

Oral Health Affected by Covid-19 Pandemic in Germany

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This study's aim was to research the relationship between oral health and life expense during the COVID-19 pandemic and to look into any potential links to social components such social stress and signs of anxiety and depression. Secondary research concerns included whether oral hygiene practises were altered during the COVID-19 pandemic and the degree to which dental symptoms predated the epidemic and developed. In order to measure stress, depression, and anxiety in a German cohort for this cross-sectional investigation, a survey has been devised. Implemented are validated questionnaires such as the OHIP-G14, PHQ-Stress, and PHQ-4. The survey was completed by 1178 people in total between May and August 2020. Good OHRQoL was indicated by the overall OHIP-G14 sum score of 48 to 75. A toothache was reported by 21% of participants, mucosal issues by 23%, tooth sensitivity by 31%, and myofascial pain by 27%. A low degree of tension was indicated by the PHQ-Stress score. Mild to moderate levels of depression and anxiety have been experienced. 38% of the individuals claimed that they felt more emotionally burdened than they did before the outbreak. For stress, anxiety, and depression levels, there are statistically significant differences between people with more, equal, or less emotional load relative to pre-pandemic. Lower OHRQoL appears to be associated with COVID-19 history and heightened feelings of depression, anxiety, and stress. Further research into the psychosocial effects of pandemics and how they relate to oral health is necessary.

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which can significantly affect OHRQoL, were also taken into account.

Given that the psychosocial effects of the COVID-19 epidemic are frequently discussed in societal discourse³², it is also important to take into account a potential Hawthorne effect [11]. Due to the fact the paper-based version of the questionnaire was specifically given to older persons without internet access, differences between the two testing formats digital vs paper-based have been demonstrated.

Conclusion

Inside a course of this study, the intensity of sadness and tension are classified as mild to moderate, and the feeling of pressure during the first wave of the COVID-19 pandemic in Germany is scored as medium. In addition to an amplified level of despair, stress, and mental pressure becomes inversely connected with a COVID-19 history. The oral circumstances illustrated emphasise the on-going need for dental care during pandemics. The emotional effects and how they relate to oral health must be taken into account as the COVID-19 pandemic and its effects unfold, as well as in light of the potential for future pandemics.

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Conflict of Interest

None

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