

Appendix 1: Questionnaire items of the HU-DBI

HU-DBI Item Description	Agree	Disagree
1. I don't worry much about visiting the dentist		
2. My gums tend to bleed when I brush my teeth (D)		
3. I worry about the color of my teeth		
4. I have noticed some white sticky deposits on my teeth (A)		
5. I use a child-sized toothbrush		
6. I think that I cannot help having false teeth when I am old (D)		
7. I am bothered by the color of my gums		
8. I think my teeth are getting worse despite my daily brushing (D)		
9. I brush each of my teeth carefully (A)		
10. I have never been taught professionally how to brush (D)		
11. I think I can clean my teeth well without using toothpaste (A)		
12. I often check my teeth in a mirror after brushing (A)		
13. I worry about having bad breath		
14. It is impossible to prevent gum disease with tooth brushing alone (A)		
15. I put off going to the dentist until I have toothache (D)		
16. I have used a dye to see how clean my teeth are (A)		
17. I use a toothbrush with hard bristles		
18. I don't feel I've brushed well unless I brush with strong strokes		
19. I feel I sometimes take too much time to brush my teeth (A)		
20. I have had my dentist tell me that I brush very well		