

Effect of Loneliness on Oral Health

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Loneliness is one of the biggest concerns related to wellbeing in the current decade. It is yet to be understood are all the possible effects that loneliness can have in someone's health. In the current study, the relationship between loneliness and oral health is investigated, considering that oral health can be used in many cases to predict one's overall health. Since loneliness is correlated to depression and anxiety, which both have been shown to negatively impact oral health, it is expected that loneliness would have a negative impact on oral health.

The research will be conducted using an online questionnaire administered via SONA systems to collect data of 700 FIU students. Loneliness scales such as the UCLA revised loneliness scale will be used to measure one's loneliness level. In order to collect participants' oral health level, modified versions of the scales Pediatric Quality Of Life Inventory Oral Health Scale, Brief Oral Health Status Examination, Hiroshima University Dental Behavioral Inventory and the Blue Cross Blue Shield of Massachusetts Oral Health Self-Assessment will be used. Demographic scale will also be used to measure other variables and no cost will be attributed to the distribution of the questionnaires or the study as a whole.

This study will be the first to address the effects of loneliness in college level students' oral health in America. It is of extremely significance to help the understanding of the connection between loneliness and oral health. This could provide the means for diminishing loneliness and improving oral health and general health in our society, especially considering the increased loneliness frequency in modern society.