

"MONITORING THE ORAL HEALTH OF THE POLISH POPULATION"

INTERVIEW QUESTIONNAIRE FOR THE TEACHER

Identification number

Results from this anonymous research will contribute to better dental care for children, so please give us honest answers. Please mark the correct answer with an X in the prepared box:

1. Please indicate the voivodeship

- Łódź
- Masovian
- Silesian
- Lublin
- Subcarpathian
- Podlaskie
- Świętokrzyskie
- Lubuskie
- Greater Poland
- West pomeranian
- Lower Silesian
- Opole
- Kuyavian-Pomeranian
- Pomeranian
- Warmian-Masurian

2. Please indicate your place of residence and gender: CITY VILLAGE MALE FEMALE

3. Please indicate your age

- ≤ 30 years
- 31-40 years old
- 41-50 years old
- 51-60 years old
- > 60 years old

4. Please indicate the period of professional practice?

- ≤ 5 years
- 6-10 years
- 11-20 years
- > 20 years

5. How would you describe your knowledge of oral health and methods of preventing tooth decay in children?

- Fully sufficient (very good)
- Sufficient
- Limited (small)
- Insufficient (very small)

6. Have you participated in training on oral health and caries prevention in children?

Yes No

7. Do you think that teachers should conduct classes on children's dental issues?

Yes No

8. Have you conducted didactic classes for children on children's dental issues?

Yes No

9. If you have conducted such a class, please indicate the subject matter:

- Eating a "healthy" diet for your teeth
- The role of sugar in the development of tooth decay
- Teeth cleaning
- The importance of healthy teeth
- Teeth and mouth
- Visits to the dentist
- Other

10. How do you assess the degree of your own preparation to educate children about oral health?

- Very good
- Good
- Average
- Bad
- Very bad

11. How often should a child have check-ups at the dentist?

- every 3 months
- every 6 months
- every year
- in case of signs of caries

12. At what age should a child have their first visit to the dentist?

- 6 -12 months of age
- 2 years of age
- 3 years of age
- > 3 years of age

13. Please specify whether the statement is true or false

	True	False
Tooth decay is caused by pregnancy	<input type="checkbox"/>	<input type="checkbox"/>
Tooth decay is a hereditary disease	<input type="checkbox"/>	<input type="checkbox"/>
Tooth decay is caused by general diseases	<input type="checkbox"/>	<input type="checkbox"/>
Tooth decay is a parasitic disease	<input type="checkbox"/>	<input type="checkbox"/>
Tooth decay is caused by bacteria and sugar	<input type="checkbox"/>	<input type="checkbox"/>

14. At what age should a child start teeth cleaning?

- from the eruption of the first tooth
- at the age of 2
- at the age of 3
- when he or she reaches the age of 3

15. At what age can a child be introduced to clean their teeth with fluoride?

- from the eruption of the first tooth
- at the age of 2
- at the age of 3
- when he or she reaches the age of 3

16. Can children aged 5 use ?

- | | | |
|---|------------------------------|-----------------------------|
| fluoride rinses | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| sonic toothbrush | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| electric toothbrush | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| dental floss | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| fluoride varnish (with a high fluoride content) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |
| fluoride gel (with a high fluoride content) | YES <input type="checkbox"/> | NO <input type="checkbox"/> |

18. Should a preschool child brush their teeth on their own?

YES NO DON'T KNOW

**19. If you think that an adult should help your child clean their teeth, how should they do it?
(please indicate one or more answers)**

- Holding the toothbrush together with the child while brushing
- Teeth are cleaned by an adult
- At the same time, the child **and the adult clean their teeth** on their own
- Check your teeth after cleaning
- Use verbal instructions
- Pay attention to the time of brushing your teeth
- Apply toothpaste to the toothbrush

20. Please indicate food products / drinks that promote tooth decay ?

- | | |
|---|--------------------------|
| Fresh fruit | <input type="checkbox"/> |
| Vegetables. | <input type="checkbox"/> |
| Biscuits, biscuits, cakes, donuts, cakes, sweet | <input type="checkbox"/> |
| rolls, biscuits | <input type="checkbox"/> |
| Candies, bars | <input type="checkbox"/> |
| Jam / honey | <input type="checkbox"/> |
| Chewing gum with sugar | <input type="checkbox"/> |
| Sugar-free chewing gums | <input type="checkbox"/> |
| Juices | <input type="checkbox"/> |
| Xylito | <input type="checkbox"/> |
| Sweetened sodas (e.g. cola, lemonade) | <input type="checkbox"/> |
| Tea with sugar | <input type="checkbox"/> |
| Sugar-free tea | <input type="checkbox"/> |

Milk or cocoa with sugar	<input type="checkbox"/>
Salted chips, sticks or crackers	<input type="checkbox"/>
Mineral water	<input type="checkbox"/>
Unsweetened milk	<input type="checkbox"/>
Natural yoghurts	<input type="checkbox"/>
Yogurts/fruit cheeses	<input type="checkbox"/>
Raisins	<input type="checkbox"/>
Muesli	<input type="checkbox"/>
French fries	<input type="checkbox"/>
Hard cheeses	<input type="checkbox"/>

PLEASE RESPOND TO EACH STATEMENT:

21. Children should have regular check-ups at the dentist

- yes
- no
- I do not know

23. Excessive sugar consumption causes tooth decay

- yes
- no
- I do not know

25. Children should use fluoride compounds that protect against caries

- yes
- no
- I do not know

27. Tooth decay in deciduous teeth "transfers" to permanent teeth

- yes
- no
- I do not know

22. Frequent eating between main meals promotes tooth decay

- yes
- no
- I do not know

24. Children under 10 years old need adult help to clean their teeth

- yes
- no
- I do not know

26. Milk teeth do not require as much care as permanent teeth, because they will soon fall out

- yes
- no
- I do not know

28. Parents should limit giving sweets and sugary drinks to their children

- yes
- no
- I do not know

29. Please indicate effective ways to prevent tooth decay?

- Tooth decay cannot be prevented
- Rinsing with water
- Using toothpicks
- Flossing
- Brushing your teeth
- Regular visits to the dentist
- Avoiding sugar
- Xylitol use
- Use of special medications
- Use of fluoride compounds
- The use of herbal rinses
- Less frequent snacking

If you would like to share your observations on dental issues concerning a child, please do so here:

Thank you for your answer

If you have any doubts, please contact the person conducting the study directly for help.