

# Knowledge of orthodontic treatment and awareness of fake braces among young adults in Sibul division: A cross-sectional study

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## ABSTRACT

**Introduction:** Fake braces have become an alarming dental public health issue. To date, no study has been done to assess the knowledge of orthodontic treatment and evaluate the awareness of fake braces among young adults in the Sibul Division. **Methods:** A cross-sectional study using a validated questionnaire was conducted among 100 young adults aged 18-29 years old who visited government dental clinics in Sibul Division. The questionnaires consisted of five sections involving social-demographic, knowledge of orthodontic services in Malaysia, factors influencing young adults' decision to seek orthodontic treatment, utilization and awareness of fake braces. **Results:** Fifty-four (54) females and 46 males participated in this study. The mean orthodontic knowledge score was 5.9 (SD=2.01) out of a total score of 9, indicating a moderate level of knowledge. Forty-four percent of participants had ever thought of wearing braces, mainly due to aesthetic reasons. Twenty-two percent of participants heard about fake braces, mostly from the online platform. Seven percent of the total participants knew someone who received fake braces service. The main reason for the utilisation of fake braces was the cheaper cost. The mean awareness of fake braces score was 4.7 (SD=3.32) out of a total score of 10, which was at a low level. No significant difference was found in awareness of fake braces among gender and ethnicity ( $p > 0.05$ ). **Conclusion:** Oral health education should be emphasized on fake braces to improve the knowledge of orthodontics and awareness of fake braces among young adults.