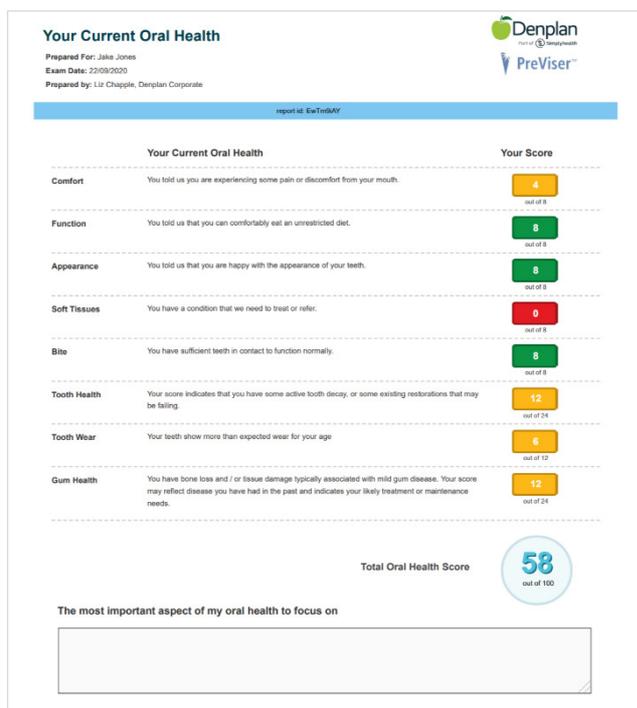


## Setting a personalised goal to motivate your patients



In 2018, Health Psychologists Koula Asimakopoulou and Tim Newton of King's College London studied the positive impact of PreViser on patient motivation and clinical outcomes, the latter study conducted with Matthew Nolan, a Denplan Excel accredited practitioner<sup>1</sup>.

On their recommendation we introduced a new element to DEPPA. The DEPPA report tells the patient where they stand in terms of their risk and health levels and provides information on how they can reduce their risks in each of the four disease areas.

The next step is to use a component of a psychological technique known as GPS<sup>2</sup> (Goal-setting, Planning and Self-monitoring)

to improve your chances of effecting positive change.

If you click the relevant tick box on the bottom of the input page, Page 2 of the DEPPA report will include an interactive box entitled 'The most important aspect of my oral health to focus on'. This enables you and your patient to set a personalised goal for them to act on between visits. You can either type into this box or ask the patient to complete it by hand on a printed version. The idea is to focus some of your conversation with your patient on a specific behaviour that they feel they can undertake along with details of when, where and how they will perform this behaviour and commit the outcome of this discussion in writing. This development was trialled as part of Young DEPPA and was well-received by the parents of the children assessed. In one pilot practice, 50% of parents asked if such a box could be included in Adult DEPPA.

It is your choice whether or not you use this functionality, but we very much hope that you and your patients will find it enhances their understanding and motivation to commit to actions they need to take to protect their health.

We welcome your feedback

1. Asimakopoulou K, Nolan M, McCarthy C, Newton JT. The effect of risk communication on periodontal treatment outcomes: A randomized controlled trial. *J Periodontol*. 2019;00:1–9.
2. Newton TJ, Asimakopoulou K. Managing oral hygiene as a risk factor for periodontal disease: a systematic review of psychological approaches to behaviour change for improved plaque control in periodontal management. *J Clin Periodontol* 2015; 42 (Suppl. 16): S36–S46.