Introduction: Individuals’ perception of periodontal health is influenced not only by signs and symptoms of periodontal diseases but also by socio-demographics and oral health practices. This study aimed to determine the association between self-perceived periodontal health, sociodemographic characteristics, and oral health practices.

Methods: This is a cross-sectional study using a validated questionnaire, which comprises sociodemographic characteristics, oral health practices, and self-perceived periodontal health. The calculated sample size was 149 adult subjects in Tawau District, Sabah with a Basic Periodontal Examination (BPE) score of 4. Multiple logistic/linear regression was used to determine the association between the variables. The significant level was set at p<0.05.

Results: The total number of respondents was 149 and the mean (SD) age was 47.7 (14.92) years. Having been told by a dentist to have periodontal diseases (β = 1.167, Exp (B) = 3.214, P = 0.026) was found to be significantly associated with the perception of having periodontal diseases. The oral health practice of using mouthwash regularly (β = 1.027, Exp (B) = 2.791, P = 0.020), perceived to have bleeding gum (β = 2.293, Exp (B) = 9.906, P < 0.001) and perceived to have wobbly teeth (β = 0.990, Exp (B) = 2.690, P = 0.037) were significantly associated with the perception of having gingival swelling. The use of dental floss regularly was significantly associated with the perception of needing specialist care for periodontal diseases (β = 1.662, Exp (B) =...
5.268, P = 0.017). **Conclusion:** In conclusion, dental visits and oral health practices were significantly associated with self-perceived periodontal health. This study helps to improve the understanding among dental officers of the perception of periodontal health hence increasing the referral to periodontists.