

OP19 ASSOCIATIONS BETWEEN CHANGES IN DEPRESSION, SELF-ESTEEM, AND QUALITY OF LIFE DURING TREATMENT OF SEVERE MALOCCLUSION

Anna-Sofia Silvola<sup>1</sup>, Kari Rantavuori<sup>2</sup>, Mimmi Tolvanen<sup>2</sup>, Satu Lahti<sup>2</sup>, Pertti Pirttiniemi<sup>1</sup>, <sup>1</sup>Department of Orthodontics, University of Oulu, and MRC, Oulu University Hospital and <sup>2</sup>Department of Community Dentistry, Institute of Dentistry, University of Turku, Finland

**AIMS:** To investigate the changes in self-esteem and depression before and after treatment of severe malocclusion, and the associations between self-esteem, depression, and oral health-related quality of life (OHRQoL).

**SUBJECTS AND METHOD:** Sixty patients (46 females, 18 males, mean age 37.5 years, range 18–64 years), who had severe malocclusions. Forty-four patients underwent orthodontic-surgical treatment and 20 orthodontic treatment. A questionnaire was collected before treatment and, on average, three years after treatment. The Rosenberg Self-Esteem Scale was used to assess self-esteem. Depression symptoms were measured with Finnish modification of the short form of the Beck Depression Inventory. The 14-item Oral Health Impact Profile was used to measure OHRQoL.

**RESULTS:** Self-esteem and OHRQoL improved after treatment ( $P < 0.001$ ). A decrease in depression symptoms was found among orthodontic-surgical patients ( $P < 0.045$ ). Higher depression symptoms were associated with poorer OHRQoL and lower self-esteem before and after treatment. Improvement in OHRQoL correlated positively with diminished depression symptoms. Generally, the patients did not report high depression symptoms.

**CONCLUSION:** The improved OHRQoL due the treatment of severe malocclusion was associated with decreased depression symptoms. Those who reported depression symptoms were more likely to have lower self-esteem and lower OHRQoL before and after treatment.