



## CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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### Quality of Life in an Adolescent Orthodontic Population: Invisalign Versus Fixed Appliances

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**Introduction:** The majority of orthodontic patients are adolescents and during this age, ideas of social identity and self-image are developed. They may face pressures from peers or social media, and orthodontic treatment can directly affect their self-esteem. This study aims to compare Invisalign and fixed appliances and their impact on patients' quality of life.

**Materials and Methods:** Ethics approval was obtained. Adolescent patients from five orthodontic clinics in Winnipeg that are currently undergoing orthodontic treatment with either Invisalign or fixed appliances and met the inclusion criteria were asked to complete a questionnaire.

**Results:** 63 questionnaires (28 in the fixed appliances group and 35 in the Invisalign group) were analyzed. Overall, the trend in the preliminary results was that there was no statistically significant difference found in the oral health, psychosocial, or function categories comparing patients in Invisalign and fixed appliances. Only one parameter was statistically significant in the function category: 71.9% of patients in the Invisalign group reported never having difficulty eating food, compared to 28.1% in the fixed appliances group ( $p= 0.01$ ,  $p<0.05$ ).

**Conclusion:** Preliminary results show that there are generally no statistically significant differences in the quality of life of adolescent patients in either Invisalign or fixed appliances. Both groups expressed high levels of satisfaction with both appliances.