

CGA/16/23 – Motivating engagement in activities to reduce health risk: a brief health promotion intervention delivered in dental PC

Despite guidance recommendations for more opportunistic health promotion in dentistry, it's rare for dentists to discuss more than oral hygiene with their patients. This study is to determine the plausibility of a brief intervention aimed at enabling dentists to effectively motivate patients to reduce health risk caused by diet, smoking, and/or alcohol intake. Its design is evidence-based, grounded in theory, and utilises what is already known about similar brief interventions successfully delivered in primary medical care. However, preliminary evidence for dentists' ability and willingness to implement it would bolster an application for funding a randomised controlled trial of its effectiveness.