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ABSTRACT
BOOK





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INVESTIGATING THE PRESENCE OF DENTAL FEAR IN ADULTS AND FACTORS, INFLUENCING ITS FORMATION

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Introduction. Adults personal experience acquired during childhood, information received from friends who wished to arouse the sympathy of others, information amplified by one's own imagination may become the basis for the formation of dental fear. Sanitary education, modernization of equipment and anesthetics, principles of minimally invasive intervention and methods of psychological support can be recommendation for patients with this problem. Thereby, positively affecting society's opinion. However, in practice the physician is faced with management of patient's anxiety or fear.

Materials and methods. Anonymous survey conducted amongst students studying in various Universities in Kharkov by means of questionnaire was carried out. It focused on determination of dental fear presence and its nature (negative experience at first dental visit in childhood, personality of doctor and staffs of dental office, painful or uncomfortable procedure of treatment. Specifically patient's emotions, relationship between presence or absence of negative experience of dental fear in childhood and present.

Results. A total of 172 persons aged 20 - 35 years old were involved in this study. One hundred and thirty-six respondents reported the presence of fear. In 91 cases (66,9%), fear developed on the background of negative experience acquired in childhood or later. A negative experience was absent in 25 (18,3 %) respondents and their fear was based on information about the pain of dental procedures obtained from different sources. Pain and lack of appropriate behavior management are the main provocative factors that stimulate the formation of fear in everyone who visits the dentist. Some patients (53,6 %) do not have a permanent doctor and seek help only in case of emergency. Nineteen people (13,9 %) reported that their experience with the dentist was not terrible, they had a positive experience during childhood and later remember their visits to the doctor and did not change the doctor. They also noted the relaxing effect of the doctor's calm voice, detailed explanation of manipulations and trusting the doctor which eradicated the feeling of fear.

Conclusion. Adults, like children, are afraid of dental treatment. Often, the nature of their fear is due to the negative experience during childhood. The dental teams usage of skillful methods of dental management in practice, can neutralize the negative manifestations of dental fear in patients of different ages.