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Oral and general health-related quality of life in times of crisis in Greece

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Introduction

- Oral health is an integral component of general health and allows individuals to function in everyday life, while it also contributes to their overall well-being [1].

Objective

- To measure oral and general health, as well as oral and general health-related quality of life (HRQoL) in times of crisis in Greece, and to investigate their association

Methods

Study design

- In a non-randomized, cross-sectional, observational study, 463 dental patients were enrolled from 5 private dental clinics in the greater area of Athens, between March and April 2014.
- Patients completed a self-administered questionnaire collecting data on socio-demographics, self-rated general and oral health (visual analogue [VAS] and 5-point Likert scales), oral and general HRQoL (OHIP-14 and EQ-5D-5L, respectively).
- Each of the five EQ-5D-5L dimensions is measured across a 5-level-of-problems scale. A single utility score can be obtained, with higher scores representing better overall HRQoL. The VAS records the respondent's self-rated health on a 0-100 visual analogue scale.
- The OHIP-14 comprises 14 items that assess 7 dimensions of oral HRQoL on a 5-point Likert scale (0-4). The sum of responses creates the sum score of OHIP-14, which ranges from 0 to 56, with higher scores indicating lower Oral HRQoL.

Statistical analysis

- Descriptive statistics were used to summarize data.
- Pearson (r) and Spearman (rho) correlation coefficients were employed to investigate the relationship between health and quality of life measures.
- Statistical significance level was set at $\alpha=0.05$.

Results

- 61.7% of the sample were females.
- 36.2 years was the overall mean age.
- 13.9% and 28.8% of the sample reported very good oral and general health, respectively (Figure 1).
- Lower mean oral (X=73.20, SD=16.45) than general health (X=79.76, SD=13.01) was verified in the visual analogue scale as well (Figure 2).
- The mean sum OHIP-14 score was estimated to be 14.39 (SD= 9.2), while the simple count of items recording problems was 4.53 (SD=3.54); 90.5% of the subjects recorded at least one oral health impact.
- The mean EQ-5D-5L index was calculated to be 0.82 (SD=0.16). 54.2% of the sample reported anxiety/depression problems, followed by a proportion of 49.1% in the pain/discomfort, 19.4% in the mobility, 17.4% in usual activities and 9.3% in the self-care domain (Figure 3).
- A moderate to strong positive relationship was established between oral and general health both in the Likert (r=0.501, p<0.01) and the visual analogue scales (r=0.595, p<0.01). A moderate negative correlation was recorded between the sum OHIP-14 score and the EQ-5D-5L index (r=-0.378, p<0.01) (Table 1).

Results

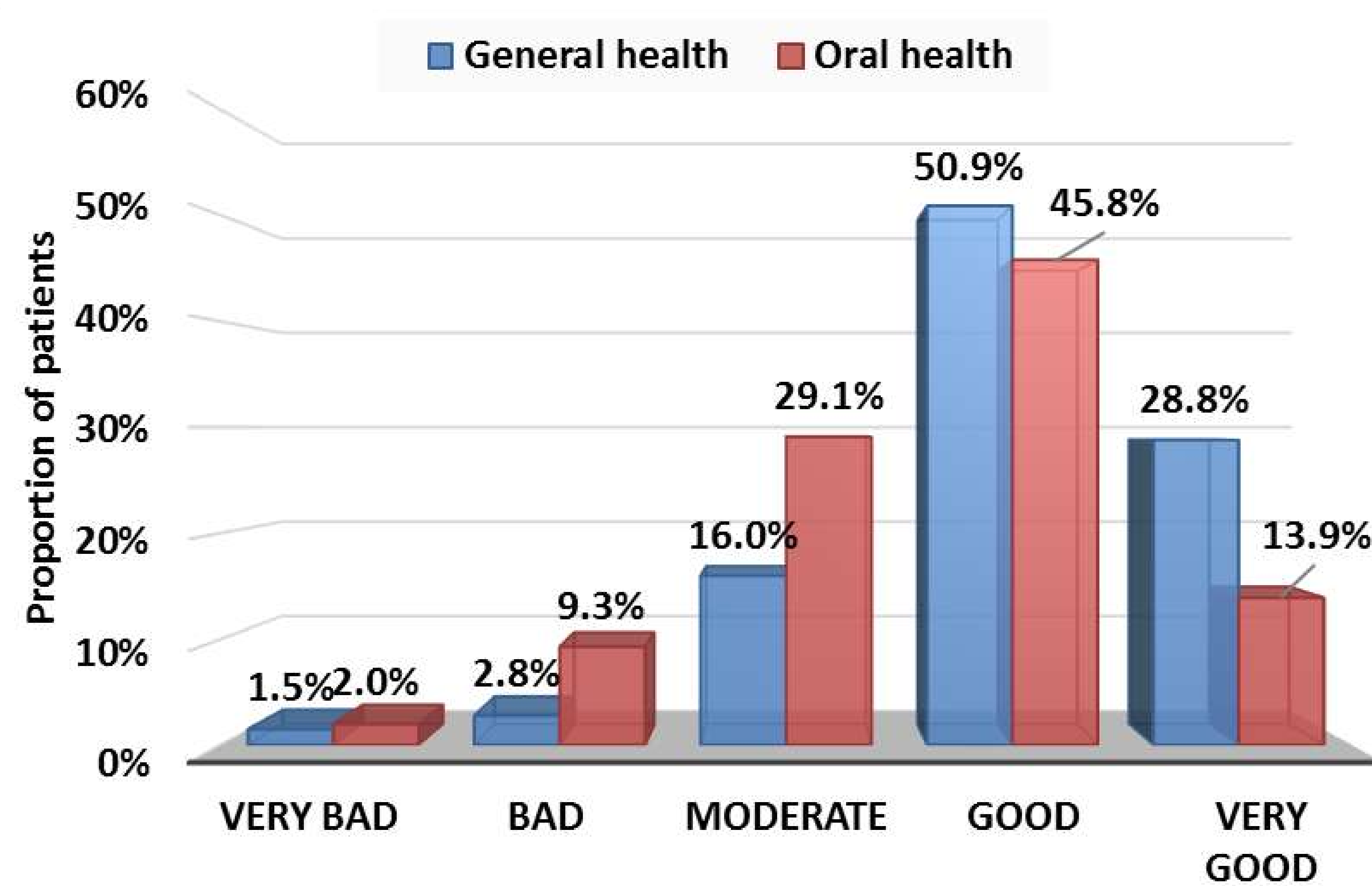**Figure 1.** General and oral health status (5-point scale)

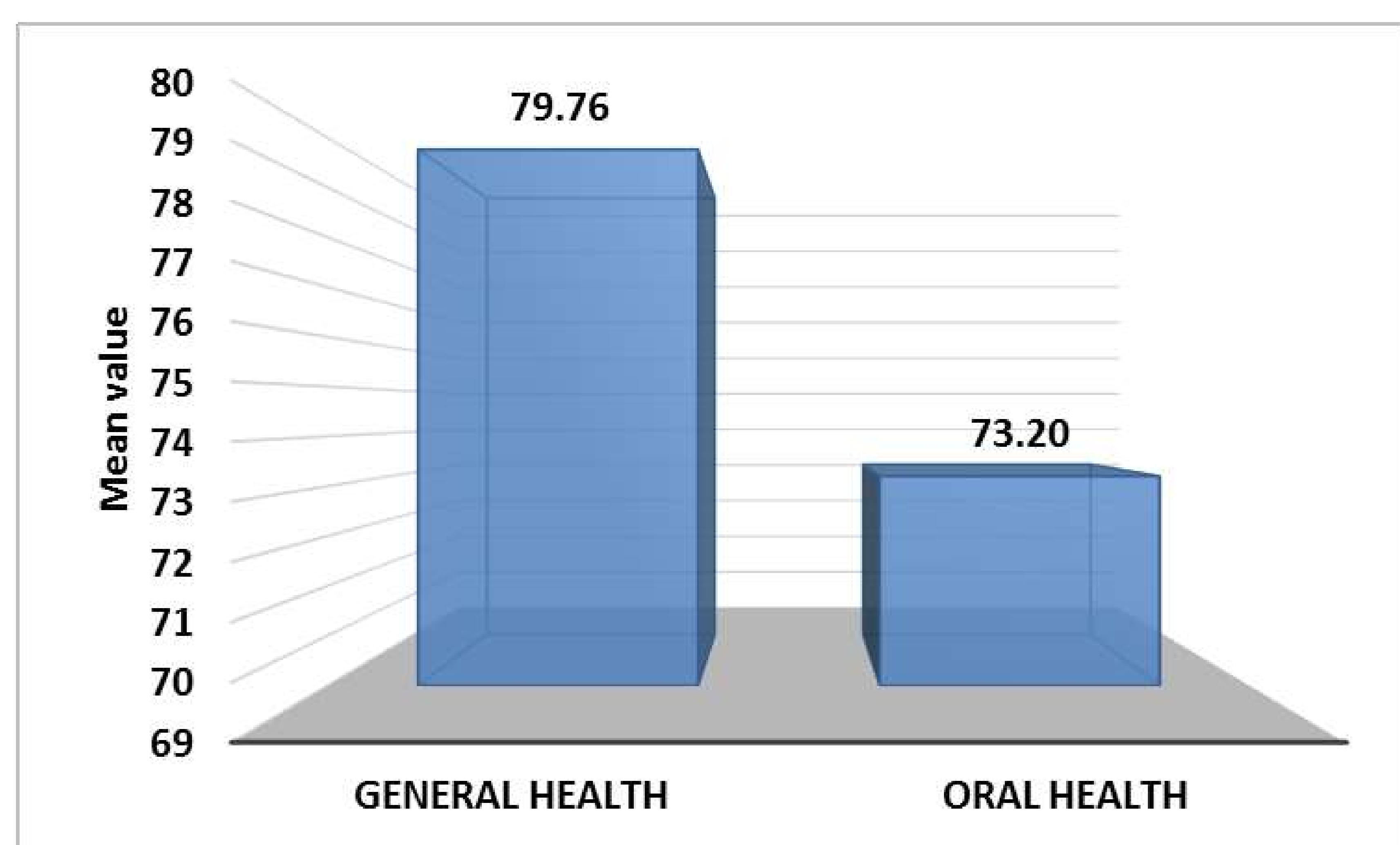**Figure 2.** General and oral health status (VAS)

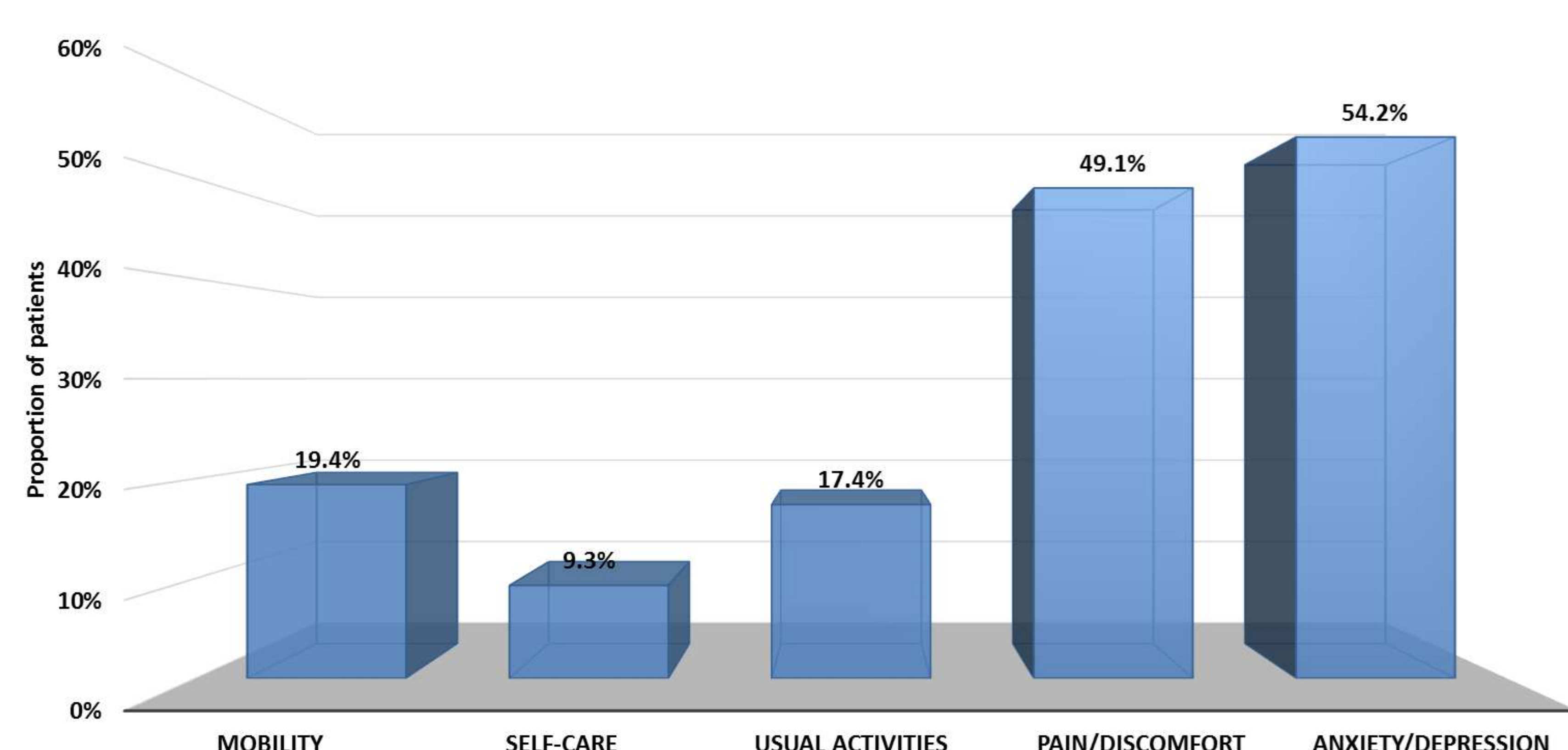**Figure 3.** Prevalence of problems (levels 2-5) in the EQ-5D-5L descriptive system

Table 1. Bivariate correlations between general and oral health status and HRQoL measures

		General health (5-point scale)	General health (VAS)	Oral health (5-point scale)	Oral health (VAS)	Sum score OHIP-14	EQ-5D-5L index
General health (5-point scale)	rho	1	0.646**	0.501**	0.449**	-0.254**	0.357**
	r		0.615**	0.552**	0.422**	-0.231**	0.298**
General health (VAS)	rho	0.646**	1	0.407**	0.579**	-0.308**	0.434**
	r	0.615**		0.416**	0.595**	-0.299**	0.392**
Oral health (5-point scale)	rho	0.501**	0.407**	1	0.722**	-0.412**	0.288**
	r	0.552**	0.416**		0.702**	-0.403**	0.266**
Oral health (VAS)	rho	0.449**	0.579**	0.722**	1	-0.505**	0.372**
	r	0.422**	0.595**	0.702**		-0.521**	0.327**
Sum score OHIP-14	rho	-0.254**	-0.308**	-0.412**	-0.505**	1	-0.418**
	r	-0.231**	-0.299**	-0.403**	-0.521**		-0.378**
EQ-5D-5L index	rho	0.357**	0.434**	0.288**	0.372**	-0.418**	1
	r	0.298**	0.392**	0.266**	0.327**	-0.378**	

** Correlation is significant at the 0.01 level (2-tailed)

Conclusions

- Similar results with recent studies were found regarding self-rated health status and HRQoL.
- A strong association between self-rated oral and general health and oral and general HRQoL was established.

References

[1] Papagiannopoulou, V., Oulis, C., Papaioannou, W., Antonogeorgos , G., & Yfantopoulos, J. (2012). Validation of a Greek version of the oral health impact profile (OHIP-14) for use among adults. *Health and Quality of Life Outcomes*, 10(1), 7.