries is a multifactorial disease related to many risk factors such as dietary habits, oral hygiene practices, nutritional imbalances, salivary flow and composition, use of fluorides, etc. [1].

According to the American Academy of Pediatric Dentistry (AAPD), the guidance of eruption and development of the primary, mixed, and permanent dentitions are an integral component of comprehensive oral health care for all pediatric dental patients [3]. A complete set of primary dentitions is an essential prerequisite. Primary teeth have an important role in the development of speech and pronunciation, chewing, guiding the eruption of permanent teeth correctly for proper occlusion and accepted esthetic. Therefore, the primary dentition must be maintained in good health and preserved until normal exfoliation [4].

Oral health is the base of general health and represents an essential role in the life of a child and the presence of healthy permanent teeth [5, 6]. The child especially in the early years of his life regarded his parents as a real model in everyday life and habits. Parental habits of oral health and hygiene directly influence the child's oral health [6].

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In Yemen, the knowledge and attitude of parents/caregivers about the oral health of their children have not been reported previously.

Aim of the study:

- 1. To assess the knowledge and attitude of Yemeni mothers toward their children's oral health.
- 2. To evaluate the correlation between demographic factors and the mother's level of knowledge.

MATERIALS AND METHODS

A cross-sectional study was conducted in the outpatient clinics of Pediatric and Preventive Dentistry, College of Dentistry. Sana'a University, Yemen. A self-administered structured 513 questionnaires were fulfilled by the attended mothers of children up to 12 years.

The questionnaire consisted of 29 questions, including the demographic data. It focused on the mother's level of knowledge and attitude about oral health, oral hygiene practices, and the role of diet in preventing dental caries. A questionnaire was designed in English and fulfilled by the researcher in which the questions were translated into Arabic and asked at the same time verbally.

After completing each questionnaire, the mother was aware of and demonstrated the importance of primary teeth, correct oral hygiene practices, a balanced diet, the correct method of feeding, and the prevention of dental caries.

RESULTS

The study consisted of 513 questionnaires fulfilled by mothers.

Baseline Characteristics of Survey Participants:

Table (1) shows that among the 1026 parents who participated in the study, the majority of the fathers were workers, representing 34.5% (177). While for mothers, most of them were housewives, representing 69.6% (357). Both fathers and mothers finish university at their education level, representing 59.7% (291), and 35.1% (180) respectively.

Sociodemographic characte	eristics	Frequency(n)	Percent	
Mother's age	Less than 30 years	201	39.2%	
	30-40 years	243	47.4%	
	41-50 years	60	11.7%	
	More than 50 years	9	1.8%	
	Total	513	100%	
Mother's occupation	Employee	33	6.4%	
	Doctor	24	4.7%	
	Dentist	27	5.3%	
	Worker	12	2.3%	
	Housewife	357	69.6%	
	Teacher	51	9.9%	
	Student	9	1.8%	
	Total	513	100%	
Mother's educational level	Primary	90	17.5%	
	Secondary	72	14.0%	
	High school	129	25.1%	
	University	180	35.1%	
	Professional	9	1.8%	
	Not educated	33	6.4%	
	Total	513	100%	

Table 1: Sociodemographic profile of child parents

A. Frequency and Percentage of Caregiver Knowledge about Oral Health & Primary Teeth: As shown in Table 2, Almost half of the mothers have three children or more representing 48%. The majority know the time of eruption and exfoliation of primary teeth, representing 71.9 %, and 64.9%, respectively. Nearly half of the participants know that the child has 20 primary teeth (56.7%). About 91.8% agreed that dental caries is the most common dental disease

affecting teeth.

However, only 7.6% know that both sugar consumption and bad oral hygiene are the main causes of dental caries. Almost half of them know about the time at which they must start cleaning their child's teeth. Only 18.7% agreed that teeth must be brushed after meals and 14% changed their child's toothbrush every three months.

In addition, the majority of participants agreed that chocolate is the most common food items that cause tooth decay 87.7%. almost all mothers prefer breastfeeding 97.7%

Care giver knowledge about oral hea	lth & primary teeth	Frequency	Percent
How many children are in the family?	One child	126	24.6%
	Two children	141	27.5%
	Three children or more	246	48.0%
At what age the first primary tooth	6-10 months	369	71.9%
erupts	10-16 months	90	17.5%
	I don't know	54	10.5%
At what age the child's first tooth falls	Less than 6 years	69	13.5%
off	Six years and more	333	64.9%
	I don't know	111	21.6%
Number of primary teeth	20	291	56.7%
	20 - 30	48	9.4%
	I don't know	174	33.9%
According to you, what is the	Eating	402	78.4%
significant of primary teeth?	Appearance	30	5.8%
	Eating and Appearance	75	14.6%
	I don't know	6	1.2%
According to your knowledge, what is	Gingival diseases	12	2.3%
the most common dental disease	Dental caries	471	91.8%
affecteing teeth	Another disease	3	0.6%
	Gingival diseases and Dental caries	12	2.3%
	I don't know	15	2.9%
What is the cause of dental caries?	Sugar consumption	387	75.4%
	Bad oral hygiene	72	14.0%
	Sugar consumption and Bad oral hygiene	39	7.6%
	I don't know	15	2.9%
Do you know the time at which you	At the time of the eruption of first primary tooth	240	46.8%
start cleaning your child's teeth	At the time of the eruption of the first permanent tooth	129	25.1%
	I don't know	144	28.1%
How many times should the child	Once daily	117	22.8%
brush his/her teeth	Twice daily	267	52.0%
	After meals	96	18.7%
	I don't know	33	6.4%
How often do you change your child	Every three months	72	14.0%
tooth brush	Every 6 months	114	22.2%
	If becomes old	210	40.9%
	I don't know	117	22.8%
The most food items that lead to tooth	Chocolate	450	87.7%
decay	Biscuits	24	4.7%
	Fruits	3	0.6%
	Chocolate and Biscuits	27	5.3%
	I don't know	9	1.8%
What is the best time to give sweets	After meals	354	69.0%
and chocolates to your child	Between meals	96	18.7%
	At night before bed	3	0.6%
	I don't know	60	11.7%
Breast feeding or bottle feeding	Breast feeding	501	97.7%
	Bottle feeding	12	2.3%

 Table 2: Frequencies (n) and percentages (%) of parents' knowledge questionnaire (correct answer in bold) (multiple choice Q.)

Table 3, shows that caregivers have almost a good knowledge about teeth brushing habits as they say that they help their child brush 62.6%, reminding and encouraging them to brush their teeth 78.4%, but they don't know the role of fluoride in preventing caries and

half of them don't know if their toothpaste contains fluoride or not 56.7%. The majority don't use dental floss 91.2%. almost half of them 45.6% agreed that it is ok for the child to sleep with a milk bottle in his mouth.

Table 3: Frequencies (n) and percentages (%) of parents' knowledge questionnaire (YES/NO Q.)				
Care giver knowledge about oral health & primary teeth	Frequency	Percent		
Do you know the consequence of dental caries in primary teeth	Yes	303	59.1%	
	No	210	40.9%	
Do you know how to prevent dental caries	Yes	375	73.1%	
	No	138	26.9%	
Do you know the importance of cleaning teeth	Yes	438	85.4%	
	No	75	14.6%	
Does your child brush his/her teeth	Yes	351	68.4%	
	No	162	31.6%	
Do you encourage and remind your child to brush his/her teeth	Yes	402	78.4%	
	No	111	21.6%	
Do you help your child brushing his/ her teeth	Yes	321	62.6%	
	No	192	37.4%	
Do you Supervised your child while brushing his/her teeth	Yes	294	57.3%	
	No	219	42.7%	
Does your child rinse his/her mouth after eating	Yes	168	32.7%	
	No	345	67.3%	
Do you know the role of fluoride in tooth paste	Yes	165	32.2%	
	No	348	67.8%	
Does your child use tooth paste with fluoride	Yes	117	22.8%	
	No	105	20.5%	
	I don't know	291	56.7%	
Does your child use dental floss	Yes	45	8.8%	
	No	468	91.2%	
Is it ok for child to sleep with milk bottle in his mouth	Yes	234	45.6%	
	No	72	14.0%	
	I don't know	207	40.4%	
Do you need to clean child mouth after milk feeding? (Either breast or bottle)	Yes	216	42.1%	
	No	126	24.6%	
	I don't know	171	33.3%	

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The mother's level of knowledge about oral health & primary teeth:

The study shows the percentage of caregivers who answered individual questions correctly. They have a good knowledge of all oral health habits except the cause of dental caries and brushing teeth habits, including the time of brushing their teeth and how many times they should he/she brushing. On the other hand, they have bad knowledge about using dental floss, the times of changing toothbrushes, the role of fluoride in preventing dental caries, feeding habits, and if the toothpaste contains fluoride.

Table 4: The caregiver's level of knowledge about oral health & primary ter	eth
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Care giver knowledge about oral health & primary teeth	Good Knowledge		Bad Knowledge	
	Ν	%	Ν	%
At what age the first primary tooth erupts?	369	71.9%	144	28.1%
At what age the child's first tooth falls off?	333	64.9%	180	35.1%
Number of primary teeth	291	56.7%	222	43.3%
According to you, what is the significant of primary teeth?	402	78.4%	111	21.6%
According to your knowledge, what is the most common dental disease affected teeth?	471	91.8%	42	8.2%
What is the cause of dental caries?	72	14.0%	441	86.0%
Do you know the consequence of dental caries in primary teeth?	303	59.1%	210	40.9%
Do you know how to prevent dental caries?	375	73.1%	138	26.9%
Do you know the importance of cleaning teeth?	438	85.4%	75	14.6%
Do you know the time at which you start cleaning your child's teeth?	240	46.8%	273	53.2%
Does your child brush his/her teeth?	351	68.4%	162	31.6%
How many times should the child brush his/her teeth?	96	18.7%	417	81.3%
Do you encourage and remind your child to brush his/her teeth?	402	78.4%	111	21.6%
Do you help your child brushing his/ her teeth?	321	62.6%	192	37.4%
Do you Supervised your child while brushing his/her teeth?	294	57.3%	219	42.7%

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Care giver knowledge about oral health & primary teeth	Good Knowledge		Bad Knowledge	
	Ν	%	Ν	%
Does your child have to rinse his/her mouth after eating?	168	32.7%	345	67.3%
How often do you change your child tooth brush?	72	14.0%	441	86.0%
Do you know the role of fluoride in tooth paste?	165	32.2%	348	67.8%
Does your child use tooth paste with fluoride?	117	22.8%	396	77.2%
Does your child use dental floss?	45	8.8%	468	91.2%
The food items that lead to tooth decay	450	87.7%	63	12.3%
What is the best time to give sweets and chocolates to your child?		69.0%	159	31.0%
Breast feeding or bottle feeding?	501	97.7%	12	2.3%
Is it ok for child to sleep with milk bottle in his mouth?		14.0%	441	86.0%
Do you need to clean child mouth after milk feeding? (Either breast or bottle)	216	42.1%	297	57.9%
Mean caregiver's level of knowledge	53.	9%	46	.1%

The comparison between the level of knowledge and variables:

1. Comparison between the level of knowledge and the mother's age:

The results showed that there were no differences between the mother's age groups in the level

of knowledge about oral health & primary teeth, as the p-value (0.494) was higher than the significance level of 0.05 Table (8).

Table 8: Comparison between level of knowledge and mother's age

Mother's age	Level of knowledge	P value
	Mean ± SD	
Less than 30 years	0.55 ± 0.144	0.494
30-40 years	0.54 ± 0.168	
41-50 years	0.53 ± 0.214	
More than 50 years	0.40 ± 0.144	

Kruskal-Wallis Test

2. Comparison between level of knowledge and mother's occupation:

Table 9 revealed that there were differences between mother's occupation groups in the level of knowledge about oral health & primary teeth, as the pvalue was (0.000), which is less than the significance level of 0.05. The mother's occupation group (Doctor) ranked first with a knowledge level (71%), while the mother's occupation group (Worker) ranked last with a percentage of (41%).

Table 7. Comparison between it of ano wieuge and mounter s occupation	Table 9: Comp	arison betweer	ı level of knov	vledge and mot	her's occupation
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Mother's occupation	Level of knowledge	P value
	Mean ± SD	
Employee	0.60 ± 0.081	0.000*
Doctor	0.71 ± 0.074	
Worker	0.41 ± 0.252	
Housewife	0.49 ± 0.150	
Teacher	0.64 ± 0.082	
Student	0.61 ± 0.289	

Kruskal-Wallis Test

3. Comparison between level of knowledge and mother's education level:

Finally, the results showed that there were differences between mothers' education level groups in the level of knowledge about oral health & primary teeth,

as the p-value was (0.000), which is less than the significance level of 0.05. The mother's education level group (Professional) ranked first with a knowledge level (73%), while the mother's education level group (Not educated) ranked last with a percentage of (44%) Table (10).

Mother's education level	Level of knowledge	P value
	Mean ± SD	
Primary	0.45 ± 0.191	0.000*
Secondary	0.51 ± 0.131	
High school	0.52 ± 0.150	
University	0.62 ± 0.135	
Professional	0.73 ± 0.115	
Not educated	0.44 ± 0.149	

Table 10:	Comparison	between level	of knowledge and	l mother's edu	cation level

Kruskal-Wallis Test DISCUSSION

This is the first study carried out in Yemen to assess the level of mother's knowledge and its relation to different demographic data including educational level, age, and occupation.

In this study, mothers were the main participants because they are often the main ones responsible for caring for their children and usually have more knowledge than others regarding their children's oral health [7].

The findings of this study indicate areas of strength& weakness in the knowledge of participating mothers. In general, the percentage of good knowledge of oral health of Yemeni mothers was 53.9% this may be because of lacking educational programs.

The majority of mothers have a good knowledge of the timing of eruption and the importance of primary teeth, they know that the most common disease-affected teeth is caries, but they have bad knowledge about the cause of the disease.

Regarding oral health practices, mothers were knowledgeable about the importance of teeth brushing as they encouraged & supervised their children to brush, this was truly supported by *Anand Nanasaheb Patil et al.* 2021 [8].

Regarding oral health practices, the American Academy of Pediatric Dentistry (AAPD) [9,10] recommends the time to start brushing a child's teeth as soon as they erupt. However, mothers in the present study show bad knowledge regarding the time when they should start brushing their child's teeth.

In the present study, 52% of mothers said that children should brush their teeth twice a day. These results were lower than the study of *Anand N Patil et al.*, 2022 [11] wherein 81.7% agreed that children should brush their teeth twice a day.

Mothers were knowledgeable about the importance of teeth brushing as they encouraged, helped, and supervised their children to brush their teeth. So, nearly half of the mothers supervise (62.6%) and help (57.3) their children brush their teeth as it is important as

children lack manual dexterity and brushing may be ineffective. This result was acceptable but in contrast with the study done by *Gibi Syriac 2020* [12] which revealed that of the total participants, 92% of subjects acknowledged that they monitor their child's brushing.

but they ... Mothers have limited knowledge of when to change their child's toothbrush,

The results of this study show that only 32.2 % of mothers know the role of fluoride in preventing dental caries, this was in agreement with *Moulana*. *SA et al.*, 2012 [13]. Contrary to our findings *Salama et al.*, 2020 [14] reported that 72.5% of parents agree that fluoridated toothpaste plays an important role in preventing dental caries.

In addition, 87.7% know that chocolate is one of the items of food that cause tooth decay, which was nearly in agreement with *Nitin Khanduri et al.*, 2022 [15] 90%, *Peterson et al.*, 1990 ⁽¹⁶⁾74%, and *Neupaul P et al.*, 2020 ⁽⁷⁾ 88.9% which reported that the majority of parents knew that dental decay was caused by sweets and candy.

Although most mothers prefer breastfeeding they have bad knowledge about the role of nighttime bottle/breastfeeding and the importance of cleaning teeth they need to after bottle or breastfeeding. This was following the results of a previous study by *Rwakatema and Ng* '*ang* '*a.* 2009 [17], *Neupaul P et al.*, 2020 [7].

The result of this study reveals that there is a statistically significant relationship between the level of education and overall knowledge related to oral health this was truly supported by *Nitin Khanduri et al.*, 2018 [5]. In addition, there was an agreement with the findings of *Schwendicke et al.*, 2015 [18], who reported that people with lower own or parental education levels would have poorer health literacy, poorer dietary and oral health behaviors.

On the other hand, there wasn't a statistically significant relation between the mother's age and the level of knowledge, this was in agreement with *Fatimah Saud Al-shammari et al.*, 2021 [19] who studied the parental awareness and knowledge of their children's oral health in the city of Dammam, they found that there were statistically significant relations between

educational level and overall knowledge related to oral health and no statistical significant regarding age of parents.

CONCLUSION

- 1. Yemeni mothers have about 53.9 % level of good knowledge about their children's oral hygiene.
- 2. There was a statistically significant relation between the mother's education level and the level of knowledge.
- 3. The mother's education level group (Professional) ranked first with a knowledge level (73%).

The limitations of this study were that it was carried out in one institution only by random sampling method, so the outcome of the results may vary accordingly.

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