

## 1 E-mail a settimana per migliorare la compliance dei pazienti con parodontite cronica: studio randomizzato controllato

### A Weekly Mail to Improve the Compliance of Patients with Chronic Periodontitis : Preliminary Results from a Randomized Controlled Trial - (MACOPA) "Mail Compliance Parodontite"

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Periodontitis is a chronic pathology with multifactorial etiology closely related to oral hygiene. Patient compliance is often not constant, worsening the periodontal disease. There is evidence that educational interventions improve oral hygiene behavior. The purpose of this study is to assess if the use of motivational reinforcements, through specific e-mails, is useful to improve oral hygiene compliance in patients with periodontitis.

A randomized controlled trial, outcome assessor-blinded, was performed. Patients with chronic periodontitis were recruited at the "Centro Daina" in Bergamo (North Italy). Participants were randomly allocated to either an intervention group, receiving a weekly motivational mail or a control group, getting general information. The allocation concealment was secured with sealed envelopes randomly chosen by the participants. Three indexes were used to evaluate oral hygiene at 6 month, compared to baseline: Full Mouth Plaque Score (FMPS), Full Mouth Bleeding Score (FMBS) and number of remaining pockets with depth  $\geq 5$  mm (PD). The same parameters will be evaluated at 12 month.

Eighty-one patients with chronic periodontitis were included, 44 allocated to intervention group and 37 to control group. The mean value of FMPS (%) decrease both in the intervention ( $-2.2 \pm 11.4$  %) and in the control group ( $-2.4 \pm 8.0$ %) ( $p > 0.05$ ). In the control group the reduction of the FMBS ( $-2.0 \pm 7.4$ %) is higher than the score in the intervention group ( $0.4 \pm 5.5$ ), however not statistically significant ( $p > 0.05$ ). The number of pockets with depth  $\geq 5$ mm decreases from 7.7 to 6.8 ( $-0.7 \pm 6.0$ ) in the intervention group and from 10 to 7.5 ( $-0.7 \pm 6.0$ ) in the control group ( $p > 0.05$ ).

Overall, there is an improvement of periodontal indexes in both groups. However, the use of motivational reinforcements, through specific e-mails, seems not to provide additional improvement in periodontal indexes, in patients with periodontitis, compared with usual care.