

عنوان مقاله:

The effect of computer-based learning on knowledge of oral hygiene among employees in Kerman, Iran

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خلاصه مقاله:

BACKGROUND AND AIM: Neglecting the importance of oral health may lead to complications and decrease quality of life (QOL). Regular use of toothbrushes, mouthwash, and flossing is effective in preventing and treating many oral diseases. In this study, we assessed the effect of computer-based learning method on the improvement of oral health knowledge among office employees in Kerman, Iran. **METHODS:** In a quasi-experimental study, we selected 80 participants and randomly assigned them to 2 equal arms (intervention and control arms) in 2 governmental offices in Kerman. As a pretest, we measured individuals' level of knowledge using a questionnaire in both arms. After collecting the completed questionnaires, we distributed a recorded CD containing oral health education e-content among the intervention arm participants and after a week, during which the intervention arm had a chance to use the CD, the same questionnaire was given to both arms as a posttest. After completing the second round of the study, the participants in the control arm received the training CD. The CD was prepared in Loheh commercial software and its content was 2 types of slide files and short educational videos. **RESULTS:** The comparison of the posttest and pretest showed that the average knowledge score significantly increased in the intervention arm from 9.97 to 12.2 (paired t-test; $P < 0.002$). The knowledge score difference between the intervention arm and the control arm was not affected by age or gender (Student's t-test, Pearson Correlation; $P > 0.050$). However, a positive and significant relationship was observed between educational level and the posttest score (Spearman's correlation; $P < 0.005$). **CONCLUSION:** This study showed that the general level of knowledge about oral health is poor. Computer-based learning can positively improve knowledge. This kind of learning approach could be useful and effective enough for enhancing social oral health knowledge and status.

کلمات کلیدی:

Oral Health, Multimedia, Educational technology, Medical informatics

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