

# Dental Anxiety

*Cognitive Behavioural Therapy to tackle dental phobia*

## Facts

Dental anxiety can be a crippling condition that can prevent sufferers from having dental treatment in a comfortable, worry-free way. Dental anxiety can present itself in any one or all of the following ways:

a) *Thoughts* you may have before, during or after your dental appointment, about, for example, things that can 'go wrong', what you expect to experience and feel during treatment and so on.

b) *Feelings* you might experience in preparation for your dental appointment such as worry, negative thinking, irritability, fear, low mood

c) *Physiological reactions* you may experience, before or during your dental appointment such as palpitations, sweaty hands, 'butterflies in the stomach', and so on, usually arising from thinking about visiting the dentist or the events you think might take place at the dental surgery.

## Treatment

Most of the time, if you suffer with dental anxiety you would normally have options of:

1. Manage through the build up to the appointment and the appointment itself as best as you can.

2. Manage through the build up to the appointment as best as you can and then have some form of sedation to help get you through the appointment as comfortably as possible.

3. Have a series of sessions with a psychologist to help you both with anxiety prior to the appointment and also during the appointment.

**We are able to offer specialist support sessions at the practice with Dr Koula Asimakopoulou, Health Psychologist at King's College London and co-founder of the Guy's Health Psychology service for Dental Anxiety. This is the only dedicated service for dental anxiety in the UK and Dr Asimakopoulou and her team are widely recognised as experts and pioneers in their field.**

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**If you think you may benefit from sessions to help with dental anxiety, please complete and hand in the questionnaire below.**

**Name:** \_\_\_\_\_ **Date of birth** \_\_\_\_/\_\_\_\_/\_\_\_\_

**If you went to your Dentist for TREATMENT TOMORROW, how would you feel?**

Not anxious [ ] Slightly anxious [ ] Fairly anxious [ ]  
Very anxious [ ] Extremely anxious [ ]

**If you were sitting in the WAITING ROOM (waiting for treatment), how would you feel?**

Not anxious [ ] Slightly anxious [ ] Fairly anxious [ ]  
Very anxious [ ] Extremely anxious [ ]

**If you were about to have a TOOTH DRILLED, how would you feel?**

Not anxious [ ] Slightly anxious [ ] Fairly anxious [ ]  
Very anxious [ ] Extremely anxious [ ]

**If you were about to have your TEETH SCALED AND POLISHED, how would you feel?**

Not anxious [ ] Slightly anxious [ ] Fairly anxious [ ]  
Very anxious [ ] Extremely anxious [ ]

**If you were about to have a LOCAL ANAESTHETIC INJECTION in your gum, above an upper back tooth, how would you feel?**

Not anxious [ ] Slightly anxious [ ] Fairly anxious [ ]  
Very anxious [ ] Extremely anxious [ ]