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Lauren E. Anderson, Airtón Arruda, Marita Rohr Inglehart (2009) Adolescent Patients' Treatment Motivation and Satisfaction with Orthodontic Treatment. *The Angle Orthodontist*: Vol. 79, No. 5, pp. 821-827.

Original Articles

## Adolescent Patients' Treatment Motivation and Satisfaction with Orthodontic Treatment Do Possible Selves Matter?

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### Abstract

**Objective:** To determine whether adolescents' satisfaction with orthodontic treatment outcomes is correlated with the degree to which (1) the adolescents focused on and (2) were energized by imagining their posttreatment possible selves before the treatment, and whether parents' assessments of their children's pretreatment motivation would correlate with their children's posttreatment satisfaction.

**Methods:** Data were collected from 75 former adolescent orthodontic patients (28 male, 47 female; 60 European American, 14 other) and from 72 parents (59 female, 12 male, 1 missing) with mailed questionnaires. Satisfaction with the treatment outcome was assessed with a revised version of Kiyak's Post-Surgical Patient Satisfaction Questionnaire.

**Results:** The more the patients had focused on the posttreatment esthetics and functioning and the more they were energized by thinking about their posttreatment possible selves before the treatment, the more satisfied they were with the outcomes ( $r = .337, P = .004$ ;  $r = .231, P = .053$ ;  $r = .465, P < .001$ ). The more the parents believed that their children were energized by thinking about posttreatment possible selves, the more satisfied the parents were with the outcomes ( $r = .326, P = .007$ ).

**Conclusions:** Increasing adolescents' possible self considerations before orthodontic treatment is likely to increase their own and their parents' posttreatment satisfaction.

**Keywords:** [Treatment satisfaction](#), [Orthodontic treatment](#), [Treatment motivation](#), [Adolescent patients](#)

Accepted: December 2008;

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An International Journal of Orthodontics and Dentofacial Orthopedics


A Publication of the Edward H. Angle Society of Orthodontists and  
the EH Angle Education and Research FoundationVolume 79 (5)  
November 2009[Current Issue](#)  
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ISSN: 0003-3219

Frequency: Bimonthly

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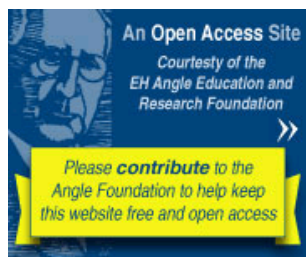
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