

Appendix 4. Orthodontic patient and student athlete survey.

You are being asked to take part in a research study that is being conducted at the University of Washington, Department of Orthodontics. The purpose of the study is to better understand mouthguard use in student athletes. We are asking you to take a survey that will take you about 5 - 10 minutes to complete. This survey can only be taken once by entering the single-use access code printed in RED on the front of the card given to you. You will not be asked to provide your name and the answers that you provide will not be shared with your orthodontist.

We will ask you to enter an email address at the end of the questionnaire so that we can send you an electronic \$10 Amazon.com gift card. You may either enter your email address or your parent/guardian's email address to receive the electronic gift card. This survey will ask you questions about being an orthodontic patient and playing sports. There are no right or wrong answers. We hope that participating in this study and the information you provide may help orthodontists better care for the patients who play sports.

Your email address will only be used to send the electronic gift card. The email address will not be stored and will not be used for any further contact.

If you have any questions about this survey, please contact Dr. Neal Bastian at nbastian@uw.edu.

By checking this box, I confirm that I have read and understand the information statement above, and that I am between the ages of 11-18.

Enter the Unique Code Number located on the card given to you here: _____

Please answer the next questions to see if you are eligible to participate.

1. What is your age in years? _____ (11-18 accepted numerical values) Drop down of 10 or younger, 11 – 18, 19 or older → exit survey if outside acceptable range

2. Are you playing (football/basketball) on a school team **this** season?

- Yes
- No → exit survey

3. **Right now**, do you have braces on your teeth or have removable clear plastic trays to wear to straighten your teeth?

- Yes
- No → exit survey

If one of the above questions disqualifies the participant, then **exit survey, re-entry not allowed**.

To those that are exited: Thank you for your interest in our study, unfortunately you are not eligible to take this survey. If you have any questions, please contact Dr. Neal Bastian at nbastian@uw.edu.

4. Gender: _____

5. Select the kind of treatment below that looks most like what you are wearing now.

BRACES
(brackets glued to your teeth
and metal wires)

REMOVABLE CLEAR PLASTIC TRAYS
(i.e. Invisalign, Clear Correct)



6. During **this** (football/basketball) season, how often did you wear a sports mouthguard **while** wearing braces or clear aligners?



- Always → Go to 6a+b
- Most of the time → Go to 6a+b+c+d
- Half of the time → Go to 6a+b+c+d
- Only sometimes → Go to 6a+b+c+d
- Never → Go to 7 then 8, skip question 9 and receive question 10

6a) What are the reasons that you wear a sports mouthguard?

My sport requires I wear one (Omitted for basketball survey)

All of my friends wear one

I was given one

Makes me feel that my teeth are protected

My parents make me

My dentist/orthodontist told me what to use

I'm used to wearing it

Mouthguards are cool

I like the colors and customization of my mouthguard

It stays in place well

6b) What is the number one reason why you wear your sports mouthguard?
Only options selected from above are shown.

6c) What are the reasons why you don't always wear a sports mouthguard?
YES or NO response required for each

- It is uncomfortable
- I don't think I'll get hurt
- It won't protect my teeth or mouth
- It doesn't fit well
- It makes it hard to breathe or talk
- Hardly anyone or no one on my team wears a mouthguard
- I forget to wear it

d) What is **your number one reason** for not wearing your sports mouthguard?

Selected only among the reasons identified as YES by in Question 10a.

7. Did you wear a sports mouthguard for (football/basketball) **BEFORE** having braces or clear trays?

- Yes
- No

8. Did anyone tell you that you should wear a sports mouthguard when playing (football/basketball)?

- Yes → Question 8a
- No → Question 9

8a) Who told you to wear a sports mouthguard? Check all that apply.

- Parent
- Coach
- Athletic Trainer
- Dentist
- Orthodontist
- Friend
- Teammate
- Other _____

9. Question skipped if participant reports never wearing a mouthguard in question 6)

9a) Which teeth are covered by your sports mouthguard? (Select One)

- My upper teeth only
- My lower teeth only
- Both my upper and lower teeth are covered by my mouthguard

9b) Which of the following statements are true about your sports mouthguard? Yes or No response required for each.

- The color or design is important to me
- My dentist/orthodontist gave me one or told me what to use
- I chose the same one that my friend or teammate has
- My parent picked it out for me

I chose it because of the price
I chose the one I thought was safest for my teeth or mouth
I chose the one that looked most comfortable
I chose the one the store clerk said I should get
I chose the same type of mouthguard that I had before
My school gave me my mouthguard

10. If Answer to Question 6=Never AND Answer to Question 7=No → Question 10a

10a) Why don't you wear a sports mouthguard?

YES or NO response required for each

It looks uncomfortable
I don't think I'll get hurt
It won't protect my teeth or mouth
It costs too much
It doesn't fit well
It might make it hard to breathe or talk
Hardly anyone or no one on my team wears a sports mouthguard
I never thought about wearing one

10b) What is **your number one reason** for not wearing a sports mouthguard?

Selected only among the reasons identified as YES by in Question 10a.

If Answer to Question 6=Never AND Answer to Question 7= Yes → Question 11

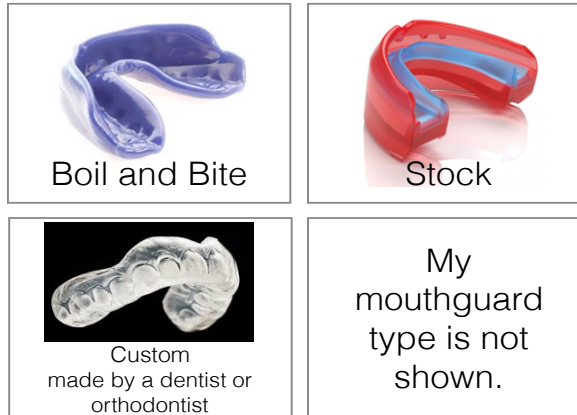
11a) Why did you stop wearing a sports mouthguard while you were wearing braces or clear trays? YES or NO required for each

Too uncomfortable
It doesn't fit
It makes it hard to breathe
It makes it hard to talk
I can't play as well when wearing it
I just don't like them
Forgot to use it
Comes out too easily
It breaks or wears out too fast
It is not cool
No one on my team wears one
I can't wear it now that I have braces

11b) What is the number one reason why you haven't worn a sports mouthguard?

Selected only among the reasons identified YES by responded in Question 11a.

12) Please look at the pictures below. Click on the photo that looks most like the type of mouthguard that you wear while playing football.



Digital Photo

If you use a sports mouthguard while wearing braces or being treated with clear trays/Invisalign[®], you can also enter to win an additional \$40 Amazon gift card. After you complete the survey, you can upload a photo of your mouthguard. If you do not have your mouthguard with you, you can send a text message with a photo of the mouthguard to ###-###-####. If you decide to send a text message with a photo of the mouthguard, you must include in your message the unique number that is printed in RED on the front of the card given to you at your orthodontist's office.

Photo instructions

Be sure to take the photo so that it shows the inside surface of your mouthguard, the side that touches your teeth.

After we finish this study, we will randomly select two photos, and will provide a \$40 Amazon.com gift cards to those two selected participants. If your mouthguard photo is selected, we will contact you to provide the \$40 Amazon.com gift card by email.

Thank you for participating in this survey. Please enter your email address below so that we can send you the \$10 electronic Amazon Gift Card electronically. _____

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