Oral health is essential to overall health. Good oral health improves a person’s ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions to show feelings and emotions. Almost 99% of the oral disease could be prevented by good oral hygiene. Thus, improving a patient’s oral hygiene is crucial in improving their overall oral health. Nowadays, smartphones have become indispensable in people’s lives, especially for the younger generation. Phones serve many purposes including helping to build new habits that in turn can improve health. Many phone apps have been developed to help people change their habits.

The goal of my project is to build a habit building app that could be helpful to improve oral hygiene habits starting with flossing. It is critical to understand the potential targeted customer’s opinions and potential usage of the app prior to development in order to build an app that is effective.

A 32-item online survey was designed and piloted by one dental student at the University of Michigan School of Dentistry. The final survey was distributed via Qualtrics XM survey software. A request to complete the survey was distributed via Qualtrics XM survey by one dental student at the University of Michigan School of Dentistry. 134 students responded to the survey, and 8,300 graduate students through the social media platform Facebook and the Rackham Graduate School (Rackham) email social media platform Facebook and the Rackham Graduate School (Rackham) email were released to 8,300 graduate students through the software. A request to complete the survey was distributed via Qualtrics XM survey.

The mechanism of habit forming includes trigger, action, rewards towards the action and investment into the habit. The diagram on the left illustrates the habit formation loop.

The majority of the participants have never used a habit forming app before. For the 52 participants who have experience with habit forming apps, 46% of participants gave positive feedback and 54% of the participants gave negative feedback on the apps they used.

The most common barrier encountered when forming a new oral hygiene habit is forgetting to perform the habit. Bombarding users with notifications could cause users to dislike the apps, as revealed by the survey results.

The mechanism of habit forming includes trigger, action, rewards towards the action and investment into the habit. The diagram on the left illustrates the habit formation loop.

The majority of the participants have never used a habit forming app before. For the 52 participants who have experience with habit forming apps, 46% of participants gave positive feedback and 54% of the participants gave negative feedback on the apps they used. Common reasons why participants dislike habit forming apps are shown in the diagram below.

Word Cloud showing most common words among participants’ comments on habit-forming apps are Track and Notification.

Based on the survey results, the majority of the participants considered themselves as having good or excellent oral hygiene. About half participants are satisfied with the appearance of their teeth and 70.18% of participants are not currently experiencing any dental disease. About 88.82% of the participants have tried at some point in their lives to improve oral hygiene. The participants were asked what motivates them to use an app to improve oral hygiene. Above is the percentage of participants’ responses.

**RESULTS**

**BACKGROUND**

**OBJECTIVES**

**METHODS**

**SUMMARY**

**DISCUSSION**

**REFERENCE**

**ACKNOWLEDGE**