

Dental Concerns Assessment

Fear of the dentist is a common healthcare related anxiety. Your feelings are valid and aren't unusual. The more we understand about you, the better we are able to prepare a positive treatment experience for you.

Please tell us... Last time you visited the dentist, how did it go?

1. I was totally relaxed during the treatment.
2. I was nervous but, nevertheless, the treatment was carried out successfully.
3. I was nervous; the treatment could only just be carried out.
4. I was so frightened and nervous that...
 - a) Treatment was difficult.
 - b) The treatment didn't succeed.
 - c) I totally missed my appointment.

If you selected choice 3, or 4:

Please rank your concerns or anxiety over the dental procedures listed below by ranking them on the accompanying scale.

	<u>Low</u>		<u>Moderate</u>		<u>High</u>		<u>Unsure</u>
Sound or vibration of the drill	1	2	3	4	5	6	
Not being numb enough	1	2	3	4	5	6	
Dislike the numb feeling	1	2	3	4	5	6	
Injections	1	2	3	4	5	6	
Probing to assess gum disease	1	2	3	4	5	6	
Scraping during teeth cleaning	1	2	3	4	5	6	
Gagging	1	2	3	4	5	6	
X-rays	1	2	3	4	5	6	
Rubber dam	1	2	3	4	5	6	
Jaw gets tired	1	2	3	4	5	6	
Cold air hurts teeth	1	2	3	4	5	6	
Smells in the dental office	1	2	3	4	5	6	
Root canal treatment	1	2	3	4	5	6	
Extraction	1	2	3	4	5	6	
Fear of being injured	1	2	3	4	5	6	
Panic attacks	1	2	3	4	5	6	
Not being able to stop the dentist	1	2	3	4	5	6	
Not feeling free to ask questions	1	2	3	4	5	6	
Not being listened to or taken seriously	1	2	3	4	5	6	
Not enough information about procedures	1	2	3	4	5	6	
Being criticized, put down, or lectured to	1	2	3	4	5	6	
Worried that I may need lots of dental treatment	1	2	3	4	5	6	
Embarrassed about the condition of my mouth	1	2	3	4	5	6	

I don't like feeling confined or not in control	1	2	3	4	5	6
Other: _____	1	2	3	4	5	6