

Debugging Gum Health in Bangalore's IT Workforce

* Indicates required question

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 *

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,

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 minutes
- c. 3-5 minutes
- d. More than 5 minutes

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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