

بررسی وجود اضطراب و علل آن در بیماران مراجعه کننده به مطب‌های دندانپزشکی عمومی شهر همدان در سال ۱۳۸۴

دکتر عبدالله فرهادی نسب⁺ - دکتر علی شکفته‌راد^{***} - مهندس خسرو مانی کاشانی^{***}

*استادیار گروه روانپزشکی دانشکده پزشکی دانشگاه علوم پزشکی و خدمات بهداشتی درمانی همدان

**متخصص ارتودنسی

***مربی گروه پزشکی اجتماعی دانشکده پزشکی دانشگاه علوم پزشکی و خدمات بهداشتی درمانی همدان

Title: Assessment of anxiety frequency and its trigger factors in patients referred to general dental offices in the city of Hamedan in 2005

Authors: Farhadinasab A. Assistant Professor*, Shekofteh Rad A. Orthodontist**, Mani Kashani Kh.*** Instructor

Address: *Department of Psychiatry, School of Medicine, Hamedan University of Medical Sciences

***Department of Community Medicine, School of Medicine, Hamedan University of Medical Sciences

Background and Aim: Oral health is a sign of overall health. Sometimes fear of dental office deprives patients from receiving proper care. This problem decreases the self-esteem of dentists and can also reduce health indices. Understanding anxiety factors may help solve this problem. The purpose of this study was to assess anxiety in patients undergoing treatment in dental offices in the city of Hamedan.

Materials and Methods: In this analytic cross sectional study patients above 9 years old and referred to general dental offices in Hamedan were randomly selected and surveyed with questionnaires in two stages. The first questionnaire included 17 standard items based on Dental Anxiety Scale (DAS) and screened anxious patients. Then 400 anxious patients were evaluated with a questionnaire of 64 items based on Corah scale. Data were analyzed by SPSS 13 with multivariate analysis of variance. $P < 0.05$ was considered as the level of significance.

Results: Factors related to dental office environment with 31.1%, those related to personal imaginations with 19.4% and factor concerning office management and dental treatment each with 19.1% frequency showed to be most related to anxiety in patients. Improper rest-rooms (46.3%), blood stains in the environment (44.5%) and dirty dentist's gowns (43.8%) were reported to be the most prominent environmental factors. Among the factors originated from personal imaginations, the risk of disease transmission was accounted for the most justifiable source of anxiety (67.3%). Regarding factors concerning office management, dentist's nervous behavior (47.8%) and his carelessness to the patient (46.8%) were considered as the most significant anxiety sources. Extraction, injection and root canal therapy (48.3%, 44.5%, 44.3%) were the treatment related factors of higher importance respectively. Previous painful treatment experience (47.3%) and poor oral hygiene of the dentist (34.5%) were reported to be among the other justifiable anxiety sources. In all mentioned situations, variations in anxiety factors were significantly higher in women.

Conclusion: This study showed that the main cause of anxiety in patients undergoing treatment in dental offices in Hamedan is their personal imagination which is by far more obvious in women than men.

Key Words: Anxiety; Fear; General dental office

چکیده

زمینه و هدف: یکی از جنبه‌های تندرستی پرداختن به سلامت دهان و دندان‌ها است، اما گاهی حضور در مطب دندانپزشکی چنان با ترس و وحشت توأم می‌شود که انجام و ارائه خدمات دندانپزشکی غیر ممکن می‌گردد. این موضوع از سویی باعث کاهش اعتماد به نفس دندانپزشکان شده و از سوی دیگر

⁺ مؤلف مسؤول: نشانی: همدان - بیمارستان سینا بخش روانپزشکی - دانشگاه علوم پزشکی همدان

تلفن: ۰۹۱۸۱۱۱۴۰۱۰ نشانی الکترونیک: Chancellor@umsha.ac.ir