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The Impact of Orthodontic Treatment on the Quality of Life of Adults

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Aim: To assess changes in oral health-related quality of life (OHRQoL) and occlusion following fixed orthodontic appliance therapy (FOAT).

Methods: A consecutive sample of 86 patients underwent FOAT. Occlusion was assessed pre- and post-treatment (>12 months) using the Peer Assessment Rating (PAR) and Index of Complexity, Outcome and Need (ICON). OHRQoL was assessed using Oral Health Impact Profile (OHIP-14) and United Kingdom Oral Health-related Quality of life (OHRQoL-UK) inventory pre- and post-treatment.

Results: There was significant improvement in occlusion: PAR score ($p < 0.001$), ICON score ($p < 0.001$). In addition, there was significant improvement in OHRQoL scores: OHIP-14 ($p < 0.001$), OHRQoL-UK ($p < 0.001$). The magnitude of statistical changes was large. Changes in OHRQoL were associated with changes in occlusion ($p < 0.05$) and global ratings of improvement in oral health ($p < 0.05$).

Conclusion: Following FOAT among adults, there was significant improvement in OHRQoL. Changes in OHRQoL were associated with changes in occlusion.