

# A Systematic Review of the Emotional and Social Effects of Halitosis on Adolescents and Young Adults

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## Abstract

Halitosis, commonly known as bad breath, is a prevalent condition that affects individuals of all ages. However, its impact on the emotional and social well-being of adolescents and young adults can be particularly significant. This article presents a systematic review of the existing research on the emotional and social effects of halitosis on this specific age group. By examining a range of studies, this review aims to shed light on the psychological and social implications of halitosis and identify potential areas for further investigation.

**Keywords:** Halogenated • Hydrocarbons • Greenhouse • Ultraviolet

## Introduction

Halitosis is characterized by an unpleasant odor emanating from the mouth, often caused by oral hygiene practices, diet, medical conditions, or lifestyle factors. It can lead to social discomfort, self-consciousness, and decreased quality of life. The emotional and social effects of halitosis can be especially pronounced during adolescence and young adulthood, as individuals in this age group are more sensitive to issues of appearance and social acceptance [1]. They conducted a cross-sectional study among adolescents to examine the impact of halitosis on self-esteem and emotional well-being. The findings revealed that individuals with halitosis reported lower self-esteem and higher levels of emotional distress compared to those without halitosis. The study highlighted the negative psychological consequences of halitosis and its influence on adolescents' overall well-being [2]. The results indicated that individuals with halitosis experienced higher levels of social anxiety, avoidance of social interactions, and impaired quality of life. The study underscored the significant social implications of halitosis and its potential to hinder interpersonal relationships and social participation. The study revealed that adolescents with halitosis perceived they as less socially accepted and experienced higher levels of social exclusion. Moreover, peers' negative perceptions further contributed to feelings of social isolation and reduced self-confidence among adolescents with halitosis. The findings indicated that individuals with halitosis experienced feelings of embarrassment, shame, and self-consciousness in various social contexts.

## Literature Review

The review revealed consistent evidence of negative emotional consequences, including decreased self-esteem, social anxiety, and impaired quality of life. The findings also highlighted the need for multidisciplinary approaches involving dental professionals, psychologists, and healthcare providers to address the psychological and social effects of halitosis effectively

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[3]. Participants reported avoiding close interactions, such as intimate relationships and job interviews, due to their concerns about bad breath. The study emphasized the profound impact of halitosis on young adults' emotional well-being and social functioning [4,5].

## Discussion

Social platform has become an omnipresent force in our lives, shaping our interactions and influencing our mental well-being. While its benefits are undeniable, it is crucial to recognize and address the potential negative consequences associated with excessive social media use. By understanding the underlying mechanisms and implementing appropriate strategies, individuals, communities, and social media platforms can work together to mitigate the adverse effects and foster a healthier online environment. Ultimately, by promoting responsible usage and prioritizing mental health, we can harness the power of social media while safeguarding our well-being [6].

## Conclusion

The systematic review of the emotional and social effects of halitosis on adolescents and young adults underscores the significant impact this condition can have on individuals' well-being during this developmental stage. The research consistently highlights the negative psychological consequences, including lowered self-esteem, social anxiety, and impaired quality of life. It also emphasizes the importance of addressing halitosis from a multidisciplinary perspective, involving oral health professionals, psychologists, and other healthcare providers.

## Acknowledgement

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## Conflict of Interest

None.

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