

Abstract

Evaluation of the relationship between the type of treatment and dental anxiety and behavior of children 6-10 years old in Ardebil

Introduction: Dental anxiety in children is one of the biggest challenges for all the dentists, especially the pediatric dentists. This anxiety causes many problems for the dentists and the parents. Early assessment of dental anxiety is essential for facilitation of diagnosing dental problems in children. Anxious children who are not willing to cooperate, visit the dentists less, which can lead to worse oral health than their peers. Therefore, the aim of this study is assessing the relationship between the type of the treatment and dental anxiety and behavior of children aged 6-10 years old in Ardebil.

Material and Methods: In this cross-sectional study, 306 children aged 6-10 years old who had referred to pediatric dentists participated. Children with systemic diseases, psycho-mental problems or developmental problems were excluded from this study. Parents were asked to complete a questioner about demographic information and factors influencing the dental anxiety of their children. The level of dental anxiety of the child was assessed by facial image scale before and after the treatment. Frankl behavioral scale was used by the dentist to assess the behavior and anxiety of the child during the treatment.

Results: Among the participants, 47.7% of the children were girls and 52.3% of them, were boys. The results showed no relation between the gender of the children and the level of their dental anxiety ($P=0.055$). But, older children showed lower levels of dental anxiety ($P=0.004$). There was no relation found between the level of education and the age of the parents (the level of education of mother: $P=0.82$, the level of education of father: $P=0.09$, the age of mother: $P=0.46$, the age of father: $P=0.76$) and the level of dental anxiety of children. This study showed that, the third or more children of the families ($P=0.009$), children with positive behavior during dental treatments ($P<0.001$) and taking radiographs ($P<0.001$), children who feel very happy or happy before and after the treatment ($P<0.001$), children with past dental experiences ($P=0.02$) and children who had experienced restorative treatments ($P=0.01$), had shown lower levels of dental anxiety. But, no relation was found between the type of the treatment done on the present session and the level of children's dental anxiety ($P=0.09$).

Conclusion: According to the results of the present study, many factors including the age of the child, the order of birth, and previous dental experiences influence the level of children's dental anxiety. As oral health problems and dental treatments cause high expenses for the public health system and also, the importance of regular dental visits for the prevention of dental caries, it's important to know the influencing factors of children's dental anxiety, which can even transfer into adulthood, as it's a major factor in dental visit avoidance.

Keywords: behavioral management, fear, dental anxiety