



Orthodontic Treatment Impact Questionnaire

The first section is about how your appliance affects your day-to-day life.

Please circle one response for each of the following questions.

Think about how your appliance has affected you since your last visit to the orthodontist			
Because of my brace or retainer I have been bothered by:			
	Doesn't bother me	Bothers me a bit	Bothers me a lot
1. Food getting stuck in my brace or retainer	0	1	2
2. Worrying about my brace breaking	0	1	2
3. Difficulty chewing or swallowing	0	1	2
4. Difficulty eating certain foods	0	1	2
Because of my brace or retainer I have been bothered by:			
	Doesn't bother me	Bothers me a bit	Bothers me a lot
5. Difficulty pronouncing words	0	1	2
6. Difficulty sleeping	0	1	2
7. Difficulty cleaning my brace or retainer	0	1	2
8. The appearance of my brace or retainer	0	1	2
9. Having my photograph taken	0	1	2
10. Being teased	0	1	2

The second section is about how your appliance feels in your mouth.

Please circle one response for each of the following questions.

Think about how your brace or retainer has felt in your mouth since your last visit to the orthodontist
I have been bothered by my brace or retainer:

	Doesn't bother me	Bothers me a bit	Bothers me a lot
11. Feeling tight	0	1	2
12. Rubbing on my gums	0	1	2
13. Making my jaw ache	0	1	2
14. Catching the inside of my mouth	0	1	2

The third section is about how you feel about your appliance.

Please circle one response for each of the following questions.

Think about how you feel about wearing a brace or retainer since your last visit to the orthodontist			
Because of my brace or retainer:			
	Don't feel at all	Feel a bit	Feel a lot
15. I feel annoyed	0	1	2
16. I feel shy	0	1	2
17. I feel normal	0	1	2
18. I feel weird	0	1	2
19. I feel ugly	0	1	2
20. I feel attractive	0	1	2
21. I feel negative about my smile	0	1	2

Overall, thinking about your brace or retainer:			
	Doesn't affect me	Affects me a bit	Affects me a lot
22. How does your brace or retainer affect your life overall?	0		