



PROJECT MOTIVATE ME
Oral Hygiene Intervention for Adolescents (Ages 14-19)
San Diego State University

RESEARCH STUDY OVERVIEW



What is a research study?

Research studies help researchers learn new things. Researchers ask a question then they do a study to try to find the answer to their question. This study is testing a new intervention with one group, and comparing outcomes to a group that does not get the intervention.



Why are we doing this research study?

We are doing this study to create a new dental health program to improve oral hygiene behaviors like toothbrushing, flossing, and rinsing for teenagers (ages 14-19 years old).

We want to talk with teenagers and ask them survey questions about their dental health and behaviors, and then to tell us what they like and do not like about our new program so we can fix it and make it better. This intervention is a new program that uses an approach called “motivational interviewing” and the goal is to help motivate teens to take care of their teeth and dental health. We will talk about your teen’s oral hygiene habits, cavities, bacteria, and nutrition.



Why are we meeting with teens?

We are asking teens to participate in a dental health research study. A person from San Diego State University (SDSU) will share information about this study. Parent permission is required for teens ages 14-17 years old.



What will your teen be asked to do in this study?

For this study, your teen will be put into one of two groups. Our trained study team will collect some clinical, biological, and behavioral measures two times, once at the beginning of the study (initial baseline assessment), and again at the end of the study (final assessment), around one month later. These measures include taking a plaque photo and toothpick observation (clinical), spitting in a tube to provide a saliva sample (biological), brushing and flossing (behavioral), and filling out a survey about oral health behaviors (behavioral).

Your teen will be assigned to one of two groups. One group gets the new intervention during the one month study period, and will have more study appointments.

If your teen is chosen for the intervention group, the SDSU research team will set up 3 appointments over the next 3 weeks, one per week. On these 30 minute ZOOM calls, a trained Health Educator will ask your child’s opinion and motivation around dental health behaviors and setting goals for

toothbrushing and flossing. There will also be a short (15 minute) phone call reminder about weekly goals after each appointment (3 calls total).

If your teen is not chosen for the intervention, they will not take part in the weekly motivational interview sessions to set goals, but they will still be part of the study.

After about one month, all participants will complete the clinical, biological and behavioral measures to track their progress and to see if the motivational interviewing intervention was effective or not.

All participants will be invited to a one-time group interview (1.5 hour) to share feedback about the study.



Does your teen have to be in this research study?

No. Being in the study is voluntary. Taking part is up to you and your teen. Your teen does not have to answer questions that make him/her feel uncomfortable.



Could the research help my teen?

Your teen may not benefit directly from this research study if they are not in the intervention group, but might enjoy talking and sharing opinions about dental health, and will get a copy of all the intervention group materials at the end of the study.



Will it cost anything to be in the study?

There are no costs to being in this study other than your teen's time.

All participants will get a \$15 gift card after the initial baseline assessment, and a \$20 gift card after the final assessment, and a \$20 gift card after the end of the study group interview.

Important things to remember!

If you decide to say “yes” and give permission for your teenager to be in the study, we will give you a more detailed form to sign.

Research Team Contact Information

Our study has been approved by the San Diego State University Institutional Review Board (SDSU IRB). Our research team can answer any of your questions now. If you have problems, concerns, complaints or want more information or want to offer a suggestion, you can contact Dr. Tracy Finlayson at SDSU at 619-594-2739 or tfinlays@sdsu.edu (English only). You can contact the study team (English/Spanish) at 619-348-5152 or SDSUProjectM@gmail.com to ask questions at any time.

If you cannot reach the research team or want to talk to someone else, contact Division of Research Administration San Diego State University (telephone: 619-594-6622; email: irb@sdsu.edu).