

## Assessment of Patient Cooperation and Compliance in Three Stages of Orthodontic Treatment in Adult Patients: A Cross-Sectional Study

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**Abstract :** Introduction: Success of orthodontic mechanotherapy is highly dependent upon patient cooperation and compliance throughout the duration of treatment. This study was conducted to assess the cooperation and compliance of adult orthodontic patients during the leveling and alignment, space closure/molar correction, and finishing stages of tooth movement. Materials and Methods: Patient cooperation and compliance among three stages of orthodontic treatment were assessed using the Orthodontic Patient Cooperation Scale (OPCS) and Clinical Compliance Evaluation (CCE) form. A sample size of 38 was calculated for each stage of treatment; therefore, 114 subjects were included in the study. Shapiro-Wilk test identified that the data were normally distributed. One way ANOVA was used to evaluate the percentage cooperation and compliance among the three stages. Pair-wise comparisons between the three stages were performed using Post-hoc Tukey. Results: Statistically significant difference was seen for scores of patient compliance using CCE ( $p = 0.01$ ); however, the results of the OPCS showed a non-significant difference for patient cooperation ( $p = 0.16$ ) among the three stages of treatment. Post-hoc analysis showed significant differences ( $p = 0.01$ ) in patient cooperation and compliance between space closure and the finishing stage. Highly significant ( $p < 0.001$ ) decline in oral hygiene was found with the progression of orthodontic treatment. Conclusions: Improvement in the cooperation and compliance levels for adult orthodontic patients was observed during space closure & molar correction stage, which then showed a decline as treatment progressed. Oral hygiene was progressively compromised as orthodontic treatment progressed.

**Keywords :** patient compliance, adult orthodontics, orthodontic motivation, orthodontic patient adherence

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