

4037193 PHPH/M : MAJOR : HEALTH EDUCATION AND BEHAVIORAL SCIENCE;
M. Sc.(PUBLIC HEALTH)

KEY WORDS : DENTAL HEALTH EDUCATION PROGRAM/ DENTAL CARIES
PREVENTIVE BEHAVIOR/ SECONDARY SCHOOL STUDENTS

TUENJAI KIJTWEESOMBOON : THE EFFECTIVENESS OF A DENTAL
HEALTH EDUCATIONAL PROGRAM IN MODIFYING DENTAL CARIES BEHAVIOR
AMONG THE FIRST YEAR SECONDARY SCHOOL STUDENTS, NAKHONPATHOM
PROVINCE. THESIS ADVISORS : CHANCHAI YAMARAT, M.S.P.H., ROONGROTE
POOMRIEW, Ph.D., CHANINAT VAROTHAI, Dr.P.H. 138 p. ISBN 974-662-293-5

Dental caries, a chronic public health problem, are increasly common in Thai people. Dental caries can cause pain, thereby affecting the patient's physical and mental health. Dental caries can be prevented by proper personal health care Behavior. This quasi-experimental study was designed to determine the effectiveness of a dental health educational program on modifying dental caries behavior of the first year secondary school students. Self-efficacy and self-regulation were applied to carry out this program. Eighty-two students from Kampaengsaenwitaya School were assigned into the experimental group while eighty-three students from Banglenwitaya School were in the comparison group. The experimental group participated in 4 weekly dental health program sessions. Each session took 1 hour and 40 minutes. Data was collected before and after the dental health program and after a 3 week follow up period using a questionnaire, self-regulation record, plaque record, tooth brushing record and tooth brushing observation form.

Results showed that after participating in the dental health educational program, the experimental group had significantly better knowledge, self-efficacy, response efficacy, self-regulation and preventive behavior than before and than that of the comparison group. In addition, it was found that the experimental group had a smaller amount of plaque than before the intervention . The study revealed that a dental health educational program applying self-efficacy and self regulation yielded a positive change in knowledge, self-efficacy, response efficacy and preventive behavior. Thus, this dental health program could be applied to students in other schools.