

Oral health and dental treatment for persons with severe or long term mental illness in Norway

Submission date 11/05/2020	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 18/05/2020	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 20/12/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Oral health is an important factor in the quality of life and overall health and well-being. People with mental health disorders are reported to have poorer oral health and poorer access to dental health services as compared to the general population. That is, there are barriers to oral health in adults with mental disorders. Little is known about why this patient group misses necessary dental treatment.

This study explores different aspects of oral health and dental health services use among persons with severe or long term mental illness.

We wanted to explore the experiences and views of patients with SMI regarding oral health care services and particularly to explore perceived barriers to obtaining optimal dental health care. Further, we wanted to identify possible facilitators to provide true access to dental health services for this population. The ultimate goal of our study was to develop and improve adequate oral health services for persons with SMI.

Who can participate?

Adults over 18 years who receive support from the Community Mental Health Services in a Norwegian municipality and live at home.

What does the study involve?

Participants were recruited by the Community mental health services. At the onset of the research project, all service users receiving individual support from the Community mental health team were informed and asked to participate by their individually assigned contact person in the team. Participation was based on informed and written consent. Participation in the study involved an intake interview by a clinical psychologist, and a dental examination by a dentist. When treatment needs were identified in the oral examination, dental treatment was offered and performed to all patients. As far as possible, dental treatment was arranged and carried out according to the patient's own preferences.

What are the possible benefits and risks of participating?

Benefits: The participants were offered free oral examination and dental treatment from a

highly competent dentist and were invited to bring about their own experiences of barriers and facilitators for dental care.

Risks: Telling your story about oral and mental health might be challenging for some and there could possibly be a risk for symptom increase. At the same time, a conversation like this can also be experienced as supportive. Interviewers and support persons has to take responsibility and be aware of this possible dilemma, and follow up participants when needed. The participants had ongoing contact with the Community mental health services during data collection.

Where is the study run from?

Stord Community Mental Health Centre (Norway)

When is the study starting and how long is it expected to run for?

October 2015 to December 2021

Who is funding the study?

1. Oral Health Centre of Expertise in Western Norway
2. Directorate of Health in Norway

Who is the main contact?

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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

2015/1724-1

Study information

Scientific Title

Oral health and dental treatment for persons with severe or long term mental illness

Study objectives

The main goal of this study was to develop and improve adequate oral health services for persons with severe or long term mental illness (SMI). This study has three sub-objectives:

1. To study dental status and oral health for people affected by severe or long term mental health disorders
2. To explore perceived barriers to obtain optimal dental health care for patients with severe or long term mental illness, and to identify possible facilitators to provide true access to dental services for this population
3. To explore possibilities and obstacles to cooperation between dental health services and other health services that are relevant for this patient group

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 22/10/2015, Regional Ethics Committee for Medical and Health Research in Western Norway (REK vest: Rogaland, Vestland, Norway; +47 55 97 50 00; rek-vest@uib.no), ref: 2015 /1724-1

Study design

Longitudinal mixed-methods

Primary study design

Observational

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

In need of long term psychosocial support

Interventions

Participants were recruited by the Community mental health services. At the onset of the research project, all service users receiving individual support from the Community mental health team were informed and asked to participate by their individually assigned contact person in the team (all psychiatric nurses). Participants have different psychiatric conditions, but are in need of long term psychosocial support.

Participation in the study involved an intake interview by the first author (JB, clinical psychologist PhD), a dental examination by the second author (DH, dentist), and a number of questionnaires comprising issues relevant for oral health. When treatment needs were identified in the oral examination, dental treatment was offered and performed to all patients. As far as possible, dental treatment was arranged and carried out according to the patient's own preferences. There was a follow-up interview after completion of dental treatment in order to validate the content of the first interview and to provide the participants with an opportunity to add new information.

Intervention Type

Mixed

Primary outcome(s)

At baseline and follow up (after treatment end):

1. Dental anxiety measured using Modified Dental Anxiety Scale (MDA) and Index of Dental Anxiety and Fear (IDAF)
2. Oral quality of life measured using Oral Impact on Daily Performance (OIDP) questionnaire
3. Dry Mouth measured using the Xerostomy inventory
4. Dental hygiene measured using scale with four categories of never or rarely twice a day to questions about how often they brush their teeth, use dental floss or toothpicks, use mouthwash or fluoride
5. Smoking status (yes/no)
6. Mental health disorder measured using the Mini International Neuropsychiatric Interview) (M.I. N.I) Norwegian Translation Version 6.0.0
7. Oral status measured using dental survey conducted by dentist (DMFT index, Oral hygiene index, Periodontal Index, Sialometri)

Key secondary outcome(s)

Barriers and facilitators for oral health and access to dental services for people with SMI measured using semi-structured interview at baseline and follow up (after treatment end)

Completion date

31/12/2021

Eligibility

Key inclusion criteria

1. Receive support from the Community Mental Health Services in a Norwegian municipality
2. 18 years old or more
3. Psychiatric health challenges and are in need of psychosocial support
4. Live in their own homes

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

52

Key exclusion criteria

Not understanding Norwegian or English language

Date of first enrolment

01/12/2017

Date of final enrolment

01/03/2019

Locations

Countries of recruitment

Norway

Study participating centre**Community dental clinic**

Stord

Stord

Norway

5401

Study participating centre**Community Mental Health Centre**

Stord

Stord

Norway

5401

Study participating centre**Oral Health Centre of Expertise in Western Norway**

Pb 2354 Møllendal

Bergen

Norway

5867

Sponsor information

Organisation

Oral Health Centre of Expertise in Western Norway

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

Oral Health Centre of Expertise in Western Norway

Funder Name

Directorate of Health in Norway

Results and Publications

Individual participant data (IPD) sharing plan

The current data sharing plans for this study are unknown and will be available at a later date

IPD sharing plan summary

Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		01/02/2021	20/12/2021	Yes	No