



BRIGHT

The **B**ushing **R**eminder 4
Good oral **H**ealth trial

The problem

Approximately one half of 12-15-year-old children living in deprived areas of the UK have dental decay. Very few oral health promotion programmes are aimed at teenage children.

What did we do

BRIGHT is a cluster randomised controlled trial evaluating the impact of an oral health lesson delivered by teachers to secondary school children and followed-up with twice-daily oral health text messages.

This is the largest study of its kind in the UK to evaluate a behaviour change intervention to improve oral health among secondary school children.

What are the implications for policy/practice

The trial will report the full results in the Autumn (2022). Findings will have implications for teaching of dental health on the secondary school curriculum in England, Scotland and Wales.

Findings to date

Forty-two schools from deprived areas of Wales, Scotland and Yorkshire are involved in the study, including three from Bradford and twelve from West Yorkshire. Overall, 4680 pupils aged 11-13 years-old were recruited with half receiving the oral health lesson delivered by their teacher and followed-up with twice daily oral health text messages. Pupils were followed up after two and half years to assess the impact of the BRIGHT intervention on dental decay, plaque levels, gum health plus the frequency of tooth brushing, health- and oral health-related quality of life.

We have published three papers to date. This has included:

- A protocol paper outlining the study design in detail.
- A descriptive paper describing the co-design of the BRIGHT intervention. This involved a robust six step process informed by behaviour change theory and involving young people, parents and school staff.
- A qualitative paper reporting on the acceptability of the BRIGHT intervention paper to pupils and staff. Overall, pupils and staff found the BRIGHT intervention acceptable and made some suggestions which could be adopted in any subsequent implementation of the intervention.

A fourth paper is under review reporting the results of the internal pilot study of ten schools and how this helped to refine the design within the full trial. The internal pilot helped to optimise the trial processes to maximise recruitment, retention and enable efficient data collection.

