

Original Article

Survey of Dental Anxiety among People visiting Dental Clinic

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ABSTRACT

Introduction – Dental anxiety is the biggest problem these days which is responsible for the deterioration of the oral health of the people. If the people go on time to visit the dentist then 95% oral diseases do not occur. It occurs due to dental anxiety among the minds of the people as they avoid dental treatment which further worsens the condition of oral cavity. People have a fear in their mind due to dental instruments and dental treatment during dental visit. **Material and Methods** – Survey was taken place among 100 random people in which males, females, old age group people, kids equally participated. Verbal Questionnaire was asked to random people and they equally participated in it. Verbal questionnaire include six questions which they have to ask verbally. Factors which are responsible for the avoiding to visit dentist is the cost, their busy schedule, their anxiety from various dental instruments. **Results** – A convenient sample of 100 people was selected for the survey. The survey comprised different questions concerning demographic variables, anxiety to see dentist and its dental instruments, anxiety while waiting in dental office, dental injections and on dental chair while treatment. Maximum number (95%) of people feel anxiety while sitting on dental chair followed by (90%) sound of drill and dental instruments. 85% people fearful of injection and 75% feel phobia while waiting in the dental office. **Conclusion** – Dental instruments are the major factor due to which people avoid to visit dental procedure. Proper dental educational Programs should be given to the people, they should be taught each and everything that dental instruments do not harm them as they are the means used by dentist to treat dental diseases. With such educational programs anxiety among people will be improved and it will bring the positivity among the minds of the people.

Key words: Dental anxiety, dental instruments.

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INTRODUCTION

Dental Anxiety is used to describe fear or stress in dental setting. It causes delaying or avoiding dental treatment. It makes the patient feel dreadful is going to happen in relation to dental treatment. It is a negative feeling associated with dental treatment among children, adolescents and adults. People are anxious about dental visit for different reasons. Some anticipate pain. Stressors include negative memories of past experience and sterile smell of dental office. Some patients do not sleep before the dental exam. Feelings of nervousness occur in the dental office waiting room. Most of the patients feel uneasiness when objects are placed in mouth during the treatment and makes them difficult to breathe. Some Patients have fear of pain that's why avoiding the dentist. Biggest fear among

patients is the fear of injection. Many patients worried of needles. Some patients think if anesthesia will not show any effect during treatment procedures. Some patients fear of side effect of anesthesia such as dizziness, feeling faint or nausea. Many Patients feel uncomfortable about physical closeness of dentist or hygienist to their face. Due to anxiety people suffer sweating, increase in heart beat; low blood pressure and fainting (syncope). Dental Anxiety among patients bring worsening of dental Disease which leads to complex treatment.

MATERIAL AND METHODS

Survey was carried out among 100 random people about dental anxiety. Informal verbal consent was taken from the patients and was assured regarding the maintained

confidentiality of the replies. The questionnaire comprised of five questions and were asked among each and every age group starting from 10 years to old age people. So males and females equally participated in the random survey of the people regarding anxiety.

The questionnaires include?

1. Do you feel anxiety to see the dentist?

2. Do you feel anxiety to hear the sound of the drill and other dental instruments of the dental surgeon?

3. Do you feel anxiety while waiting in the dental office?

4. Do you feel anxiety while sitting on the dental chair for any kind of dental procedure performed on you?

5. Do you feel anxiety from the dental injections?

RESULTS

Table -1: Percent of respondents felt anxious with various scores of questionnaire		
	QUESTIONNAIRES	FELT ANXIETY WITH VARIOUS SCORES
1.	Do you feel anxiety to see the dentist?	89%
2.	Do you feel anxiety to hear the sound of the drill and dental instruments of the dental surgeon?	90%
3.	Do you feel anxiety while waiting in the dental office?	75%
4.	Do you feel anxiety about the injection of the dental surgeon?	85%
5.	Do you feel anxiety while sitting on the dental chair for any kind of dental procedure performed on you?	95%

Table 2- Percentage of fear and anxiety associated with dental instruments and procedures		
	DENTAL INSTRUMENTS	N=100
1.	Tooth extraction	95%
2.	Files and reamers	55%
3.	Endomotor	45%
4.	Air Roter	82%
6.	Periodontal Scalers	75%
7.	Forceps	35%
8.	X Ray Procedure	75%

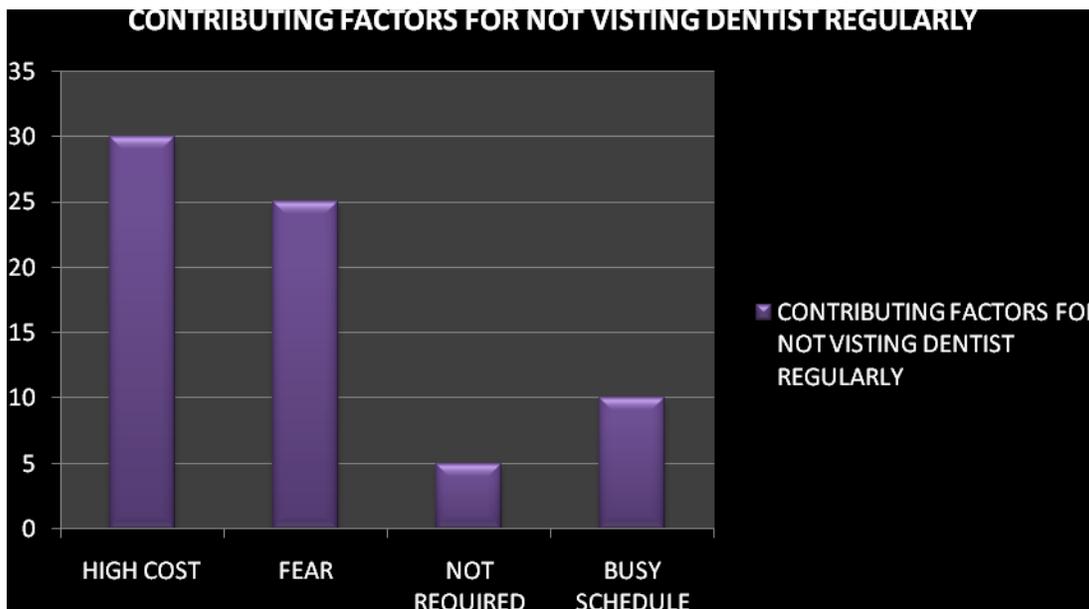


Figure-3: Contributing factors for not visiting the dentist regularly

The sample consists of total 100 patients with 50 males and 50 females. Based on the score, 20% were categorized as dentally anxious, 25% as moderately anxious and 55% were considered as highly anxious patients. The first question regarding planning a dental visit, 11% reported not at all anxious. 90% feel anxiety to hear the sound of the drill of dental surgeon. 75% people feel anxiety while waiting in the dental office followed by 85% during receiving local anesthesia. Regarding the fear and anxiety associated with dental procedure performed on them, majority of patients (95%) felt anxious on dental chair while procedure (FIGURE-1)

Regarding the dental instruments and procedure, 95% people feel anxiety during tooth extraction followed by 55% during files and reamers. 45% people during endo motor, 82% during Air Roter. 75% people get anxious while using periodontal scalers followed by 35% during Forceps usage. 75% people feel anxiety during x Ray procedure. (FIGURE-2)

Contributing factors for not visiting dentists regularly are high cost, fear and busy schedule.

DISCUSSION

Dental anxiety is the universal problems affecting large populations of different countries. This problem of anxiety results in avoidance of dental care which leads to severe caries and periodontal diseases with several adverse consequences to the patient. Dental anxiety can make it very difficult for people to keep regular dentist appointments. Dental anxiety can be associated with certain triggers such as needles, drills or the dental setting in general. When dental anxiety is severe and results in irrational fear and complete avoidance of going to the dentist, it can be classified as a dental phobia. Few people look forward to their trip to the dentist, but perhaps for them it is more than that. Even though most dental procedures are painfree, they may have nightmares of dental drills or even they feel stresses at the thought of having a basic hygiene appointment. Their fear of the dentist or unfortunate childhood experiences or scary stories, there are usually deeper factors at play. Dental anxiety is a major complication for both patient and dentist. This apprehension leads patients to postpone or cancel dental visits or avoid treatment entirely. It is confirmed that anxious patients have more decayed, missing and less filled teeth in comparison to non anxious patients. Their poorer oral health status can have negative effect on their social life. Furthermore, treating anxious patients might take more time, it's hard to manage them during the procedure and they are often unsatisfied with their treatment. Anxiety can affect patient/Dentist relationship and result in misdiagnosis. Dentists claim that such patients are important sources of stress that can compromise their practice.

Dental Anxiety is the biggest negative feeling among people which creates misunderstanding towards dental

treatment among dentists and people. People should be educated and proper counseling should take place so that the dental anxiety can be eradicated from the minds of the people. It is common for people to feel some level of anxiety while visiting dentist but frank discussion with the dentist should take place before starting any treatment. Proper counseling of the patient is must regarding the fear and anxiety of the patient. Patient should express his concerns to the dental surgeon so that misunderstandings should be removed from the mind of the patients and it bring positivity of the patient towards the treatment. Patient should listen his favorite tunes of his favorite's music and earphone so that the sound of drill will not bother them. Before any dental treatment patient should talk with the dentist to select the low stress appointment times when patient is not in pressure of stress. Breathing technique should be taught to the patient before starting procedure which helps to avoid dental anxiety. Proper counseling of the patient by dentist is very important to avoid anxiety and stress. Proper educational programs should be conducted in which people should be asked to participate so that they lost their Anxiety and fear from visiting dentist. The key to coping with dental anxiety is to discuss all fears with dentist. Once dentist knows what patient's fears are, he or she will be better able to work with you to determine the best ways to make you less anxious and more comfortable.

CONCLUSION-Dental anxiety is just a phobia in the minds of people which makes them afraid to visit dentist due to his dental procedures and instruments. Proper educational dental guidance should be given to the patients so that they visit dentists regularly without any kind of anxiety

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