

Abstract:

Title: investigation of dental anxiety and its related factors in adult patients of Ardabil Dental University

Introduction: Dental anxiety is one of the most important reasons for people to avoid dental treatments and in the long run reduces oral health and quality of life. On the other hand, the occurrence of anxiety in clients and its recurrence in the examination of patients, affects the efficiency of dentists; so, this study was conducted to investigate the prevalence of dental anxiety and its related factors in adult patients of Ardabil Dental University in 2019-2020.

Materials & Methods: In this descriptive cross-sectional study, 200 clients of Ardabil Dental University over 18 were randomly examined in 2019-2020. In order to collect information, the Persian version of dental anxiety questionnaire developed by Statter, Malberg and Hugastraten and an individual factors questionnaire was used; After completing the questionnaires and examination form, the data were entered into SPSS software version 22 and were statistically analyzed using the Human Whitney test, Kruskal-Wallis and Spearman correlation coefficient at a significance level of significance less than 0.05.

Results: Out of 200 patients, dental anxiety of 111 patients (55.5%) was low, 80 patients (40%) was moderate and 9 patients (4.5%) was high. Dental anxiety was higher in women than men ($P < 0.05$). Also, the rate of dental anxiety in unemployed and housewives was higher and more significant than freelancers and self-employed ($P < 0.05$). however, the variables of education, age, marriage status, number of family members, income, place of residence, number of visits to the dentist, experience of referring to other dentists, experience of difficult and painful treatment of previous dentists, life satisfaction and patient information about the treatment plan and treatment process had no significant effect on dental anxiety ($P < 0.05$).

Conclusion: Severe dental anxiety in this study was less estimated than previous studies, and gender and occupation had a significant effect on dental anxiety.

Keywords: Anxiety, Dental Anxiety, Related Factors.