

# Anxiety Before Dental Procedures among Patients

Priya.G

Student- Intern

Thai Moogambigai Dental College and Hospital  
Chennai, Tamil Nadu, India

Nivetha. N

Student- Intern

Thai Moogambigai Dental College and Hospital  
Chennai, Tamil Nadu, India

Dr. Uma Sudhakar M.D.S PhD

Professor and Head of the Department of Periodontology

Thai Moogambigai Dental College and Hospital  
Chennai, Tamil Nadu, India

**Abstract:- A Questionnaire based study was conducted to evaluate dental anxiety among patients anticipating varied dental treatments. 100 patients participated in the study. Patients were anticipating one among the subsequent dental procedures: scaling, filling, preparation of crown, odontology surgery or extraction. Patients were selected arbitrarily and Dental Anxiety Scale (DAS) form was completed by the patients whereas anticipating their treatment. The applied math calculations were done supported the DAS score and therefore the results were obtained. The aim of this study was to find the prevalence of dental anxiety among the patients.**

The patients were informed about the survey. Informed consent were obtained from the patients, ethical committee clearance was obtained. Questionnaire based survey was conducted among 100 random patients in the college.

**Keywords:- Phobia, Anxiety, RCT, Extraction.**

## I. INTRODUCTION

Phobia is an irrational fear. It is a type of anxiety disorder. It is more than just being scared [1].

Dental phobia is defined as an unpleasant emotional, or physiologic sensation derived from a specific dental related stimulus.

### ➤ *Etiology of Dental Phobia:*

Bad experience, History of abuse, Uncaring dentist, Vicarious learning, Post-Traumatic Stress, Humiliation.

### ➤ *Different Phobias Related to Dentistry:*

- Fear of unknown, Fear of Dental Procedure, Sensitive Gag Reflex, Fear of Loud Noise [2].
- Feeling uncomfortable with the dental chair, Unable to breathe through Nose, Fear of Pain.
- Fear of dentistry in general or particular aspect of dental treatment, afflicts a significant proportion of population of all ages. Dental anxiety may cause management problems during dental treatment and either partial or total avoidance of treatment. These behavioral problems may lead to reduced dental health [2].

Modified Dental Anxiety Scale (MDAS) although it is a reliable and valid instrument, the MDAS consists of only five questions which are focused on items most pathognomonic for dental phobia [3]. In the present study we also gathered information about previous dental experiences and socio-demographic features of the participants (e.g., gender, age, education, and painful dental experience) which have been shown important for current dental avoidance. Thus, the aim of the present study was to determine the prevalence of dental fear and to determine how it correlates as selected from probable variables.

Dental anxiety prevents people from optimizing and maintaining their dental health. In terms of dental health and overall wellbeing, this may have serious ramifications. Besides, chronically infected gingiva and teeth, which may affect medical states, the ability to chew and digest can be seriously compromised, and speech may be affected as well. Self-confidence may be compromised if one is insecure about his breath and smile [4]. In addition, it causes stress for many dentists who have to manage such patients, prolonging the chair time required to manage these patients. Therefore, dentists need to diagnose the condition and evaluate strategies to reduce it. It is therefore, imperative to determine the prevalence of the problem, so as to help in the planning of public health service and provision of clinic based service, as well as the need for promoting good oral health [5].

## II. MATERIALS AND METHODS

The cross sectional study was carried out at Thai Moogambigai Dental College and Hospital, Chennai, Tamil Nadu. Ethical approval for the study was obtained from the Ethics and Research Committee of TMDCH and informed consent obtained from the participants.

The study samples were selected randomly from patients of Thai Moogambigai Dental College and Hospital.

The questionnaire was completed by the participants. The questionnaire contained information on gender, age, previous dental visit, and Cohens Dental Anxiety Scale. The scale contains four multiple choice items dealing with the patient's subjective reaction to the dental situation. This includes anticipating visit to the dental clinic, waiting in the dentist's office for treatment, waiting in the dental chair for

drilling of teeth, and waiting in the dental chair for scaling the teeth. Statistical analysis was done using Google Forms.

### III. RESULTS

A total of 100 respondents were interviewed for the study. The age of the participants ranged from below 20 to above 30 years. Most of the respondents (63%) were within the 20–30 years of age.

There were more females participants (64%) than males (36%). The prevalence of dental anxiety in the study population was (14%)

Whereas the mean for anticipation of dental visit, that is for waiting in the dental office, waiting for drill, and waiting for scaling were (47%) (8%) (37%) respectively.

The fear for surgical (operative) procedures (92%) were more than that of Non-Surgical (non-operative) (8%).

The fear for surgical procedures (92%) were observed to be due to, fear of Injection (39.8%), Fear of blood (24.5%), fear of pain (35.7%). The fear for non-surgical procedures (8%) were observed to be due to, fear of pain (67.1%).

#### ➤ Trypanophobia

- Dear of injection during dental procedures were found in about (76%) of the study population.
- The stress caused due to dental anxiety were studied based on few questions
- Sweating and palpitation during the procedures were observed in (33.3%) of population.
- (53%) of the population were stressed during the procedure and (36%) were stressed before the dental treatment.
- (50%) of the population has experienced stress ulcers before out of which (11.3%) of the population experienced it before the dental visit.

### IV. DISCUSSION

Dental anxiety constitutes a major problem to patients and the dentists despite improvement in techniques in eliminating or decreasing dental pain and phobia [5]. The prevalence of dental anxiety in the present study is 14%.

The results of the present study showed that woman had higher total DAS score and higher score for each DAS item than men. Medical and psychological analysis on human responses to pain stimuli has usually found that girls report higher levels of tension and exhibit less tolerance for pain at given stimulant. It may also be that women are more likely to self-report, whereas men may not express their fear as openly as women. Study bias due to subject distribution as seen in the present study may also be responsible for women reporting a higher level of dental anxiety. 'Fig.1.'

This study shows a characteristic decrease of DAS score with age. The patients aged between 20 to 30 years old recorded the highest DAS score and elderly patients have recorded the lowest score. The decrease of dental anxiety with age could be due to the aging process and various exposures in life which could have contributed to the general decline in anxiety level [5]. 'Fig.2.'

Considering dental anxiety in relation to the DAS items; anxiety before surgical procedure of the teeth was found to be the highest followed by scaling and non-surgical procedures. This may be explained by the difference in the age of the participants [6]. Participants 20-30 years constituted about 63% of the study population. This group is made up of adolescents and young adults, in whom dental caries and its squeal are more common, and the treatment involves the use of drill. Similarly, respondents older than 30 years are more likely to manifest some degree of periodontal disease and may require meticulous scaling; this is considered painful, especially when the roots are exposed. Unpleasant dental experience associated with the use of drill and scalers among patients with previous dental visits could also account for dental anxiety expressed during drilling and scaling.

Regarding dental anxiety and type of dental treatment; root canal therapy, extraction, and invasive procedures, respectively, were the most anxiety provoking dental procedure among the participants in this study. This problem has to be attended much before the treatment procedure for better patient compliance<sup>6</sup>. Brochures, pamphlet and dental counselling could help in reducing the anxiety.

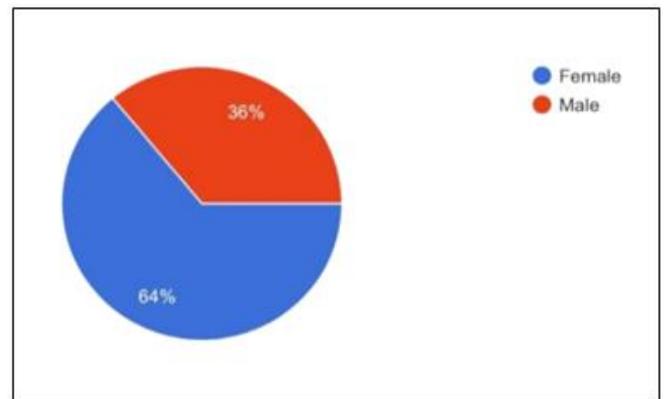


Fig. 1:- Gender

### V. CONCLUSION

Dental anxiety was considerably related to age and gender. There's a major relationship between dental anxiety and kind of dental treatment.

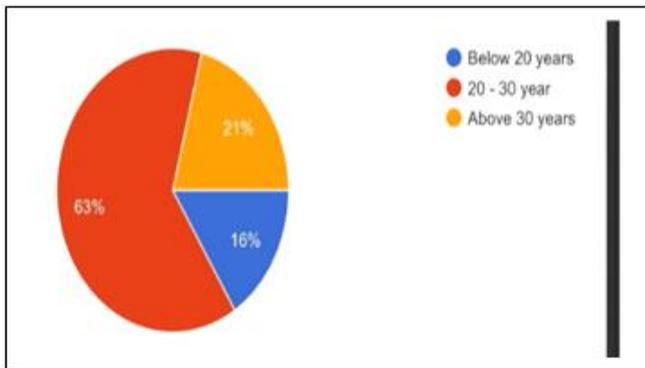


Fig. 2:- Age Predilection

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