

## A Study on the outcomes of Orthodontic Treatment in Patients

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### KEYWORDS

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### Abstract

To evaluate outcome of orthodontic treatment on patients, random sampling was conducted on patients. Unstructured interview was conducted in this study. This could help in understanding final outcome of the treatment. Although treatment did not have much effect on masticatory functions and speech efficiency but has positive impact on self-confidence, due to improvement in esthetics of patients.

The consequences or outcomes of various types of Orthodontic treatments can be classified as functional, psychosocial and aesthetic in nature. However, if we look at a broader perspective, there has been very few activities and research methodologies in reference to the consequences of the treatments in a quantitative way from patient's point of view.

### 1. INTRODUCTION

Now a days there is an enormous increase in the research article publications which throw a major light on various dental problems like plaque accumulation or so and this has motivated patients to undergo orthodontic treatment. What is really an important concern is that the individuals, who have undergone the process of orthodontic treatment, can tell better about the exact insight of the line of treatment that was followed and how they were benefitted, if all.

Whenever we try to focus upon the after effects of orthodontic treatment and analyze the entire process, it is always the qualities of living standards along with the psychosocial aspects are two such areas which forever outshine. But the evidences in its support are not always satisfactory, may be due to the fact that the different approaches which have been observed in the measurement of these factors were of subjective nature.

In the process of the long term research activities involving the systematic review of the influence of orthodontic treatment, the final outcomes have been classified into the following three areas, namely-

\* Physical

\* Social

\* Psychosocial

Among these three, there was not much evidence of masticatory efficiency and vocal cord changes as a result of the orthodontic treatment. Although the patients were quite satisfied and convinced with the post-treatment aesthetics, they were not able to represent themselves showing an increase in the self-confidence level. Thus, we can say that there was somewhere a lack of the evidences in favor of the role of orthodontic treatment in enhancement of self-confidence or self-esteem.

It has been observed that most of the research publications that have been carried out in this area are all quantitative. These studies that are mostly questionnaire-based mainly provide facts or statistics which may or may not be able to explore the overall views of patients. So, it was advised that such studies or analysis should be more of patient-centred. This would be helpful in understanding the outcomes of the treatment that has been followed in due course of time.

Random sampling technique formed the base of the interview process.[1]

The following criteria were selected to carry out the sampling process-

- a. Age group
- b. Sex
- c. Ethnicity
- d. Extent of plaque accumulation
- e. Time period after removal of orthodontic appliances

Keeping as a prime aim, the qualitative analysis[2][3], or study, there was not a single area where sample sizes have been assessed and none of the statistics related to the different age group of patients were considered or recorded. The study was purely based on one to one interaction by unstructured interviews.

## 2. OBJECTIVE

For the assessment of the outcomes after the orthodontic line of treatment in patients between the age group 10-35 years.

### Methods:

In this method, a prospective qualitative study was carried out with 25 patients (aged 10-35 years). During the study the parents and family members of the patients were interviewed by the conducting in depth interviews so that we can know about how these patients felt during the line of treatment. We recorded the interviews of all the people and then an analysis was done at the end using Statistical approach.

Twenty-five patients were interviewed, they were among the ages of 10 to 35 years. The persons selected for this study were having different plaque accumulation levels, and their canines were also in an impacted state. These patients who were interrogated were engaged on an average for about forty five to fifty five minutes.

This was a qualitative study including two aspects- first one focused towards the results obtained from different orthodontic patients and the other one were a part of the parents of the patients and their family members.

## 3. RESULTS

Statistical analysis based on Structured interviews helped in the identification of the following themes:

- (1) Health related changes in the behavior of the person which involved improvement in the daily routine for maintaining a good and healthy oral hygiene along with nutritious diet.
- (2) Dental hygiene which included reduction in issues related to plaque accumulation, bad oral health
- (3) The most important were the Social outcomes which helped the individuals for a confident public appearance and social interactions.

## 4. CONCLUSION

- The patients who were an integral part of this entire study identified the following three major utilities of the treatment these were-
  - a. A drastic change in the behavior of the patient in relation to health.
  - b. A revolution in dental health
  - c. A change in the psychological behavior
 These observations were found to be very crucial from the view point of the doctor, i.e. the orthodontist and the patient when it comes to manage the expectations from one.
- A lot of queries were put forward to majority of the patients who were questioned regarding the changes in the behavior of a person in relation to his health. These even included putting forward various suggestions that might have a short-term effect on the oral hygiene and health and also the life-long benefits. One of the most impressive and effective area was that the patients were high in confidence as well as the social well beings.

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