

"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 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:

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Thank you for your answer

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