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## ABSTRACT

### *Knowledge, Attitude and Practices of Using Dental Floss Among Dental Students at Al-Quds University.*

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**Introduction:** Dental plaque is one of the major factors in the initiation and progression of dental caries, gingivitis and periodontal diseases. It has been reported that tooth brushing alone can clean only 3 surfaces of the tooth's five surfaces. Thus combining tooth brushing with interdental cleaning is crucial. Dental floss is one of the most effective interdental interventions that remove plaque between the teeth.

**Objectives:** The aim of this study was to assess knowledge, attitude and practices related to the use of dental floss among dental students at Al-Quds University, Palestine.

**Methods:** This is a cross-sectional study conducted among dental students from the Faculty of Dentistry at Al Quds University from first to the fifth year, to assess knowledge about the use of dental floss, attitude towards the importance of the use of dental floss and students' practice related to the use of dental floss. In addition, socio-demographic information was collected.

**Results:** 292 students completed the survey, the sample was composed of 18.2% in 1<sup>st</sup> year, 16.1% in the 2<sup>nd</sup> year, 18.2% in the 3<sup>rd</sup> year, 22.3% in the 4<sup>th</sup> and 25.3% in the 5<sup>th</sup> year. Students who use dental floss, 33.3% believes that modern toothbrush is similar to dental floss, the relation of dental floss use with students who believed that modern toothbrushes with advanced bristle design remove interdental plaque similar to dental floss it was less,  $X^2=6.2$ ,  $p=0.01$ . Students who believed that the use of dental floss beside toothbrush daily is important to gingival

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health 55.2%, in relation of the use of dental floss  $X^2 = 5.6$ ,  $p=0.02$ . 35% of students who use dental floss believed that the use of dental floss is difficult, with the use of dental floss  $X^2 = 20$ ,  $p=0.05$ . 48.5% of students who use dental floss believe that dental floss is not given adequate importance in dental education, with the use of dental floss  $X^2 = 4.2$ ,  $p=0.04$ . For knowledge results 58.2% of students who use dental floss know how to use dental floss with  $X^2 = 25$ ,  $p<0.05$ . For practice results, students who use mouthwash, used dental floss more,  $X^2=10.8$ ,  $p=0.001$ .

**Conclusions:** Al-Quds University dental students have adequate knowledge on how effective is using the floss as an adjunct to the toothbrush, we still should encourage the community and students to do so.

**Key words:** Knowledge, attitude, practices, dental floss, dental students, Al-Quds University.