

# Influence of Parenting Styles on Behavior Guidance Techniques during Restorative Care

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## INTRODUCTION

- Behavior guidance is a continuum of interaction that allows dentists to help young and/or anxious children receive various dental therapies.<sup>1,2</sup>
- Basic behavior guidance techniques (BGTs) include tell-show-do, voice control, non-verbal communication, distraction, parental absence/presence, memory restructuring, nitrous inhalation, and positive reinforcement. Advanced BGTs include protective stabilization, sedation, and general anesthesia.
- In 2001, a report observed different parenting styles resulted in a change of patient behavior consequently influencing the dentist's behavior management techniques.<sup>3</sup>
- Parental attitudes toward advanced behavior management techniques have also been examined with more parents accepting pharmacological techniques compared to physical restraint.<sup>4</sup>
- Different parenting styles can influence the patient's behavior at a dental setting which include: Permissive (P), Authoritative (Av), Authoritarian (An), and Neglectful (N).
- A report from Nowak has found that patients who have Av parents exhibited more positive behavior compared to the P and An types of parents.<sup>5</sup>

## PURPOSE

To determine if parenting styles, from the perspective of the practicing dentists, have influenced the behavior guidance utilized during a restorative appointment. It is anticipated that more Permissive parenting styles will influence the dentist to navigate towards more advanced BGTs such as protective stabilization, sedation, or general anesthesia.

## METHODS

- An electronic survey was sent using a listserv approved by the American Academy of Pediatric Dentistry to its current 7,800 members. Only pediatric dental residents, pediatric dentists, and general dentists were included.
- Data collected included: practitioner's demographics, types of parenting styles observed, types of behavior guidance used in addition to various treatment modalities offered (general anesthesia, oral conscious sedation)
- Data was collected in RedCap and provided to statisticians at NYU Langone Hospital in New York. Statistical analysis was completed by NYU statistician.
- Chi square test was used for categorical variables and two sample t-test for continuous variables.

Table 1. Frequency of Parenting Styles Observed by the Dentists

Types of Parenting Styles	Frequency (%)
Permissive	229 (54.8)
Authoritative	85 (20.3)
Authoritarian	53 (12.7)
Neglectful	47 (11.2)
N/A	4 ( 1.0)

Figure 1. Frequency of Basic Behavior Guidance Techniques Used

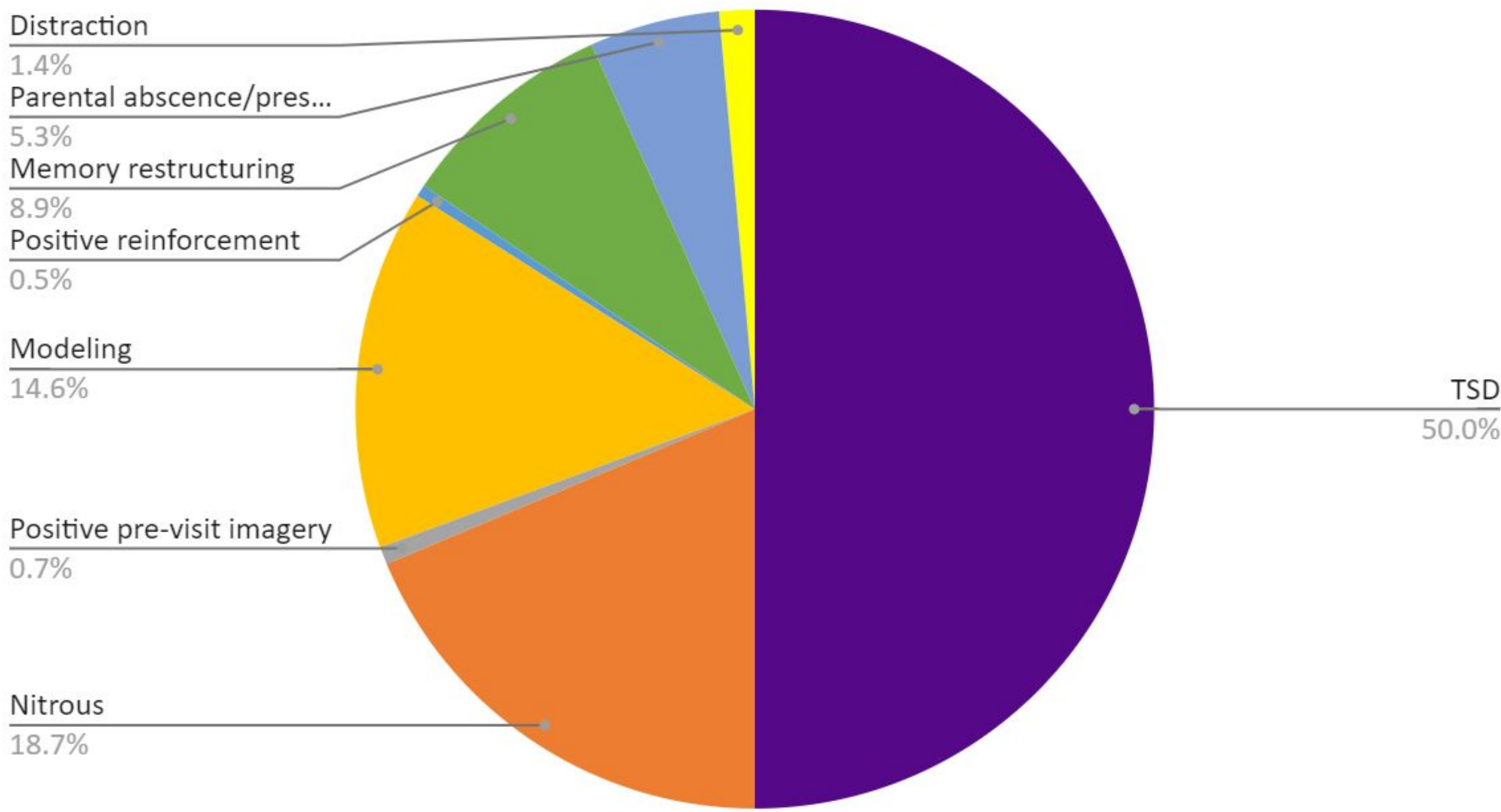
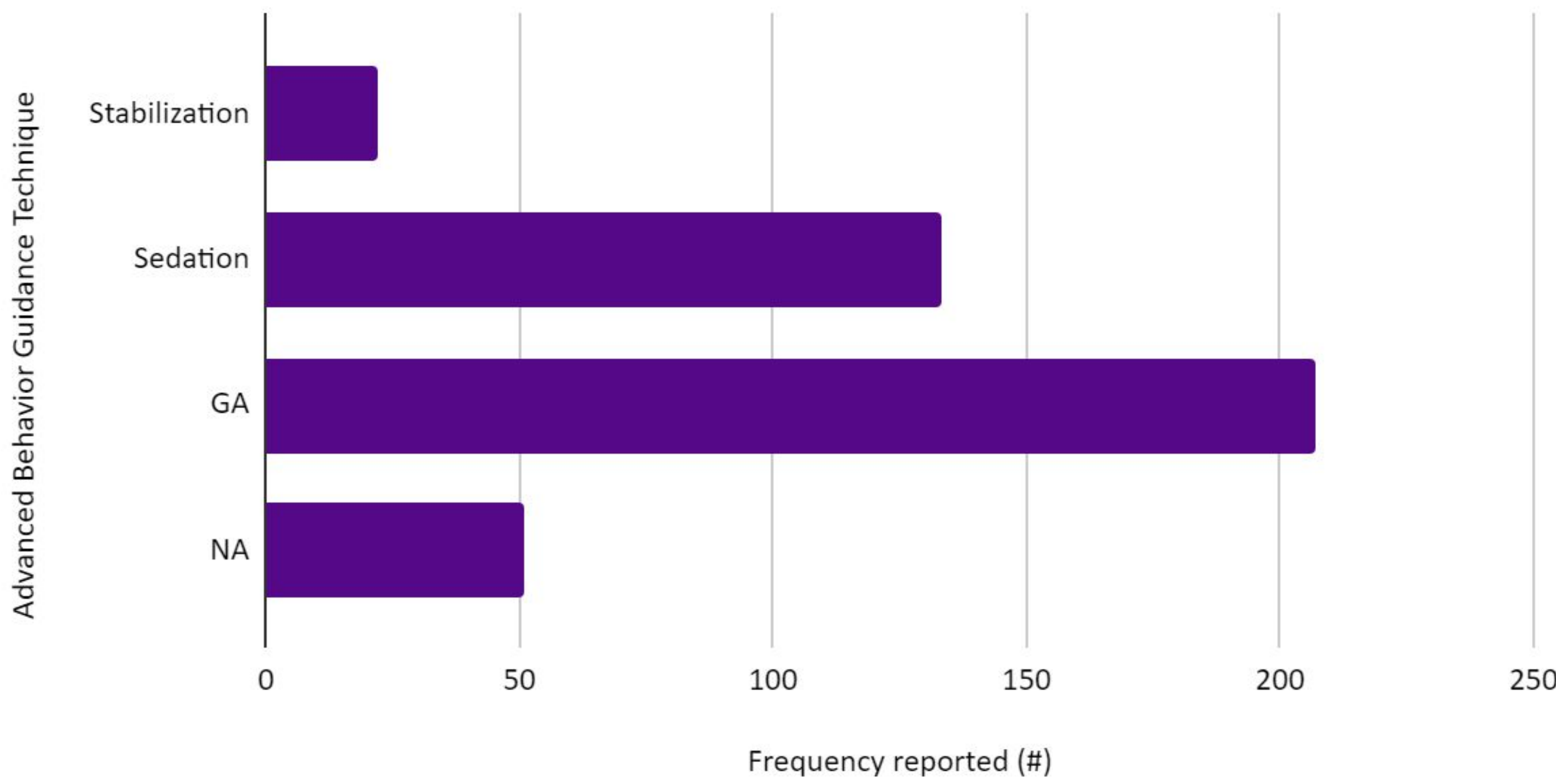


Figure 2. Frequency of Advanced Behavior Guidance Techniques Used



## RESULTS

- Of the 418 responses (5% response rate) sent to 7,800 current AAPD members that met the inclusion criteria; 357 (85.4%) were pediatric dentists, 21 (5%) were general dentists, 38 (9.1%) were pediatric dental residents.
- The results revealed that providers (82.3%) believe parenting styles *do* influence treatment planning during restorative care.
- Providers mainly see permissive parenting styles (54.8%) as shown in Table 1.
- Figure 1 shows Tell-Show-Do being utilized as the most common form of basic behavior guidance techniques (50%) and general anesthesia as the most preferred advanced behavior guidance technique (49.5%) in Figure 2.
- This research supports our hypothesis that permissive parenting styles (p-value 0.004) *do* influence treatment planning during restorative care; whereas, neglectful parenting styles (p-value 0.005) are the least influential upon treatment planning.
- However, when determining if there was a significance in various types of behavior guidance techniques with parenting styles, there was no correlation.

## STRENGTHS and LIMITATIONS

- Strengths: Confirmation of a notable shift in parenting styles reflected in this survey, and its effects on how practitioners treatment plan.
- Limitations: This prospective study produced a low response rate.

## CONCLUSIONS

- The results demonstrate there is correlation between parenting styles and its behavior guidance techniques utilized by dental professionals; but no correlation with the specific type of behavior guidance used.
- This study illustrates that a majority of dental providers choose general anesthesia in comparison to active/passive stabilization or oral conscious sedation.
- Further research with a higher survey response rate would be beneficial in determining changing behavior guidance techniques over future generations of parenting.

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