

# Debugging Gum Health in Bangalore's IT Workforce

\* Indicates required question

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1. Age \*

2. Gender \*

*Mark only one oval.*

☐ Male

☐ Female

☐ Prefer not to say

☐ Other:

3. Years of work experience \*

4. Locality / area of residence \*

5. Type of work \*

*Mark only one oval.*

☐ Full time

☐ Hybrid

☐ Work from home (Remote)

## 6. Designation \*

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## 7. Have you undergone any gum treatment? \*

*Mark only one oval.*

☐ Yes

☐ No

## 8. If yes please tick the treatments done, \*

*Check all that apply.*

☐ Cleaning (Scaling)

☐ Deep cleaning (Root planing)

☐ Flap surgeries

## 9. Others please specify,

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## KNOWLEDGE

## 10. 1. What is dental plaque?

*Mark only one oval.*

☐ A. Hard mineral deposit on the teeth

☐ B. A soft film of bacteria and food debris on the teeth

☐ C. Stains caused by coffee or tea

☐ D. Protective layer on the enamel

## 11. 2. What is dental calculus (tartar)?

*Mark only one oval.*

- ☐ A. Hard mineral deposit on the teeth
- ☐ B. Stains caused by coffee or tea
- ☐ C. A soft film of bacteria and food debris on the teeth
- ☐ D. Protective layer on the enamel

## 12. 3. Which of the following is an early sign of gum infection?

*Mark only one oval.*

- ☐ A. White spots on the teeth
- ☐ B. Dry mouth
- ☐ C. Bleeding gums while brushing
- ☐ D. Jaw pain

## 13. 4. What is the primary cause of early gum disease?

*Mark only one oval.*

- ☐ A. Dental plaque accumulation
- ☐ B. Poor brushing technique
- ☐ C. Tooth decay
- ☐ D. Lack of calcium

## 14. 5. What is one of the main cause of bad breath?

*Mark only one oval.*

- ☐ A. Frequent brushing
- ☐ B. Chewing gum
- ☐ C. Cold beverages
- ☐ D. Gum disease

15. 6.Which of the following dietary choices contributes most to poor gum health?

*Mark only one oval.*

- ☐ A. Processed sugary foods and drinks
- ☐ B. Leafy greens
- ☐ C. Dairy products
- ☐ D. Whole grains

16. 7. Which vitamin will help to keep your gums healthy?

*Mark only one oval.*

- ☐ A. Vitamin A
- ☐ B. Vitamin B
- ☐ C. Vitamin C
- ☐ D. Vitamin D

17. 8.How is gum disease linked to general health?

*Mark only one oval.*

- ☐ A. It boosts immunity
- ☐ B. It can contribute conditions like heart disease and diabetes
- ☐ C. It lowers blood sugar levels
- ☐ D. It only affects the mouth and teeth

18. 9.What is a common oral health consequence of prolonged psychological stress?

*Mark only one oval.*

- ☐ A. Increased salivary flow
- ☐ B. Improved oral hygiene habits
- ☐ C. Strengthening of tooth enamel
- ☐ D. Development of gum disease due to inflammation

19. 10. Which dental specialty is focused on the prevention and treatment of gum disease?

*Mark only one oval.*

- ☐ A. Orthodontics
- ☐ B. Prosthodontics
- ☐ C. Periodontics
- ☐ D. Endodontics

## ATTITUDE

20. 1. Neglecting oral hygiene develops gum disease.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly Disagree

21. 2. Bleeding gums should not be ignored.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree

22. 3. Attending workplace awareness program will improve gum health.

*Mark only one oval.*

- ☐ Strongly agree  
☐ Agree  
☐ Disagree  
☐ Strongly Disagree

23. 4. Maintaining oral hygiene is equally important as maintaining physical fitness.

*Mark only one oval.*

- ☐ Strongly agree  
☐ Agree  
☐ Disagree  
☐ Strongly disagree

24. 5. Visiting a dentist is necessary only when i have pain or discomfort.

*Mark only one oval.*

- ☐ Strongly agree  
☐ Agree  
☐ Disagree  
☐ Strongly Disagree

25. 6. Poor gum health can negatively affect my confidence or social interactions.

*Mark only one oval.*

- ☐ Strongly agree  
☐ Agree  
☐ Disagree  
☐ Strongly disagree

26. 7. Oral hygiene aids like floss or mouthwash can be used if recommended by a dentist.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree

27. 8. Oral hygiene maintenance is time consuming and difficult to follow.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree

28. 9. Workplace stress can have an impact on my gum and oral health.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree

29. 10. Investing in preventive dental care is better than spending on treatment later.

*Mark only one oval.*

- ☐ Strongly agree
- ☐ Agree
- ☐ Disagree
- ☐ Strongly disagree

## PRACTICE

30. 1. How many times do you brush your teeth in a day?

*Mark only one oval.*

- ☐ a. Twice a day
- ☐ b. Thrice a day
- ☐ c. Once a day
- ☐ d. Occasionally in a day

31. 2. In what direction do you brush your teeth?

*Mark only one oval.*

- ☐ a. Circular
- ☐ b. Vertical
- ☐ c. Horizontal
- ☐ d. Mixed

32. 3. What type of tooth brush do you use?

*Mark only one oval.*

- ☐ a. Soft
- ☐ b. Ultrasoft
- ☐ c. Medium
- ☐ d. Hard



33. 4. When do you brush your teeth?

*Mark only one oval.*

- ☐ a. Only morning
- ☐ b. Only night
- ☐ c. Both morning and night
- ☐ d. After lunch and breakfast

34. 5. For how long do you brush your teeth?

*Mark only one oval.*

- ☐ a. Less than 1 minute
- ☐ b. 1-3 minute
- ☐ c. 3-5 minute
- ☐ d. More than 5 minute

35. 6. Do you rinse your mouth with water after each meal?

*Mark only one oval.*

- ☐ a. Yes, everytime
- ☐ b. Occasionally
- ☐ c. Never
- ☐ d. Only after dinner

36. 7. Do you use any aids for cleaning your teeth apart from tooth brush and tooth paste?

*Mark only one oval.*

- ☐ a. Tongue scrapper
- ☐ b. Dental floss
- ☐ c. Tooth pick
- ☐ d. Both (a) and (b)

37. 8. How often do you change your tooth brush?

*Mark only one oval.*

- ☐ a. Once in 3 months
- ☐ b. Once in 6 months
- ☐ c. Once in a year
- ☐ d. When the bristles wear out

38. 9. When did you last visited your dentist?

*Mark only one oval.*

- ☐ a. Never
- ☐ b. 0 - 6 months
- ☐ c. 7 - 12 months
- ☐ d. More than a year

39. 10. Do you have any habits of consuming gutka/ pan/alcohol/cigarettes ?

*Mark only one oval.*

- ☐ a. Yes
- ☐ b. No
- ☐ c. Sometimes
- ☐ d. Have quit

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