



No Fear Dentists

Dedicated to anxious patients

The following short questionnaire has been designed by dentists and psychologists to assist in measuring patients' level of dental anxiety

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

Not Anxious () *Slightly Anxious* () *Fairly Anxious* () *Very Anxious* () *Extremely Anxious* ()

2. 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* ()

3. If you were about to have your teeth SCALED & POLISHED, how would you feel?

Not Anxious () *Slightly Anxious* () *Fairly Anxious* () *Very Anxious* () *Extremely Anxious* ()

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

Not Anxious () *Slightly Anxious* () *Fairly Anxious* () *Very Anxious* () *Extremely Anxious* ()

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

Not Anxious () *Slightly Anxious* () *Fairly Anxious* () *Very Anxious* () *Extremely Anxious* ()

6. How does the NOISE from dental instruments make you feel?

Not Anxious () *Slightly Anxious* () *Fairly Anxious* () *Very Anxious* () *Extremely Anxious* ()

Thanks for taking the questionnaire, see how you have done below.



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Instructions for scoring our Dental Anxiety Scale:-

Each item is scored as follows:

Not anxious	1
Slightly anxious	2
Fairly anxious	3
Very anxious	4
Extremely anxious	5

Total score is the sum of all six items, range from 5 to 30: A score of 23 or above indicates a highly dentally anxious patient, possibly dentally phobic.

Hope this has been of use to you.