

Dental Anxiety Questionnaire

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 and 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

Thank you for taking the questionnaire, now see how you have done. Each item is scored as follows:

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

Your total score is the sum of all six items, which could range from 6 to 30.

A score of **more than 23** indicates a highly anxious dental patient, possibly dental phobic.

We hope this has been of use to you. Please bring this completed form to your dental appointment for us to discuss.