Oral health-related quality of life of preschool children after receiving silver diamine fluoride treatment

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 therapy

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4 Abstract

Objectives: The aim of the study was to investigate the effect of silver diamine fluoride (SDF) 5 6 therapy on the oral health-related quality of life (OHRQoL) of preschool children and their families in a school-based setting. Methods: A prospective study was conducted in six kindergartens in 7 Hong Kong. Parents of the children were invited to complete an oral health questionnaire and to 8 9 have their child undergo a dental examination. The decayed, missing and filled teeth (dmft) index was adopted for recording oral health status. The Chinese Early Childhood Oral Health Impact 10 Scale (C-ECOHIS) was used to evaluate the OHROoL of the children and their families. Children 11 with untreated caries were were treated with SDF. The Wilcoxon Signed Ranks Test was used to 12 determine the changes in C-ECOHIS scores before and after SDF treatment for six months. 13 Results: At baseline, 117 preschool children aged 4-5 years received SDF treatment for caries 14 arrest. Their mean(SD) dmft score at baseline was 4.9(3.8). After six months, 113(96.6%) returned 15 a completed questionnaire. Their mean(SD) C-ECOHIS scores at baseline and follow-up were 16 7.4(6.6) and 7.8(6.4), respectively. The overall differences between pre- and post-treatment scores 17 were not significant (p=0.301). Concerning parent section, a negative impact was found (p=0.014), 18 whereas no significant impact was found in the child section (p=0.831). 19

20 Conclusion: The SDF treatment conducted in a school setting did not affect the overall OHRQoL
21 of preschool children and families.

Clinical significance: These results can provide important information to dental professionals
 regarding the use of SDF for caries control.

24 Introduction:

Tooth decay is the most prevalent chronic disease in childhood [1]. In Hong Kong, approximately 25 half of kindergarten children in Hong Kong have tooth decay, and most of them (93%) are left 26 untreated [2]. Children with untreated dental caries may suffer from dental infection, orofacial pain 27 or the inability to chew and eat. Studies revealed that untreated caries is associated with worse oral 28 29 health-related quality of life (OHRQoL) [3]. This may affect the quality of life of their family members and eventually impact their communities. A restorative approach alone is insufficient for 30 improving oral health inequality, especially in deprived communities [4]. Therefore, non-invasive 31 32 treatment, such as caries-arresting treatment, has gained more attention in community dental care.

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Recently, several systematic reviews concluded that silver diamine fluoride (SDF) therapy can be 34 a therapeutic option for controlling tooth decay in children due to its safety, efficacy and cost-35 effectiveness [5]. However, most of the clinical outcomes in caries arrest studies were based on 36 clinicians' judgements [6, 7]. As commonly known, a side effect of SDF is the blackening of 37 carious lesions [8]. It remains unknown if tooth discoloration on carious lesions may affect a 38 child's social and psychological aspects. In the US, the use of SDF has recently gained more 39 interest among pediatric and general dental practitioners [9]. To date, limited information exists 40 regarding the effect of SDF treatment on patient-reported outcomes. The assessment of OHRQoL 41 42 has been proved to be a valuable tool in assessing adult patients' needs and patient-based outcomes 43 [10]. However, preschool children are incapable of abstract thinking, which most likely underlies health perceptions; thus, parents must be their representatives in reporting the impacts of any dental 44 45 disease or treatments. The Early Childhood Oral Health Impact Scale (ECOHIS) was proposed 46 and validated to assess the impact of dental health problems and treatment experiences on the

quality of life of children aged 3 to 5 years old and their families [11]. A recent Chinese version
of the ECOHIS (C-ECOHIS) demonstrated good reliability and validity [12].

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As of now, no information exists regarding the OHRQoL (individual's physical, social, and 50 psychological wellbeing) of children after participating and using SDF in a school oral health 51 52 program. The aim of this study was to assess the changes of the OHRQoL of preschool children and their families using the C-ECOHIS questionnaire on 4- to 5-year old children who had dental 53 caries and received SDF treatment for caries control in a school oral health program. The results 54 55 of this study can provide important information to dentists and to dental public health professionals, as well as to parents in making decisions regarding the use of SDF for caries control in the school 56 setting. 57

58

59 Methods

Ethics approval was obtained from the Institutional Review Board of the University of Hong 60 Kong/Hospital Authority Hong Kong West Cluster (UW 17-414). Six kindergartens that were not 61 involved in any research study were selected. An invitation letter was sent to the parents of the 62 63 children in the selected schools, explaining the purpose and procedures of the study. Written parental consent was sought and received before the children participated. This study was 64 65 conducted from November 2017 to June 2018. Eligibility criteria were preschool children aged 66 4-5 years old who have had at least one dentin caries and had never previously received SDF treatment, and whose parents or guardians were able to read and write in Chinese. Exclusion 67 criteria included children who were uncooperative, refused examination or had major systemic 68 69 illnesses. The study children were examined and followed up in their kindergarten classrooms.

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71 *Sample size calculation:*

The sample size calculation was estimated using the software G*Power 3.1.9.2 (University of 72 Düsseldorf, Germany) based on these assumptions: 1) the mean Chinese ECOHIS score before 73 treatment was approximately 15 (SD=7) [13]; 2) the minimal important difference (MID) would 74 75 be around 3 for those reporting that their conditions at least 'improved a little' [14], and thus, the anticipated mean Chinese ECOHIS score after treatment would be 12 (SD=7); and 3) the power 76 of the study was set at 90% (β =0.10) and with the two-sided test at the 0.05 statistical significance 77 78 level. With an anticipated 20% dropout rate, the minimum sample size to be recruited at baseline would be 83 children. Based on our previous results [7], the caries prevalence of Hong Kong 79 children aged 4-5 years old was approximately 40%; therefore, 216 children were screened. With 80 81 an anticipated 70% response rate, at least 309 parent-child dyads were invited to join the study.

82

83 *Clinical examination*

One examination team, which consisted of one examiner and one assigned recorder, conducted a clinical oral examination and recorded the caries experience and oral hygiene status in a chart at baseline and at six-month follow-up. Clinical examinations of the children were performed in kindergarten classrooms mainly through careful visual inspections with the aid of World Health Organization Community Periodontal Index (CPI) probes (405/WHO probe, Otto Leibinger, Mühlheim, Germany) and dental mirrors attached to handles with light-emitting diodes for intraoral illumination (MirrorLite, Kudos Crown Limited, Hong Kong, China).

91 Children were examined in the supine position. The decayed, missing and filled teeth index (dmft)
92 was used for recording the caries status. Caries was diagnosed at the cavitation level following the

criteria of the WHO [15]. The oral hygiene status was measured using the visible plaque index 93 (VPI)[16]. The buccal and lingual surfaces of six index teeth (55, 51, 63, 71, 75 and 83) were 94 examined, and the presence or absence of visible plaque on caries surfaces was recorded. The 95 modified 'pufa' is used to assess the presence of oral conditions resulting from untreated caries 96 [17, 18]. The index is recorded separately from the dmft and scores the presence of either a visible 97 98 pulp (p) or an abscess, (a) including the ulceration (u) of the oral mucosa due to root fragments and a fistula (f). Thus, for an individual preschool child, the dmft and modified 'pufa' score can 99 range from 0 to 20. 100

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Regarding lesion activity, carious lesions were explored with a CPI probe. All surfaces of each 102 tooth were assessed. A lesion was recorded as active if softness was detected upon gentle probing, 103 and it was classified as arrested caries if the dentine surface was hard to probe [6, 7]. Duplicate 104 examinations on 10% of the preschool children were carried out to assess intra-examiner 105 agreement regarding the caries assessments. After each examination, an individual oral health 106 report stating the number of decayed teeth and the oral hygiene status of the examined child was 107 given to his or her parents, and the parents could seek dental treatment with their own financial 108 109 means.

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111 *Questionnaire survey*

A parental questionnaire was administered before and after the parents joined the program for six months. At baseline, information on the children's demographic background and OHRQoL were collected via a self-completed parental questionnaire. At the six-month follow-up examination, the same parent was asked to complete the questionnaire survey. The Chinese version of the ECOHIS

(C-ECOHIS), which is a validated tool for measuring the OHROoL of preschool children, was 116 adopted [12]. It contained 13 items corresponding to two sections: a 1) child impact section (nine 117 items) consisting of four descriptive domains (symptoms – one item; function – four items; 118 psychological -two items; self-image/social interaction - two items) and 2) parent impact section 119 consisting of two domains (parent distress – two items and family function – two items). The 120 response categories for the C-ECOHIS were coded: 0 = never; 1 = hardly ever; 2 = occasionally; 121 3 = often; 4 = very often; 5 = don't know. The total C-ECOHIS scores and scores for individual 122 domains were calculated as a simple sum of the response codes, after all 'Don't know' responses 123 were recoded to missing. The total scores ranged from 0 to 52, with higher scores indicating greater 124 degrees of oral impact on the quality of life of the child. 125

126

127 Intervention

Participating children with dentin caries were treated with 38% silver diamine fluoride (SDF) (Saforide, Toyo Seiyaku Kasei Co. Ltd., Japan) in a school-based setting. Steps of the SDF treatment were as follows: 1) position the child supine on the bench; 2) isolate the child's decayed teeth with dental gauze; 3) apply SDF on each caries surface with a micro applicator for approximately one minute; and 4) after the application, inform a class teacher that the child should not eat or drink, or rinse his or her mouth for at least 30 minutes. After the intervention, an individual report on the child's oral health status was sent to his or her parents.

135

136 Statistical analysis

Data were analyzed using the software SPSS 24.0 for Windows (IBM Corp. Armonk, NY, USA).
Intra-examiner agreement in the diagnosis of dental caries was assessed by using Cohen's Kappa

statistics. The McNemar-Bowker test was used to compare the distribution of the C-ECOHIS 139 before and after SDF treatment. Changes in C-ECOHIS scores were generated by subtracting the 140 post-treatment score (T1) from the pre-treatment score (T0). A positive change or an improvement 141 of OHRQoL was indicated if the post-treatment score was lower than the pre-treatment score, 142 whereas a negative change or a deterioration of OHRQoL was indicated if the post-treatment C-143 144 ECOHIS score was higher than the pre-treatment score. Children could have zero change or the level of impacts on OHRQoL would remain unchanged. Due to the non-normal distribution of the 145 mean differences of the ECOHIS scores, the Wilcoxon Signed Rank Test was adopted. An 146 147 indication of the magnitude of the statistical change was assessed by determining the effect size (ES) (mean change [T0—T1]/ standard deviation) [13]. The level of statistical significance for all 148 tests was set at 0.05. Multiple logistic regression models were adopted to determine if other family-149 150 and child-related factors were associated with the negative impact of SDF. The backward stepwise procedure was performed until only variables demonstrating a statistically significant association 151 (p < 0.05) remained in the final model. 152

153

154 Results

Among the 434 preschool children invited, 388 (89.4%) provided informed consent and returned their baseline questionnaires. On the day of the baseline examination, 36 children were absent. Thus, 362 children were screened. Among these, 117 children had dentin caries (dt>0) and were then treated with SDF. The value of the Kappa statistics for caries assessment was 0.96. After six months, all (100%) remained in the study; however, four participants who missed more than two missing items were excluded from the analysis. Therefore, 113 (96.6%) study dyads were included in the analysis. Among the 113 questionnaires, eight missing values were computed using the mean

of the remaining items of the ECOHIS score in each participant. Their mean (SD) age was 4.6 162 (0.3) years. The demographic and clinical characteristics of the children are displayed in Table 1. 163 Among these, 54 children (47.8%) were boys. Their mean (SD) dmft and dt scores were 4.9 (3.8) 164 and 4.6 (3.6), respectively. Most (69.9%) of the children had 1-5 decayed teeth. A majority (86.7%) 165 of them had dental caries on their upper anterior teeth. The prevalence of oral conditions resulting 166 from untreated caries (modified pufa score>0) was 10.6%. Their VPI score was 0.47 (0.19). A 167 majority of the respondents (77.9%) were mothers. Around half of the fathers (51.3%) and mothers 168 (45.1%) had completed secondary education. 169

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The frequency of ECOHIS responses (%) at baseline and follow-up examinations are displayed in 171 Table 2. At baseline, 'difficulty pronouncing any words' (56.6%), 'pain in the teeth or mouth' 172 173 (54%), and 'had difficulty eating' (54%) were the most frequently reported items in the child impact section. Regarding the family impact section, the items of 'feeling guilty' (57.5%) and 174 'upset' (55.8%) were the most frequently reported regarding parental distress. After SDF treatment, 175 176 there was a higher proportion (66.4%) of the item of 'feeling guilty' compared with that reported at the baseline examination (p=0.044, McNemar-Bowker test). For other items, no differences 177 were found between the distribution of ECOHIS responses before and after SDF treatment 178 (p>0.05). 179

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After six months, the mean of the caries arrest rates was 46.4%. No significant differences were found in the changes of C-ECOHIS scores between children with arrested caries and those with active caries (p=0.736, Mann-Whitney U test). Some parents (23%) had brought their children to

visit their own dentists during the six months. No significant differences were found between the
C-ECOHIS scores regarding the dental visit experience (p=0.735, Mann-Whitney U test).

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Table 3 displays the mean (SD) of the overall C-ECOHIS scores at baseline and follow-up, which 187 are 7.4(6.6) and 7.8(6.4), respectively. The mean changes of the C-ECOHIS score were not 188 189 normally distributed (p=0.001, Shapiro-Wilk normality test). The results of the Wilcoxon Signed Ranks Test indicated that no significant differences were found between the changes of the overall 190 C-ECOHIS (p=0.301) and the child impact section's C-ECOHIS scores (p= 0.831). Therefore, 191 192 multiple logistic regression analysis was not further performed. However, in the section regarding parent impact, a negative change of the C-ECOHIS scores was found (p=0.014, Wilcoxon Signed 193 Ranks Test). The effect size was small (0.28). In the parent impact section, a significantly negative 194 change was observed only in the domain of 'parent distress' (p=0.010, Wilcoxon Signed Ranks 195 Test), whereas no changes were found in the domain of 'family function (p=0.060, Wilcoxon 196 Signed Ranks Test). 197

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Table 4 displays the number and percentage of the children and families who had positive, zero or 199 200 negative impacts on OHRQoL following SDF therapy. Multiple logistic regression analysis on the section of parent impact was performed. All potential variables, namely sex, the relationship of the 201 respondent to a child, the father's and mother's education levels, caries involving the upper 202 203 anterior teeth, previous dental experience, the caries arrest rate, the dmft, the modified pufa and the VPI score, were also included in the base model. The results of the final model indicated that 204 the dmft score was the only significant variable associated with the parent impact, whereas the 205 206 other factors were not. Children with higher dmft scores had a higher chance of having negative

impacts on their families after receiving SDF treatment at six months (OR=1.12, 95% CI:1.011.25, p=0.035).

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210 Discussion

SDF treatment has recently been regarded as an evidence-based effective measure for caries 211 212 management for children and those with special needs [19]. Several clinical trials and systematic reviews reported the positive clinical outcomes on caries prevention and caries arrest [5, 20]. 213 Although SDF has several advantages, such as effectiveness, ease of use and the fact that it is safe 214 215 [6, 8], the known side effects of black staining on carious lesions may hinder the adoption of SDF treatment [21]. Psycho-social impact cannot be determined by using clinical parameters alone. 216 Information regarding changes in quality of life after joining a community-based oral health 217 218 program is limited. Based on our search in PubMed on 13th September 2018, the present study is the first study investigating the impacts of non-invasive treatment with SDF treatment on the 219 OHRQoL of preschool children in the school-based setting. This information allows oral health 220 professionals to choose the appropriate care and treatment when implementing school oral health 221 programs. 222

223

Our results indicated that the overall OHRQoL of preschool children had been unchanged or stabilized after non-invasive treatment with SDF at the six-month follow-up examinations. This might be explained in various ways. First, the baseline or pre-treatment ECOHIS scores were relatively low (seven out of 52). In other words, a low level of need for any changes existed. Despite having untreated decay teeth, a majority of the children (83.2%%) seldom or never had dental pain experience prior to SDF treatment. Compared with the previous study, the pre-

treatment ECOHIS scores of children who had sought dental treatment in clinics were higher (13 230 out of 52) [19]. As previously alluded to, the impacts of ECC on OHRQoL were low in the study 231 population; therefore, the effects or consequences of any treatment may be subtle to detect. 232 Furthermore, it should be noted that the results of SDF treatment on children's OHRQoL were 233 based on the school-based setting without parental involvement. Patient communication and 234 235 empathy may affect clinical outcomes and quality of life [22]. In other settings, where a dentistchild-parent relationship is established, or where there is a high level of dental treatment need, the 236 impact of SDF treatment on OHRQoL of children may be different. 237

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The parental acceptance of black staining was reported as the most-cited obstacle to adopting SDF 239 treatment [21]. Contradictorily, the present study revealed that SDF treatment had no significant 240 impact on child psychology, self-image and social interaction. Similar findings were found that 241 dental aesthetic issues did not influence the self-confidence of the preschool children [23]. This 242 may be explained by the fact that body image awareness had not fully developed at their very 243 young ages. Despite the dark staining on carious lesions, studies revealed that the parental 244 impression of SDF application was favorable compared with advanced pharmacological 245 approaches involving conscious sedation or general anesthesia [24, 25]. When choosing caries 246 management methods, dental esthetics may not be a priority for their young children. 247

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Interestingly, the impact of SDF treatment is more remarkable on parental distress, particularly in the item of 'felt guilty'. Presumably, some existing carious lesions, that had been unnoticeable, became more apparent after SDF application. Thus, parents may acknowledge the unfavorable oral health statuses of their children late, which leads to higher levels of emotional distress. The present

253 study found that a negative impact of SDF on parent distress was significantly related to higher dmft scores. An epidemiological survey also reported that parents often felt guilty with the 254 increased severity of ECC in their children [26]. Care must be taken to parents whose children 255 have multiple decayed teeth, as they may tend to have higher levels of distress following SDF 256 treatment. The parent-child relationship is a complex and dynamic interaction. Most dental 257 258 research focused on the relationship between ECC and socioeconomic factors [27], whereas less is known about parental perceptions toward child oral health. Although 'felt guilty' is thought to 259 be one of the negative consequences of SDF treatment, it, in fact, may positively help to change 260 261 behaviors. Parents of the SDF-treated children with increased levels of guilt may be more strongly motivated to change. Possibly, dental professionals may take this opportunity to reinforce proper 262 263 oral care practices for children.

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The present study had several strengths, including a high response rate (89%), high retention rates 265 (100%) and a sufficient sample size following the sample size estimation. The distribution of 266 children's sex and demographic background were as estimated, representing kindergarten children 267 in Hong Kong. Nevertheless, the limitations of the present study should also be addressed. Due to 268 the ethical issue, the so-called baseline-controlled study was designed, in which children's 269 OHRQoL after SDF treatment was compared with their baseline statuses. Thus, possible bias 270 would occur due to a lack of blinding and randomization. In addition, the present study was 271 272 conducted among Chinese dyads (preschool children and their parents). These results may not be generalizable to other ethnic populations or to other age groups with different cultures and different 273 caries severity levels. It should be noted that the present conclusion was derived from the short-274

term results (six months). Thus, long-term prospective studies are required to confirm or refutethese findings.

277

278 **Conclusions**

In summary, the difference of C-ECOHIS scores between pre- and post-SDF treatment are not significant, indicating that the overall OHRQoL level of preschool children is not affected following SDF therapy at six months. However, the subgroup analysis revealed that the impact of SDF treatment on parental side is remarkable. Parents whose children have higher caries experience are more likely to have increased levels of parental distress following SDF treatment.

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2 = 113)

Frequency	Percentage
54	47.8
59	52.2
88	77.9
25	22.1
34	30.1
51	45.1
28	24.8
30	26.5
58	51.3
25	22.1
98	86.7
15	13.3
Mean	SD
4.9	3.8
0.2	0.8
0.47	0.19
	54 59 88 25 34 51 28 30 58 25 98 15 98 15 Mean 4.9 0.2

3

5 Table 2 Frequency of ECOHIS response (%) at baseline and follow-up examination (n=113)

6

Items			Baseline				6-m	onth follow	-up		p-value ^c
	Never	Hardly ever	Occasion -ally	Often	Very often	Never	Hardly ever	Occasion -ally	Often	Very often	_
Child impact section ^a											
Symptom											
a) had pain in the teeth, mouth or jaws?	46.0	37.2	13.3	2.7	0.9	45.1	34.5	19.5	0.9	0.0	0.869
Function											
b) had difficulty drinking beverages?	50.4	40.7	8.8	0.0	0.0	54.9	33.6	10.6	0.9	0.0	0.444
c) had difficulty eating some foods?	46.0	38.1	15.0	0.9	0.0	54.0	37.2	7.1	0.9	0.9	0.077
d) had difficulty pronouncing any words?	43.4	34.5	18.6	2.7	0.9	49.6	33.6	14.2	1.8	0.9	0.100
e) missed school?	75.2	23.0	1.8	0.0	0.0	77.9	20.4	1.8	0.0	0.0	0.942
Child psychology											
f) had trouble sleeping?	63.7	31.9	4.4	0.0	0.0	69.9	25.7	4.4	0.0	0.0	0.399
g) been irritable or frustrated?	58.4	37.2	3.5	0.9	0.0	61.1	30.1	8.0	0.9	0.0	0.343
Social interaction											
h) avoided smiling or laughing?	69.0	26.5	4.4	0.0	0.0	66.4	30.1	2.7	0.9	0.0	0.886
i) avoided talking?	71.7	26.5	1.8	0.0	0.0	71.7	24.8	3.5	0.0	0.0	0.545
Parent impact section ^b											
Parent distress											
j) been upset?	44.2	35.4	15.9	3.5	0.9	38.9	30.1	20.4	8.8	1.8	0.156
k) felt guilty?	42.5	36.3	15.0	3.5	2.7	33.6	31.9	23.9	8.8	1.8	0.044
Family function											
 had to take hours or days off work? 	61.1	31.0	6.2	0.9	0.9	54.9	32.7	12.4	0.0	0.0	0.470
m) affected the family's economic situation?	61.1	31.9	5.3	0.9	0.9	49.6	37.2	9.7	2.7	0.9	0.054

7 ^a How often has your child because of dental problems or the need for dental treatments?

8 ^b How often have you or another family member because of your child's dental problems or dental

9 treatments?

^c McNemar-Bowker test

- 11 Table 3 Total and individual domain of the C-ECOHIS score before and after SDF therapy
- 12 (n=113)

	Mean(SD) Baseline (T0)	Mean(SD) Follow up (T1)	Mean (SD) Difference (T0-T1)	Effect size	p-value ^a
Total score	7.4(6.6)	7.8(6.4)	-0.5(6.0)	-0.08	0.301
Child impact	4.7(4.3)	4.4(4.1)	0.3(4.2)	0.07	0.831
Symptoms	0.8(0.9)	0.8(0.8)	0.0(0.8)	0.0	0.822
Function	2.4(2.1)	2.1(2.1)	0.3(2.1)	0.14	0.172
Child psychology	0.9(1.1)	0.8(1.1)	0.0(1.2)	0.0	0.816
Social interaction	0.7(1.0)	0.7(1.1)	0.0(1.2)	0.0	0.979
Parent impact	2.7(2.9)	3.4(3.1)	-0.8(2.9)	-0.28	0.014
Parent distress	1.7(1.8)	2.2(2.0)	-0.5(1.9)	-0.26	0.010
Family function	1.0(1.4)	1.3(1.4)	-0.3(1.4)	-0.21	0.060

13 ^a Wilcoxon Signed Ranks Test

- 15 Table 4 Number (%) of the children who had changes (positive or negative) or had no changes of the C-
- 16 ECOHIS scores in total and in each domain

	Positive change ^a no. (%)	No change ^b no.(%)	Negative change ^c no.(%)
Total score	45(39.8)	20(17.7)	48(42.5)
Child impact	46(40.7)	21(18.6)	46(40.7)
Symptoms	23(20.4)	67(59.3)	23(20.4)
Function	46(40.7)	36(31.9)	31(27.4)
Child psychology	26(23.0)	63(55.8)	24(21.2)
Social interaction	19(16.8)	71(62.8)	23(20.4)
Parent impact	27(23.9)	35(31.0)	51(45.1)
Parent distress	26(23.0)	42(37.2)	45(39.8)
Family function	19(16.8)	61(54.0)	33(29.2)

^a Positive change = C-ECOHIS score of the follow up was lower than that of the baseline (positive impact

18 on OHRQoL)

19 ^bNo change = C-ECOHIS score of the follow up was equal to that of the baseline

^cNegative change = C-ECOHIS score of the follow up was higher than that of the baseline (negative

21 impact on OHRQoL)