

Saturdays Orthodontic Appointments, Demand, and Patients' Commitment

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ABSTRACT

Aim: The purpose of this study was to determine the demand for orthodontic appointments on weekends and the level of commitment the patients have for those appointments.

Materials and methods: A survey of 17 questions was created and given to 199 adult patients. The first six questions addressed demographic information, followed by three questions addressing whether coming to their orthodontic appointments required taking time off of work. The remaining questions asked if they would prefer to attend orthodontic appointments on Saturday if they would take advantage of a Saturday appointment, and what their preferred time and level of commitment would be for this appointment. The data were analyzed using the logistic-regression Chi-square test.

Results: About 77.4% of the participants indicated that they would take advantage of appointments on Saturdays if available. The most preferred time for Saturday appointments was 7:00 am–10:00 am, followed by 10:00 am–12:00 pm. About 60.6% of the participants reported that they would be willing to sign up for AutoPay in order to be seen on Saturday. Among those who would take advantage of weekend appointments, 82.6% reported that they would likely never miss or reschedule a Saturday appointment, and 75.3% would choose an orthodontist who is open on Saturday over another orthodontist who is not. Among participants who work more than 40 hours per week, 86.1% (106) wanted to take advantage of Saturday appointments. Participants with a high household income are less inclined to take advantage of Saturday appointments compared with those with a low household income. Participants who need to take time off of work are more inclined to take advantage of Saturday appointments [93% (106) favorable vs 7% (8) unfavorable]. Participants who need to take their child out of school early for their orthodontic appointments during the week are more inclined to take advantage of Saturday appointments [87% (97) favorable vs 13% (15) unfavorable] than those who do not need to.

Conclusion: There is a demand for Saturday orthodontic appointments with a very high commitment level among the majority of those patients. The Saturday demographic tends to be participants with a low household income who work 40 or more hours per week.

Clinical significance: Orthodontic offices may consider working at least one Saturday per month to satisfy patient needs. They can use this survey to explore their own market for Saturday clinical practice.

Keywords: Appointments, Commitment, Orthodontics, Patient demand, Saturday.

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INTRODUCTION

Malocclusion is defined as an irregularity of the teeth or a mal-relationship of the dental arches beyond the range of what is accepted as normal.¹ Besides addressing the esthetic component involved with malocclusions, orthodontic treatment can also prevent and intercept further oral diseases, thus improving overall quality of life. Orthodontic treatment requires frequent visits to the orthodontist's office for follow-up. Some treatments require biweekly or monthly visits, while others require follow-up up to every 12 weeks. Missed appointments not only elongate treatment time but could also negatively affect the progress of treatment. However, practicing doctors of all specialties often close their office on the weekend, including university clinics. Taking weekends off helps to avoid fatigue, enables socializing with family and friends, and/or allows participation in recreational activities.² This has been shown to aid in recovering from and eliminating stress in life and work.^{3,4} Traditionally, orthodontists in the United States are only open a few days per week, with most of them offering limited-or-no office hours on Friday and Saturday.² While students and single adults may be able to attend weekday appointments with ease, these times often place a strain on families with school-aged children and families where both parents work.⁵ Both male and female parents report high stress between balancing work with

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relationships and family.⁶ Families want more time together and less time completing stressful tasks during the week.⁷ Moreover, previous research has shown that in terms of marital status, in comparison with working married couples, those who are single are more likely to be engaged in regular weekend work.⁸ Those who have fewer family commitments and, possibly, students who are in school during the weekdays regularly work on weekends.⁹ Low-income families are more likely to have a work schedule that maximizes their income, whereas parents with professional occupations are less likely to create a work schedule that coincides with their family schedule.⁷ Due to work commitments, patients at times miss their appointments, which inevitably leads to longer treatment times. However, having the option to come on a Saturday could potentially decrease their chances of missing scheduled appointments and thus completing the treatment in time. While professionals such as orthodontists have the freedom to choose their work hours compared with low-income workers, orthodontists who start *de novo* Saturday office hours may help build their practice more quickly by catering toward working families with children.

Thus, the aim of this study was to determine if there is a significant demand, and patient commitment, for Saturday orthodontic appointments and if this would encourage orthodontists to provide opening office hours on Saturdays. This may help increase access to care for patients who have difficulty attending appointments during the week. It would further provide an evidence-based opinion to aid orthodontists in devising a work schedule. There has been no prior study in the United States that analyzed patient preferences for certain days for orthodontic visits, making this study more significant.

MATERIALS AND METHODS

This study was administered as a validated survey, completed by patients in active orthodontic treatment at an orthodontic teaching program in the United States. The participants were from one orthodontic graduate program. No sensitive personal information was collected and all surveys were deidentified. This study was approved by the Research Ethics Committee of the Institutional Review Board (2018-042) prior to implementation.

Inclusion Criteria

The patients were required to be 18 years of age or older and needed to be financially responsible for their own orthodontic treatment. In the instances where the patients were under the age of 18, the financially responsible guardian completed the survey.

Exclusion Criteria

Patients who did not want to participate in the study. The study was conducted within a period of 5 days where a total of 199 surveys were distributed among the patients after obtaining informed consent. The survey was conducted in the orthodontic clinics during the patient's regular orthodontic appointments. The survey instrument, the Weekend Orthodontics: Demand and Patient Commitment Survey, was given to each subject.

The questionnaire was paper-based and required the responses to be recorded in person. It included 17 questions. The first 6 questions collected subject demographic information. The next set of questions determined whether coming to the orthodontist would require time off from work and/or school. Question #10 asked if they would take advantage of orthodontic appointments on Saturday if they were available. If they answered "yes," they

Conflict of interest: Dr Shankargouda Patil is associated as Editor-in-Chief of this journal and this manuscript was subjected to this journal's standard review procedures, with this peer review handled independently of the Editor-in-Chief and his research group.

Ethics approval and consent to participate: It was taken as per institutional guidelines. This study was approved by the Research Ethics Committee of the Institutional Review Board (2018-042) prior to implementation.

completed the remaining questions. The final questions of the survey were designed to determine the subjects' desire for and commitment to Saturday appointments. Subjects were asked what time of day they would prefer for Saturday appointments, how likely they would be to miss a Saturday appointment, and whether they would choose an orthodontist who was open on Saturday over one who is not. They were also asked if they would be willing to drive further and sign up for AutoPay in order to be seen on Saturday. After completing the survey, the informed consent was separated from the response sheet for purposes of de-identification. All responses were then transferred to a spreadsheet.

Statistics

Descriptive statistics were used to evaluate demographic and socioeconomic factors related to Saturday appointments (Tables 1 to 3). Logistic-regression Chi-square test was used to determine which items were strongly associated with the participants' willingness to attend Saturday appointments (Table: Logistic Regression). Finally, a multivariate logistic regression was used and an odds ratio table was generated (Tables 3 and 4).

RESULTS

Demographics

A total of 199 subject participants completed the survey. Most of those who completed the survey were white (55.8% – 115 participants), female (76.3% – 151 participants), and between 40 and 49 years of age (41.7% – 83 participants). Twenty percent (40) of the participants were educated with an associate degree and 30% (61) with a bachelor's degree. Most participants were employed: 81.4% (162) with 62.3% (124) working 40 or more hours per week. However, only 38.1% (74) of participants had a household income of \$90,000 or more. The percentages of participants with household incomes between \$30,000 and \$49,999, \$50,000 and \$69,999, and \$70,000 and \$89,999 were 39 (20.1%), 32 (16.5%), and 30 (15.5%), respectively (Table 1) (Figs 1 to 6).

Weekday Appointments

Of the 199 participants who completed the survey, 57.8% (115) responded that coming to orthodontic appointments during the week required them to take time off from work. To the question, "Does coming to orthodontic appointments during the week require you to take your child out of school early?", 56.8% (113) participants responded favorably (Table 1).

Most participants, 77.4% (154), indicated that they would take advantage of orthodontic appointments on Saturdays. The most preferred time for a Saturday appointment is 7:00 am–10:00 am, 52.9% (90), while 33.5% (57) preferred appointments between 10:00 am and 12:00 pm. Among those who would take advantage of orthodontic appointments on Saturday, 82.6% reported that they will likely never miss or reschedule Saturday appointments, and 75.3% (116) would choose an orthodontist who is open on

Table 1: Descriptive statistics of weekend orthodontics survey data

<i>Variables</i>	<i>N (%)</i> <i>Number of participants = 199</i>
Gender¹	
Female	151 (76.3)
Male	47 (23.7)
Total	198
Age	
18–29	27 (13.6)
30–39	48 (24.1)
40–49	83 (41.7)
50–59	35 (17.6)
60 or older	6 (3.0)
Total	199
Education level	
Less than high school	3 (1.5)
High school degree or equivalent	28 (14.1)
Some colleges but no degree	42 (21.1)
Associate degree	40 (20.1)
Bachelor degree	61 (30.7)
Graduate degree or higher	25 (12.6)
Total	199
Employment status	
Employed, working 40 or more hours/week	124 (62.3)
Employed, working less than 40 hours/week	38 (19.1)
Not employed, looking for work	4 (2.0)
Not employed, not looking for work	17 (8.5)
Retired	11 (5.5)
Disable, not able to work	5 (2.5)
Total	199
Household income²	
Less than \$30,000	19 (9.8)
\$30,000–\$49,999	39 (20.1)
\$50,000–\$69,999	32 (16.5)
\$70,000–\$89,000	30 (15.5)
\$90,000 or more	74 (38.1)
Total	194
Race¹	
White	115 (55.8)
Hispanic or Latino	52 (25.2)
Black or African American	21 (10.2)
Native American or American Indian	6 (2.9)
Asian/Pacific Islander	9 (4.4)
Other	3 (1.5)
Total	206

(Contd...)

Table 1: (Contd...)

<i>Variables</i>	<i>N (%)</i> <i>Number of participants = 199</i>
Does coming to orthodontic appointments during the week require you to take off from work?	
Yes	115 (57.8)
No	84 (42.2)
Total	199
Does coming to orthodontic appointments during the week require you to take your child out of school early?	
Yes	113 (56.8)
No	46 (23.1)
Not applicable	40 (20.1)
Total	199
Would you take advantage of orthodontic appointments on Saturdays, if they were available?	
Yes	154 (77.4)
No	43 (21.6)
May be	2 (1.0)
Total	199
What time of day would you choose to come in on Saturday?	
Before 7:00 am	6 (3.5)
Between 7:00 am and 10:00 am	90 (52.9)
Between 10:00 am and 12:00 pm	57 (33.5)
Between 12:00 pm and 2:00 pm	11 (6.5)
Between 2:00 pm and 4:00 pm	5 (2.9)
After 4:00 pm	1 (0.6)
Total	170
On a scale of 1–10, how likely are you to miss or reschedule a Saturday appointment at your preferred time?	
I would never miss or reschedule the appointment	84 (54.2)
2	44 (28.4)
3	13 (8.4)
4	3 (1.9)
5	4 (2.6)
6	1 (0.6)
7	0 (0.0)
8	2 (1.3)
9	0 (0.0)
Extremely likely to have to reschedule or miss the appointment	4 (2.6)
Total	155
If all else was equal, would you choose an orthodontist who was open on Saturdays over another orthodontist who was not open on Saturdays?	
Yes	116 (75.3)
No	37 (24.0)
May be	1 (0.6)
Total	154
How long does it take you to drive to your orthodontists office?	
Less than 10 minutes	14 (9.0)
11–20 minutes	37 (23.7)
21–30 minutes	54 (34.6)

Demand and Commitment to Saturday Orthodontic Appointments

31–40 minutes	21 (13.5)
41–50 minutes	24 (15.4)
More than 50 minutes	6 (3.8)
Total	156
If all else was equal what is the longest drive you would be willing to make to see an orthodontist who was open on Saturday?	
Less than 10 minutes	3 (1.9)
11–20 minutes	33 (21.3)
21–30 minutes	54 (34.8)
31–40 minutes	34 (21.9)
41–50 minutes	22 (14.2)
>50 minutes	9 (5.8)
Total	155
Would you be willing to sign up for AutoPay in order to be seen on Saturdays?	
Yes	94 (60.6)
No	61 (39.4)
Total	155

SD, standard deviation; Min, minimum; Max, maximum; Total: Number of observations, % = $100 \times (n/\text{Total})$

¹The total number of observations is > the number of participants (N) when a question has multiple responses/choices

²The total number of observations is < the number of participants (N) when the response to a question is not reported/missing

Table 2: Descriptive statistics of weekend orthodontics survey data by patient demand

Variables	Would you take advantage of orthodontic appointments on Saturdays?		
	Yes n (%) N = 153	No n (%) N = 43	Total n (%) N = 197
Gender¹			
Female	117 (76.5)	33 (76.7)	150 (76.5)
Male	36 (23.5)	10 (23.3)	46 (23.5)
Total	153	43	196
Age			
18–29	23 (14.9)	4 (9.3)	27 (13.7)
30–39	38 (24.7)	10 (23.3)	48 (24.4)
40–49	63 (40.9)	18 (41.9)	81 (41.1)
50–59	26 (16.9)	9 (20.9)	35 (17.8)
60 or older	4 (2.6)	2 (4.7)	6 (3.0)
Total	154	43	197
Education level			
Less than high school	2 (1.3)	1 (2.3)	3 (1.5)
High school degree or equivalent	17 (11.0)	10 (23.3)	27 (13.7)
Some colleges but no degree	36 (23.4)	6 (14.0)	42 (21.3)
Associate degree	34 (22.1)	6 (14.0)	40 (20.3)
Bachelor degree	43 (27.9)	17 (39.5)	60 (30.5)
Graduate degree or higher	22 (14.3)	3 (7.0)	25 (12.7)
Total	154	43	197
Employment status			
Employed, working 40 or more hours/week	106 (68.8)	17 (39.5)	123 (62.4)

(Contd...)

Table 2: (Contd...)

Variables	Would you take advantage of orthodontic appointments on Saturdays?		
	Yes n (%) N = 153	No n (%) N = 43	Total n (%) N = 197
Employed, working less than 40 hours/week	26 (16.9)	12 (27.9)	38 (19.3)
Not employed, looking for work	2 (1.3)	2 (4.7)	4 (2.0)
Not employed, not looking for work	8 (5.2)	8 (18.6)	16 (8.1)
Retired	9 (5.8)	2 (4.7)	11 (5.6)
Disable, not able to work	3 (1.9)	2 (4.7)	5 (2.5)
Total	154	43	197
Household income ²			
Less than \$30,000	14 (9.3)	5 (11.9)	19 (9.9)
\$30,000–\$49,999	36 (24.0)	2 (4.8)	38 (19.8)
\$50,000–\$69,999	25 (16.7)	7 (16.7)	32 (16.7)
\$70,000–\$89,000	22 (14.7)	8 (19.0)	30 (15.6)
\$90,000 or more	53 (35.3)	20 (47.6)	73 (38.0)
Total	150	42	192
Race ¹			
White	80 (49.7)	33 (76.7)	113 (55.4)
Hispanic or Latino	48 (29.8)	4 (9.3)	52 (25.5)
Black or African American	16 (9.9)	5 (11.6)	21 (10.3)
Native American or American Indian	6 (3.7)	0 (0.0)	6 (2.9)
Asian/Pacific Islander	9 (5.6)	0 (0.0)	9 (4.4)
Other	2 (1.2)	1 (2.3)	3 (1.5)
Total	161	43	204
Does coming to orthodontic appointments during the week require you to take off from work?			
Yes	106 (68.8)	8 (18.6)	114 (57.9)
No	48 (31.2)	35 (81.4)	83 (42.1)
Total	154	43	197
Does coming to orthodontic appointments during the week require you to take your child out of school early?			
Yes	97 (63.0)	15 (34.9)	112 (56.9)
No	23 (14.9)	22 (51.2)	45 (22.8)
Not applicable	34 (22.1)	6 (14.0)	40 (20.3)
Total	154	43	197

SD, standard deviation; Min, minimum; Max, maximum; Total, number of observations, % = $100 \times (n/\text{Total})$

¹The total number of observations is > the number of participants (N) when a question has multiple responses/choices

²The total number of observations is < the number of participants (N) when the response to a question is not reported/missing

Table 3: Analysis of willingness to take advantage of orthodontics appointments on Saturdays response overall effects of fixed factors

Effect	Numerator DF	Denominator DF	F value	p-value	Significant effect?
Household income	4	183	2.36	0.0548	No
Does coming to orthodontic appointments during the week require you to take off from work?	1	183	13.97	0.0002	Yes

DF, degrees of freedom; F, F-test.

Significant effect is demonstrated if p-value < 0.05. The analysis was conducted using a logistic regression

Table 4: Analysis of willingness to take advantage of orthodontics appointments on Saturdays response odds ratio estimates of risk

Comparisons	Odds ratio	95% lower	95% upper	p-value	Significant difference?
Household income					
<\$30k vs \$90k+	1.34	0.32	5.53	0.6861	No
\$30-\$49k vs \$90k+	11.50	2.29	57.80	0.0032	Yes
\$50-\$69k vs \$90k+	0.98	0.29	3.28	0.9763	No
\$70k-\$89k vs \$90k+	1.07	0.32	3.60	0.9165	No
Does coming to orthodontic appointments during the week require you to take off from work?					
Yes vs No	5.95	2.32	15.27	0.0002	Yes

Significant difference is demonstrated if *p*-value <0.05. The analysis was conducted using a logistic regression

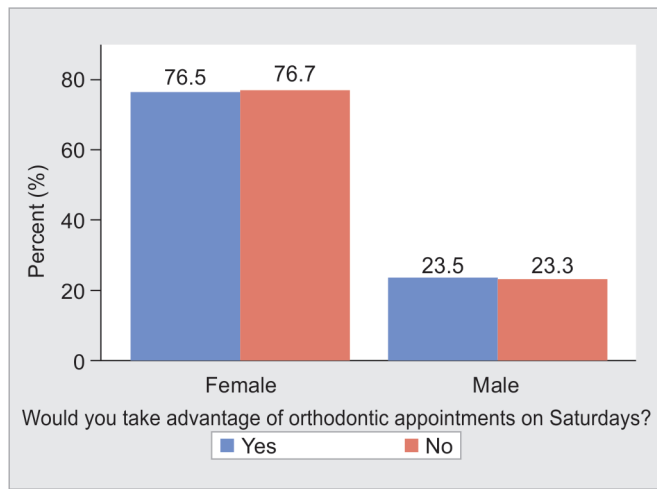


Fig. 1: Distribution of gender

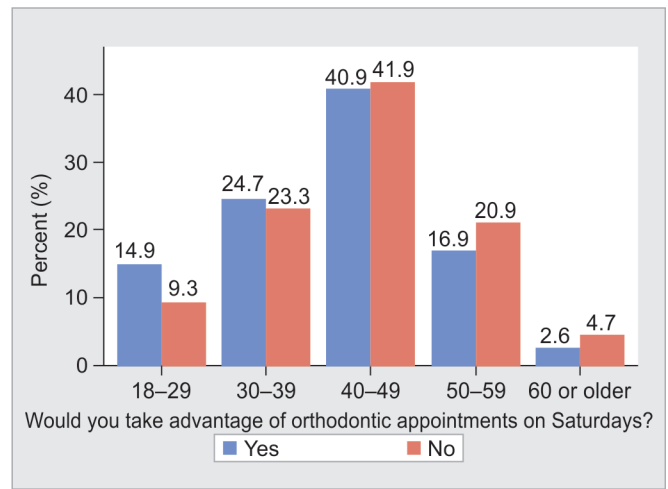


Fig. 2: Distribution of age

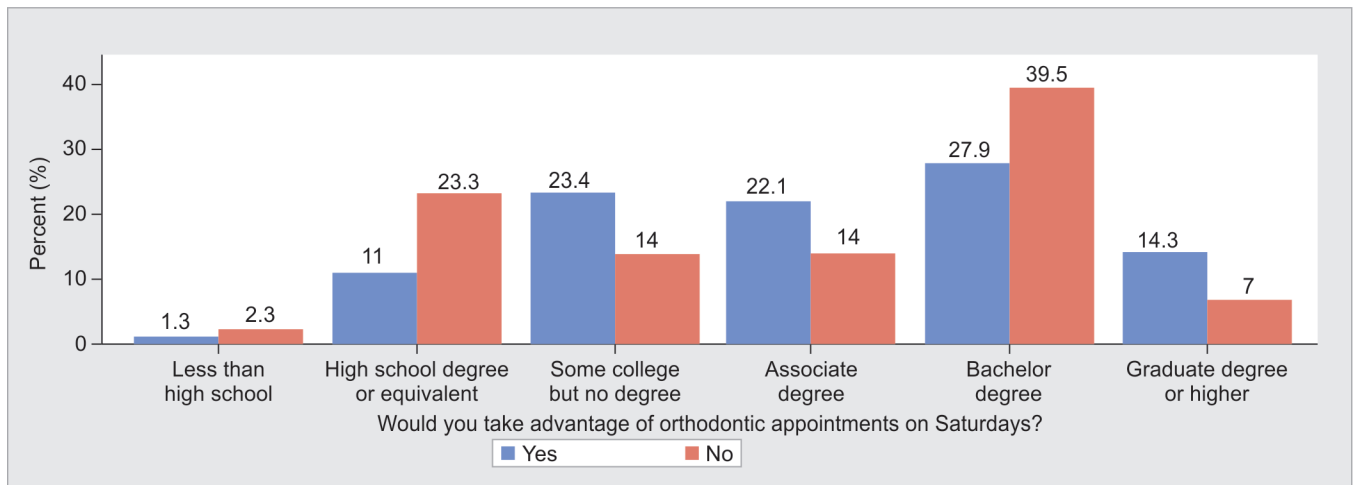


Fig. 3: Distribution of education level

Demand and Commitment to Saturday Orthodontic Appointments

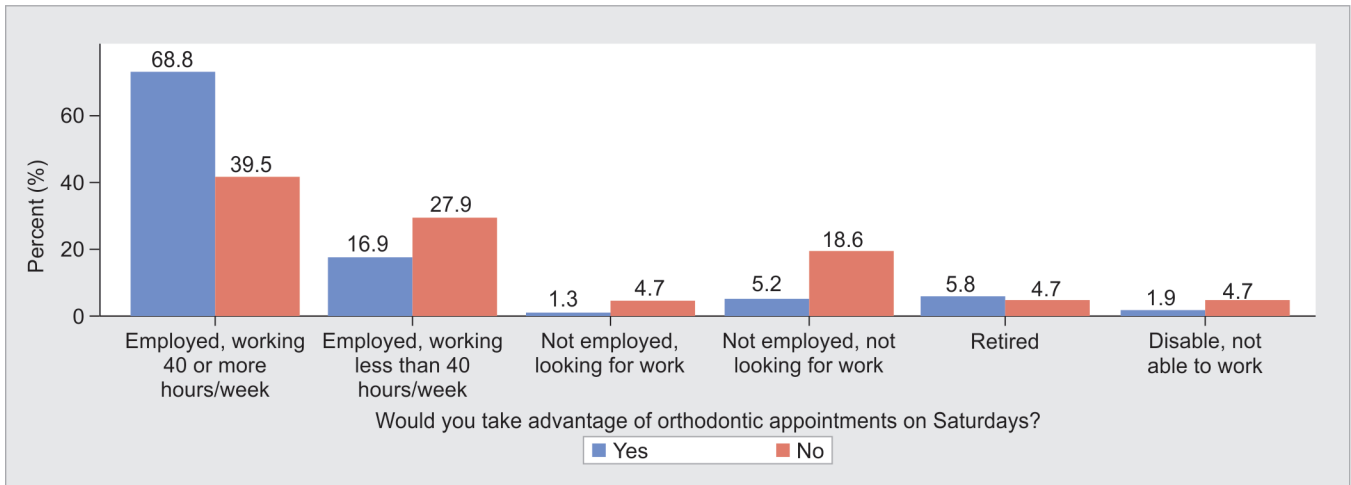


Fig. 4: Distribution of employment status

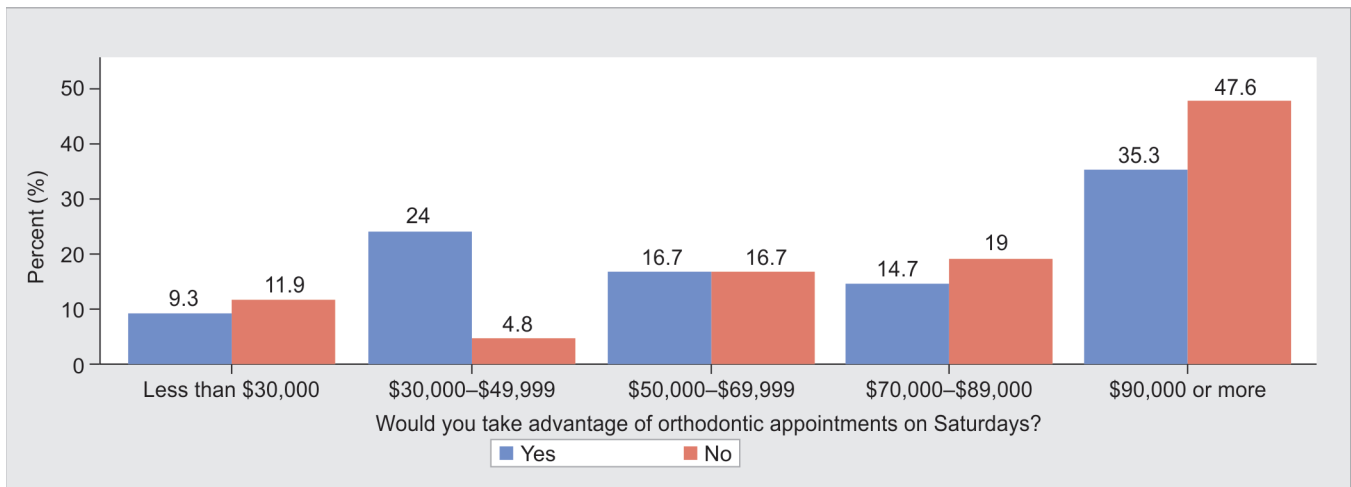


Fig. 5: Distribution of household income

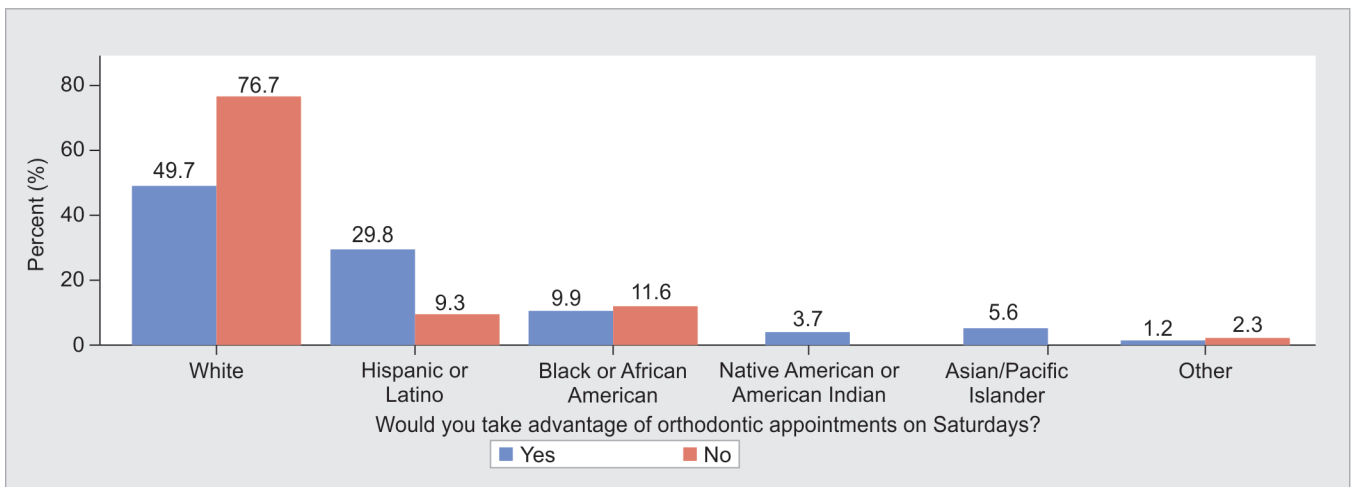


Fig. 6: Distribution of race

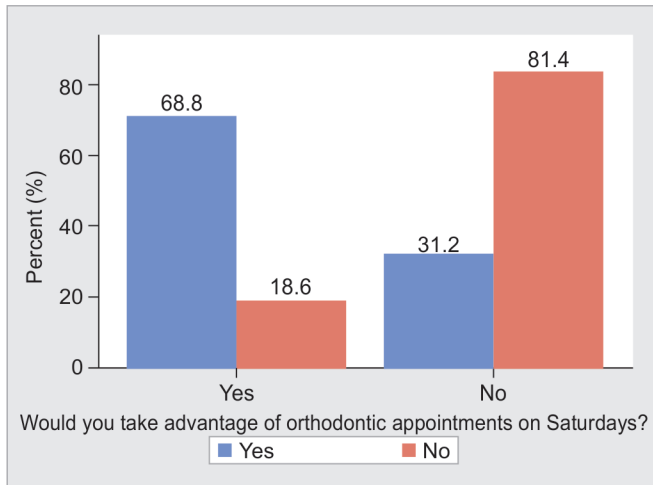


Fig. 7: Does coming to orthodontic appointments during the week require you to take off from work?

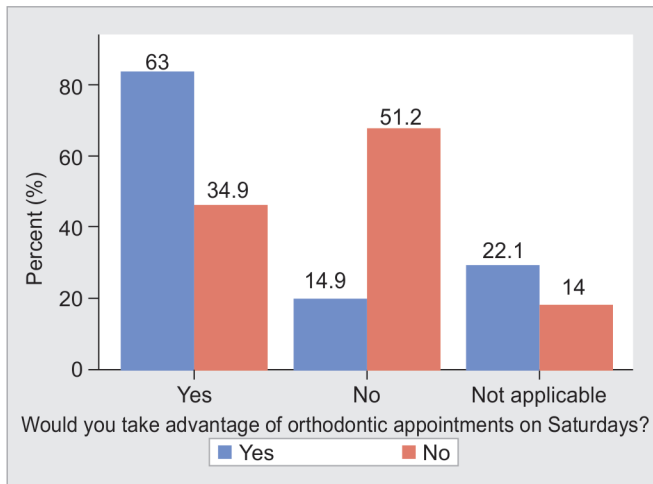


Fig. 8: Does coming to orthodontic appointments during the week require you to take your child out of school early?

Saturday over another orthodontist who is not. Also, 60.6% (94) of respondents reported that they would be willing to sign up for AutoPay in order to be seen on Saturday (Table 1) (Figs 7 and 8).

Analysis of Willingness to Take Advantage of Appointments on Saturday Response

To evaluate potential demographic and socio-economic factors associated with participants' willingness to take advantage of orthodontic appointments on Saturday, descriptive statistics were generated by participant response (Yes/No). Age and gender were found to be similar between the two groups (Table 2). Participants working more than 40 hours per week were more inclined to take advantage of appointments on Saturday with 86.1% (106) in favor compared with 13.8% (17) not in favor. Among participants with a household income between \$30,000 and \$49,999, 94.7% (36) preferred Saturday appointments compared with only 5.3% (2). Participants with a high household income are less likely to take advantage of Saturday appointments. With respect to race, 92.3% (48) were favorable among Hispanics and Latinos compared with only 7.7% (4) unfavorable, while among Whites, 70.8% (80) were

favorable compared with 29.2% (33) unfavorable. Participants who are required to take off from work prefer to take advantage of appointments on Saturdays [93% (106) favorable vs 7% (8) unfavorable]. Participants who are required to take their child out of the school early for their orthodontic appointment during the week are more favorable of appointments on Saturday [87% (97) favorable vs 13% (15) unfavorable] (Table 2).

Simple logistic regressions were applied to assess which item is strongly associated with willingness to take advantage of Saturday appointments. The results are presented by item with their corresponding likelihood score (Chi-square). Items with higher Chi-square scores are likely to be associated with the response. Item Q7 was found to be strongly associated with Saturday appointments response followed by Q4 and Q5.

Further analysis was conducted using a multivariate logistic regression. The model included all items (i.e., risk factors) as fixed-effect factors. After considering the collinearity between items and excluding nonsignificant ones (p -value >0.05), the final model included Q7 and Q5 items as having a fixed effect. Although Q4 was associated with the response, it was excluded from the model as it was correlated with Q7 and Q5 (Table 3).

The odds were calculated for each item level as the number of participants who are willing to take advantage of Saturday appointments over those who are not. After selecting one item level as a reference level, the odds ratio (OR) was then calculated as the ratio of the odds of each of the remaining item levels over the reference level (Table 4). For household income, for example, \$90k+ was chosen as the reference level and ORs were calculated for household-income levels $< \$30k$, \$30–\$49k, \$50–\$69k, and \$70–\$89k over \$90k+. The odds ratio between level \$30–\$49k and \$90k+ is 11.50, which indicates that participants with a household income between \$30 and \$49k are 11.5 times more likely to be favorable of taking advantage of Saturday appointments compared with those with a household income of \$90k+. The difference is statistically significant. The results show that participants who are required to take off from work are ~6 times more likely to favor taking advantage of Saturday appointments compared with those who are not (Table 4).

In this study, it was found that most patients attending orthodontic clinics on weekdays must take time off work (57.8%) and/or take children out of school early (56.8%). Most patients (77.4%) would take advantage of Saturday appointments, preferably 7:00 am–12:00 pm. About 75.3% chose an orthodontist who is open on Saturday over another orthodontist who is not.

DISCUSSION

To the best of our knowledge, this study was the first to conduct a survey of orthodontic patients to assess if they would prefer attending orthodontic appointments on Saturday compared with weekdays. The significance of this study is multifactorial and will help orthodontists build successful practices and better serve their communities. It must be considered when evaluating this study that it was conducted on university patients, which is a small percentage of overall orthodontic patients. This population of patients and their parents likely chose to seek orthodontic treatment at the university clinic due to the cost of treatment. University orthodontic clinics normally do little or no marketing and rely almost entirely on word-of-mouth, but still, manage to average 115.8 new patient screening appointments each month. With more than two-thirds of our participants having an average household income of less than

\$90,000, the cost of treatment is a significant factor when seeking orthodontic treatment for all levels of household income.

Orthodontist practices in the United States have traditionally only been open a few days each week, with most having restricted or no office hours on Friday and Saturday.¹ This allows orthodontists to complete their other responsibilities such as family commitments and grocery shopping during the days they are off during the week. Having clinics closed on weekends, however, puts a strain on families with both parents in the workforce since they take advantage of the weekends for appointments and other commitments. There has been an increase in women in the workforce throughout the United States, especially among women of families with low income.^{5,10,11} This means that there are fewer families able to commit to traditional 8:00 am–5:00 pm appointments. When establishing clinical hours, it is important to consider that approximately 58% of participants in this study were required to take off from work and approximately 57% were required to remove their child from school early in order to attend orthodontic appointments during the weekdays. Parent schedules determine when they are available to their children and, conversely, children's schedules determine when they are available to their parents.¹² These data suggest that orthodontists should consider changing their schedule, especially considering that 66% of patients would prefer to come to the orthodontist after 3:00 pm to minimize disruptions to the overall family schedule.

In this study, 77% stated that they would take advantage of orthodontic appointments on Saturday if they were available. Additionally, 75% of participants said they would choose an orthodontist who would be open on Saturday over one who is not, if all else was equal. As orthodontic professionals, we should consider the advantages and disadvantages of offering Saturday clinical hours. With 90% of participants stating they would prefer to come in before noon on Saturday, the family time lost by the practitioner might be outweighed by the increase in new patients. However, this will need to be investigated further to determine if it will add to burnout incidence in dentists, considering dentistry is a profession with many stressors for burnout.¹² Another suggestion is that orthodontists can offer one or two Saturdays a month and, on those weeks, eliminate one weekday to balance and avoid burnout.

This study also evaluated the timeframe of potential Saturday appointments. The results of this study have shown that approximately 60% of participants are willing to sign up for AutoPay in order to be seen on Saturday. Encouraging financially responsible parties to sign up for AutoPay is a popular trend and traditionally leads to increased profits.

To established orthodontists, an increase in new patients and an increased percentage of patients on AutoPay as a result of Saturday office hours might not be attractive enough to outweigh the loss of personal/family time. This might need further investigation using future studies. However, for practitioners who are opening their first location or even a satellite office, selecting convenient office hours for patients might be recommended.¹³ Our data suggest that providing office hours until at least noon on Saturdays could increase the number of new patient consults, therefore, enabling a startup clinic to grow more quickly.

Determining the demand for and level of commitment to Saturday office hours is important for providing increased access to care and growing a business.¹⁴ Research has found that on the weekend, many nonworking household inconveniences (e.g., shopping) or childcare (e.g., driving them to after-school activities)

are simply not present, or at least reduced, and businesses and schools are generally closed on the weekend.³ Working families stress the lack of attention toward health and self-care due to demanding working hours.¹⁵ An orthodontic office offering Saturday hours would thus be set apart from other orthodontic offices.

LIMITATIONS

The participants were from one orthodontic graduate program. Future surveys regarding perception of Saturday office hours from the perspective of orthodontic practitioners would be beneficial. Those surveys would truly add new dimensions to the study in regard to the aspects of desire, need, and the effect of weekend clinics for doctors as well as for patients.

CONCLUSION

This study demonstrates that gender, education level, age, and race have little impact on patient willingness to take advantage of orthodontic appointments on Saturdays. Work schedules and household income/employment status have a strong correlation with patient's willingness to take advantage of Saturday office hours. The study participants' demographic with low household income and working 40 or more hours/week likely consists of workers who hold more than one position and for whom a single job does not provide sufficient income. The clinical significance of Saturday clinical hours would be to improve access to oral care in low-income households that comprise a significant proportion of households in the United States. This would also increase the number of new patient consultations, especially for a newly graduated orthodontist, which would in turn aid a startup clinic in growing more quickly. In conclusion, we highly recommend the use of this survey by all orthodontists to locally explore the market for Saturday clinical-practice hours in their area.

AUTHORS' CONTRIBUTIONS

ST: Conceptualization, methodology, validation, resources, project administration, and supervision.

JM: Writing – original draft, data curation, and investigation.

OD: Data collection.

YT: Statistician and formal analysis.

RB: Manuscript writing – review and editing, visualization, and data curation.

SUPPLEMENTARY MATERIAL

The supplementary table is available online on the website of <https://www.thejcdp.com>.

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