Original Article

Knowledge and practice related to oral health in pregnant women referring to health centers

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Abstract

Background and purpose: Pregnant women have increased risk for oral and dental diseases due to their physiological and behavioral changes. The aim of this study was to evaluate the awareness and performance of pregnant women referred to non-affluent health centers in Tehran about oral and dental health.

Methods: This cross-sectional study was conducted on pregnant women attended to 10 health centers in Tehran. A questionnaire was distributed among the participants in which questions were categorized into three categories of demographic information, mothers' performance and their knowledge. Finally, the data were analyzed by IBM SPSS software (version 24) using descriptive, correlation and regression tests.

Results: Totally, 166 pregnant women participated in the study. The average score of people was 3.32 out of nine. The results of regression analysis showed that there was a relatively significant relationship between the general knowledge of pregnant women about oral health and the level of education (P = 0.065) but there was no correlation between general oral health knowledge and ethnicity, husband education, income and resident status (p>0.1). While oral health knowledge of pregnant women during pregnancy with education (p=0.07), resident status (p=0.042) and the number of mother roommates (p=0.069) had relatively significant correlation. General Oral health behavior had significant statistical correlation with education (p=0.03), but there was no correlation with other variables (p>0.1). Oral health behavior during pregnancy was not significantly correlated with any of the variables (P> 0.1).

Conclusion: The results of this study showed that the study population had no acceptable knowledge about oral and dental health care and it is necessary to train pregnant women on practical skills of oral health care and they will be aware of the importance of maintaining oral health during this period and the potential adverse effects of periodontal diseases.

Keywords: Oral Health, pregnant women, knowledge, practice.

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